



# Timber Tales



## March 2021 Notes From Robin

Welcome to the month of March. March gives us much to look forward to. While the weather can be unpredictable, we all have hope that we will be experiencing some sunny warmer days of spring as it arrives on March 20<sup>th</sup>. Soon we will be listening to the joyful sounds of birds singing and spotting the beautiful colors of the daffodil's and crocus as they begin to sprout from the ground. So... I wish you a beautiful and mild spring. I hope you get the chance to enjoy any nice weather that we may have by taking a walk around our beautiful Timberhill Place grounds. There is nothing like a bit of fresh air to make you feel better and to put a little spring in your step. It has been a year since we began our Timberhill Place COVID infection control restrictions. It has been amazing how supportive and understanding you have all been through these trying times. It has been so inspiring and educational to listen to your stories of how you have personally overcome some of the greatest challenges and hardships in your lifetimes and became stronger individuals because of it. Your positive attitudes, praise and gratitude have kept the staff at Timberhill Place inspired and determined to meet the daily COVID challenges in a positive and efficient manner to keep everyone as safe and infection free as possible. Now, that the residents and staff have received our second COVID vaccinations we are anxiously waiting for further direction from the CDC on when we can move forward and lessen some of the restrictions in our building. As soon as we hear any news, we will keep you posted. In the interim, please continue to wear your face coverings, keep your physical distance, wash your hands, and avoid going out into the community except for essential visits only. We will notify you as soon as we can resume scheduled indoor and outdoor visits in a safe manner. As many of you may have noticed, Megan has returned to the activity department. She has been working as a caregiver since the COVID pandemic began and did a great job for us. Please be sure to welcome her back to the activity department when you see her. With Megan back in the activity department you will see some new activities added to the activity calendar which will include one or two Saturday activities. If you have any suggestions on what type of Saturday activity you would like to see, please let Celina or Megan know. There is also an activity suggestion box located on the table in the Friendship room near Celina's desk for your convenience. The non-contact food committee and town meetings are going well. Your comments, suggestions, and any concerns that you have are greatly appreciated and important to us. Please keep them coming so that we can continue to improve the quality of the services that we provide to you.

*"Springtime is the land awaking. The March winds are the morning yawn."  
~ Lewis Grizzard*

Timberhill Place ~ 989 NW Spruce Avenue ~ Corvallis, Oregon 97330  
541-753-1488 email ~ [tmbrrpl@proaxis.com](mailto:tmbrrpl@proaxis.com)  
Website ~ [www.timberhillplace.com](http://www.timberhillplace.com)

## Timberhill Place Van Service Schedule

Sat & Sun: No Transportation Service  
 Monday: 9 a.m. – 12:00  
 Tuesday: 9 a.m. – 12:00 &  
 1:00 p.m. – 4:00 p.m.  
 Wednesday: 1 p.m. – 4:00 p.m.  
 Thursday: 9 a.m. - 12:00  
 Friday: 9 a.m. - 12:00  
 Holidays: No Transportation Service

**Van Service may be cancelled  
due to weather.**



### Resident Birthdays

Fred 3/11

### Staff Birthdays

Esther 3/8

Lavonda 3/9

Vesna 3/11

Everest 3/23

Alex Z. 3/28

## Timberhill Place Team Leaders

Executive Director.....Robin Bemrose  
 Marketing.....Debbie Vergo  
 Director of Nursing.....Keith Seckel  
 Director of Resident Care.....Gena Holmes  
 Director of Activities.....Celina Franklin  
 Director of Food Service ..... Page Hundemer  
 Director of Housekeeping.....Doris Blum-Etzel  
 Director of Maintenance.....Alex Roeser

## Garden Variety News

The earth awakens... soon new buds will appear. The crocuses and daffodils are out. Soon it will be time to plan and plant our gardens. Garden questionnaires are available at the front desk, please fill one out if you intend to have a garden plot. These help me anticipate your needs. I have begun adding mulch and composted materials to the garden beds and clearing away old leftovers. Garden plots will be assigned and ready for you late March, at least by April. In last year's flower corner, I plan to plant herbs this year. Things that both you and the bees will love. Happy Spring to all.

See you around,  
XO Doris

Fun Fact: Octopuses gather shiny things and make a "garden."

Fun Fact: Portland, Oregon has a 2 ft. sq park for invisible leprechauns.

## How to Join the Quiltt App

The Quiltt App is a way for residents and family members or associated persons to stay connected to what is happening at Timberhill Place. Receive alerts about news from Timberhill Place and access the weekly food menu and monthly activity calendar.

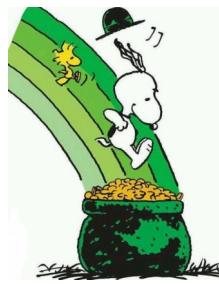
To join:

You must have a smart phone capable of downloading the Quilt App from the App Store.

If you have a smart phone and would like to join the Quiltt App, call the Timberhill Place front desk and let them know you are interested in signing up. They will take your information including name, relation, and phone number. You will be sent a text message with an invite to the Quiltt App and a link to download the app. From there you should be able to access Timberhill Place on the Quiltt App. Please contact Alex Roeser, director of Maintenance, with any questions you might have. We look forward to helping you stay connected.

# Ask the Nurse

Written by RN Consultant Keith Seckel



Q: It's been a year now, with the dining room closed, and staff & residents wearing masks, and family unable to visit like they used to. I'm just...tired of it all! Am I the only one who feels this way? What can I do?

A: You're not alone in feeling this. This is really hard isn't it? I think we've all felt this way. We've had our vaccinations, and more and more people are getting theirs. We're continuing to do all the infection prevention strategies—and still we're sort of stuck in this nebulous place of hardship; not knowing when it will all end. What's a person to do? Mary Poppins might suggest we say “Supercalifragilisticexpialidocious!” (even though the sound of it is really quite atrocious!).

I have a new word for us all: Otsukaresama! (OH-tsoo-kahr-ay-SAHM-uh). I recently learned this Japanese word and it has helped me to cope with being so tired of COVID-19 and all the restrictions and changes it has brought our way. So, what is this word, and what does it mean?

Otsukaresama. The literal translation is “You're tired” but the context is often a setting where people are working really hard, doing really good work, and that's why they're tired—AND they are very much appreciated. So someone might be leaving work and instead of saying “Sayonara” (goodbye) to their coworker they say “Otsukaresama” – meaning “I know you're tired, and your hard work is acknowledged. I really appreciate working with you”. The word is also used as a greeting. Saying “Otsukaresama” means “Look, we've got so much work to do today, and I know we're already tired, but I appreciate working with you. Hang in there and be encouraged: we'll get through this workload together.” Otsukaresama both acknowledges the tiredness we all feel, while also expressing a deep sense of gratitude for each other.

The poet G.K. Chesterton said “I would maintain that thanks are the highest form of thought, and gratitude is happiness doubled by wonder.”

I'm tired. You're tired. Our families are tired. And still, I'm so grateful for all of you. My happiness is indeed doubled by the wonder of how we've all pulled together to face the challenges of COVID-19. And how we're committed to staying this course; again, together! And I want to acknowledge all that to you, and say thank you!

So – from me to you all: Otsukaresama!

~ Keith

*Disclaimer: This section is for general information purposes only and is not intended to diagnose or treat any individual's medical problem. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding your specific medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read here in Timber Tales. If you have a specific medical concern please come to see Keith directly and we can discuss things in further detail.*

# Activity Highlights for March



## *Conversation in the Hall*

One of the hardest things about the pandemic has been not being able to see or talk to others as much as we used to. We would like to provide a chance for residents to do so in their hallway when we meet for 'Conversation in the Hall.' This new activity will be held in two hallways a week, on Thursdays and Saturday Morning. The activity department will bring chairs for residents to use and interesting conversation starters so you can get to know your neighbors better and just enjoy talking to others. Check the activity calendar and daily notices for the dates and times Conversation in the Hall will be happening in each hallway.

## *Saint Patrick's Day Celebration*

Although we cannot meet in the Dining Room for this event we'll bring the Saint Patrick's Day Party right to your door! Megan and Celina will be delivering refreshments from door to door on the afternoon of Saint Patrick's Day March 17th.



## *Daylight Savings Time*

Daylight Savings Time starts on Sunday, March 14<sup>th</sup>. Be sure to set your clock an hour ahead on Saturday



## *Free Tax Aid from AARP Foundation*

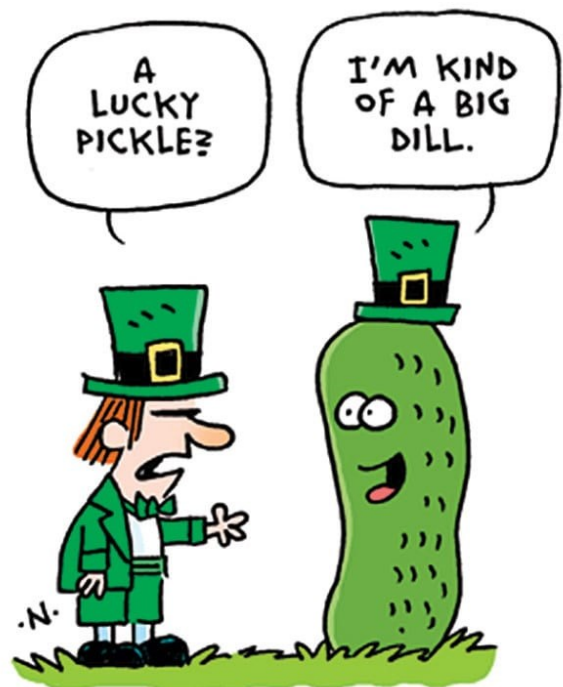
Due to the pandemic AARP TaxAides are offering online assistance options rather than in person assistance this year. Learn more by calling the AARP Tax Assistance info line 541-602-5829 or visiting the website [https://www.aarp.org/money/taxes/aarp\\_taxaide/](https://www.aarp.org/money/taxes/aarp_taxaide/)

## *Comments from Residents of Timberhill Place*

For the Staff of Timberhill Place:

“ Thanks for all of your efforts to keep us safe and well taken care of. We are so fortunate to be here at Timberhill Place. ”

“ Celina is doing a great job keeping us entertained and alert during this abnormal time. I am new to Timberhill Place and am constantly reminded how well managed it is, thanks to Robin. Can't say enough about the Nurse and Care Management Departments! ”





# New Resident



Joan N.



*Joan is pictured in front of a landscape that she painted called Redmond Sunset which was inspired by a sunset Joan watched with her sister in Central Oregon*

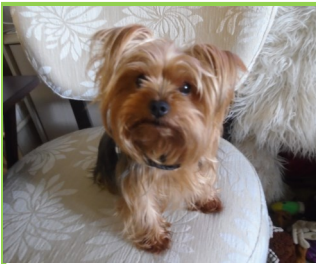
Welcome to new resident at Timberhill Place Joan N. Joan was born in Burton, Washington on Vashon Island, the southernmost Island of the hood canal. Joan recounts growing up during the Great Depression, her family moved to where her father could find work which brought her family to Ketchikan in southeast Alaska for ten years and then to Fairbanks, Alaska through the duration of World War II. Her family then moved to Corvallis in 1945 where Joan finished high school, Joan is an alumnus of the local Corvallis High School. Although life took her to other parts of Oregon for many decades, she says that coming back to Corvallis felt like coming home. Joan has two sons in the area: Marty of Lewisburg and Tom of Albany. Over the years Joan has worn many hats: as a homemaker, a dress maker, a bookkeeper, and working in real estate. This is in addition to her interests which have been lucrative as well, her paintings were sold in a gallery in Stayton and when she began sewing items for her grandchildren, she discovered that she could consign items for children's shops locally as well. Joan loves being creative and working with her hands, which lends itself to her passions of cooking and artwork. Joan was in a group of painters that would meet at the local fire station in Stayton every Thursday for chatting over coffee; this group of ladies became very close friends. Joan especially enjoyed painting landscapes and flowers and working with different mediums including acrylic, watercolor, and Chinese brush painting with ink. Joan would like others to know that she is friendly and would love to have some friends. Joan is settling in to Timberhill Place and is taking every chance she can to go outdoors for a walk. We wish her a warm welcome to Timberhill Place.



# Meet the Pets

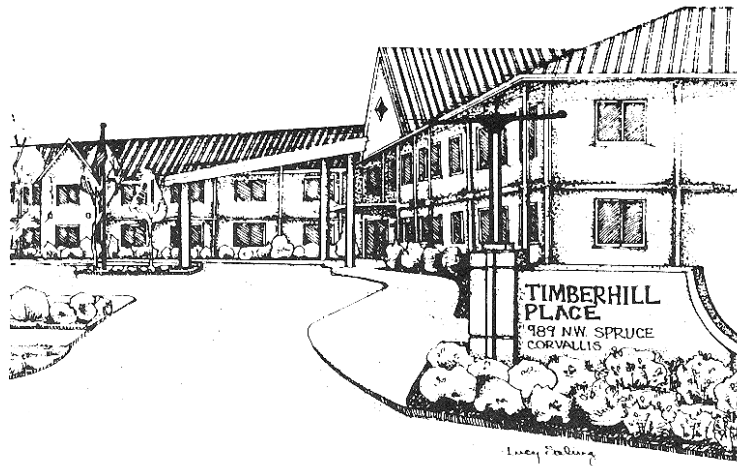


An update on Cooper



Cooper is the cutie pie Yorkie Terrier who lives with Timberhill Place resident Joan L. Cooper is about five years old and has adapted to many new situations—when he first came home to live with Joan in Washington, then when he moved with Joan into Timberhill Place, and most recently with the changes brought on by the pandemic. Joan says that Cooper has adapted considerably, at first Cooper was reserved and protective of Joan and now he is warming up to others and tolerates things that previously would make him uneasy— watching his Mom get her vitals taken was always a challenge for little Cooper but now he no longer complains at the sound of a ripping blood pressure cuff, good news for the caregivers of Timberhill Place! Dog mom Joan says Cooper is a creature of habit, he likes to go out first thing in the morning and come home and have his breakfast promptly upon returning. He is very particular about his toys and loves to pile them all up under the table where only he can reach them, if someone moves one he loves to tug of war over it to get it back, especially for his “Quackers” squeaky toys which are his absolute favorite. Since the pandemic Cooper has not been able to go anywhere but when Joan’s daughter Joanie takes care of him he loves to run freely in the yard and visit the clients at her work; Joan says that he brings a lot of joy to their days. Cooper adores Joanie and watches for her out the window where they used to visit together in the garden. Recently Cooper injured his little paw and had a broken nail but is on the mend with the help of a well bandaged paw and his Mom to help him. Cooper helps Joan too, she says that having Cooper helps her engage in conversation more and get outside. She says, “I just think it’s a good thing to have a pet to give love to and they love you unconditionally, especially during this pandemic.” Cooper and Joan bring joy to Timberhill Place.

*Timber Tales is published monthly for residents, their families and friends of Timberhill Place. We make every effort to provide quality care and a home-like atmosphere. If you have suggestions, concerns or have contributions to our newsletter we invite you to submit them to the Administrator. For more information on Timberhill Place, please call us at 541-753-1488 or email ~ tmbprpl@proaxis.com*



### *Timberhill Place Mission Statement*

*We are dedicated to supporting the individuality, dignity and well being of our seniors within a caring, homelike environment.*

*Timberhill Place  
989 NW Spruce Avenue  
Corvallis, Oregon 97330*

