



Happy New Year

*"A new year is beginning to peak through softly beautiful and different like new falling snow, Each day unique and shaped just for you. Your life adding something as each day does grow. My wish for your new year is beauty and softness with surprises thrown in for delight. Love for each day bringing happiness to you, Making your life a scene of sparkle and shining sunlight."*

POWELL



VALLEY

Assisted Living &  
Memory Care Community

2012 has arrived. We look forward to another great year at Powell Valley.

This year's calendar will be full of fun things to do as usual. We are spicing up the happy hours with timeless themes, adding an abundance of entertainment throughout the months and enjoying adventurous outings. We look forward to our special events including the 14th Annual Memorial Rose Garden Ceremony in June and the Beach Party in August.

Please feel free to join us at the activity meetings and let us know what new things you would like to see on the calendar this year.

Enjoy!

503.665.2496 | 4001 SE 182nd Avenue | Gresham, OR 97030

[www.powellvalley.net](http://www.powellvalley.net) | [info@powellvalley.net](mailto:info@powellvalley.net)

[www.facebook.com/PowellValleyLifestyle](https://www.facebook.com/PowellValleyLifestyle) | [www.twitter.com/PVLifestyle](https://www.twitter.com/PVLifestyle)



# It's About the New Year!

Happy New Year to All,

Each new year often generates a list of New Year's resolutions. With your help, by filling out the Resident Satisfaction Surveys, we are able to continue to make Powell Valley the best assisted living and memory care community it can be. Thank you for your comments and suggestions. Overall, the vast majority of you ranked our performance levels as very high. Below is a summary of how you rated our performance.

Management received a satisfaction rate of 96%. One of our goals for this year is to provide you with better access to the department leaders. As such, we have added a column in the newsletter listing all department leaders and their email addresses. If access to a computer is limited, please call the front desk at 503-665-2496 and ask for the appropriate department.

Housekeeping and Maintenance received a satisfaction rate of 98%. We are thrilled with this high level of satisfaction. Even so, you will continue to see physical improvements made to our community throughout the year. Our goal is to remain at this high level and continue to keep your home clean, well-maintained and inviting.

Food Services received a satisfaction rate of 96%. A quote from one respondent, "...the meals are the residents' favorite time of day" sums up how important the dining experience is for our residents. We are always excited to hear of new recipes or suggestions to make this experience remain a "favorite" time of day. Food meetings are held monthly for you to share your ideas with our staff (please review the calendar for the day and time).

Health Services received a satisfaction rate of 95%. Many of the comments expressed how the Care Partners are kind, courteous and thoughtful. We encourage our residents and their families to participate in the service plan meetings to ensure that we are able to achieve our goal of meeting each resident's individual needs.

Life Enrichment received a satisfaction rate of 96%. Compassion, enthusiasm, and outstanding were some of the words used on the comments submitted. Our goal is to continue to have a varied, fun, and interesting monthly activity calendar to reflect the hobbies and interests of our residents. We welcome you to attend our monthly "Calendar" meetings, where you can share your ideas with our staff (please review the calendar for the day and time).

Although we are very pleased with the above results, the Powell Valley community will continue to work hard to maintain, and even exceed, this past year's results. Again, thank you for your participation, and we look forward to another great year with you.



***Friendly Powell Valley Faces:*** *The dining room would not be complete without **Cynthia Sampson** . Her spirit and love for our residents is evident and vibrant. Her contagious smile and enthusiasm for Powell Valley creates a warm environment during what is possibly the most important part of any residents day.*

**DID YOU KNOW:** The Community Snowball and A day with Santa photos have been uploaded to our **FACEBOOK** page. Check them out and comment on this cherished event.

# It's About the New Year!



(Top Left): Beverle and Rosemary posing for a picture. (Top Right): Jass 2 Plus One performing for our residents, families and friends.



(Above): Jennifer and Irene enjoying each others company at the Snowball.

(Above): Lucille and her family enjoyed the music all night long.



(Above): Signature friend, Kat spends the evening with Paul dancing the night away.

(Above): The Courtyard Christmas tree covered in "snow" after the lights were lit during the Snowball.



(Above): Jean was all smiles as she poses with Santa Claus during our Kids day making gingerbread houses and drinking hot cocoa.

(Above): Cindy's grandchildren enjoy their visit with Santa Claus showing him an immense amount of love during the holidays.

## Community Directors:

### **Denise Zimmerman**

Executive Director  
Denise@powellvalley.net

### **Desiree Zimmerman**

Director of Marketing  
Desiree@powellvalley.net

### **Rachel Zimmerman**

Director of Health Services - ALF  
Rachel@powellvalley.net

### **Cherri Keller**

Director of Health Services - MC  
Cherri@powellvalley.net

### **Kimberly Boggs**

Director of Life Enrichment  
Kim@powellvalley.net

### **Dawn Bogh**

Life Enrichment Coordinator - MC  
Dawn@powellvalley.net

### **Cindy Medford**

Director of Food Services  
Cindy@powellvalley.net

### **Jerry Larsen**

Director of Maintenance  
& Housekeeping  
Jerry@powellvalley.net

### **Sue Stiles**

Accounting Services Coordinator  
Sue@powellvalley.net

### **Flynn Phillips**

Director of Facilities Systems  
Flynn@powellvalley.net

## Welcome New Residents...

Frances

Mae

Edward

Irene

Harry

**DON'T FORGET:** You can receive Powell Valley updates and information via email?  
Please send your email address to [marketing@powellvalley.net](mailto:marketing@powellvalley.net)



Happy New Year From all of us at  
Powell Valley Assisted Living & Memory Care Community

POWELL



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Memory Care Community

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[info@powellvalley.net](mailto:info@powellvalley.net)

*“We will open the book. Its pages  
are blank. We are going to put  
words on them ourselves. The book  
is called Opportunity and its first  
chapter is New Year’s Day.”*

*~Edith Lovejoy Pierce*



created by:

*Desiree Zimmerman*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
							
<h1>ASSISTED LIVING</h1> <h2>Activity Calendar -January 2012</h2> <p>4001 SE 182nd Ave Gresham, OR 97030   503.665.2496  info@powellvalley.net   www.powellvalley.net</p>							
				<b>1/2 Kathleen Guidry</b> <b>1/7 Paul Lindstrom</b> <b>1/7 Eileen Monaghan</b>		<b>January Birthday's</b> <b>1/9 Maryann Beltran</b> <b>1/13 Elaine Davis</b> <b>1/20 Imogene Buckley</b>	<b>1/25 Joanne Elsheimer</b> <b>1/25 Leke Nakashimada</b> <b>1/29 Gladys Shaver</b> <b>Happy Birthday</b>
<b>1st New Years Day</b> Transportation to Church 9:10am St. Henry's, St. Aiden's, Christian Science and Lynchwood Church <b>10:45am Exercise</b> 3:30pm Worship Services	<b>2nd</b> 10:45am Exercise 1:30pm Black Jack 2:00pm Movie: "Merlin" in the Sun Room	<b>3rd</b> 10:00am Let's Take a Walk 10:45am Exercise <b>1:00pm Activity Meeting</b> 2:00pm Nickel Bingo <b>3:15pm Chocolate and  Caramel Sundaes</b> 6:15pm Bridge Game	<b>4th Outing Day</b> <b>9:00am Shopping and Bingo  at Grocery Outlet  (Senior Day)</b> 10:45am Exercise 1:15pm One on One's 2:00pm Nickel Bingo with Dollar Blackout <b>4:00pm Psalms and Music</b>	<b>5th</b> 10:00am Let's Take a Walk 10:45am Exercise <b>1:15pm Food Committee Mtg.</b> 1:30pm Mt. Man Nut & Fruit Co. 2:00pm Nickel Bingo <b>3:15pm Hall Bowling and  Putting Competition</b> 3:30pm Bible Study	<b>6th Blue Jean Day</b> <b>9:30am Winco</b> 10:45am Exercise 12:45pm Rosary 2:00pm Nickel Bingo <b>3:30pm Happy Hour</b> 6:15pm Bridge Game	<b>7th</b> 10:00am Let's Take a Walk 10:45am Exercise <b>1:00pm Craft Hour</b> 2:00pm Black Jack 3:00pm Nickel Bingo in the Community Room 5:30pm Lawrence Welk	
<b>8th</b> Transportation to Church 9:10am St. Henry's, St. Aiden's, Christian Science and Lynchwood Church <b>10:45am Exercise</b> 3:30pm Worship Services with Heritage Baptist Church	<b>9th</b> 10:45am Exercise 1:15pm Black Jack 2:00pm Movie: "Lassie" in the Sun Room	<b>10th</b> 10:00am Current Events 10:45am Exercise <b>1:00pm Resident meeting  in the Community Room</b> 2:15pm Nickel Bingo <b>3:30pm Baking Cookies and  Hot Chocolate in the  Private Dining Room</b> 6:15pm Bridge Game	<b>11th Outing Day</b> <b>9:30am Shopping at Craft  Warehouse</b> 10:45am Exercise 2:00pm Nickel Bingo with Dollar Blackout <b>4:30pm Dinner out at  Heidi's Restaurant \$\$</b>	<b>12th BIRTHDAY PARTY</b> 10:00am Let's Take a Walk 10:45am Exercise 1:00pm Avon Representative 1:30pm Nickel Bingo 2:30pm Bridge Game 3:30pm Bible Study <b>5:00pm Birthday Party  Diane Hagan</b>	<b>13th Favorite Hat Day</b> <b>9:30am Fred Meyer</b> 10:45am Exercise 12:45pm Rosary 1:00pm Hall Bowling 1:30pm Library 2:00pm Nickel Bingo in the Community Room 3:15pm Reading with Kim 6:15pm Bridge Game	<b>14th</b> 10:00am Current Events 10:45am Exercise <b>12:00pm Birthday Luncheon</b> <b>1:30pm Craft Hour</b> 2:30pm Black Jack 3:30pm Nickel Bingo with Dollar Blackout 5:30pm Lawrence Welk	
<b>15th</b> Transportation to Church 9:10am St. Henry's, St. Aiden's, Christian Science and Lynchwood Church <b>10:45am Exercise</b> 3:30pm Worship Services with Heritage Baptist Church	<b>16th</b> 10:45am Exercise 1:15pm Black Jack 2:00pm Movie: "Michael" in the Sun Room	<b>17th M/C Support Night</b> 10:00am Let's Take a Walk 10:45am Exercise 1:30pm One on One's 2:30pm Nickel Bingo with \$5.00 Blackout <b>3:45pm Rack-em up pool game  and Board Games  before dinner</b> <b>6:30pm M/C Family Support Group</b>	<b>18th Outing Day</b> <b>9:30am Shopping at Wal-Mart</b> 10:45am Exercise 1:00pm Bridge Game in the Community Room <b>1:00pm Country Drive and  Milkshakes</b> 3:00pm Nickel Bingo <b>4:15pm Left, Right, Center  Dice Game</b>	<b>19th</b> 10:00am Let's Take a Walk 10:45am Exercise 1:00pm Ambassador Meeting in the Library 1:30pm Mt. Man Nut & Fruit Co. 1:45pm Nickel Bingo <b>3:30pm Happy Hour with  Greg Garrison</b> 3:30pm Bible Study	<b>20th Scarf Day</b> <b>9:30am Safeway</b> 10:45am Exercise 12:45pm Rosary <b>1:00pm Meet and Greet New  Residents with Dessert</b> 2:30pm Nickel Bingo <b>3:45pm Texas-Hold em  Poker Game</b> 6:15pm Bridge Game	<b>21st</b> 10:00am Current Events 10:45am Exercise <b>1:00pm Craft Hour</b> 2:00pm Black Jack 3:00pm Nickel Bingo in the Community Room 5:30pm Lawrence Welk	
<b>22nd</b> Transportation to Church 9:10am St. Henry's, St. Aiden's, Christian Science and Lynchwood Church <b>10:45am Exercise</b> 3:30pm Worship Service with Heritage Baptist Church	<b>23rd</b> 10:45am Exercise 1:15pm Black Jack 2:00pm Movie: Billie Elliot in the Sun Room	<b>24th</b> 10:00am Current Events 10:45am Exercise <b>1:00pm Hand and Foot Card  Game</b> 2:30pm Nickel Bingo with Quarter Blackout 3:45pm Reading with Kim 6:15pm Bridge Game	<b>25th Outing Day</b> <b>9:30am Shopping at Big Lots  Mall</b> 10:45am Exercise <b>1:00pm Art Therapy with  Irilla Swanson</b> 2:30pm Willoughby Hearing 3:00pm Nickel Bingo in the Community Room	<b>26th</b> 10:00am Let's Take a Walk 10:45am Exercise 1:00pm Avon Representative <b>2:00pm Chocolate or Caramel  Sundaes</b> 3:00pm Nickel Bingo in the Community Room	<b>27th Favorite Color Day</b> <b>9:30am Fred Meyer</b> 10:45am Exercise 12:45pm Rosary 1:30pm Library 2:00pm Nickel Bingo with Dollar Blackout <b>3:30pm Happy Hour</b>	<b>28th</b> 10:00am Current Events 10:45am Exercise <b>1:00pm Craft Hour</b> 2:00pm Black Jack 3:00pm Nickel Bingo with Dollar Blackout 5:30pm Lawrence Welk	
<b>29th</b> Transportation to Church 9:10am St. Henry's, St. Aiden's, Christian Science and Lynchwood Church <b>10:45am Exercise</b> 3:30pm Worship Service with Heritage Baptist Church	<b>30th</b> 10:45am Exercise 2:00pm Movie: "Avatar" in the Sun Room <b>2:30pm All Staff Meeting in  the Community Room</b>	<b>31st</b> 9-12pm Foot Clinic 10:45am Exercise 2:00pm Nickel Bingo in the Community Room <b>3:00pm Let's Learn and Play  Pinnochle</b> 6:15pm Bridge Game	<b>Dates to Remember</b> Wed. January 4th--Shopping and Bingo game at Grocery Outlet (Senior Day) Wed. January 11th--Dinner out at Heidi's Restaurant Wed. January 18th--Country Drive and Burgerville Milkshakes Wed. January 25th--Art with Irilla----come find that inner artist!!!!			<b>Yesterday is history.  Tomorrow is mystery. Today  is a gift.</b>	

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
  <h1 style="color: red;">MEMORY CARE</h1> <h2>Activities Calendar - January 2012</h2> <p>4001 SE 182nd Ave. Gresham, OR 97030 503.665.2496   www.powellvalley.net</p>				<p>Families are welcome anytime, especially Sundays or Wednesdays with music to enjoy with loved ones</p> 		
<b>1st Manicure Day</b> 9:30am Hymn's 10:30pm Morning Snack/Devotions 12:30pm One on Ones 1:30pm Bingo <b>2:15pm Hot Cider &amp; Cookies</b> 3:00pm Cognitive Games & Music 4:00pm Reading 6-8pm After Dinner Activities	<b>2nd</b> 9:30am Move it or Lose it 10:00pm Snack and Morning movie 1:30pm M/C Walking Choir <b>2:00pm Baking and Sing a long</b> 3:00pm Noodle Ball 4:00pm Reading 6:00pm Movie	<b>3rd</b> 9:30am <b>Bread Baking/Exercise</b> 10:00am Snack / Morning Movie 1:30pm M/C Walking Choir 2:00pm Bread & Butter Snack 2:30pm Massage Circle 3:00pm PV Bowling League 4:00pm Reading 6:00pm Movie	<b>4th</b> 9:30am Move it or Lose it 10:00am Morning snack/Movie 12:30pm One on Ones 1:30pm M/C Walking Choir 2:00pm Snack /Cognitive Games <b>3:00pm Song and Dance with Sally Sieh</b> 6-8pm After Dinner Activities	<b>5th</b> 9:30am Move it or lose it <b>10:00pm Fudge Fundraiser</b> <b>1:30pm Pie at Shari's</b> 2:00pm Afternoon Snack 3:30pm Walk a Bout after Ride 4:00pm Reading 6-8pm After Dinner Activities	<b>6th</b> 9:30am Move it or Lose it 10:00am Morning Snack/Reading <b>1:00pm Sweep Our Cares Away</b> 1:30pm Parachute Circle 2:00pm Beanbag Golf/Snack <b>3:00pm Stories and Song with Pastor Lloyd Herr</b> 6-8pm After Dinner Activities	<b>7th</b> 9:30pm Move it or Lose it 10:00am Morning Snack/Reading 1:00pm Puzzling Puzzles 2:00pm Afternoon snack <b>2:30pm Small Craft Group</b> 3:00pm Noodle Ball 4:00pm Reading 6-8pm After Dinner Activites
<b>8th Manicure Day</b> 9:30am Hymn's 10:30pm Morning Snack/Devotions 1:30pm M/C Walking Choir <b>2:00pm Hot Cider &amp; Cookies</b> <b>3:00pm Song and Dance with Molli Paige</b> 4:00pm Reading 6:00pm Movie	<b>9th</b> 9:30am Move it or Lose it 10:00pm Snack and Morning movie 1:30pm M/C Walking Choir <b>2:00pm Baking and Sing a long</b> 3:00pm Noodle Ball 4:00pm Reading 6:00pm Movie	<b>10th</b> 9:30am <b>Bread Baking/Exercise</b> 10:00am Snack / Morning Movie 12:30pm One on Ones 1:30pm M/C Walking Choir 2:00pm Bread & Butter Snack <b>2:30pm Small Craft Group</b> 3:00pm PV Bowling League 3:45pm Reading 6-8pm After Dinner Activities	<b>11th Dorothy Kruger B-Day Jo Bogh Birthday</b> <b>9:30am Church with Penni</b> 10:00am Snack / Morning Movie 12:30pm One on Ones 1:30pm M/C Walking Choir <b>2:00pm Birthday Party</b> <b>3:00pm Diane Hagen on the Accordion</b> 6-8pm After Dinner Activities	<b>12th</b> 9:30pm Move it or lose it <b>10:00pm Fudge Fundraiser</b> <b>1:30pm Visit W/ Bethlehem</b> 2:00pm Afternoon Snack 3:30pm Walk a Bout after Ride 4:00pm Reading 6-8pm After Dinner Activities <b>1:15pm Food Meeting in Assisted Living</b>	<b>13th Liz Odonnell B- Day</b> 9:30am Move it or Lose it 10:00am Morning Snack/Reading <b>1:00pm Fold , Fold, Fold</b> 1:30pm M/C Walking Choir 2:00pm Beanbag Baseball/Snack <b>3:00pm Stories and Song with Pastor Lloyd Herr</b> 4:00pm Reading 6-8pm After Dinner Activities	<b>14th</b> 9:30am Move it or Lose it 10:00am Morning Snack/Reading 1:00pm Puzzling Puzzles 2:00pm Afternoon Snack 2:30pm Bingo 3:30pm Sing a Long 3:45pm Reading 6:00pm Movie
<b>15th Manicure Day</b> 9:30am Hymn's 10:30pm Morning Snack/Devotions 1:30pm M/C Walking Choir <b>2:00pm Hot Cider &amp; Cookies</b> <b>3:00pm Song and Dance with Chuck &amp; Cheryl Pa-Du</b> 4:00pm Reading 6:00pm Movie	<b>16th</b> 9:30am Move it or Lose it 10:00pm Snack and Morning movie 12:30pm One on Ones 1:30pm Party Preparations <b>2:30pm Red Hat Social</b> <b>3:30pm Many Helping Hands to Help Clean up</b> 4:00pm Reading 6-8pm After Dinner Activities	<b>17th Sandy Foot Clinic</b> 9:30am <b>Bread Baking/Exercise</b> 10:00am Snack / Morning Movie 12:30pm One on Ones 1:30pm M/C Walking Choir 2:00pm Bread & Butter Snack <b>2:30pm Small Craft Group</b> 3:00pm PV Bowling League 3:45pm Reading 6-8pm After Dinner Activities	<b>18th Anna Ouellette B-Day</b> 9:30am Move it or Lose it 10:30am Morning snack/Movie 12:30pm One on Ones 1:30pm M/C Walking Choir 2:00pm Snack /Cognitive Games <b>3:00pm Jim Hinkel on the Guitar</b> 4:00pm Reading 6-8pm After Dinner Activities	<b>19th</b> 9:30am Move it or lose it <b>10:00pm Fudge Fundraiser</b> <b>1:30pm Get out of the House</b> 2:00pm Afternoon Snack 3:30pm Walk a Bout after Ride 4:00pm Reading 6-8pm After Dinner Activities	<b>20th</b> 9:30am Move it or Lose it 10:00am Morning Snack/Reading <b>1:00pm Sweep Our Cares Away</b> 1:30pm Parachute Circle 2:00pm Beanbag Golf/Snack <b>3:00pm Stories and Song with Pastor Lloyd Herr</b> 4:00pm Reading 6:00pm Movie	<b>21st</b> 9:30am Move it or Lose it 10:00am Morning Snack/Reading 12:30pm One on Ones 1:00pm Puzzling Puzzles 2:00pm Afternoon Snack 3:00pm Sing a Long 3:45pm Reading 6:00pm Movie
<b>22nd Manicure Day</b> 9:30am Hymn's 10:30am Morning Snack/Devotions 12:30pm One on Ones 1:30pm Bingo <b>2:15pm Hot Cider &amp; Cookies</b> 3:00pm Cognitive Games & Music 4:00pm Reading 6-8pm After Dinner Activities	<b>23rd</b> 9:30am Move it or Lose it 10:00pm Snack and Morning movie 12:30pm One on Ones 1:30pm M/C Walking Choir <b>2:00pm Baking and Sing a long</b> 3:00pm Noodle Ball 4:00pm Reading 6-8pm After Dinner Activities	<b>24th Lucille Gillmore B-Day</b> 9:30pm <b>Bread Baking/Exercise</b> 10:00am Snack / Morning Movie 12:30pm One on Ones 1:30pm M/C Walking Choir 2:00pm Bread & Butter Snack <b>2:30pm Small Craft Group</b> 3:00pm PV Bowling League 3:45pm Reading 6-8pm After Dinner Activities	<b>25th Helen Sherrill B-Day</b> <b>9:30am Church with Penni</b> 10:00am Snack / Morning Movie 12:30pm One on Ones 1:30pm M/C Walking Choir 2:00pm Snack/Cognitive Games <b>3:00pm Song and Dance with Molli Paige</b> 4:00pm Reading 6-8pm After Dinner Activities	<b>26th</b> 9:30am Morning Movie <b>10:45pm Lunch in Vancouver At the Quay</b> 3:30pm Walk a Bout after Ride 4:00pm Reading 6:00pm Movie	<b>27th</b> 9:30am Move it or Lose it 10:00am Morning Snack/Reading <b>1:00pm Earth Hour / recycle</b> 1:30pm M/C Walking Choir 2:00pm Beanbag Baseball/Snack <b>3:00pm Stories and Song with Pastor Lloyd Herr</b> 4:00pm Reading 6:00pm Movie	<b>28th</b> 9:30am Move it or Lose it 10:00am Morning Snack/Reading 12:30pm One on Ones 1:00pm Walk and Roll Club 2:00pm Afternoon snack 2:30pm Bingo 3:30pm Sing a Long 3:00pm Reading 6-8pm After Dinner Activites
<b>29th Manicure Day</b> 9:30am Hymn's 10:30pm Morning Snack/Devotions 12:00pm One on Ones 1:30pm M/C Walking Choir <b>2:00pm Hot Cider &amp; Cookies</b> <b>3:00pm Song and Dance with Sally Sieh</b> 4:00pm Reading 6-8pm After Dinner Activities	<b>30th</b> 9:30am Move it or Lose it 10:00pm Snack and Morning movie 12:30pm One on Ones 1:30pm M/C Walking Choir <b>2:00pm Baking and Sing a long</b> 3:00pm Noodle Ball 3:45pm Reading 6-8pm After Dinner Activities	<b>31st</b> 9:30pm <b>Bread Baking/Exercise</b> 10:00am Snack / Morning Movie 12:30pm One on Ones 1:30pm M/C Walking Choir 2:00pm Bread & Butter Snack <b>2:30pm Small Craft Group</b> 3:00pm PV Bowling League 3:45pm Reading 6-8pm After Dinner Activities				