



# Timber Tales



June 2017

## Notes From Robin

It seems like the rain is never going to stop. Hopefully we are going to have some warmer and dryer days ahead. My hope is that mother nature remembers that summer is due to arrive this month, and that we have an abundance of sunny and warm days. Speaking of sunny days, a good way to get some sun is to join us for one of our Thursday afternoon scenic drives. Each trip is between one and two hours and explores a different area of our beautiful country side. The drive provides you with a wonderful opportunity to soak up some sunshine while socializing with others. There is always someone on the bus who has an interesting story or two to share about the area that you are visiting. If you want to take advantage of one of these drives be sure to sign up in the transportation book located on the hallway table near the entrance to the dining room. If you have suggestions on a place that you would like to visit, please let Ashlyn from our Activity Department know. We are always looking for new places to visit and would love to hear any suggestions that you may have.

Summer brings an increase in visitors to Timberhill Place. The staff and I think this is wonderful and we encourage you to invite your guests to share a meal with you or to attend one of our scheduled activities with you. Be sure to make your guest meal reservation two hours before the meal so that the kitchen can accommodate you and your guest.

Please remind your guests to sign in and out on the visitor sheet at the front desk each time that they enter or leave the building. If you are having overnight guests please notify the front desk with the name of who is visiting and how long they will be staying. This information is necessary for any emergency situation that may occur during their stay. Speaking of emergencies, your guests should avoid parking their vehicles at the front entrance of the building. This area is intended for loading and unloading only. No vehicles should be left there for longer than five minutes. The police and fire departments require us to keep this entrance free of vehicles to allow easy access to the front entrance of the building in the event of an emergency. Timberhill Place staff and the emergency responders thank you for helping us to keep our residents and building safe.

Please join us as we celebrate Father's Day on Friday, June 16, in the main dining room. We encourage you to invite those special people in your life to join you as we honor our Timberhill Place Fathers. This celebration is for everyone, so mark your calendars and plan to attend.

***Wishing all of our Timberhill Fathers a very Happy Father's Day.***

*"My father  
didn't tell me how  
to live; he lived,  
and let me watch  
him do it."*

*- Clarence Budington Kelland*



*Timberhill Place ~ 989 NW Spruce Avenue ~ Corvallis, Oregon 97330*

*541-753-1488 email ~ [tmbrpl@proaxis.com](mailto:tmbrpl@proaxis.com)*

*Website ~ [www.timberhillplace.com](http://www.timberhillplace.com)*

## Timberhill Place Van Service Schedule

Sat & Sun: No Transportation Service

Monday: 9 a.m - 12:00

Tuesday: 9 a.m - 12:00 &  
1 p.m - 4:00 p.m.

Wednesday: 1 p.m - 4:00 p.m.

Thursday: 9a.m - 12:00

Friday: 9 a.m - 12:00

Holidays: No Transportation Service

**Van Service may be cancelled  
due to weather.**

### Resident Birthdays

Joy M. 6/3

Bob M. 6/8

Marion B. 6/15

June C. 6/17

Ila B. 6/21

Ethel R. 6/22

Ruth D. 6/25

Shirley P. 6/29

### Staff Birthdays

Mike 6/12

Liz 6/14

Tamara 6/18

Dominique 6/22

Gena 6/25



## 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

## Medical Notes

### Keeping Your Balance

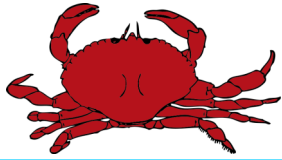
Without balance, we have a hard time staying on a steady course. Most importantly, improved balance helps to keep us from falling. This is good news, because falling can create a whole host of problems, including injury and even death. The Centers for Disease Control and Prevention (CDC) reports that a third of all people over the age of 65 fall, each year; it's the leading cause of injury for this age group. One of the biggest problems with older people falling is hip fractures. The CDC reports that, in the year 2004 alone, over 320,000 people were hospitalized for hip fractures, and 90% of those fractures were caused by falls. Most people with hip fractures end up staying in the hospital for at least a week; 25% of those who lived independently before their fracture spend at least a year in a nursing home and 20% die within a year of sustaining the injury.

Luckily, there are a lot ways people can improve balance. The first step toward doing so is to find something that works for each person and then help them stick with it. Speak with the person's physician if balance problems are being caused by medication.

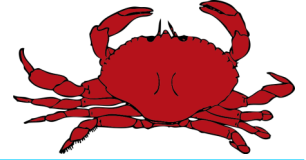
According to the Mayo Clinic, here are some good options for improving balance:

- Balance Exercises. Routinely doing exercise of any kind can lead to better balance. Balance exercises that require moving arms and legs in coordination, such as walking, are especially helpful for improving balance.
- Leg Balance Practice. While you may not think about balancing, practicing it can help. While using support, such as a chair, practice standing on one leg at a time to practice balancing and building strength in each leg.
- Strengthening. Doing exercises that build strength will also lead to improved balance. Working out each week with some light weights (one to two pounds) will help build muscles and stronger bones. Stretching and improving flexibility are also good ways to help improve balance.

<http://www.parentgiving.com/elder-care/strategies-for-improving-balance-in-seniors/>



## *Resident of the Month*



Vera is our Resident of the Month for June. She has lived here for a little over a year. Vera was born in Fargo, North Dakota. She grew up with a younger brother, they were only a year apart in age. Her father worked for a bank for sometime, and then moved on to be a rural mail carrier. It became hard on him in the freezing months of winter. Her mother, and father were both raised on farms but they raised Vera and her brother in the city. As a young girl Vera's favorite thing to do was to fish and hunt with her father and brother. Vera attended School in Fargo up until college, then went to North Dakota State University. A handsome man named Eugene set eyes on Vera's picture

in a North Dakota State University Alumni paper, and knew he had to find her. He in fact did, and they married shortly thereafter. Eugene worked in Atomic Energy/ Nuclear Engineering for the Army. Vera started off as a Home Economics teacher in Buffalo, she taught for one year. After moving to Los Angeles, California she became a reservations agent for seven years then heard of a job with the Military as a recreational agent. After obtaining the job, working for the Military meant doing some traveling in Germany, but after two years decided to move to New York to continue her passion in Teaching. Eugene had 6 children Susan, Amanda, Bonnie, Rebecca, Jeffery, and Laurie whom Vera loved as if they were her own. The six children blessed them with many Grandchildren, and Great Grand children. After retirement she worked as a homemaker and wife. She enjoyed her life with Eugene and her step-children. Vera loves classical music and hand work when she was still able. She has a special interest in ancient history, and traveled to Egypt. She believes in patience "you must have patience if you live to 97". Her favorite thing about living at Timberhill Place is all the wonderful help the caregivers provide her with. You will often find Vera on walks outside, and she adores the rose garden when in bloom. Congratulations Vera! You certainly deserve to be our resident of the month.

### *Thank You Dad*

No words can totally express.  
Those bits of shared happiness  
No thoughts could fully grasp  
How wide and deep is your love.

How can I ever forget?  
All those memories we have shared,  
Your love is as fresh as the morning dew,  
For that my daddy I say thank you

Words may never be enough  
How proud I am that you are my dad  
Years may not be sufficient to count it all  
With your life I am truly grateful

Thank you for your sweet embraces  
And for your patience that never ceases  
Thank you coz you are always there  
Thank you dad for your unending care



# *Activity Highlights for June*



## *Father's Day Weekend*

Friday, June 16th we will kick off our Father's Day weekend with our annual Father's Day Party!

The celebration begins at 2:30 on Friday, June 16th. There will be entertainment by Steve Burtch as well as refreshments for your enjoyment. Everyone is welcome as we celebrate all that fathers do!



We will continue our Father's Day weekend on Sunday, June 18th. Page and his team are serving a yummy BBQ meal at noon.

We will carry on our Timberhill Place tradition by serving the men in the Dining Room first as well as enjoying pie a la mode with our Timberhill Place Fathers.

The Sunday afternoon movie will be a special Father's Day film; "Life with Father".

The movie begins at 1:30 in the Friendship Room and will be accompanied with popcorn.



## *Annual Trip to the Coast*

Thursday, June 15th

Come join us for our annual trip to the Oregon coast. Enjoy the beach, sunshine and a wonderful lunch out.

The Chowder Bowl at Nye Beach is one of our favorites at Timberhill Place and is famous for their fresh seafood. The van loads at 11:00. You can sign up for this trip in the van book outside of Robin's office.



## *Ice Cream on the Patio is Back*

During the summer months, we alternate Tuesday Popcorn with Ice Cream Bars on the Patio. Be sure to join us for some delicious treats one week and popcorn the next!



## *Fruits of the Earth*

During the summer months, join Ashley in the garden every other Tuesday morning. During this time in the garden we will be tending to fruit plants and checking on their progress as well as enjoying the sunshine. This activity will meet in the lobby.





## *Ocean Facts*

1. For starters, did you know that 94 percent of life on Earth is aquatic? That makes us land-dwellers a very small minority.
2. About 70 percent of the planet is ocean, with an average depth of more than 12,400 feet. Given that photons (light) can't penetrate more than 330 feet below the water's surface, most of our planet is in a perpetual state of darkness.
3. The deep sea is the largest museum on Earth: There are more artifacts and remnants of history in the ocean than in all of the world's museums, combined.
4. We have only explored less than 5 percent of the Earth's oceans. In fact, we have better maps of Mars than we do of the ocean floor (even the submerged half of the United States).
5. The longest mountain range in the world is under water. Called the Mid-Oceanic Ridge, this chain of mountains runs through the middle of the Atlantic Ocean and into the Indian and Pacific oceans. It runs more than 35,000 miles long, has peaks higher than those in the Alps and it comprises 23 percent of the Earth's total surface.
6. We didn't send divers down to explore the Mid-Ocean Ridge until 1973 — four years after Neil Armstrong and Buzz Aldrin walked on the moon — when a French-American crew of seven entered the 9,000-foot-deep Great Rift in the French submersible *Archimede*.
7. The ocean boasts an array of unusual geographic features, such as pillars that reach several stories high and chimneys that send up sulfuric acid. In the ocean-floor neighborhood of the Gulf of Mexico, brine pools mark the floor, along with underwater volcanoes that spew mud and methane, rather than lava.

## *Notes from the Garden*

All the gardens are looking good. The sprinklers are on, we're on our way. There are several plots available to any latecomers, so let's get them filled up. The rose garden is also looking very nice, lots of buds! The Rhododendrons and Azaleas will bloom soon too and we'll have a beautiful garden all summer! Get out in the nice weather and enjoy a walk around.

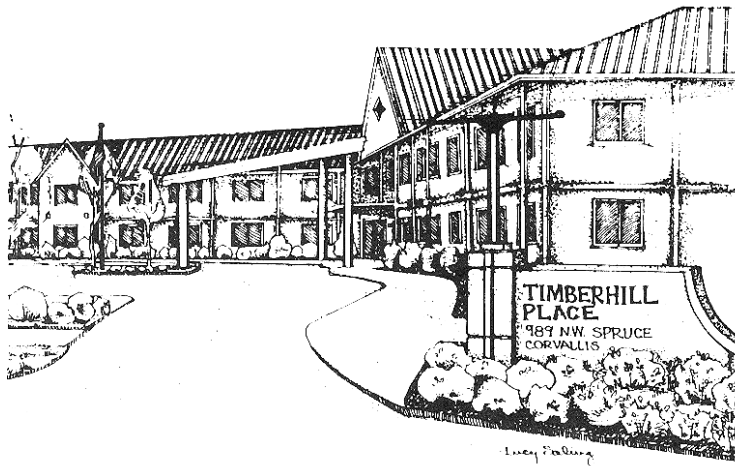
I'll see you in the garden,  
XO Doris



**Fun Fact:** The tallest rose bush on record is 23 feet tall. Rose blooms can range from tiny to 33 inches



*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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Corvallis, Oregon 97330*