



# Timber Tales



## April 2017 Notes From Robin

I'm told that April showers bring May flowers. Hopefully the April rains will be random showers and not the steady rains that we have been having. It's time for the ground to dry out a bit. All of our Timberhill Place gardeners are eager to prepare their gardens for planting.

Speaking of gardens, Doris will be distributing garden questionnaires soon. If you are interested in a garden spot be sure to fill out the garden questionnaire and return it to Doris as soon as possible to reserve your garden space. The community gardens provide a wonderful opportunity for recreation, exercise and therapy. They produce an abundance of vegetables and flowers for everyone's enjoyment. If you are thinking about a garden spot but are just not sure if you can manage a garden on your own, consider asking a family member or a friend to help you. Doris and her crew will help with the soil preparation, the planting, weeding and watering. Please let Doris know if you need some help. (You have to provide your own green thumb). Our goal is to assist you with the heavy gardening, 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 have questions about the community gardens, please speak with Doris from the Housekeeping Department. I wish you all great success with your garden this year.

Easter is Sunday, April 16. If you plan on inviting guests for Easter dinner which is held at noon, be sure to let the front desk know a week in advance so that we can plan for additional food and seating. Your guests are always welcome to join you for a meal, please remember to notify the front desk at least two hours in advance of the meal to ensure that there is enough food prepared to accommodate your guests. Last minute guests may be turned away if there is not enough food prepared to accommodate them. We don't like turning away guests, so be sure to notify us in advance.

National Volunteer Week begins on Sunday, April 23 and ends on Saturday, April 29. This provides us the opportunity to thank all of our volunteers here at Timberhill Place for all of the extraordinary thing that they do for our residents and our community each day. Our volunteers help us with resident visits, bingo, trivia, Bible study, Church services, popcorn time, crafts, outings, social events, parties and so much more... We thank you for being so caring, loving, thoughtful, and helpful. We thank you for volunteering... your actions are priceless. We thank you for all that you do to enrich the lives of our residents and staff. You are magnificent and we thank you for all that you do! Speaking of Volunteering, we are always looking for Volunteers. If you know someone who may want to volunteer one or two hours a month at Timberhill Place, please encourage them to contact us.

As always, the management of Timberhill Place is looking for ways to improve the services that we provide to you. We look forward to hearing from you and would appreciate any suggestions that you may have.

*Easter is the time to rejoice and be thankful for the gift of life, love and joy.  
Happy Easter.*

# *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*

Hannelore	4-1
Pat	4-1
Doris W.	4-8
Fred	4-16
Sue H.	4-17
Joyce	4-23
Priscilla	4-23

## *Staff Birthdays*

Rich R.	4-4
Teresa D.	4-19

# *Timberhill Place Team Leaders*

Executive Director.....	Robin Bemrose
Director of Office/Marketing.....	Debbie Vergo
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*

## **Benefits of Exercise**

Like most people, you've probably heard that physical activity and exercise are good for you. In fact, being physically active on a regular basis is one of the healthiest things you can do for yourself. Studies have shown that exercise provides many health benefits and that older adults can gain a lot by staying physically active. Even moderate exercise and physical activity can improve the health of people who are frail or who have diseases that accompany aging.

Being physically active can also help you stay strong and fit enough to keep doing the things you like to do as you get older. Making exercise and physical activity a regular part of your life can improve your health and help you maintain your independence as you age.

## **Be as Active As Possible**

Regular physical activity and exercise are important to the physical and mental health of almost everyone, including older adults. Staying physically active and exercising regularly can produce long-term health benefits and even improve health for some older people who already have diseases and disabilities. That's why health experts say that older adults should aim to be as active as possible.

## **Prevent or Delay Disease**

Scientists have found that staying physically active and exercising regularly can help prevent or delay many diseases and disabilities. In some cases, exercise is an effective treatment for many chronic conditions. For example, studies show that people with arthritis, heart disease, or diabetes benefit from regular exercise. Exercise also helps people with high blood pressure, balance problems, or difficulty walking.

*From NIH Senior Health , January 2015*

# New Residents



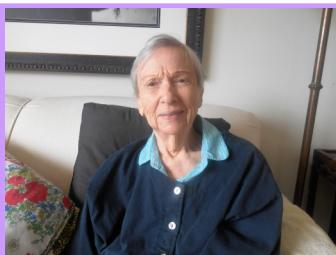
## “Bud” Raymond D.

Let's welcome Bud a new Resident here at Timber hill Place. He resides in apartment 225. He moved here from his son's home in Corvallis, Oregon. Bud was born on January 17, 1926 in Corvallis. He grew up in Cornell, Washington. He remembers having a very good childhood. His beautiful wife's name was Arlie, and together they had a wonderful and happy marriage. They had two sons Scott, and Richard, and one daughter Carol. Arlie worked as a bookkeeper, and Bud had a career in construction mostly working with concrete, and steel. Bud also served 22 and a half years in the Military. After the two retired they traveled all over the world. One of his favorite places is Newport, Oregon. Now days Bud loves scenic drives around the country side. He enjoys sight seeing and Western movies. Welcome to Timberhill Place, Bud!



## Celia R.

Meet our new Resident Celia. She lives in apartment 119. Celia recently moved to Timberhill Place from a Retirement Community in Independence, Oregon. She was born on November 30, 1931 in In-dorado, Arkansas. Sadly, Celia's mother passed away when Celia was seven years old. She was raised by her wonderful father and step-mother whom she was fond of. Celia recalls having a great childhood and one of her fondest childhood memories is walking barefoot down a dirt road near their county home looking for green snakes. After graduating from High School, she went on to earn a Bachelor's Degree in English and a Master's Degree in Health Services Management. Celia served in the Air Force for two years where she met her husband Vincent. Celia always referred to him as Bob. They were married for fifty years. They had one daughter Nancy. Bob served in the Air Force for twenty-nine years so as you can imagine they relocated often and loved all the places they moved to. Celia worked as a nurse until their daughter was born and then she dedicated all of her time to being a devoted wife, mother and homemaker. After Bob retired they became interested in Genealogy and spent many years studying their heritage. Celia has a stack of books that she has written over the years about the couples' Genealogy studies. She and her husband Bob, also enjoyed volunteering for Senior Citizens as often as they could. Celia really enjoys Timberhill Place and says, “it feels like home”. Welcome to your new home Celia!



## Phyllis A.

Introducing Phyllis who recently moved to Timberhill Place from her home in Astoria, Oregon. She resides in apartment 118. Phyllis was born on December 22, 1926 in Astoria, Oregon where she was raised on her Grandfather's farm. Phyllis recalls a wonderful childhood and one of her most favorite things to do was taking strolls around the farm with her beloved grandfather. She graduated from Napa High School and went on to attend college at Oregon State University. She met and married a wonderful man named Dale, whom she always referred to as Sterling. Phyllis was an Elementary School teacher and her husband, Sterling, taught math to Junior and High School students. They had two beautiful daughters named Kelly and Dawn. Phyllis became a devoted wife, mother and homemaker after her daughters were born. After Sterling retired the couple traveled all over the world. Phyllis had a special interest in books, reading, and listening to music. To this day, you will most likely find her nose in a good book. Phyllis is pleased with Timberhill Place and really enjoys attending exercise class. Let's give Phyllis a warm to Timberhill Place!



# Activity Highlights



## Lunch Outing for April

Join us as we go out to lunch at McGrath's Fish House on April 20th! The van will be loading at 11:30. The sign up sheet is in the Van Book on the right of Robin's office.

## Outing to the Tulip Fields

Sign up in the Van Book on the right of Robin's office for our annual Tulip Fields outing. We will be leaving on April 27th at 1:15pm and will be returning at 6:00pm. There will be a boxed supper delivered to your apartment. Don't forget a camera!!

## Coloring Easter Eggs

Join us Thursday, April 13th at 10:00 in the dining room and help Small World preschoolers decorate eggs for the upcoming Easter holiday!



## Easter Party

Our annual Easter Celebration will be held Friday, April 14th at 2:30. Come and celebrate the Easter holiday with gospel music by OK Chorale.



## We are so thankful for our Volunteers!

National Volunteer Week begins April 23rd and ends on April 29th. This is a time to reflect on all that our volunteers do for us. We are so grateful for all that each volunteer does for our small community at Timberhill Place. Our Church Services are done by volunteers from First Baptist, First Presbyterian, Calvin Presbyterian and also services by Sharon. We also have our activity volunteers Don, Carol, Collene, Janice, Sherry and Sharon. They give us way more than just their time; they are an extension of our support system here, and their presence give us so much joy. Thank you so much for everything you do, Timberhill Place Volunteers!



## Notes from the Garden

Dreary mornings and rainy days are nearly over... Probably... Maybe... its April. As soon as the garden area dries out I can finish clean-up and add more soil. Then name tags will appear and I'll turn you loose.

Please find me for any questions you have as you go along. Tomato cages and stakes for marking rows are out there as well as hand tools.

Get dirty, listen to the birds, and breathe in the wonderful air. Enjoy! I'll see you in the garden!

OX,  
Doris



## *Resident of the Month*

### Jane A.

Jane is our Resident of the month for April. Jane has lived at Timberhill Place since December of 2015 and is well known for her lovely smile and positive attitude. Jane was born in Carrington, North Dakota. Jane recalls having an excellent childhood and remembers traveling a lot with her family as a child to the beach. To this day, Jane still goes to Camel with her children to enjoy relaxing at the beach. After graduating from High School, she moved to Washington State where she earned a Teaching Degree. Jane was married to a wonderful husband named Harry for 55 years. She met Henry as she was touring Europe. Harry was the tour guide. After the tour of Europe ended they were married. Two years after they married the couple decided to start a family. Jane resigned from her teaching position and became a stay at home mom. After their children grew up and left home, Jane and Harry spent many years hosting tour groups all of the World. Jane was a wonderful hostess and always made sure that all of her guests were well taken care of and that they all had a good time. Today, Jane stays very involved at Timberhill Place and is fond of the spelling bees and craft activities. One of her favorite pastimes is taking walks with her friend Don around the Timberhill Place gardens. Jane believes the most important thing in life is to stay positive. One of the many things she likes about Timberhill Place is the food. She gives it an A++. Congratulations Jane on being chosen for Resident of the Month.



## *Employee of the Quarter*

### Celina W.

Introducing our Employee of the quarter, Celina! She is a Kitchen Assistant here at Timberhill Place and is known for her cheery, positive attitude and willingness to help others. Celina is a fantastic employee who was born in Alameda, California, but mostly raised in Southern California. She graduated from Laguna Hills High School, then attended Linn Benton Community College in Albany, Oregon for about a year. Celina's

fiancé's name is Mike, whom some of you may know. Mike came along with Jake, his adorable son. Celina and Mike also have one son together named Elijah. Jake is nine years old and Elijah will be four this month. The four of them make a happy little family. A few fun facts about Celina are; she is ambidextrous, she loves to read, and go hiking on our beautiful Oregon trails. Celina's favorite past time is to play outside with Jake and Elijah. She really enjoys her job here at Timberhill Place, and thinks it is a wonderful place to work. Some pearls of wisdom from Celina are, "The expectations of ourselves don't need to be perfect, just continue to better yourself." Congratulations Celina! You are well deserving of the title, and we are lucky to have you on our Timberhill Place Team!

*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 ~ tmbrpl@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  
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