



# Timber Tales



## February 2017 Notes From Robin

As February arrives it's hard to imagine what type of weather we will have next. If we should have snow or ice, please keep in mind that we do not run the Timberhill Place van in inclement weather. We have no way to assess the road conditions safely so we follow the Corvallis School District's decisions to run their School buses or not. If they have a two hour delay we will delay our van schedule by two hours or if they close the schools due to road conditions we will close the van service for the day.

There are a few instances when we choose not to run the van even though the school buses are running. When this happens it's generally due to the amount of snow or ice build up on the sidewalks or in parking lots. These areas are often shaded and stay slick for several days. The last thing that we want is to have one of our residents slip or fall as they enter or exit a building. If you have a question about the Timberhill Place van services please feel free to talk with Cathy, Rich or myself.

I hope you can join us on the afternoon of Tuesday, February 14th, as we celebrate Valentine's Day with our Timberhill Place Sweethearts. This is a fun and exciting party that you won't want to miss. Be sure to check out this month's Timber Tales activity calendar for more details about the party and all of the other fun events that we have scheduled for your enjoyment.

The Benton County Health Department has notified us that the Influenza A has hit the Corvallis area, so be thinking about the signs and symptoms of the flu and be sure to report any symptoms of illness you may experience to the nurse or med manager. As I have mentioned before, your best defense against the flu is to get your flu shot, wash your hands frequently with soap and water and avoid contact with anyone who is ill. Ask your family and friends to delay their visits until they are feeling better and are symptom free for 24 to 48 hours. Our Health and Wellness policy recommends that any resident who is ill with a cough, fever, nausea, vomiting, or diarrhea stay in their apartments until they are symptom free. Our Timberhill Place staff will bring you meals and assist you with your illness until you are feeling better. Hopefully by following these precautions we will be able to keep Timberhill Place a healthy community throughout the flu season. Just a reminder, if you hear someone coughing it does not necessarily mean that they are ill; some of our residents have allergies, a medical condition or a side effect to a medication that can cause them to cough without being contagious. If you have questions about the flu be sure to talk with Lorraine our Timberhill Place nurse or your health care provider. Our resident satisfaction survey results are back and the results scored in the excellent to high satisfaction range. We use your comments to improve the quality of services we provide to you. Your comments and suggestions are important to us and we will try to implement your suggestions as we are able. Thank you to everyone who returned the surveys. We appreciate your help.

February tends to be a wet and cold month which prohibits many of you from getting out and about very much. If you are looking for something to do, be sure to check out our activity calendar and plan to attend an activity event or two. The Corvallis Public Library helps us keep a good variety of reading material on hand in the Friendship Room. The Timberhill Place van service is always willing to take you to any local destination that you wish to visit as long as you schedule it during our scheduled van hours. Our van runs four half days a week and one full day a week to accommodate your needs. With all of these options there should be plenty to do each day. Before you know it the dreary days of February will be over and spring will be on its way. Wishing you all a fun filled Valentine's Day.

*"All you need is love. But a little chocolate now and then doesn't hurt."*

*~ Charles M. Schultz*

## 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 and Outings may be cancelled due to weather.**



### Birthdays

#### Resident Birthdays

Margaret H. February 4

Kathy C. February 10

Jean R. February 16

Arne S. February 24

#### Staff Birthdays

Ceph February 3

Ashlyn February 25

Jean February 27

Jessica February 27



### Timberhill Place Team Leaders

Executive Director.....Robin Bemrose  
 Director of Office/Marketing.....Debbie Vergo  
 Director of Nursing.....Lorraine Dobra  
 Director of Resident Care.....Judy King  
 Director of Activities.....Ashley Wiedeman  
 Director of Food Service .....Page Hundemer  
 Director of Housekeeping.....Doris Blum-Etzel  
 Director of Maintenance.....Ed Klinkner

## Medical Notes

By Lorraine Dobra R.N.

Constant stress can have real physical effects on the body. It has been linked to a wide range of health issues, including mood, sleep, and appetite problems — and yes, even heart disease. Try the below to help destress during our overcast Oregon winter!



### Fun Facts about February

- It is the shortest month of the year.
- The Welsh call February “y mis bach” which means “little month”.
- In the Southern Hemisphere February is a summer month; the equivalent to August.
- The month is named for the Latin word februum.
- Together with January, it is the last of the months added to the Roman calendar.
- The Saxon term for the month, Sol-monath, means “cake-month”. This is because they offered cakes to the gods during the month.



# *Resident of the Month*



*Florence W.*



Our resident of the month of February is Florence! She has lived at Timberhill Place for over a year. Florence was born in Massena, New York which is so close to Canada you can walk over the bridge, and be there. She reminisces on a wonderful childhood filled with love. She has two older brothers, and a little sister. She has special memories of playing in the snow, and other fun games with her brothers. Florence and her family were close growing up. They always worked together as a team. She had amazing parents, as perfect as parents can get. One favorite memory of hers is hiking with her family. "They were a hiking family", as she described. Her mother surprised her with piano lessons at a very young age, and she loved it. She still enjoys playing the piano when her hands allow her. Florence went to a Catholic school from

Kindergarten to 6<sup>th</sup> grade, Massena High School, and then moved on to get her degree in business. She was a secretary for many, many years and she enjoyed her job. Florence met a handsome man named Claude at a party of a co-worker. He asked her on a date, and the rest is history. They were married, had 4 children; Suzanne, Martin, Michael, and Geoffrey, and lived very happily. He was an amazing father. Florence said he always made time for his family. He had his degree in engineering. After retirement she and Claude just simply enjoyed each other, and their family. Presently Florence enjoys watching TV, spending time with her daughter, and of course the Spelling Bees we have here at THP. Florence is a smart woman, and an amazing speller. She always impresses us. Congratulations Florence!

## *Your Voice Counts!*

Each month Timberhill Place holds two separate meetings for resident input and involvement. First, we hold the Food Council Meeting on the first Tuesday of every month at 1:30 in the Small Dining Room. The Food Council Meeting is an opportunity to talk to Page, our Food Service Director, about what you enjoy, as well as your concerns about your meals and the dining room services.

Our second meeting is the Resident Town Meeting on the second Tuesday of each month at 10:00 in the Dining Room. Our Resident Town Meeting is an opportunity to talk to Department Leaders about how Timberhill Place is run as well as to discuss upcoming and past events.

We encourage every resident to come and participate in these meetings. They are a great way for administration and department leaders to gain feedback, as well as listen to concerns, ideas and questions. Each staff member strives to make this a wonderful home for each of you, and your opinions are important in making that goal a reality.

# *Activity Highlights for February*

## *Valentine's Party*

Please join us on February 14th at 2:30 in the Dining Room, for our Valentine's Day Party. There will be refreshments, games and entertainment by Lew McLaren.



## *Scenic Drives*

Join us for our Scenic Drives on three Thursdays a month at 1:15pm. Join Ashley and Rich out on the big van to see the beautiful Oregon countryside and enjoy all the lovely scenery. If you have not been out on a scenic drive, the sign up is in the van book by Robin's Office.

## *Super Bowl Party*

Sunday, February 5th, at 6:30pm in the Friendship Room. Come join friends and neighbors for a good time, snacks and football!



## *Lunch Outing*

### *To Big River Restaurant*

Thursday, February 16th, the van will load at 11:30am. Be sure to sign up in the Van Book on the right of Robin's Office.

## **Pleasant Thoughts of You**

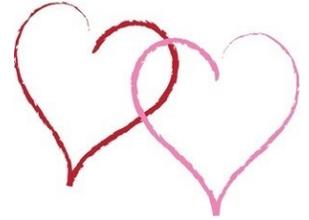
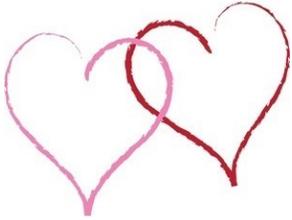
Whenever likable people cross my mind,  
I always have such pleasant thoughts of you.  
You bring me so much happiness and joy;  
Those who lift me up are very few.

On Valentine's Day I want to tell you this:  
Knowing you is an extraordinary pleasure;  
Your caring heart is always quick to give;  
You're unique, a rare and very special treasure.

*-By Joanna Fuchs*

# *New Residents*

*Margaret H.*



Let's meet Margaret! She has very recently moved into to Timberhill Place. She lives in apartment 205. Margaret moved here from an adult foster care home, and is delighted to be here. She was born on February 4, 1923 in Seattle, Washington but grew up here in Corvallis. Margaret remembers having a wonderful childhood. She has special memories of her, and her family renting a cabin in Waldport on the Oregon coast during summertime and she would walk on the logs on the beach with her siblings. She was very close with her siblings especially her twin sister. Although she didn't think so, they were almost identical. Margaret received her high school diploma, and went to Oregon State University for three years studying General Science. She worked 5 years for Wholesale Grocery Store, she enjoyed her job there very much. She met her husband Paul, and they were married for 21 years. Together they had 3 children; Linda, Barbara, and Janet. Margaret has 2 grandchildren, and 4 great grandchildren; 1 boy, and 3 girls. They are so important to her, and she loves her family very much. A little later in life she got a job in the Controllers office for the Oregon State Board of Education and she worked there for 18 years. After her time spent working for the Board of Education, Margaret retired, She had a membership at the Senior Center where she spent a lot of time staying active, and healthy. Margaret likes to travel and has gone to Hawaii twice. Margret really enjoys bowling, hiking, exercising, and camping. She loves to be outdoors. She is a very social, friendly person and is looking forward to making new friends. She is looking forward to participating in activities at Timberhill Place, such as exercise, movies, and playing cards. Welcome to Timberhill Place, Margaret!



*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*