

## Bloom Where You're Planted



Having a seamless transition in any move or lifestyle change seems like a tall order. But if your attitude and curiosity lean towards the positive, and you get a few reinforcements and welcome greetings, it can be as close to seamless as possible.

For Ron and Naomi Dagen Bloom the move was across country – NY to PDX.

Their lifestyle change was a Manhattan two-bedroom co-op to a downtown Portland two-bedroom accredited CCRC (continuing care retirement community). They left a son and family behind but landed in the vicinity of their daughter and her family, which includes three grandchildren.

And Portland wasn't a complete stranger to them

since they had visited for the past ten years, but East Coast to West? "Really?" That's what their friends back east keep asking.

But the Blooms will tell you that it wasn't such a hardship to leave a changing city where the passing crowd was getting younger and younger, and the types of opportunities they enjoyed 20 years ago weren't as prevalent. Their co-op consisted of six buildings of 21 floors each and over 1,000 apartments near Columbia University. The population had started out younger and was aging in place, but in an emergency their only lifeline was calling 911.

"We hadn't been at Terwilliger but two weeks when in the middle of the night I had a medical emergency,"

Story continued inside

## Bloom Where You're Planted Cont. from Cover

said Naomi. "Ron thought to call downstairs to inquire what we do, and within minutes an LPN was letting herself into the apartment to help me."

This happened once more soon after and a different nurse came to their aid. If they hadn't already been certain they had made the right move, this would have been the icing on their cake. "Other unexpected services, such as a computer technician on staff to hook up computers, and maintenance help to quickly fix drains is remarkable," said Naomi. "The inclusiveness of so many services is a happy bonus."

The hardest part of the move? For Ron, who was a college professor in Family Studies and Counseling, it was his own thought process surrounding the idea that he was moving into a place where everyone is older, and many with walkers. But that changed the first time one of our 'walkers' stopped to greet the newcomer and made him feel welcome. He realized in that moment that he and Naomi were now part of a caring community; a much



more secure place than the big city they had left behind.

Naomi considers herself of a more 'mobile consciousness' since she moved a lot growing up, and this move seemed like a practical and positive step. She was a clinical social worker with a private practice. Post retirement she joined a new group, The Transition Network, which is 'a community of women over 50, who join forces as they navigate the transition from one career to another -- or

whatever is next'. The Network, now national, is one she is encouraging younger retirees to start a Portland chapter. That attitude of looking forward to what is next keeps her interests broad and open, whether it's in knitting toy chickens, composting, social justice, community theatre, or reading anything and everything. Oh, and she writes her own blog: [www.alittleredhen.com](http://www.alittleredhen.com).

In her blog, she talks frequently about their move to a socially conscious retirement community. She talks about her and Ron's 'yarnlife'; his in spinning, weaving and knitting, and hers in activism through needles ... the Number 7, 8, and 9 types.

One of the main reasons they moved to Terwilliger Plaza? "We wanted to get here soon enough to make new friends," said Naomi. "And Portland is very upbeat," adds Ron. "Some days we miss New York's diversity, but have found Portland has a lot of fascinating people and activities to discover and an openness that's very western and refreshing."

## Friends of Mystery has 'Moved-In'

This nonprofit educational/literary organization for mystery readers and writers has found a new home for their "Bloody Thursdays" gatherings. The group meets at 7:00 p.m. on the fourth Thursday of January, March, May and September, and third Thursday in November. They bring in speakers from a variety of fields including law enforcement, criminology, authors of mystery and others. They award an annual "Spotted Owl" recognition to the best mystery by a Pacific Northwest writer through a volunteer committee. Their "Blood-Letter", a bi-monthly publication with reviews, speakers and event information, interviews and other notable news, is available on-line at: [www.friendsofmystery.org](http://www.friendsofmystery.org).

We opened our doors to this fellow not-for-profit organization as part of Terwilliger Plaza's ongoing commitment to promote Community Benefit and Social Accountability.

Feel free to visit with these other mystery lovers.



## Compassionate Healthcare Always Available

Since 1967, Terwilliger Plaza members have been cared for by compassionate nursing staff. Parkview Nursing Home opened adjacent to the current building and provided value, increased revenue and needed healthcare to those living here. Frequently the Federal Housing Authority showcased the Plaza and commended the Trustees for their vision to provide this important service. In 1995 Terwilliger Plaza acquired Parkview, closing it in 1998 in order to build the four-story, Assisted Living building. In 1997, the Metcalf Healthcare Center opened, and has recently been updated and remodeled.

many health-related services including licensed nursing staff, caregivers, wellness coordinators and daily attention to medical

### LUCY, RN – 20 YEARS

"The biggest reason I work here is the residents. There isn't a day that goes by that I don't learn something from their amazing lives. And every day there is an opportunity to use my nursing skills, and that challenge is important to me because I can see how important it is to the residents."

needs. The Terrace Assisted Living offers private apartments with kitchens, bathrooms and many with river and mountain views to the East. The Metcalf offers residential care and other health services, such as pharmacy delivery, wound care, blood

pressure checks, and check-ups.

Our healthcare team has combined years of service to

### MICHELE, CERTIFIED MED AIDE 5 YEARS

"I was drawn into TP as a private caregiver in the tower, and that got me involved with the staff. I saw how the teamwork setting worked well with other staff that really supported each other and took their jobs seriously. Plus the view out any window is great!"

Terwilliger Plaza of over 350 years, and that's with the 59 staff members who have worked here one year or more. Included in

this impressive number are Certified Nursing Aides (CNA's) with 26, 19, and several at 18 years of service to the Plaza. Our Health Services Director, an RN, has worked here for 10 years, along with other RN's who have been here over 15 years. Add to this group our dedicated caregivers, attendants, Certified Medical Aides (CMA), Activities and Wellness instructors, and a Medical Director from Legacy Hospital who has been here over 10 years. Terwilliger Plaza members know they are in good hands should they have a medical

need. 24-hours-a-day, 7-days-a-week, 365-days a year!



Mary Jane McGoodwin was one of seven Plaza Members volunteering for Hands on Portland during the recent MLK Service Weekend. Over 1200 books were protective wrapped at David Douglas School District for their libraries.

Forty-two years later, Terwilliger Plaza continues to offer

## “Move-In Now” Pricing Incentives

For a limited time, Terwilliger Plaza is offering potential Members various Move-in Pricing Incentives. This is to allow our future Members the flexibility and time to adjust to the current economic reality while enjoying the benefits of living in a secure and social community like Terwilliger Plaza.

### Membership Deferral Plan

Upon approval, this option allows Members to defer payment up to 50% of their membership fee until their house is sold. A lien is placed on the Member’s primary residence in the state of Oregon, and they have up to one year, interest free, to pay the remaining balance of the membership fee.

### Discounted Pricing

On select two and three bedroom apartments in the Tower and Heights, Members receive a 10% discount off the traditional membership fee. Many of these apartments boast eastern mountain, river, and urban views. Many of the apartments are also located on the upper floors of each building.

### Membership Referral Plan

Know someone living at Terwilliger Plaza? If they refer you and you move into Terwilliger Plaza, you both are eligible for a \$2,010 credit towards your monthly maintenance fee. Call your friend today!

### Pets Now Allowed

Terwilliger Plaza has a limited number of apartments to those who want to move in with their feline friend. Call for details.

**With offers like these, you won't want to miss the opportunity to live at Terwilliger Plaza!**

These limited-time pricing incentives have certain restrictions and may be changed without notice. For more information, please contact Terwilliger Plaza at 503-299-4716 or email: [info@terwilligerplaza.com](mailto:info@terwilligerplaza.com).



# Terwilliger Plaza

*A place for life.*

