



# Timber Tales



May 2017

## Notes From Robin

Aha... the sweet scent of spring is in the air. Be sure to go outside and enjoy the fragrance and beauty of the blooming flowers and trees that surround us before spring passes you by. Speaking of flowers, there are still a few community garden spots left. If you want a garden spot be sure to turn your completed garden questionnaire into Doris as soon as possible. Our Timberhill Place gardeners are eager to get started and we don't want to give away a garden space that you haven't signed up for.

On Friday May 12, Ashley and Ashlyn have planned a Mother's Day celebration in honor of all of our Timberhill Place Mothers. This celebration is for everyone to enjoy, so be sure to invite a guest to join you for our Mother's Day celebration.

On Sunday May 14, Page and his staff will be preparing a special Mother's Day meal to be served at 12 noon in the main dining room. This is a popular event and seating is limited. If you plan to invite guests be sure to notify the front desk with the number in your party by Monday, May 8. This will allow the dining room staff time to arrange seating for everyone.

On Memorial Day weekend, we will be honoring the memory of our loved ones with a memorial table in the front lobby. Please feel free to bring a picture or memento of those you wish to honor to display on the memorial table. Please do not hesitate to ask Ashley or the office staff to assist you in making an "in memory of card" to place next to your display. The memory table is a lovely way to share your memories with your Timberhill Place family and friends as you honor those who have passed away.

The attendance of the Food Committee and the Town Meeting has been very low in the last few months. I would like to encourage all of our residents to attend these meetings whenever it is possible. Both meetings are open to all Timberhill Place residents, family, staff and visitors. These meetings are held to offer you the opportunity to voice any suggestions or concerns that you may have. If you have concerns, we want to get them resolved as soon as possible. It's always a good idea to stay informed on the things that are happening here at Timberhill Place. If you can't attend these meetings be sure to pick up a copy of the meeting minutes that are posted on the main bulletin board for your review. If you have suggestions on how to improve these meetings please let Page, Ashley or myself know. We look forward to your suggestions and hope that you will share them with us soon.

I wish all of our Timberhill Mothers a very happy Mother's Day. Enjoy your day and be sure to let someone pamper you on your special day.

*"It's not easy being a mother, if it were easy, fathers would do it."  
~ Dorothy on the Golden Girls*

## 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.**

## Medical Notes

### Improving Memory

In many ways, our memories shape who we are. They make up our internal biographies—the stories we tell ourselves about what we've done with our lives. They tell us who we're connected to, who we've touched during our lives, and who has touched us. In short, our memories are crucial to the essence of who we are as human beings.

That means age-related memory loss can represent a loss of self. It also affects the practical side of life, like getting around the neighborhood or remembering how to contact a loved one. It's not surprising, then, that concerns about declining thinking and memory skills rank among the top fears people have as they age.

What causes some people to lose their memory while others stay sharp as a tack? Genes play a role, but so do choices. Proven ways to protect memory include following a healthy diet, exercising regularly, not smoking, and keeping blood pressure, cholesterol, and blood sugar in check. Living a mentally active life is important, too. Just as muscles grow stronger with use, mental exercise helps keep mental skills and memory in tone.

Are certain kinds of "brain work" more effective than others? Any brain exercise is better than being a mental couch potato. But the activities with the most impact are those that require you to work beyond what is easy and comfortable. Playing endless rounds of solitaire and watching the latest documentary marathon on the History Channel may not be enough. Learning a new language, volunteering, and other activities that strain your brain are better bets.

*From Harvard Health Publications, 2016*



### Resident Birthdays

Mary G.	May 29
Rosemary H	May 29

### Staff Birthdays

Robert	May 3
Ashley	May 5
Megan	May 10
Debbie	May 18
Karen	May 24
Page	May 29

## Timberhill Place Team Leaders

Executive Director.....	Robin Bemrose
Director of Office/Marketing.....	Debbie Vergo
Director of Nursing.....	Martha Krupp
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

a Mother  
 is like a flower,  
 each one  
 beautiful  
 and unique.

# Resident of the Month

## Don L.



Congratulations to our Resident of the Month for May, Don. He has lived here for a little over two years and is very happy with his home at Timberhill Place. He is always impressed with the food and loves many of the activities that he attends. Don was born in Minnesota where he grew up on a small dairy farm. He loved it and reminisced of a great childhood. He has two siblings that he is quite a bit older than, so he entertained himself and made great friends. After graduating High School Don joined the Army. He was stationed in Berlin for 3 years, then went on to graduate from North Dakota State with a Master's Degree in Math and Economics. He took his knowledge and put it towards a career in computer technology. He also worked part time for NASA. His beautiful wife Lore was an elementary school teacher. Two years into marriage Lore retired from her job to become a devoted homemaker. She worked hard taking care of their three children Linda, Mark and Ron. They were married for over 50 years. After retirement they enjoyed a number of outdoor adventures, such as camping, hiking, and fishing. They also did quite a bit of traveling. One of Don's most memorable destinations was Norway. Currently, you'll find Don hand in hand on nature walks with a special friend he met later in life. He is also very fond of trivia, and the Friday parties and entertainment that we offer here at Timberhill Place. Don is an all around stand up guy with a positive attitude. Great job Don, on being chosen as Resident of the Month! You sure do brighten our days.

## *Within This Garden*

*An echo floats on morning skies  
in orchid scented wispy streams  
Above an arbor full in bloom  
of Jasmine breaths and rose hip dreams*

*Below the blue of nature's hand,  
a bed of petal'd slippers lie  
On stones to paint a garden path  
In whispered fragrance for the eye*

*Butterflies now dance the breeze,  
fluttered steps through marigold  
Lilac filtered harmonies  
found of every blossom told*

*With lavender and lily smiles,  
along a fence of woven vine  
Come walk with me where flowers play,  
within this garden to be mine*

*-Chris Green*



# Activity Highlights for May

## *Nature Walks*

Do you enjoy walks out in the sunshine? If so, join us for the start of our summertime activity. The first walk will be held on Tuesday, May 30. These brisk morning walks give us a chance to see the beautiful springtime that Corvallis has to offer.

## *Mother's Day Party*

Friday, May 12 at 2:30 in the Dining Room.

Special music by Sharon Thormahlen & Jeff Lesmiester.

Everyone either has a mother or knows a special mother in their lives. Lets celebrate all of those wonderful women we hold so dear. Everyone is welcome to attend.

*Thank You,  
Moms!*



## *Memorial Display*

Each year during Memorial Day weekend we designate a table for all of you to display pictures of your loved ones who have passed away. The table will be set up from Friday, May 26 through Tuesday, May 30. If you need any assistance please ask a staff member, they will be happy to help you.

## *Outing to the Iris Fields*

Thursday, May 25, 2017

The van will load at 11:00am.

Come and enjoy an array of color and beauty at the iris fields!

Sign up in is the van book outside of Robin's office.



## *Notes from the Garden*

We have begun! I still have some dirt to move.. Darn Rain! We will endeavor to persevere!

Some old farmers say "Don't plant until the snow is off the peak." There's new snow up there right now... However, it's a little warmer down here, so we'll take our chances.

Hardy vegetable starts are now available at Bi-Mart, Wal-Mart, and all local nurseries. So go HOG WILD! I'll see you in the garden.

XO,

Doris

Fun Fact: A single honeybee can carry half her own weight in pollen.



# New Residents



## Dale M.

Meet Dale a new resident here at Timberhill Place. He resides in apartment 220, and recently moved here from his daughter's home in Corvallis. Dale was born on November 12, 1922, in Independence, Oregon. He lived there until 5<sup>th</sup> grade then his family relocated a couple of times, first to Shed then Halsey and then to Brownsville. He reminisced with a smile on his face of getting in trouble often with his three younger brothers. He had a good childhood. Dale was a farmer until 18 years of age. During the War he worked at a ship-yard in Portland, then moved on to plywood while opening a shop everyone called "Mac's Jack shop in the back". His lovely wife's name was Karla whom was a beauty operator. She owned her own shop "Karla's Key to Beauty". The couple had 5 children together Tonna, Terri, Andrew, Bruce and Kathy. They were married almost 65 years. Dale has 7 grandchildren, and many great grandchildren. After they retired they bought a home at the coast in Hebo. They often took trips to Tillamook to gather groceries and such. Dale is a quiet man but also loves to tell stories. He has some very fun, interesting stories about his own life. He also enjoys reading and listening to the radio. Welcome Dale! We are very happy to have you.



## "Bob" Robert P.

Another new resident that we welcome is Bob. He lives in apartment 103. He moved here from his son and daughter-in-law's home in Corvallis. Bob was born on August 31, 1924, in Riverside, California. He grew up in San Bernardino, California. He was raised with four siblings, two sisters and two brothers. He had a nice childhood, although he was raised during the Great Depression. His family members were very close to one another. His parents were builders, and built over 200 homes in California. Bob graduated from the St Louis School of Aeronautics, then from Major Krentz Aeronautics. He served 4 years un the Air Core. His career was in Carpentry. He also made furniture and built cabinets. His beautiful wife Lorraine was a very accomplished painter. Bob and Lorraine also bought the Hartsook Inn, a cozy Inn right by the Redwoods. The happy couple were married for 67 years and had two children, Russ and Paul. Bob has one grandson he is 16 years of age. In retirement Bob and Lorraine bought a home here in Corvallis, and spent a lot of time in Portland visiting with family. Bob says " His biggest accomplishment in life was raising his children and maintaining a very happy marriage. Bob is a huge baseball fan, he reminisced of being a player himself way back when. Bob also loves horses. Bob once had an award winning horse of his own of whom he was very proud of. He is a very active man and he's very fond of our exercise program here at Timberhill Place. Lets all give Robert "Bob" a big warm welcome.

*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*