

Caregiver Appreciation Day

We want to thank each of our caregivers in recognition of caregiver appreciation day on March 3rd. We do not just appreciate you on this day, but we appreciate you EVERYDAY. Without all of you we would not be able to care for our customers the way that we do. We have a group of wonderful men and women here at Heron Pointe and we have an excellent team.

Thank you for everything you do and continue to care for every single person like they are your family!



HERON POINTE

SENIOR LIVING

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



Leadership Team

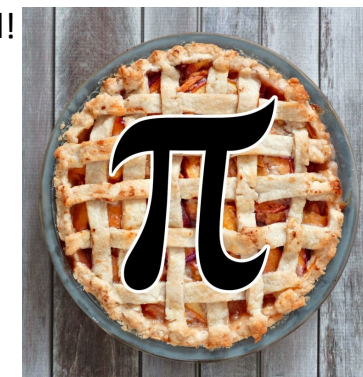
Administrator.....Amy Hynes
Business Office DirectorKathy Endecott
Community RelationsNichole Elliott
Dining Services DirectorTyler Baker
Life Enrichment Coordinator.....Kori Bacon
Maintenance DirectorBruce Burns
Registered Nurse.....Rona Smith-Coburn
Resident Care Coordinator.....Ashley Stengel

National Pi Day!

Not many people know, but March contains a special holiday – National Pi Day, or March 14th (3.14). On this day, we celebrate both the mathematical and the delicious with pies! In recognition, Heron Pointe will be selling pies at our community, and all proceeds generated from this event will be donated to the Alzheimer's Association and their walk in October.

We will have blueberry, cherry, peach, and apple pies available to order for \$5 each. Orders are accepted now through March 8th, and will be available for pickup on and after March 12th – just in time for the holiday! Pies are available either baked and ready to eat, or frozen for you to make yourself later.

To place an order and help us support the Alzheimer's Association, please call 503.838.6850 or email nelliott@heronpointesl.com. Get your orders in now – supplies are limited!



St. Patrick's Day Trivia

1. Which city's name translates from Irish Gaelic into English as 'dark pool'?
2. What would you pour on top of an Irish coffee?
3. What are the Twelve Bens?
4. Before lamb was used, what meat did an Irish stew traditionally contain?
5. What did St Patrick supposedly chase out of Ireland?
6. How many leaves does a shamrock have?

1. Dublin 2. Cream 3. Mountains 4. Goat
5. Snakes 6. Three

How superstitious are you?

- It is **not good to be born** on Friday the 13th because it means bad luck for life.
- It is not good on that day to **change your bed** because you will have bad dreams.
- On Friday the 13th, **do not cut your hair**, because a family member will die.
- Also, **do not cut your nails** on that day, it will be followed by bad luck.
- **Do not start a new job or business** on Friday the 13th, it will be followed by collapse or bankrupt.
- **Do not start traveling** on this day, only problems can occur.
- Also, **ships should not be allowed to set sailing** because it can sink into the sea.
- At the end, **do not consult the astrologer on Friday the 13th**, because of superstitions.
- Another note, **tarot card number 13 means death**.

So, take care about Friday 13th. It is recommended to go to sleep or go out into nature. Sometimes is not bad to be superstitious in a small amount.

"Only those with tenacity can march forward in March"

— Ernest Agyemang Yeboah

St. Patrick's Day Lucky Charm Treats

You will need

6 Tablespoons Butter

10.5 Ounce bag of mini marshmallows

6C. Lucky Charms Cereal

1. Spray 9X13 Pan with nonstick spray
2. On Medium Heat melt butter in large saucepan
3. Add Marshmallows and heat until fully melted and combined with the butter
4. Combine cereal with marshmallow mixture.
5. Spread into greased pan
6. Let cool and serve



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. Everyone is invited and we encourage you to come share your ideas.



Residents

Huibert 3/1

Lola 3/17

Claudette 3/30

Felix 3/31

Associates

Lupe 3/9

Sam 3/14

Aaron 3/16

Bobby 3/25



Happy Anniversary

Cheryl 1 Year



Amy 2 years



Ana 3 Years



True North Employee

Our March True North Employee is Crystal.

Here are what her Co-workers have to say.

- She is a hard, dedicated and ambitious worker.
- A great team player, often handling everything on the weekends before notifying management.
- She also identifies weak areas and begins to correct things she sees, in the moment, becoming part of the solution.
- She displays the directions of True North, Loyal to the company, faithful to her customers, and displaying goodness through her actions.
- She does all of this while raising her family and working 2 jobs. Thank you Crystal from all of us for all of your hard work we appreciate you!

