

Timber Tales

April 2021

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Notes from Robin

Welcome to the month of April. April is known for its spring showers and beautiful spring weather. Let's hope we have more sunshine than rain this April. With spring in mind, it's time to think about the community gardens and whether you will be reserving a community garden space or not. Doris and Alex R. will begin clearing out the raised garden beds and turning the soil in preparation for the spring planting soon. If your garden space has not been prepared, please do not plant anything in your garden space until it is ready for planting. Our goal is to prepare the raised beds for planting. Assist you as needed with watering and weeding, but not to plant and maintain the garden for you. You will need to be willing to participate in your garden upkeep to have a garden space. If you are not sure if you can maintain a garden on your own, you may want to ask a friend or family member to help you while maintaining physical distancing. The community gardens provide a wonderful opportunity for recreation, exercise, and therapy. They produce an abundance of beautiful flowers and tasty vegetables for everyone's enjoyment. Be sure to talk with Doris from the housekeeping department to reserve your garden space before they are all gone. I wish you all much success with your garden this year. Easter Sunday is April 4. Because of the COVID restrictions you will not be able to invite guests to share a meal with. Instead, Page and his staff will be sending a delicious Easter meal to your apartment for your enjoyment and Celina and Megan will be providing some non-contact Easter events on Friday, April 2. If you are needing help to set up a zoom or facetime visit with family or friends, be sure to arrange it with Alex R. from the maintenance department. I hope you can join us as we celebrate National Volunteer Week. It begins on Sunday, April 18, and ends on Saturday, April 24. This is a special week for us as it provides us with the opportunity to thank our Timberhill Place volunteers for all the extraordinary things that they do for our residents and staff each day. This past year has been a real challenge for volunteers because of the COVID restrictions. Despite the restrictions they persevered and brighten our days many times through out the year. These volunteers have helped us with shopping, delivering take out orders, dropping off coffee and cookies to brighten someone's day, meals, gifts and goodies for the staff, cards and letters, gift bags with puzzles and goodies for the residents, craft bags every month, Church service messages and many other wonderful things. We thank them for their time spent volunteering, their actions are priceless, and they enrich the lives of our residents each day. So... Thank you to all our volunteers, you are truly appreciated. As we continue our fight against the COVID pandemic, and all of us here at Timberhill Place have had our first and second COVID vaccinations some residents feel like it is safe to go out more, see our family and friends and even take a trip somewhere. I would like to remind everyone to be patient, these things will be safe in time, but for now many people have not been vaccinated, and it will take time for the public to build up immunity. Please continue to stay positive, wear your face covers, keep your physical distance, wash your hands, and carefully consider all your options and risks before going out. If you have any questions about going out, please feel free to talk with Keith or me.

"I love spring anywhere, but if I could choose. I would always greet it in a garden."
~ Ruth Stout

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

Richard 4/8

Doris W. 4/8

Sue 4/17

Doris M 4/26

Ruth B 4/27

Staff Birthdays

Marsha 4/1

Jean B. 4/26

Maggie 4/27

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 ServicePage Hundemer
Director of Housekeeping.....Doris Blum-Etzels
Director of Maintenance.....Alex Roeser

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



It seems things are even more ‘in flux’ than before if that’s even possible! So, it is hard to write concrete info which will still be relevant in a few weeks! Haha! That being said, let’s go with this:

Q: Now that most of us are fully vaccinated, can we have visitors inside our rooms again? And what about new staff or Residents and getting them vaccinated?

A: I’m grateful 100% of our current Residents are fully vaccinated (two weeks after final shot). And about 90% of our staff! We’ll help new Residents and staff work with their Providers and State & Local clinics to get their vaccinations!

Regarding visits, CDC published new guidelines for fully vaccinated people, but also made it clear these do not apply inside healthcare settings. Medicare did relax some visitation guidelines for Nursing Homes though and as I write this, we’re eagerly awaiting news from Oregon Health Authority and Oregon Dept of Human Services to see if this will ‘trickle down’ to Assisted Living settings like Timberhill Place. In the meantime, it is encouraging to see infection rates fall while vaccinations numbers rise. This tells me there is a light at the end of the tunnel...but we’re still in the tunnel, so stay masked up, stay 6’ apart, and keep washing your hands! As soon as we know more, we’ll pass along the news to you!

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.

Garden Variety News

Have you walked around our grounds lately? It’s for the birds! We have so many bird feeders up all around the building that we now have more birds than ever! I have so far identified these – Western Bluebirds, chickadees, vireos, pine siskins, sparrows, flickers (a woodpecker), Roseate finches, gold finches, titmice, tufted titmice, robins, mourning doves, crows, blackbirds, starlings, scrub jays, stellar jays, nuthatches, and hummingbirds. I’m sure we owe our spectacular array of birdlife to our abundance of free buffet items! We also have frequent visiting sharp shin hawk, but she’s not shopping for seeds. Take a look out your window and see how many you can spot. I’m going to try again with the milkweed... can’t seem to get the seeds to sprout. I will start them indoors this time. Then hopefully we’ll have lots of butterflies too. Enjoy our outdoors!

See you around. XO Doris

Fun fact: Every year the average person loses about 1.5 lbs. of dead skin cells!

Fun fact: The biggest cabbage ever recorded weighed 138 lbs. and was grown in Alaska!

April Highlights

Tuesday Afternoon in Faith

Tuesday Afternoon in Faith is expanding in April! Now available to each hallway every two weeks.

Topics for April:

1. Can we trust the Bible?
2. The Book of John

Schedule for April:

Gold Hall: April 6th and April 20 at 1:30 PM

Blue Hall: April 6th and April 20th at 3:00 PM

Green Hall: April 13th and April 27th at 1:30 PM

Purple Hall: April 13th and April 27th at 3:00 PM

Sing Along

The sing along activity has been going so well with the new music the activity department has. Simple piano music with songs sung in low keys are perfect for singing along to. We look forward to singing with you!

Conversation in the Hall

Conversation in the Hall has been a very successful activity. If you have any ideas for conversation starters or would like to share a story please bring it to the activity or share with the activity department. We look forward to helping you connect with your neighbors.

Easter

There will be a special hallway celebration for each Hallway on Good Friday, April 2nd. During the week before Easter the Activity Department will hand out forms for residents to submit any Easter poems or thoughts about Easter which can be turned in to be shared at the celebration. Please check the activity calendar for the times for each hallway.

Department Highlight

Hello all! My name is Doris Blum-Etzel. I am the House-keeping Director here at Timberhill Place. This is a position I have held for over 20 years. I wear multiple hats, as some of you know. I do common area up-keep and keep the place tidy, clean, and smelling nice. I also run the Community Garden for the residents and help them out! I also arrange flowers, repot plants, take care of the kitty litter tasks, offer birding and horticultural advice and info. And I get to be with all of you each day to support, encourage, console, or just chat with. It's the best job I have ever had. Thank you to Timberhill Place and all of you for making that possible

XO Doris

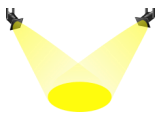
Meet the Pets Update



A Quiet Celebration written by Timberhill Place Resident Lucy H.

Erin turned 19 on March 2nd. We had KFC for supper on Monday night. She ate almost all of her drumstick. I had promised her that she could have two wheelchair rides on her birthday, but she was very sleepy during the morning. I asked her if she wanted to go for a ride, but she was really more wanting to sleep on my lap. There were a couple of things I needed to do during that time, but I put off doing them until she was really ready to wake up. By the afternoon she was eager to go for her birthday ride. She got lots of pets, and "Happy

Birthdays" on her ride. Maybe next year, when she turns 20, we will be able to have a nice party and invite people over. Still, she seems to have had a pleasant day, that was all for her.



Resident Spotlight

Spotlight on Ruth B.



Timberhill Place Resident Ruth B. celebrates a huge milestone on April 27th as she celebrates her 103rd birthday. Happy Birthday to Ruth!

How it feels to be turning 103.

Ruth feels lucky to be as healthy as she is. She also finds it interesting to see what has happened in her lifetime. She remembers that her great grandmother was in her 90s and still fishing.

Favorite Birthday Memories

When she was young, she always had a cake, but she did not have a party. It was a family celebration.

Remembering one of her favorite decades

She really enjoyed being in her 20's. She was in the Red Cross at the age of 25 for three years. She traveled to Brisbane, Townsville, Australia. She went by train the first time when going to Townsville. She also travelled to New Guinea and Japan. When she was stationed in Japan, she went on a vacation to China for three weeks. She came home on leave then went back to Japan. After two tours in Japan, she moved to Washington DC and worked in the CIA.

Ruth's Earliest Memory

Her first memory was at the age of four. She got lost at Niagara Falls, and she was with her parents at the time. She says that she has gotten lost several times in her life and has no sense of direction.

Advice from Ruth

Enjoy life as it goes along.
Don't dwell on the bad times.

happy birthday!



Employee of the Quarter

Activity Assistant Megan T.



Congratulations to the Employee of the Quarter Megan! Megan has worked at Timberhill Place for almost nine years. She has been a caregiver and is now the activity assistant. She is always there to help and with a positive attitude and a smile. Megan was born in Sydney, Australia but grew up in Corvallis. Anyone who knows Megan knows that she loves horses, Megan has been riding horses since she was twelve years old and all the way through college. She would do three day eventing (dressage, x-country, and stadium jumping) with her horse. She enjoyed every moment with friends and family at the events. Megan also really loves dogs and people. She attended school at Corvallis High School and graduated with an Associates of Art Oregon transfer from Linn Benton Community College. Megan's favorite places are anywhere in Australia but especially Sydney and Melbourne where she has over forty family members. Megan says she likes to enjoy every moment to the fullest and try to learn from her mistakes. Her favorite quote is from Maya Angelou, "I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel." Thanks for all your hard work and positivity, Megan!

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 ~
tmbrrpl@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.

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