

March 2010

Welcome to Powell Valley

The Journey With My Dad

Life is made up of seasons and circumstances. Along the way, my journey with Dad entailed “trading places” in life with each other.

I experienced a great deal from my Dad and his community of elders at Powell Valley. I learned about the importance of relationships, time, and gratitude. I learned how to endure and how to be an extraordinarily patient person.

I learned that for anyone aging, one of the single greatest comforts to them is the knowledge that they are still loved and capable of loving. They need someone who is not in a hurry and who cares what they are

thinking or feeling. Dad needed so little to be happy. As always love and respect were very powerful things between us both.

With Dad, I knew that by choosing unconditional love, not indifference that I could always stay the course on my journey with him. We all need our parents to understand that our help comes from respect and gratitude to them rather than from a sense of obligation or pity.

Remember, in the end, we all should be asking, *How did my life matter? Did I love freely? What can I look back on with pride?*

Dad, Thank you for these lessons in life. I love you, Jenny.

A Letter from a family member of Powell Valley

Changes

NEXT EXIT 

*To exist is to change, to change is to mature,
to mature is to go on creating oneself endlessly.”*

~Henri Bergson

POWELL



VALLEY

Assisted Living &
Memory Care Community

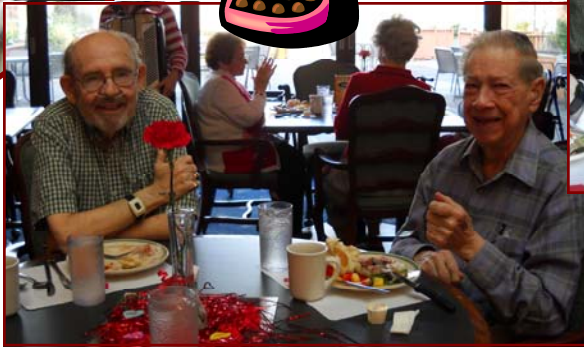


It's about Life Changes!

King & Queen of Hearts

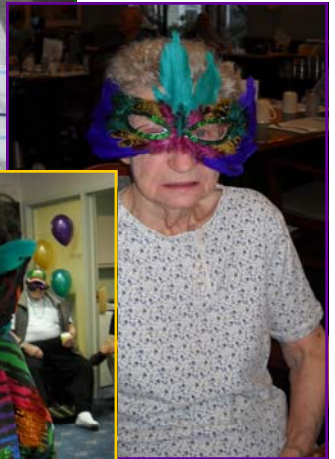
Valentine's Day Celebration

February 12, 2010



Mardi Gras Happy Hour

February 16, 2010



DID YOU KNOW You can see more photos from Powell Valley events at www.photobucket.com/powellvalley

It's about Life Changes!



Memory Care Outings and Festivities



Daylight Savings
Spring Forward
March 14th

Red Hat Tea Party Memory Care

Monday, March 8, 2010
2:30pm

St. Patricks Day Buffet and Happy Hour

Wednesday, March 17, 2010
5:00-6:00pm
Dining Room



Save the Date

Saturday, June 5, 2010
11th Annual
Memorial Rose Garden Ceremony
With the Portland Royal Rosarians
And the Rose Court
Stay tuned for more information

MARCH SHOWCASE

Wednesday, March 3, 2010

10:00am: *Outing to OMSI*

Sign-up with Tanya Wick

Thursday, March 11, 2010

12:00pm: *Birthday Party*

with Mollie Paige in the Dining Room

Saturday, March 20, 2010

3:00 - 4:00pm: *Happy Hour*

with Rachel Varayne in the Community Room

Wednesday, March 24, 2010

9:30am: *Outing to Spirit Mountain Casino*

Sign-up with Tanya Wick

Join us for the **Alzheimer's Group Nite**, March 16, 2010 at 6:30pm
Discussion topic will be "Creating Moments of Joy"

DO YOU HAVE A WISH?

The Joy of Life Club is working in conjunction with the Oregon Health Care Foundation's

“Senior Wish Program”

This program helps to make Senior's dreams come true. Through generous contributions and volunteer support, these dreams can now become reality.

For more ideas and stories on recent Senior Wishes that came true, visit the Oregon Health Care Foundation's website at www.ohcfoonline.org

For more information on making *your* or a loved one's dreams come true please contact Tanya Wick 503.665.2496

POWELL



VALLEY

Assisted Living &
Memory Care Community

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*“If nothing ever
changed, there'd
be no butterflies”*

~Unknown Author



created by:

Desiree Zimmerman

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <h2 style="margin: 0;">ASSISTED LIVING</h2> <h3 style="margin: 0;">Activities Calendar - March 2010</h3>				 <h2 style="margin: 0;">Luck of the Irish</h2> <p style="margin: 0;">St. Patrick's Day Buffet & Happy Hour March 17, 2010 5:00-6:00pm in the Dining Room</p> 		
<p style="text-align: center;">Block Party Saturday, March 13, 2010 2:00pm for Room# 101-116</p> <p style="text-align: center;">Refreshments & snacks will be served Enter the raffle to win a prize</p>	<p>1st</p> <p>10:45am Exercise Class W/ Dawn</p> <p>1:30pm Board Games</p> <p>2:30pm Afternoon Movie in the Sun Room</p> <p>3:00pm Writing Club</p>	<p>2nd</p> <p>9:30am Walking Club</p> <p>10:15am Play Wii W/ Tanya</p> <p>10:45am Exercise W/ Dawn</p> <p>1:15pm One on One's</p> <p>2:15pm Nickel Bingo</p> <p>4:00pm Current Events</p> <p>6:15pm Bridge Game</p>	<p>3rd Outing Day</p> <p>9:30am Walking Club</p> <p>10:00am Visit to OMSI in Portland</p> <p>10:45am Exercise W/ Dawn</p> <p>3:00pm Nickel Bingo</p> <p>4:00pm Current Events</p>	<p>4th</p> <p>9:30am Walking Club</p> <p>10:45am Zoo Mobile</p> <p>1:00pm Mt Man Nut and Fruit Co</p> <p>1:15pm Food Committee Meeting</p> <p>2:00pm Ambassadors Meeting</p> <p>3:00pm Nickel Bingo</p> <p>3:30pm Bible Study</p>	<p>5th Blue Jean Day</p> <p>9:30am Safeway</p> <p>10:15am Walking Club</p> <p>10:45am Exercise W/ Tanya</p> <p>1:00pm Rosary</p> <p>1:15pm Nickel Bingo</p> <p>2:15pm Play Wii Bowling</p> <p>4:00pm Ice Cream Social</p> <p>6:15pm Bridge Game</p>	<p>6th</p> <p>9:30am Walking Club</p> <p>10:45am Exercise W/ Tanya</p> <p>1:00pm One on One's</p> <p>2:00pm Craft Hour</p> <p>3:00pm Nickel Bingo</p> <p>4:00pm Happy Hour</p> <p>5:30pm Lawrence Welk</p>
<p>7th</p> <p>Transportation to Church</p> <p>9:10am St. Henry's Church St. Aidan's Church Christian Science Church Lynchwood Church</p> <p>3:30pm Worship Service with Heritage Baptist Church</p>	<p>8th</p> <p>10:45am Exercise Class W/ Dawn</p> <p>1:15pm Resident Meeting</p> <p>3:00pm Afternoon Movie in the Sun Room</p>	<p>9th</p> <p>9:30am Walking Club</p> <p>10:15am Play Wii W/ Tanya</p> <p>10:45am Exercise W/ Dawn</p> <p>1:15pm One on One's</p> <p>1:30pm Mary Kay Rep</p> <p>2:15pm Nickel Bingo</p> <p>3:30pm Calendar Meeting</p> <p>6:15pm Bridge Game</p>	<p>10th Outing Day</p> <p>9:30am Walking Club</p> <p>10:00am Shopping at Lloyd Center</p> <p>10:45am Exercise W/ Dawn</p> <p>3:00pm Nickel Bingo</p> <p>4:00pm Current Events</p>	<p>11th</p> <p>9:30am Walking Club</p> <p>10:45am Exercise W/ Tanya</p> <p>1:00pm Avon Representative</p> <p>2:00pm Nickel Bingo</p> <p>3:30pm Bible Study</p> <p>3:30pm Quiddler Card Game with Tanya</p> <p>5:00pm Birthday Party W / Mollie Page</p>	<p>12th Blue Jean Day</p> <p>9:30am Fred Meyer</p> <p>10:15am Walking Club</p> <p>10:45am Exercise W/ Tanya</p> <p>1:00pm Rosary</p> <p>1:30pm Banking and Library</p> <p>2:00pm Nickel Bingo</p> <p>4:00pm Happy Hour</p> <p>6:15pm Bridge Game</p>	<p>13th</p> <p>9:30am Walking Club</p> <p>10:45am Exercise W/ Tanya</p> <p>1:00pm One on One's</p> <p>1:30pm Nickel Bingo</p> <p>2:00pm Block Party Rms. 101-116</p> <p>3:00pm Ice Cream Social</p> <p>5:30pm Lawrence Welk</p>
<p>14th</p> <p>Transportation to Church</p> <p>9:10am St. Henry's Church St. Aidan's Church Christian Science Church Lynchwood Church</p> <p>3:30pm Worship Services with Heritage Baptist Church</p>	<p>15th</p> <p>10:45am Exercise Class W/ Dawn</p> <p>1:30pm Board Games</p> <p>2:30pm Afternoon Movie In the Sun Room</p>	<p>16th</p> <p>9:30am Walking Club</p> <p>10:15am Play Wii W/ Tanya</p> <p>10:45am Exercise W/ Dawn</p> <p>1:15pm One on One's</p> <p>2:15pm Nickel Bingo</p> <p>4:00pm Current Events</p> <p>6:15pm Bridge Game</p>	<p>17th Outing Day</p> <p>9:30am Walking Club</p> <p>10:00am Shopping at Walmart</p> <p>10:45am Exercise W/ Dawn</p> <p>1:30pm Out and About W/ Casey</p> <p>2:00pm Nickel Bingo</p> <p>5:00pm St. Patrick's Day Dinner & Happy Hour WEAR GREEN TODAY</p>	<p>18th</p> <p>9:30am Current Events</p> <p>10:15am Walking Club</p> <p>10:45am Exercise W/ Tanya</p> <p>1:00pm Mt Man Nut and Fruit Co</p> <p>2:00pm Nickel Bingo</p> <p>3:30pm Bible Study</p> <p>3:30pm Quiddler Card Game with Tanya</p>	<p>19th Blue Jean Day</p> <p>9:30am Safeway</p> <p>10:15am Walking Club</p> <p>10:45am Exercise W/ Tanya</p> <p>1:00pm Rosary</p> <p>2:00pm Nickel Bingo</p> <p>4:00pm Ice Cream Social</p> <p>6:15pm Bridge Game</p>	<p>20th</p> <p>9:30am Walking Club</p> <p>10:45am Exercise W/ Tanya</p> <p>1:30pm Nickel Bingo</p> <p>3:00pm Happy Hour with Rachel Varayne</p> <p>5:30pm Lawrence Welk</p>
<p>21st</p> <p>Transportation to Church</p> <p>9:10am St. Henry's Church St. Aidan's Church Christian Science Church Lynchwood Church</p> <p>3:30pm Worship Service with Heritage Baptist Church</p>	<p>22nd</p> <p>10:45am Exercise Class W/ Dawn</p> <p>1:30pm Board Games</p> <p>2:30pm Afternoon Movie in the Sun Room</p>	<p>23rd</p> <p>9-12:00 Foot Clinic *\$25.00 in room # 127</p> <p>9:30am Walking Club</p> <p>10:15am Play Wii W/ Tanya</p> <p>10:45am Exercise W/ Dawn</p> <p>1:15pm One on One's</p> <p>2:15pm Nickel Bingo</p> <p>4:00pm Current Events</p> <p>6:15pm Bridge Game</p>	<p>24th Outing Day</p> <p>9:30am Spirit Mountain Casino</p> <p>10:30am Willoughby Hearing</p> <p>10:45am Exercise W/ Dawn</p> <p>2:00pm Art Therapy Class W/ Irilla Swanson</p> <p>4:00pm Nickel Bingo</p>	<p>25th</p> <p>9:30am Current Events</p> <p>10:15am Walking Club</p> <p>10:45am Exercise W/ Tanya</p> <p>1:00pm Avon Representative</p> <p>2:00pm Nickel Bingo</p> <p>3:30pm Bible Study</p> <p>3:30pm Quiddler Card Game with Tanya</p>	<p>26th Blue Jean Day</p> <p>9:30am Fred Meyer</p> <p>10:15am Walking Club</p> <p>10:45am Exercise W/ Tanya</p> <p>1:00pm Rosary</p> <p>1:30pm Banking and library</p> <p>2:00pm Nickel Bingo</p> <p>4:00pm Happy Hour</p> <p>6:15pm Bridge Game</p>	<p>27th</p> <p>9:30am Walking Club</p> <p>10:45am Exercise W/ Tanya</p> <p>1:30pm Nickel Bingo</p> <p>3:00pm Ice Cream Social</p> <p>5:30pm Lawrence Welk</p>
<p>28th</p> <p>Transportation to Church</p> <p>9:10am St. Henry's Church St. Aidan's Church Christian Science Church Lynchwood Church</p> <p>3:30pm Worship Services with Heritage Baptist Church</p>	<p>29th</p> <p>10:45am Exercise Class W/ Dawn</p> <p>1:30pm Board Games</p> <p>2:30pm Afternoon Movie in the Sun Room</p>	<p>30th</p> <p>9:00am Schmaltz Gifts</p> <p>9:30am Walking Club</p> <p>10:15am Play Wii W/ Tanya</p> <p>10:45am Exercise W/ Dawn</p> <p>11:00am Line dancing W/ Nadja</p> <p>1:15pm One on One's</p> <p>2:15pm Nickel Bingo</p> <p>4:00pm Current Events</p> <p>6:15pm Bridge Game</p>	<p>31st Outing Day</p> <p>9:30am Walking Club</p> <p>10:30am Outing to Estacada Animal Safari Restaurant</p> <p>10:45am Exercise W/ Dawn</p> <p>3:00pm Nickel Bingo</p> <p>4:00pm Current Events</p>	<p style="text-align: center;">March Birthday's</p> <p>3/14 Margery Johnston</p> <p>3/18 Isabelle Wilson</p> <p>3/20 Evelyn Popejoy</p> <p>3/21 Eleanor Fry</p> <p>3/23 Cecelia Wolkow</p> <p>3/29 Anna Knowlton</p> <p>3/31 Joe Fedoris</p>		

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
  <h1 style="margin: 0;">MEMORY CARE</h1> <h2 style="margin: 0;">Activities Calendar - March 2010</h2> <p style="margin: 0;">4001 SE 182nd Ave. Gresham, OR 97030 503.665.2496 www.powellvalley.net</p>  						
	1st 9:30am Exerstretch 10:30am Reading with Casey 1:30pm Residents help with Redecorating for March 3:00pm Baking with Dawn and Sing a Long 4:00pm Fun with Esther 6:00pm Reading with Esther	2nd Bread Baking Day 9:30am Exerstretch 10:30am Reading with Casey 12:30pm One on Ones 1:30pm Puzzling Puzzles 2:30pm PV Bowling League 4:00pm Fun with Esther 6:00pm Reading with Esther	3rd 9:30am Exerstretch 10:00am Monty Waters on the Piano 1:30pm Making Shamrocks 2:30pm Music Therapy 3:30pm Ball Therapy 4:00pm Fun with Esther 6:00pm Reading with Esther	4th 9:30am Zoo Mobile 10:30am Read with Dawn 1:30pm Country Drive 3:00pm Reminicing and Popcorn  4:00pm Fun with Esther 6:00pm Reading with Esther	5th 9:30am Exerstretch 10:30am Reading 1:30pm Bingo 2:30pm Snack 3:00pm Sing a Long 6:00pm Movie	6th 9:30am Exerstretch 10:30am Reading 1:00pm Bingo 3:00pm PV Bowling League 6:00pm Movie
7th 9:30pm Hymn's with Dawn 10:45pm Reading with Dawn 12:30pm One on Ones 1:30pm Bingo 2:30pm Sundae's on Sunday 3:45pm Ball Therapy 6:00pm Reading with Esther Manicure Day	8th 9:30am Hymn's with Penni 1:00pm Party Preparations 2:00pm Bingo  2:30pm Red Hat Tea Party 4:00pm Fun with Esther 6:00pm Reading with Esther	9th Bread Baking Day 9:30am Exerstretch 10:30am Reading with Casey 12:30pm One on Ones 1:30pm Puzzling Puzzles 2:30pm PV Bowling League 4:00pm Fun with Esther 6:00pm Reading with Esther	10th 9:30am Exerstretch 10:30am Reading with Casey 12:30pm One on Ones 1:30pm Cognitive Games 3:00pm Song and Dance Mollie Paige 4:00pm Reading with Dawn 6:00pm Reading with Esther	11th 9:30am Morning Movie 10:45am California Pizza Kitchen 2:00pm Music Therapy 3:00pm Ball Therapy 4:00pm Fun with Esther 6:00pm Movie	12th 9:30am Exerstretch 10:30am Reading 1:30pm Bingo 2:30pm Snack 3:00pm Sing a Long 6:00pm Movie	13th 9:30am Exerstretch 10:30am Reading 1:00pm Bingo 3:00pm Noodle Ball 6:00pm Reading with Esther
14th 9:30am Hymn's with Dawn 10:45am Reading with Dawn 1:30pm Bingo 2:30pm Sundae's on Sunday 3:45pm Ball Therapy 6:00pm Reading with Esther Manicure Day	15th 9:30am Exerstretch 10:30am Reading with Casey 1:30pm Baking with Dawn and Sing a Long 3:00pm Bingo 4:00pm Fun with Esther 6:00pm Reading with Esther	16th Bread Baking Day 9:30am Exerstretch 10:30am Reading with Casey 12:30pm One on Ones 1:30pm Puzzling Puzzles 2:30pm PV Bowling League 4:00pm Fun with Esther 6:00pm Reading with Esther 6:30pm ALZ Group Nite	17th ST.Patricks Day 9:30am Exerstretch 10:30am Reading with Casey 12:30pm One on Ones 1:30pm ST. Patty's Party 3:00pm Song and Dance with Jim Hinkel on the guitar  6:00pm Movie	18th 9:45am Morning Drive 10:30am Morning Movie 1:30pm Country Drive 3:00pm Reminicing and Popcorn 3:45pm Read with Dawn 6:00pm Movie	19th 9:30am Exerstretch 10:30am Reading 1:00pm Bingo 2:30pm Snack 3:00pm Sing a Long 6:00pm Reading with Esther	20th 9:30am Exerstretch 10:30am Reading 1:30pm Bingo 3:00pm PV Bowling League 6:00pm Reading with Esther
21st 9:30am Hymn's with Dawn 10:45am Reading with Dawn 12:30pm One on Ones 1:30pm Bingo 2:30pm Sundae's on Sunday 3:45pm Ball Therapy 6:00pm Reading with Esther Manicure Day	22nd 9:30am Hymn's with Penni 1:30pm Baking with Dawn and Sing a Long 3:00pm Bingo 4:00pm Fun with Esther 6:00pm Reading with Esther	23rd Bread Baking Day 9:30am Exerstretch 10:30am Reading with Casey 12:30pm One on Ones 1:30pm Puzzling Puzzles 2:30pm PV Bowling League 4:00pm Reading with Dawn 6:00pm Movie 	24th 9:30am Exerstretch 10:30am Reading with Casey 12:30pm One on Ones 1:30pm Cognitive Games 3:00pm Diane Hagen on the Accordion 6:00pm Movie	25th 9:45am Morning Drive 10:30am Morning Movie 1:30pm Country Drive 3:00pm Reminicing 4:00pm Fun with Esther 6:00pm Reading with Esther	26th 9:30am Exerstretch 10:30am Reading 1:30pm Bingo 2:30pm Snack 3:00pm Sing a Long 6:00pm Reading with Esther	27th 9:30am Exerstretch 10:30am Reading 1:00pm Bingo 3:00pm Noodle Ball 6:00pm Reading with Esther
28th 9:30am Hymn's with Dawn 10:45am Reading with Dawn 12:30pm One on Ones 1:30pm Bingo 2:30pm Sundae's on Sunday 3:00pm Annie on the Guitar 6:00pm Reading with Esther Manicure Day	29 9:30am Exerstretch 10:30am Reading with Casey 1:30pm Baking with Dawn and Sing a Long 3:00pm Bingo 4:00pm Reading with Dawn 6:00pm Movie	30 9:30am Exerstretch 10:30am Reading with Casey 12:30pm One on Ones 1:30pm Puzzling Puzzles 2:30pm PV Bowling League 4:00pm Reading with Dawn 6:00pm Movie	31 9:30am Exerstretch 10:30am Reading with Casey 12:30pm One on Ones 1:30pm Cognitive Games 3:00pm Songs with Chuck and Cheryl Par-Due 4:00pm Fun with Esther 6:00pm Reading with Esther			Remember: Tuesday March 16th @ 6:30pm Alz group Nite Creating Moments of Joy will be the continued topic. We will be watching a DVD on the subject Refreshments will be served