

News For Our Residents, Families, Staff and Community

Friendship To Last A Lifetime...

When you've been best friends for more than 70 years, you remember the rationing and blackouts during World War II and the days before roadways became highways. For two devoted friends, May Osborn and Juanita Blair, Marquis Care at Centennial resident, the memories are more personal.

Today, the trendsetters are 96 (Juanita) and 92 (May). Their friendship is still going strong.

In February, 2007, the Marquis Care at Centennial team, along with the community, helped organize a 4 day New Chapter in their lives.

“May, I’m glad that you get in on my fun”

The event began with a private fitting at the care center, in which each of them chose

matching velour tracksuits from Saks Fifth Avenue. “May, I’m glad that

you get in on my fun,” Juanita said, after insisting on a matching green jacket.

On Valentine’s Day, the women took a limo ride to DuBois Salon & Rainforest Spa, where they each had facials and manicures. Afterward, Juanita leaned over to May and said, “That was wonderful, do I look the same?” “You look prettier.” May replied.

A few days later the women again took a limo ride to Saks to have their makeup done. Later in the week, the best friends received a police escort as they



rode with the city of Gresham’s Police Chief in a limousine to the Central Café. They were then met by members of the Gresham Fire Department and dined with Gresham’s Mayor and City Manager. “I want to take him home,” May said of the City Manager, eyes twinkling. The celebration culminated with a portrait session in a local photography studio. “It was wonderful,” Juanita said. “Everyone was so nice.”



Congratulations 2006 Legends!

The Legends program is designed to formally recognize those Marquis staff, resident families or community members who demonstrate a consistent commitment to enhancing the quality of life for residents, family members and employees. More than an employee of the month, these people accomplish the extraordinary. Their words and actions leave us all asking, "Would I do that?" They truly make a difference in the Marquis community.

This year the banquet was held at the Lloyd Center Doubletree in Portland, Oregon. In addition to honoring the Legends, the program celebrated employees who have served our communities for 10, 15, 20, 25 and 35 years. In total, 60 individuals received this special acknowledgement.

The highlight of the program was a 50 minute video that celebrated each Legend winner. A videographer visited each of our facilities and interviewed residents and staff about the winner. Set to fun music with heart-felt comments, it was an incredible way to toast to those who make a difference in the long-term care industry.

2006 Marquis Legends

Rocio Romero
Denise Ramsey
Lynn Salberg
Leanne Barger
Debbie Taggart
Tracy Iverson
Vicki Gibbs
Maria Claudio
Judy Bryan
Tom Pendleton
Linda Calhoun
Cheryl Morgan
Joey S. McGowen
Ramona Picard
Frehiwot Ashenafi
Ann Lester
Michelle Ritter
Cheryl Mae Smith
Gui Chow
Sharon Dodson
Faye Foster
Keeli Brown
Elisha Ahumada
Patricia Bain
Tasha Trepanier

Marquis Care at Autumn Hills
Marquis Care at Centennial
Marquis Care at Forest Grove
Vintage Suites at Forest Grove
Marquis Care/Vintage Suites at Hope Village
Marquis Care at Mt Tabor
Marquis Care at Oregon City
Marquis Care/Vintage Suites at Piedmont
Marquis Care at Plum Ridge
Marquis Care at Powellhurst
Marquis Care at Shaw Mountain
Marquis Care at Silver Gardens
Marquis Care at Springfield
Marquis Care at Vermont Hills
Marquis Care at Wilsonville
Vintage Suites at Butte
Vintage Suites at Grand Park
Oak Park Conv. Hospital
Rheem Valley Conv. Hospital
Shasta Healthcare
Adams & Gray
Marquis Home Care - Albany
Marquis Home Care - Salem
Marquis Home Health - Albany
Marquis Home Health - Portland

Questions on long term care?

Our goal is to find you the right care, whatever that may be. Our Care Connector service does something extraordinary. We have someone on the line to find you the right long term care solution for someone in need, even if it isn't one of ours. Our staff can assist with everything from evaluating care needs (skilled, assisted, memory, home health or home care), finding financial resources to discovering the perfect living environment. If you or someone you know needs help navigating the system, give us a call.



A Nursing Home As A Place To Renew?

A friend of mine called last week to ask for advice for his mother. She lives in West Virginia and was recently told that she'll need surgery requiring a stay in a Skilled Nursing Facility for rehabilitation and nursing management. Even though the doctor identified the multiple health issues she is facing, she is struggling

“take advantage of all of the systems that are in place to maximize the benefits”

with the idea of going into a “Nursing Home” and is desperately seeking a way that she could

just go home. Certainly if she has to go in for rehab, she wants to make it quick and get back to her routine ASAP! He wanted me to advise

him on how to get that done and I just couldn't do it.

I thought this was a great opportunity for his mother. He thought I was nuts. Or maybe I'd just been around it for so long that I had lost perspective.

The fact is, it's a little like going to a health spa with intense trainers. She will have a comprehensive overview of everything that brought her to this point. Not only will she be assessed thoroughly (and continuously) after arriving, she will also receive the therapies she needs. The other disciplines will address lifestyle changes such as medication management, nutrition, physical strengthening and

access to additional health and social services to ensure she doesn't have a repeat episode and require further hospital care.

Most people are so focused on getting back home that they fail to take advantage of all of the systems in place to maximize the benefit of their stay.

Now I'm not so blind as to not see the difference between a nursing home and a spa, and I join everyone else in the hope that my parents don't ever have to make this decision. But I do know, if they do end up in a nursing home, I want them to get every service they're entitled to and not cheat themselves out of this opportunity by leaving a few weeks early for the momentary comfort of being at home.

In the scheme of things, skilled nursing stays, while stressful and intense, are just a sliver in time. A sliver in time where entire teams are focused on your well being. What could be more important than that?

HAWTHORNE GARDENS NEARLY OPEN!

Brand new assisted living and memory care community just off Hawthorne is set to open early summer. For more information contact 503-CONNECT.

BECOME A CNA!

Are you, or someone you know, looking for a way to truly make a difference in people's lives? Marquis has a dedicated education department that can train you to become a Certified Nursing Assistant (CNA) and work at our local Marquis facilities. Our CNA program has class offerings on a monthly basis, educating you to become skilled with over 52 core competencies. The five week course combines classroom education, lab training and clinical rotations so that when you complete the course, you will be confident and able to begin your career! If you are interested in working for an exceptional senior care company and having a career you can feel great about, visit our website: www.marquis-companies.com for the application process or call 971-206-5200 to talk with our Education Coordinator.





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Facilities:

Autumn Hills (SW Portland, OR)
Centennial (Gresham, OR)
Forest Grove (Forest Grove, OR)
Hope Village (Canby, OR)
Mt. Tabor (SE Portland, OR)
Oregon City (Oregon City, OR)
Piedmont (NE Portland, OR)
Plum Ridge (Klamath Falls, OR)
Powellhurst (SE Portland, OR)
Silver Gardens (Silverton, OR)
Springfield (Springfield, OR)
Vermont Hills (SW Portland, OR)
Wilsonville (Wilsonville, OR)
Healdsburg (Healdsburg, CA)
Oak Park (Pleasant Hill, CA)
Rheem Valley (Moraga, CA)
Shasta Health Care (Redding, CA)
Shaw Mountain (Boise, ID)
Plaza Regency (Las Vegas, NV)
Butte (Butte, MT)
Grand Park (Billings, MT)

Choosing Home Care

Researching and choosing in-home care services can be a challenging task. Whether someone needs additional help around the house or assistance with the activities of daily living, we offer the personalized services and support that help individuals maintain their independence and enhance their life. Marquis Companies offers services in Portland as Adams & Gray, and in the Albany, Salem and Springfield areas.

In an effort to help with the decision making process, we've created a guide consisting of ten questions that should be asked of a company. It can be accessed at

[http://www.marquiscompanies.com/
services/marquisathome/whattolookfor](http://www.marquiscompanies.com/services/marquisathome/whattolookfor)



www.marquiscompanies.com