



Timber Tales



March 2017

Notes From Robin

Ah, spring is on its way . . . the weather is getting warmer, the birds are chirping, and the daffodils and tulips are sprouting and chasing our winter blues away. With the arrival of spring, I hope that you take advantage of all that our Timberhill Place van service has to offer. You may use the van to take you to local medical appointments, to run errands, to go to the beauty shop, the bank or where ever you may want to go in the local area. The van service has designated hours Monday – Friday for your use. To use the van service, write your name and destination in the van book along with the time you want to leave and Cathy or Rich will get you there and back. Our staff will assist you on and off of the van, help you in and out of the building and help carry any packages that you may have. If you need someone to escort you, or to stay with you during your appointment please make arrangements for someone to help you ahead of time. For more information about the van schedule, a van schedule located in each edition of the Timber Tales newsletter and at the front desk for your convenience. Thursday afternoons is our outing day and I hope that you can join Rich and Ashley as they tour a local destination each week for your enjoyment. If you have any suggestions on a place to visit, please speak with Ashley from the activity department. The activity department recently sent a survey to each of you asking if you would like some evening activities scheduled one or two times a week. The general consensus was that an occasional music program or special event would be fine in the evening. Only one resident wanted a scheduled activity once or twice a week. As a result, for now we will not be scheduling weekly evening activities due to lack of interest. The Sunday evening Church services will continue as always and we will schedule some evening music performances as we are able. Thank you to everyone who responded to the activity survey. We appreciate your ideas and suggestions and will implement as many of your suggestions as we can.

Daylight savings time begins on Sunday, March 12. If you need help to set your clocks forward one hour, please ask a staff member for help. A little more daylight in our day will be a nice change from the dark dreary days that we have had this past winter.

On Friday, March 17 we will be celebrating St. Patrick's Day at 2:30 in the main dining room with entertainment and refreshments for your enjoyment. You can read more about our St. Patrick's Day celebration in the activity section of this Timber Tales. Don't forget to wear some green to avoid being pinched by a little green leprechaun. May the luck of the Irish be with you.

*Winds of March, we welcome you.
There is work for you to do.
Work and play and blow all day
Blow the winter cold away.
~ Unknown*

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



Goodbye.
 {for now}

As many of you know, Lorraine our facility Registered Nurse has resigned her position of four years here at Timberhill Place. Lorraine's last day will be Friday, March 10th. As you move into a new venture....May Luck and Success always be will you!



March Birthdays

Resident Birthdays

Alma D.	3-4
Betty H.	3-7
Ina B.	3-3

Staff Birthdays

Jeobina R.	3-7
Alex Z.	3-28

Free Tax Aid from AARP Foundation

Free tax preparation and assistance for taxpayers of all ages and backgrounds is available from AARP Foundation Tax-Aid, the nation's largest free volunteer-run tax and preparation service, you do not need to be a member of AARP or a retiree to use this service. In the Corvallis area, Tax-Aide is offered at the Public Library, Elks Lodge and the A Senior Center. Call 541-602-5829 to schedule an appointment at the Tax-Aide location of your choice. Hours and days of service vary by site. Walk-ins with no appointment are available.

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.

How to make boredom work for you;

Most of us have had times when we couldn't find anything satisfying to do or couldn't keep our attention focused on a lecture or book. If we were asked to describe how we felt at the time, we'd probably have answered "bored."

Boredom doesn't necessarily arise from having nothing interesting to do. For example, you can probably remember sitting quietly watching the sun slowly set and being completely enthralled. Compare that to another moment in which you've also sat quietly—but in slow moving traffic—and felt terribly bored. "What makes the difference is whether during a low-stimulation moment, there are unpleasant feelings in the background. Many of us habitually distract ourselves from unpleasant feelings through entertainment or activity—like checking our mail, or watching TV," says Dr. Ronald Siegel, a psychologist at Harvard Medical School and the medical editor of the Harvard Special Health Report Positive Psychology. "Sometimes when there is little to engage us, those unpleasant feelings bubble into our consciousness and we feel something unpleasant, which we identify as boredom. Other times we're content to just be present—like when enjoying a sunset."

How to beat the boredom

There are two broad approaches to beating boredom, according to Dr. Siegel.

Create your own distractions. Doing so can be productive. When you feel bored, you might want to try to remember a poem you learned in childhood or think about a new place you would like to explore. However, casting about for something more satisfying with which to occupy yourself can also be problematic. Some people may even overeat, drink too much, gamble, or shop compulsively to provide the distraction they seek.

Take an interest in your boredom. Explore your underlying feelings. The next time you're bored, ask yourself exactly what you're experiencing at the moment. Are you annoyed, anxious, fearful, or sad? Try to get to the source of your feelings. Why are you annoyed? What's causing your anxiety? What are you afraid of? Why are you sad? "Once you have turned your attention to these underlying emotions you'll find that there's actually a lot going on in every moment," Dr. Siegel says.

If you're chronically bored

If you find that you're bored often, you might consider practicing mindfulness. By focusing on the here and now, many people who practice mindfulness find that they are better able to form deep connections with others and better engage in the world.

If you just can't shake boredom, counseling from a mental health professional may help. Chronic boredom can be a sign of an underlying condition such as depression or attention deficit disorder.

Originally published: January 2017, Harvard Women's Health Watch



Saint Patrick's Day Facts



- * St. Patrick is called the Christian missionary and the Apostle of Ireland
- * Patron saints are chosen to protect the interests of a country, place, group, trade, or profession, or activity, and to intercede them in heaven.
- * St. Patrick was born in Britain, contrary to the common belief that he was born in Ireland.
- * At sixteen he was brought to Ireland as a slave.
- * He escaped slavery six years later and became a priest.
- * Following a vision, he returned to Ireland to convert the Irish to Christianity.
- * The first St. Patrick's Day celebration in the U.S. is held in Boston in the year 1737.
- * It wasn't until the year 1762 that the first official parade for St. Patrick's Day was held in New York City.



Activity Highlights



Daffodil Drive

Thursday, March 9th

The van will load at 1:15.

This will be our annual trip to visit the Daffodil fields.



St. Patrick's Day Party

Thursday, March 17th

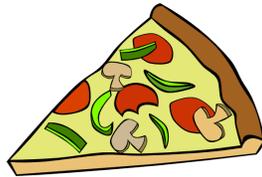
At 2:30 in the Dining Room Entertainer will be Jeff Lesmeister.



Lunch Outing to Ciddici's

Thursday, March 23rd

Van will be loading at 11:30. Enjoy local, fresh pizza with neighbors and friends.



Pretty Nails

Join us for Pretty Nails on Tuesday the 7th and the 21st in the Friendship Room. Ashley and Ashlyn will be taking walk-ins for nails to be trimmed and/or painted.

Music Performances

This month is full of entertainment and fun! In addition to our usual Friday activities with entertainment we will also be having entertainment come on three Tuesdays this month, and one is an evening performance. Be sure to look at the Activity Calendar for dates and times.

New Activity

Watching Wheel of Fortune has been a favorite past time for many of our residents, so Ashley has created a Wheel of Fortune game! On March 30th at 10:00am in the Friendship Room we will be trying out our new activity. Come and see how good you are at Wheel of Fortune!

Scenic Drives

We will be visiting the blooming country side and enjoying our always changing Oregon weather. Each scenic drive offers us different scenery and surprises. If you have not signed up for a scenic drive before, the sign up sheet is on the right of Robin's office and can be located in the van sign up book.

Spring Forward

Daylight savings time has come once again! Be sure to plan ahead and set your clocks forward an hour before bed on Saturday, March 11th. If you need any assistance setting your clocks forward in your apartments or on your watches, ask a staff member, they would be happy to help you.



New Resident

Ethel R.



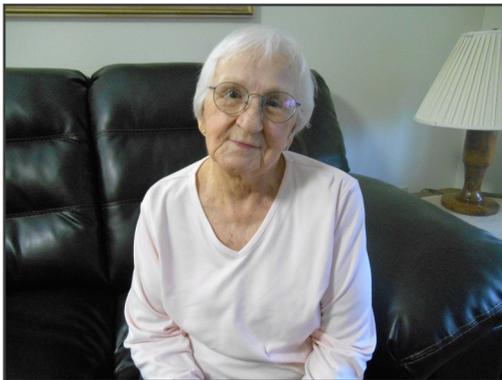
Meet our new resident Ethel, nicknamed Fessie by family and friends. She resides in apartment 115. She has recently moved here to Timberhill Place from her home in Napa, California. She was born on June 22, 1920 in Plato, Missouri, where she was raised the majority of her life. Ethel had a lovely childhood with her 5 brothers, and one sister. Sadly, Ethel lost her mother at the tender age of 10, so Ethel and her siblings were raised by their father. She described him to be a wonderful father. Later on in life, Ethel met her soon to be husband, and fell in love. Her husband's name was Jack but she called him Robbie. She and Robbie were married in 1939. They had 3 amazing daughters; Mary, Carole, and Linda. Ethel has 4 grandchildren and 9 great grandchildren.

Ethel was a homemaker and worked very hard to care for her children, and husband the best she could. Robbie worked for the Navy and served during WWII. Ethel reminisced of camping, fishing, and doing anything that involved the great outdoors with Robbie. After Robbie retired they traveled often, mainly to visit their children in Santa Barbara, California, and in Corvallis, Oregon. Ethel just loves being around people, and she's having so much fun joining in on our Timberhill Place activities and making new friends. Welcome Ethel! Lets all do our best to make her feel at home.



Resident of the Month

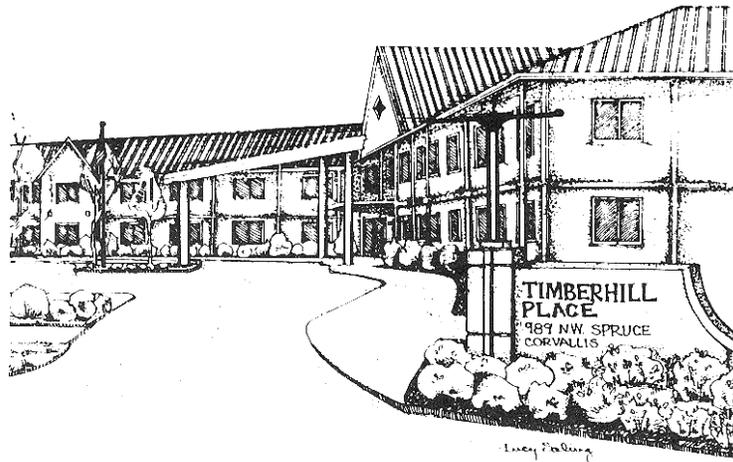
Shirley L.



Congrats to Shirley, she is our Resident for the month of March! She has lived here at Timberhill Place for almost two years now. Shirley was born, and raised in Corvallis, Oregon. She grew up on a horse farm with her parents, and two sisters on a piece of land that Hewlett-Packard in Corvallis now occupies. Her father was a horse trainer, and one of her favorite childhood memories was that of a beautiful grey horse that her parents would let the girls ride. She loved to take a ride around the pond on their property. After she graduated from Corvallis High School, she met Norman and they were married shortly after. Funny story, she actually casually dated Norman's brother for a short time so she knew of him before they reconnected. Shirley worked at a restaurant right next door to a Safeway, and Norman just happen to be employed there. Norman and some co-workers liked to go have lunch next door at the diner, and they took a liking to each other. The rest was history, they fell in love, and were married in 1949. They had 4 wonderful children; Pamela, Cathy, Tony, and Jennifer. Shirley happily quit her restaurant job and became a devoted home maker, wife and mother. Norman went on to spend a few years in the Navy, and then continued his job at Safeway when he returned home. Later in life, Shirley decided to go back to work. She absolutely loved working so she took a position as a cashier at Burt's Restaurant. She worked there for 20 years and was very happy with her job. Although she didn't technically retire, Norman did. Shirley loved the beach and Norman loved the mountains and often visited both. Presently, she loves to stay cozy in her apartment and watch her favorite shows. Her family are the most important people in her life and she adores her 4 grandchildren. Shirley's favorite thing about living at Timberhill Place is the people, the residents, and staff. She loves how everyone is so kind and friendly. We also think the world of Shirley. Congratulations!!



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.



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