



HERON POINTE

SENIOR LIVING

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Leadership Team

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

Happy Birthday

Hank 4/7

Rianne 4/7

Steven 4/10

Happy Anniversary

Nichole 1 Year

True North Employee

Please join me in recognizing our April employee of the month – Sam Moon!

Sam has been with our community since August of 2018, working in the kitchen to tirelessly help make sure we have delicious food every day. The residents and staff enjoy her meals, and she's never afraid to try new things or get creative with a recipe. More recently, Sam has stepped up to help with scheduling and ordering in the kitchen, supporting staff through this transitional period filling in with manager tasks while waiting for Shellee. Sam is always making people smile with her doodles on the room tray containers. Sam is also great at reporting concerns with resident safety and health.

. We really appreciate everything she does to support our community and everyone here!

Things That Help With Being Cooped Up At Home

1) Routine, routine, routine. Try to get up around the same time every day, with maybe an extra few minutes (or more) of lolling around in bed, if that's the sort of thing you enjoy. Some people check the news first, others get out of bed and do some yoga, Pilates, or meditation to get their day started. Whatever does it for you, get moving.

2) Cleaning, or better yet, organizing, has its virtues. For some, there's the excuse of Passover looming in four weeks as a reason for spring cleaning, but you've still got time. Go through the bookshelves and thin out your collection, weed out old board games, get ruthless in the closet and toss anything that hasn't been worn in the last two years or, better yet, in the last year. Then organize the sock drawers and throw out the single socks

3) Crafts can help pass the time: For those at home with kids, book organization PJ Library put together a page of resources and crafts, all of them doable with what can usually be found at home.

4.) Don't forget to come out, take a walk outside to get some fresh air, or come do a craft. You can even have a cup of tea with one of your neighbors while practicing social distancing. If you would like to connect with a family member please let Kori know and we can video call them for you. Remember to stay healthy, and avoid any unnecessary trips in public. If you need help getting groceries, let Kori know and we will try to do some online shopping for you.

Getting In Touch!

Hello everyone! As we enter a new month faced with new and unexpected challenges, I wanted to reach out and first express my gratitude for how understanding our families, friends, and residents have been as we get a handle on the current realities.

That being said, we are rolling out new methods for contact and communication all the time. We have ordered two tablets, and are making them available for residents and families to video chat, and our residents are always available by phone too. Please reach out if you would like to schedule a time to "sit down" with a loved one – 503.838.6850 or nelliott@heronpointesl.com. We are more than happy to offer some tech support too if you need help getting set up.

And remember, we are always here for our residents. If there is anything we can do, please let us know!



Let's video chat

via
cellphone, computer or tablet.

Just let us know how you would like to connect and we will help make it happen.

a Compass
Senior Living community

We want to wish Felix a very Happy Birthday. He turned 104 on March 31st



Happy Birthday
Claudette 3/30



"The air so soft as that of Seville in April, and so fragrant that it was delicious to breathe it."
— Christopher Columbus

Although we have all been cooped up inside lately, and are unsure of how long this is going to last we are making the best out of everyday. We have been virtual whale watching, playing Yahtzee, putting puzzles together, working on our crossword puzzles and so much more. You are invited to come out and enjoy some social time with the team members, or fellow residents to break that cabin fever feeling. Please remember to use social distancing practices and stay at least 6 feet apart whenever possible. Everyday we have game throughout the community for you to enjoy or paint something for your room or the garden, we have herbs growing in the activity room and are tending to those weekly to ensure they get the proper care. If you are interested in doing some gardening reach out to Kori and we can go outside or you could plant something to keep in your room. Please remember that at this time we encourage you to come out and enjoy time with each other and hope to see you around the building.

The Old Farmers Almanac



- Prune your deciduous trees and shrubs. Also, thin out spring-blooming shrubs after the blossoms fade.
 - Spray apple and pear trees for scab when buds appear, to avoid disease.
 - Once dangers of hard frost have passed, prune roses. Remove all damaged wood, spindly canes, crossing branches, and blind shoots without flower buds.
 - Fertilize your berry plants. Spray insecticidal soup on strawberries if you spot aphids.
 - Fertilize any spring-blooming bulbs and ornamental plants that were not fertilized in March. Fertilize spring-blooming shrubs after they finish flowering.
 - Fertilize your lawn. Apply 1 pound of nitrogen per 1,000 square feet of lawn.
 - Plant beets, broccoli, brussels sprouts, cabbage, carrots, cauliflower, chard, lettuce, peas, and potatoes.
 - If soil temperature is above 60 degrees, you may plant beans and sweet corn.
 - If you have transplants in the yard, be sure to protect them from any late spring frosts with a cover.
 - If you're planting, keep an eye out for slugs. Clean up weeds and hiding places quickly. Avoid insecticides that kill beneficials. Use slug control products with iron phosphate.
 - Reduce insects and disease in your garden by providing your plants with proper ventilation and removing all weeds.
 - Use floating row covers to keep insects such as beet leaf miners, cabbage maggot adult flies, and other insects away.
 - Start annuals, such as marigolds, zinnias, and cosmos, indoors.
 - Let foliage of spring-flowering bulbs brown. Once died down, divide if desired.
- Consider planting drought-tolerant flowers, such as coneflowers, iris, and sedums.



Menu Chat:

Every Monday after lunch at approximately 1pm, Menu chat will be held in the dining room. We will be there to discuss the weekly menu and any dining related concerns residents may have. This is a great way to let us 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.

