

Timber Tales

June 2021

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Notes from Robin

Welcome to the month of June. I'm not sure about you, but I sure am looking forward to the upcoming summer months and promise of more sunshine and warmer days. According to Governor Brown if Oregon's COVID Vaccinations numbers rise to 70% we may have a few more of our COVID restrictions lifted here at Timberhill Place. Last month we were able to open the dining room and enlarge our activity group sizes which allowed for more activities and social events to occur. While following strict visitor guidelines we were able to allow your family and friends in to visit with you. It was a beautiful and heart-warming sight to see you all greet family and friends who you had not seen in person in over a year. It has given us all hope that this pandemic will soon be contained. With the opening of the dining room, we have had many questions about the food and services that Timberhill Place provides to our residents. As stated in our resident handbook, delicious meals are served to your table three times a day in our lovely dining room. Breakfast is served at 7:30am and lunch at 12 noon. Supper is a lighter meal and served at 5:00pm. The daily menu is posted on our menu board and a copy of the weekly menu is always available under the menu board and on our Quilt app on your smart phone. Residents may choose to eat in an alternate location in the community if they prefer. They may also pick up a tray from the kitchen if they wish. If you plan to be away for a meal, please notify the front desk prior to the meal. Should you become ill, please contact a member of our caregiver team to request a tray at mealtime. Please call ahead if possible. Courtesy trays will be served for 7-10 days at no additional charge on a temporally basis, in case of minor illness. There is no tray service delivery charge to our Medicaid residents. All other residents will be charged for tray service delivery. All trays will be delivered after the dining room service has been completed. Snacks are available for your enjoyment 24 hours a day and are available upon your request during the COVID restrictions. Once the COVID restrictions are lifted they can be found on the round table at the front of the dining room. Snacks consist of fresh fruit and a pastry or baked good. Available fruit juice, milk, hot chocolate, coffee, or tea. You are welcome to serve yourself at any time or you may ask a staff member to assist you. While Timberhill Place provides three full meals each day. You may, however, enjoy light food preparation in your own kitchen area. We encourage you to keep your own supply of snacks on hand in your apartment. Electric skillets and coffee pots are permitted; however, **Hot plates and toasters are not permitted**. If you are away for a meal or want to eat your meal at a different time, you may request a tray to be delivered to your apartment to eat later. Our staff will assist you to heat your meal upon your request. Cold cereal and fruit are available between breakfast and lunch and a boxed "to go meal" is available between lunch and supper and after supper upon request. The contents of the boxed "to go Meal" are based on what foods are available at the time of the request. The kitchen staff will work with you to make sure you are getting a boxed "to go meal" that you will enjoy. Some leftovers may be safely taken from the dining room; the kitchen staff will be happy to provide wrapped paper plates or to go containers for you. (article continued on next page...)

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"A GOOD FATHER IS ONE OF THE MOST UNSUNG, UNPRAISED, UNNOTICED,
AND YET ONE OF THE MOST VALUABLE ASSETS IN OUR SOCIETY."

~ Billy Graham

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

Joy	6/3
Lucy	6/9
Joyce	6/12
Wanda	6/14
June	6/17
Ila	6/21
Ruth D.	6/25

Staff Birthdays

Mike	6/12
Liz	6/14
Deanne	6/15
Cori	6/24
Gena H	6/25

Notes from Robin *continued*

...In addition to the Timberhill Place Resident Handbook the kitchen does not provide grocery items for your apartment. Some examples include uncooked eggs, butter, bread, sandwich makings, containers of juice or milk, uncooked meats, two or more servings of fruits, salads, or desserts at one time. Our primary goal is for you to leave the dining room satisfied and full. If you have questions or concerns about the food that we provide please, speak with Page or Robin. Celina and Megan have been busy planning a Father's Day celebration for your enjoyment on the afternoon of Friday, June 18th, so mark your calendars and plan to attend this fun event.

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.

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-Etzal
Director of Maintenance.....	Alex Roeser

Ask the Nurse

Q: Why is Timberhill Place still following guidelines which are stricter than those endorsed by the CDC?



A: The Centers for Disease Control and Prevention (CDC) is a Federal agency which provides guidelines for public health, but they are not a regulatory agency. The Oregon Health Authority (OHA) provides this function at the State level. The regulatory section of the OHA which governs Assisted Living Facilities has said we need to keep these stricter controls in place for some time yet to come. For example, according to the CDC vaccinated individuals do not need to be 6 feet apart when eating with masks off. But the OHA says we still need to do that here at Timberhill Place. That is why we still are using the plexiglass dividers on the tables in the dining room. Governor Brown's early May press conference said when 70% of Oregonians aged 16 and above have at least 1 vaccination, then the state can begin to open up more...and they are hopeful this will be sometime in June. What, exactly, this 'opening up more' will look like remains to be seen. Until then, thank you for your patience as we here at Timberhill Place follow regulations which may, to some, seem outdated or unnecessary. And we empathize with you all about wanting to have fewer restrictions!

Garden Variety News

Are we there yet? Summer is fast approaching, and spring has been glorious. Lots of you are going out walking around the grounds to enjoy the flowers and fresh air... so good for you and keep up the good work! Gardens are coming along very nicely. Lots of things up and vigorously growing in all this nice spring weather.

I did finally get two milkweed plants for the flower beds to the left of the DR... cost was prohibitive! So, I only got the two. Hopefully, the butterflies will find them when they bloom. We have about ten swallows that came this year (last year only six) and the bluebirds are still hanging around. We have at least three pair. So pretty!

Get out and sit on a bench and listen to the birds and soak up a little sunshine.

See you around

XO Doris

Fun fact: Birds and octopuses do not fart!

Fun fact: The highest and lowest places in the U.S. are both in California -14,494 ft.

Mt. Whitney and below sea level Death Valley.

Father's Day Sunday, June 20th

A Father means so many things...
An understanding heart,
A source of strength and support
right from the very start.

A constant readiness to help
In a kind and thoughtful way.
With encouragement and forgiveness,

No matter what comes your way.
A special generosity and always
affection, too.

A father means so many things

June Highlights

Father's Day

To celebrate Father's Day we will have a BBQ on Friday, June 18th.

We will grill hot dogs for you to enjoy in the dining room. There will be snacks and refreshments for you to enjoy while you listen to the music of Joe Martines on the guitar. Joe will play on the patio so we will prop the dining room door opens so you can listen but please do not go on the patio or approach the entertainer. Thank you for your cooperation with this and we look forward to celebrating all the fathers we know and appreciate!

Book Club

Our book club is back in full swing! Is there anything more exciting than reading a good book and being able to talk about it with others? Our next discussion group will meet on Thursday, June 3rd at 10 AM and will continue to meet on the first Thursday morning of every month. It is not too late to join the Book Club or to request a copy of the book we are reading. Please see Celina if you would like to start reading the books we select at book club or to find out more about what we do at the meetings.



Bird Watchers Group Discussion and Identification

This activity is by popular request, many residents watch the birds out their window and wonder what the names are of the birds that have made Timberhill Place their home. We will be

handing out packets with pictures and text that can help you name the birds that you might see outside your window and how to identify them followed by a fun discussion about our own experiences while bird watching. Everyone is welcome to come and join the discussion. Join us on Thursday, June 10th at 2 PM in the Friendship Room.

Sing Along



Timberhill Place resident and piano player Pat M. has generously offered to play piano music for the sing along for the month of June. Join us on Friday June 11th at 2:30 PM in the dining room for an afternoon of fun as we sing together and enjoy the beautiful piano music.

OPB Programs for the Monday Afternoon Video



The activity department now has access to a large catalog of OPB programs and will be playing them for many of the afternoon videos (please see activity calendar for specific videos and times) if you have a specific OPB program you would like to see please let the activity department know!

Read Aloud

Join us in the Friendship Room for a resident requested activity—Celina will read short stories and possibly chapters of requested books. Please let Celina know if there are any specific request for stories you would like to hear, we would love to read them to you.

News from the Kitchen WE'RE OPEN!



After nearly 14 months the dining room is open for in person dining again. We're in a transition phase now so we need to have plexiglass table partitions between each seated diner, but at least we are all together again. Mask mandates are still in force for everyone in the room who is not eating and we all must still maintain a social distance of six feet. Activities have started back up in the dining room too! Sure, Bingo's not the same if you can't spy on your opponents' card during play, but at least we're together and able to play again. Things are finally getting better and back to normal.

Part of the process of transitioning from all meals being delivered to your apartment and served on disposable products to full-service dining is retraining our awesome staff, many of whom were hired after covid protocols were put into place. We have a strong team though and our more experienced staff – cooks, kitchen assistants, hospitality aides, caregivers and med managers are working hard to get the newer people up to speed while providing amazing service. We all thank you for your patience during this time. It will all continue to get better and at least we're able to all be together for meals again and that's a good thing.



Resident Spotlight



Resident Spotlight on Kathy V.!



Resident Spotlight on Kathy V.! Kathy is a newer resident to Timberhill Place and she is a fun addition to the community. Kathy was born in Salem and has special memories growing up with her brother and sister picking strawberries and beans at the farms up the road. Kathy attended school and graduated with a Bachelor's degree in History from Seattle Pacific College. Kathy was a second grade school teacher and after being mentored by the principal of the elementary school she became a principal and found her real calling when they transferred her to be the principal of the middle school in Oak Harbor, Washington. Kathy thinks there is something so special about sixth, seventh, and eighth graders and she formed many meaningful relationships with the students she met. Kathy also loved teaching the Middle School Sunday school at Grace Lutheran Church. Kathy has always volunteered and was a representative for CASA (Court Appointed Special Advocate) for foster children and was also the President of the local Soroptimist International women's volunteer organization in Oak Harbor. Kathy is also an avid animal lover and especially loves dogs. Kathy has had a special bond with her dogs; recently Colleen, a beautiful sheltie and special companion to Kathy who Kathy misses incredibly. Kathy still gets her Sheltie love when Kelsey comes to visit, a sweet Sheltie owned by a good friend Carole. Kathy and Carole met in church and Carole has been a great help to Kathy. Kathy says that Carole is one of the most giving people she has ever met. Kathy is settling in to Timberhill Place with the help of Carole and Kathy's brother and sister. Kathy enjoys artwork, musicals— especially Hamilton (she even has a photo of Lin Manuel Miranda in her apartment because she enjoys it so much), and reading. Kathy reads the Oregonian every morning, enjoys novels, and especially two books she reads frequently— *The Message*, a version of the Bible that reads with modern language with Bible quotes in the margin for reference and *Words that Make a Difference and How to Use them In a Masterly Way*, a New York Times book with examples that Kathy loves to use for reference. Kathy is clever at puzzles and games and has been really enjoying the activities offered here at Timberhill Place. Welcome to Timberhill Place, Kathy!

Hello to Carole



You might know Kathy's friend Carole. Carole is a volunteer who has been a special help to Timberhill Place for many years, working the Popcorn activity and special events and brightening resident's days. She is so bummed that she hasn't been able to come in to the building as a volunteer but she has still been thinking of Timberhill Place and bringing flowers for residents to enjoy. She can't wait to get behind the Popcorn Machine when restrictions are lifted and be able to connect with residents again. Thanks for thinking of us Carole, we've missed you!

Happy 101st Birthday Ruth D.!



A very special happy birthday wish to Ruth D. who turns 101 on June 25th. Ruth says she hasn't thought about how she will celebrate or about what it feels like to be turning 101. She jokingly says, "Those are things that you think about when you're young!" Ruth is from Indiana and her earliest memories include her sister, they grew up close together and Ruth fondly remembers the hills of Indiana she loved to hike in. Ruth was honored by her alma mater Indiana University for her hundredth birthday last year when she received the Indiana University Bicentennial Medal honoring Ruth's personal and professional scientific efforts in broadening the reach of the University around the state, nation and world. Ruth is pictured here at Indiana University. Special memories to Ruth include times with her sister and nephew, hiking trips, and travelling to England, Paris, Venice and Rome. When asked if Ruth had any life advice she says that she doesn't like giving out advice. She likes it when people find their own path. She is a kid at heart and loves bears, Ruth always has a bear talisman close by. Happy Birthday, Ruth!



Ruth was honored by her alma mater Indiana University for her hundredth birthday last year when she received the Indiana University Bicentennial Medal honoring Ruth's personal and professional scientific efforts in broadening the reach of the University around the state, nation and world. Ruth is pictured here at Indiana University. Special memories to Ruth include times with her sister and nephew, hiking trips, and travelling to England, Paris, Venice and Rome. When asked if Ruth had any life advice she says that she doesn't like giving out advice. She likes it when people find their own path. She is a kid at heart and loves bears, Ruth always has a bear talisman close by. Happy Birthday, Ruth!



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
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