

Meetings are the 1<sup>st</sup> Wednesday of  
each month at 8A.M.

## Meetings:

**March 4<sup>th</sup>, 2026**

### Clearwater Beaverton

910 NW 185th Avenue  
Beaverton, OR 97006

**April 1<sup>st</sup>, 2026**

### Rose Schnitzer Manor

(at Cedar Sinai Park)  
6140 SW Boundary Street  
Portland, OR 97221

#### Core Values:

Integrity  
Compassion  
Accountability  
Respect  
Engagement

The goal of MSN is to educate, support  
and provide resources to marketing and  
community relations professionals in the  
healthcare and senior industry.

## The 7 Habits of Time Management

*Presented by Dore Jean (trained keynote speaker & art therapist)*

We will explore practical, research-backed principles that help professionals take control of their schedules, increase productivity, and reduce stress. This session breaks down seven core habits that shift time management from reactive to intentional, including prioritizing what truly matters, planning with clarity, minimizing distractions, and building consistent systems for follow-through.

## Understanding What Makes Parkinson's Unique

Learn how to best serve people with  
Parkinson's and their families.

Scan to pre-pay for  
the next meeting!



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|                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                     |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <b>1st CHOICE</b><br><small>ADVISORY SERVICES</small><br>Jody Pearson<br>503-730-0442<br>Jody@ChoiceAdvisory.com                                                                                                                  |  <b>KOIN</b><br><b>6</b><br>Amy Montague<br>503-464-0624<br>Amy.Montague@KOIN.com                                                                                     |  <b>ROSE</b><br><b>ELDER LAW</b><br>Michael Rose<br>971-865-3171<br>Michael@RosElderLaw.com                                                                                                                                                                      |
|  <b>A Place At Home</b><br><small>PASSIONATE PROFESSIONALS • COMPASSIONATE CARE</small><br>Jerome Philips<br>503-305-3306<br>jerome.philips@aplaceathome.com                                                                       |  <b>LAURELHURST</b><br><b>HOUSE</b><br>Caitlin Heath<br>503-234-5050<br>CaitlinH@laurelhursthouse.com                                                                 |  <b>SeaStar</b><br><b>Senior Services, Inc.</b><br>Niki Tucker<br>360-513-3948<br>Niki@SeaStarSeniorServices.com                                                                                                                                                 |
|  <b>ATLAS NORTH</b><br><small>REAL ESTATE GROUP</small><br>Brad Wulf<br>503-422-8673<br>Brad@Atlas-North.com                                                                                                                       |  <b>LEISURE CARE</b><br>Katie Smith<br>971-506-4293<br>KSmith@leisurecare.com                                                                                         |  <b>1</b><br><b>SENIOR</b><br>Grace Ishida<br>503-250-1901<br>Grace@SeniorOneSource.net                                                                                                                                                                          |
|  <b>Care Patrol</b><br><small>Your Partner In Senior Care Solutions</small><br>Kerry Nelson<br>503-885-3383<br>KNelson@CarePatrol.com                                                                                              |  <b>MANAGED MOVES</b><br><small>SERVING SENIORS SINCE 2006</small><br>Steve Klemroth & Krista Giudici<br>503-780-7136<br>WelcomeHome@ManagedMoves.com                 |  <b>SDS</b><br><b>Smart Daily Services LLC</b><br>Rita Kuehnis<br>503-851-2449<br>SDS@SmartDailyServices.com                                                                                                                                                     |
|  <b>CHANGING PLACES</b><br><small>HOUSING SOLUTIONS</small><br>Kimberly Steele<br>503-207-2060<br>Kimberly@ChangingPlaces.today                                                                                                    |  <b>MIRAMONT</b><br><b>POINTE</b><br><small>Senior Living</small><br>Amber Phoenix<br>503-698-1600<br>Amber.Phoenix@MiramontPointe.com                                |  <b>Serengeti</b><br><b>CARE</b><br>Grace Davidson<br>971-500-2909<br>clackamas@serengeticare.com                                                                                                                                                                |
|  <b>CLEARWATER</b><br><b>BEAVERTON</b><br>Tina Osara<br>971-470-0002<br>tina.osara@clearwaterliving.com                                                                                                                            |  <b>MorningStar</b><br><small>SENIOR LIVING</small><br>Haylee Ergenekan<br>503-828-0980<br>Hillsboro.dcr@mstarliving.com                                              |  <b>Strategic</b><br><small>Print &amp; Promotions</small><br>Maribeth Niece<br>503-367-8454<br>info@print-promos.com                                                                                                                                            |
|  <b>Columbia</b><br><b>MEDICAL ALARM, INC.</b><br><small>PERSONAL SAFETY AND HEALTH SOLUTIONS</small><br>Barbara Crawford<br>503-644-4736<br>ColumbiaMedAlarm@aol.com                                                            |  <b>MUSIC WE REMEMBER</b><br><small>songs we can't forget</small><br>John Van Beek<br>503-893-2380<br>John@MusicWeRemember.com                                      |  <b>The Cottages</b><br><small>Senior Living</small><br>Kristi Curtis<br>503-492-6942<br>crd@TheCottagesLiving.com                                                                                                                                             |
|  <b>ELITE CARE</b><br><small>DIFFERENT ON PURPOSE</small><br>Nancy Leifheit<br>971-212-5228<br>NLeifheit@EliteCare.com                                                                                                           |  <b>NW Estate</b><br><b>LAW LLC</b><br>Meredith Williams<br>503-543-1121<br>Meredith@NWEstateLaw.com                                                                |  <b>The Springs</b><br><b>Living</b><br>McKenzie Chully<br>503-716-2865<br>mchully@thespringsliving.com                                                                                                                                                        |
|  <b>FAIRWAY</b><br><b>HOME MORTGAGE</b><br> <b>THE LANDIS</b><br><b>GROUP</b><br>Sheila Landis<br>503-799-3450<br>sheila.landis@fairwaymc.com |  <b>oasis</b><br><small>SENIOR ADVISORS</small><br>Breanna Dickinson<br>503-348-2822 ext 2001<br>Breanna@YourOasisAdvisor.com                                       |  <b>VAN MALL</b><br><small>RETIREMENT COMMUNITY</small><br>Tiffany Halifax<br>360-896-9140<br>crd@vanmallretirement.com                                                                                                                                        |
|  <b>Fedelta</b><br><b>HOME CARE</b><br><small>We Take Care of Family</small><br>Mike Carnagey<br>541-480-4870<br>mike.carnagey@fedeltahomecare.com                                                                               |  <b>ONELIFE</b><br><small>SENIOR LIVING</small><br>Rosalind Hughes-Smith<br>503-747-0648<br>RHughes-Smith@WaterHouseridge.com                                       |  <b>VIKING PROPERTIES</b><br><b>NW</b><br>Andrew Nordby<br>503-680-5291<br>VikingPropertiesNW@gmail.com                                                                                                                                                        |
|  <b>Greatness Digital</b><br><small>Senior Care Marketing Agency</small><br>Zeth Owens<br>503-914-4564<br>Zeth@GreatnessDigital.com                                                                                              |  <b>Parkinson's</b><br><b>Resources</b><br><small>Serving Oregon &amp; SW Washington</small><br>Jeannine Walker<br>971-727-3534<br>Jeannine@ParkinsonsResources.org |  <b>Visiting Angels</b><br><small>America's Choice in Home Care</small><br><small>LIVING ASSISTANCE SERVICES</small><br>Tanya Rosequist<br>503-297-7000<br>trosequist@VisitingAngels.com                                                                       |
|  <b>home</b><br><b>instead</b><br>Brittany Goddard<br>503-335-0626<br>Brittany.Goddard@HomeInstead.com                                                                                                                           |  <b>PNW</b><br><b>MEDICARE ADVISORS</b><br>John Waters<br>503-929-4621<br>JohnPNWMedicareAdvisors@gmail.com                                                         |  <b>WENDI MUELLER</b><br><b>REAL ESTATE</b><br> <b>KW</b><br><small>PORTLAND PREMIERE KELLER WILLIAMS REALTY</small><br><b>SRES</b><br>Wendi.Meuller.realestate@gmail.com |
|  <b>HOME MATTERS</b><br><b>CAREGIVING</b><br>Clayton Foutch<br>503-352-5634<br>ClaytonF@HomeMattersCaregiving.com                                                                                                                |  <b>Retirement</b><br><b>Connection</b><br>Amy Schmidt<br>503-422-6906<br>Amy@RetirementConnectoin.com                                                              |  <b>WEST HILLS</b><br><b>VILLAGE</b><br>Jeff Houghtaling<br>503-245-7621<br>Jeff.Houghtaling@WestHillsSenior.com                                                                                                                                               |

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