



# HERON POINTE

## SENIOR LIVING

504 Gwinn ST E  
Monmouth, OR 97361  
(503) 838-6850



### Leadership Team

Administrator.....Amy Hynes  
Business Office Director .....Kathy Endecott  
Community Relations .....Nichole Elliott  
Dining Services Director .....Tyler Baker  
Life Enrichment Coordinator.....Kori Bacon  
Maintenance Director .....Bruce Burns  
Registered Nurse.....Rona Smith-Coburn  
Resident Care Coordinator.....Ashley Stengel

## True North Employee



This month's True North employee is **Denise Walton**! Denise has worked for Heron Pointe as our housekeeper for 20 Years. Can you believe that? 20 whole years! Denise is a great asset to have on our team. If you ever have a question, or maybe need a good laugh Denise is someone you can talk to. On her downtime Denise enjoys spending time with her family, and believe it or not she does enjoy "glamping". If you are not sure what glamping is, it is camping but more in luxury. Thank you Denise for all of your hard work and dedication to our team, residents, and the building, we greatly appreciate you!

### Lost & Found

A Bracelet was found in the dining room, if you could describe it we would love to get it back to its owner.  
Please get ahold of Kori if you believe this may be yours.



## Cupid Jokes

Q: What does Cupid always have with his pizza?

A: Wings.

Q: Who is Cupid's favorite superhero?

A: The Arrow.

Q: What is Cupid's favorite rock band?

A: Heart

Q: What indoor sport does Cupid play?

A: Darts.

### Keep Your Heart Healthy

#### 5 Heart Health Tips for Seniors

February is a great time to think about your heart. Not only is it the month in which we celebrate love and romance, it's also American Heart Month. But sadly, many of us give the hearts in our Valentine's Day cards more thought than we do the hearts in our bodies.

Start making your most valuable organ your top priority with these five tips to keep your heart healthy for a lifetime.

#### 1. Eat Better

STOP WATCHING THE HEADLINES AND START FOLLOWING SIMPLE GUIDELINES.

The AMERICAN HEART ASSOCIATION suggests eating a variety of nutritious foods such as **VEGETABLES, FRUITS, UNREFINED WHOLE GRAINS, AND FISH**, and cutting back on **NUTRIENT-POOR FOODS HIGH IN FAT, CHOLESTEROL AND SALT**.

#### 2. Exercise More

REMEMBER THAT WALKING THE DOG, GARDENING, AND CLEANING THE HOUSE ALL WORK OUT YOUR HEART.

A 30-MINUTE WALK A DAY, most days of the week will keep your heart in prime pumping shape. If this number seems daunting, start small: **TWO 15-MINUTE BRISK WALKS A DAY** will bring you up to the correct total.

#### 3. Don't Smoke

WHEN YOU QUIT SMOKING, YOUR RISK OF HEART DISEASE DROPS DRAMATICALLY WITHIN JUST A YEAR.

Smoking or using tobacco is one of the biggest risk factors in developing heart disease. According to the CDC, **SMOKING INCREASES YOUR RISK OF STROKE AND HEART DISEASE BY UP TO 4 TIMES**.

Additionally, smoking can take, on average, **10 YEARS OFF YOUR LIFE**. However, if you quit by **AGE 64**, you can get **4 YEARS BACK**, and by **AGE 54**, you can get **6 YEARS BACK**.

#### 4. Stay at a Healthy Weight

HOW DO YOU KNOW IF YOUR WEIGHT IS PUTTING YOU AT RISK?

Extra pounds around your middle can lead to **HIGH BLOOD PRESSURE, HIGH CHOLESTEROL, and DIABETES** -- all conditions that increase your chances of heart disease.

#### 5. Get Regular Health Screenings

WORK WITH YOUR DOCTOR TO GET A HANDLE ON YOUR HEART HEALTH AND TO LOWER RISK FACTORS.

If you have **HIGH CHOLESTEROL** or **HIGH BLOOD PRESSURE**, your heart may be accumulating damage as you read this. If you don't know whether you have these conditions, the damage can occur without you having any idea.

## Hoppy Leap Year!

Once every four years, February gains an extra day to try and keep our calendars in sync with the solar calendar. And 2020 is one of those years, known as a leap year. The leap day itself is also another holiday – national frog legs day!

In celebration of this special event, we will be hosting a free tasting of frog legs at our community. Most people have not had a chance to try them before, but the common colloquialism is that it, "tastes like chicken." Come find out for yourself on Friday, February 28<sup>th</sup> from 2pm-3pm. We will be pairing the legs as traditionally served with white wine, as well as some hoppy beer. For those feeling slightly less adventurous, we will also be offering light snacks of the non-frog variety.

Please call us at 503.838.6850 or email Nichole at [nelliott@heronpointesl.com](mailto:nelliott@heronpointesl.com) to RSVP so we know how many legs to order. We hope to see you there!







*“Though, February is short, it is filled with lots of love and sweet surprises” — Charmaine J Forde*

# Happy Birthday

Sally L.	2/5	Rose	2/6
Gloria	2/8	Lucille	2/18
Verna	2/21	Glenn	2/22
Carol	2/22	Danny	2/27



# Happy Anniversary

Denise	2/4	20 Years
Amanda	2/15	1 Year
Bethany	2/21	2 Years
Kathy	2/25	7 Years



## Menu Chat:

Every Monday after lunch at approximately 1pm, Menu chat will be held in the dining room. Tyler will be there to discuss the weekly menu and any dining related concerns residents may have. This is a great way to let Tyler know about any special food cravings you may have, discuss and share recipes, and offer ideas for upcoming menus and dining events. All residents are encouraged to come, please join us.



## Are Leap Years Bad Luck?

Many feel that to be born on Leap Day, thereby becoming a “leapling,” is a sign of good luck.

In some cultures, it is considered bad luck to get married during a leap year.

We don’t know of any evidence supporting that marriage theory, but we do know that during leap years:

- Rome burned (64),
  - and the Titanic sank (1912).
- By the same token, also in leap years:
- the Pilgrims landed at Plymouth, Massachusetts (1620),
  - Benjamin Franklin proved that lightning is electricity (1752),
  - and gold was discovered in California (1848).

## The Old Farmers Almanac

### GARDENING

This is month to plan your garden!

Shop early for seeds from catalogs and garden stores. The early shopper gets the best choice of seed varieties. .

Start onions from seed now. They’ll be ready for setting out in April. Onions from seed are generally firmer and longer lasting than from sets.

Start parsley indoors now. You may think you have successfully wintered over the plant, but it is a biennial and will soon go to seed

