



Timber Tales



August 2017 Notes From Robin

From what I'm reading about the Solar Eclipse the month of August should be a very busy and exciting month in the Corvallis area. As most of you know Corvallis and Benton County are located in what is considered the "path of totality." That makes our community a prime viewing area. An estimated 400,000 tourist and scientists from all over the world will travel to Corvallis and the surrounding areas to view the solar event. The Department of Human Services is recommending that we all prepare for a big jump in crowds by filling your gas tanks and shopping prior to the time the visitors arrive. Long lines are expected in grocery stores, gas stations, transportation services, restaurants, urgent care and many other establishments. Cell phone services may be disrupted due to the increase in visitors using their networks. The increase in traffic may cause long delays in getting to your destination. With all of this in mind, and with the anticipated traffic Timberhill Place will not be providing van service on Monday, August 21. We will however, be setting up an area for the solar eclipse viewing on our Timberhill Place grounds. It you want to view the whole process the countdown begins at 9:04am with the maximum view around 10:17am and the end at 11:37am. We will also be providing disposable solar eclipse eye glasses for our residents and staff. I hope you all take advantage of this exciting opportunity to view the solar eclipse from the comfort of your own yard.

I hope that you can all take advantage of all of the beautiful weather that we are having by going outside and enjoying some fresh air. Take a deep breath and enjoy the warmth from the sun and the beauty that surrounds you. There are several benches placed around the grounds for your relaxation and enjoyment.

The community gardens are thriving this year. We have a couple of resident's who have teamed up and have a secret recipe to grow the biggest and best tasting tomatoes in the state of Oregon. With their backgrounds and experience I'm sure they will. I don't know about you, I can't wait to see how the tomatoes turn out. Speaking of gardens, I'd like to remind everyone not to pick the vegetables from the community garden if they are not yours. Our gardeners put a lot of work into their gardens and look forward to sharing their bounty with others at the appropriate time. I and our Timberhill Place gardeners thank you for your help.

My green thumb came only
as a result of the mistakes
I made while learning to
see things from the plant's
point of view.

~H. Fred Ale



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

Eat Your Colors!

Most of the standard American diet is beige: Think potatoes, rice, head lettuce and white bread. You can optimize your diet and benefit your health by eating foods with vivid colors. The colors indicate phyto-nutrients which are plant compounds that work to protect your health. These compounds can help decrease the risk of heart disease, stroke, cancer, high blood pressure and help control chronic diseases such as diabetes and maintain healthy bone, skin and teeth. So fill your plate with vibrant colors and eat healthy!

Oranges: Powerful anti-oxidant; boosts immunity; helps prevent cancer, heart disease and infection by supporting an important part of our immune system-our mucous membranes. (oranges, carrots, sweet potatoes, peaches, cantaloupe, pineapple)

Reds: Reduces risk of prostate, breast and skin cancer; benefits circulatory system by building healthy cell walls; improves circulation, organ function, and blood pressure. (tomatoes, watermelon, red raspberries, beets, kidney beans)

Greens: Reduces risk of cancer (particularly breast and prostate); helps maintain good vision and strong bones (broccoli, spinach, leafy greens, green peas, honeydew melon, turnips and rutabaga)

Blue/Purple: Reduces risk of age-related memory loss, diabetes complications, heart attacks, and Alzheimer's Disease; has anti-inflammatory properties (blueberries, purple grapes, prunes, raisins, plums, eggplant and blackberries)

Whites: Boosts immunity; helps lower high cholesterol; helps control blood pressure; reduces risk of stroke (garlic, onions, cauliflower, mushrooms). (bananas potatoes, white beans, pears)

From: www.weber.edu/.../employeewellness/Eat%20Your%20Colors.pdf



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





Activity Highlights for August



Lunch Outing to Izzy's

Thursday, August 17,
sign up for our lunch outing to the Corvallis Izzy's Buffet, located on 9th street. There will be a variety of different kinds of food to choose from such as pizza, soup, salad and other hot entrees. There is also an ice cream bar. You can sign up for this lunch outing in the van book to the right of Robin's office. The van loads at 11:30.

Oregon State Football

Oregon State University Football starts August 26! The season kicks off with a game against Colorado State University at 11:30am. Each game will be broadcasted in the Friendship Room. Show pride for your football team by attending games and wearing your team gear the day before each game!

Benton County Fair

Senior Day at the fair is Thursday, August 3. There will be a sign up sheet in the van book to the right of Robin's office. If you plan to go, please be sure to plan ahead with sunscreen and possibly a sun hat. See you there!

Solar Eclipse

Many of you have probably heard about the solar eclipse on Monday, August 21. The solar eclipse will occur in the morning during the usual time we do exercise. Due to this, we will be viewing the solar eclipse and cancelling exercise. We will be providing solar glasses for both the residents and staff. Keep in mind that due to the Solar Eclipse there will be a large amount of people coming into Corvallis and surrounding areas. Prepare ahead of time for appointments and errands. Dial-A-Bus will be out of service from August 19th through August 21st. The van will not be running Monday, August 21st.



On Friday, August 18, we will be having a new and seasonal event, Luau Social Hour. Visit with friends and neighbors during this Hawaiian style social hour. There will be new drinks, an array of food, and other refreshments for your enjoyment.

Notes from the Garden

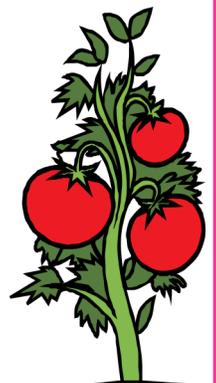
It's the attack of the killer tomatoes! They'll take over! I cant wait to see all the fruit these will produce. Lots of other happy vegetables out there, with all these warm days and nights.

Just a reminder- Don't weed or remove anything from anyone's garden but your own. Thank You!

Keep up the good work and I will see you in the garden.

XO,
Doris

Fun Fact: Slugs feed at night and can consume 5 times their weight in food!





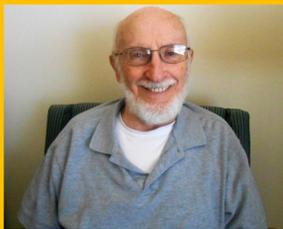
New Residents

Kenneth "Ken" R.



Ken may be a familiar face to some of you, he is a returning resident here at Timberhill Place. He recently moved back here from Stoneybrook Assisted Living in Corvallis, he now resides in apartment 108. Ken was born on June 2, 1931 in FT. Lewis, Washington. He lived in Tacoma through 2nd grade and then relocated to beautiful Cannon Beach, Oregon with his grandparents for three years. Kenneth then reunited with his mother and brothers, together they lived in Gresham. Ken has very fond memories of taking long walks on the beach and listening to the ocean waves roll in. He served one year on the front lines with the Army in Korea and two years in Japan. Japan is also where he met his beloved wife Mae, they were married for 62 years. Mae and Ken had three children together Kenneth, Daniel and Deborah. Mae sadly passed in January 2015. Ken has nine grandchildren and many great grandchildren. Ken was a very successful college Psychology and English professor and taught the word of the Bible at Bible School over the course of 45 years in Japan. Some fun facts about Ken; his family is very important to him as well as his Christian faith. He thoroughly enjoys chess and has published a wonderful book called, "Follow the Truth Wherever it Leads". His biggest life accomplishments are raising his amazing children and living for the Lord. Ken is thrilled to be back home at Timberhill Place and we are so happy to have him. Welcome back Ken!

Glenn "Doug" B.



Doug is a new resident here at Timberhill Place, he lives in apartment 213. He has moved here from his home in Corvallis, where he lived with his wonderful wife Ann Elizabeth. Doug was born on the 4th of July in the year of 1929 in Albuquerque, New Mexico. Soon after Doug and his family moved to Washington. They lived there for several years before relocating to Denver, Colorado. Doug had one sister named Glenda, they were always together. As a young boy Doug described himself to be quite the little explorer, he spent the majority of his time riding his bicycle and traveled all over Denver. As a young man Doug joined the Navy, and served for 5 years then moved on to a career in Plant Taxonomy in California. He was very proud of his well deserved title as Senior Plant Taxonomist. His lovely wife, Ann worked for a real estate developer. "She was so very talented", Doug exclaimed. The couple had an amazing blended family. Ann gifted him with three wonderful children and Doug had two special girls from a previous marriage. After retirement the happy couple enjoyed life together and spent quality time with each other. Sadly Ann passed away shortly before his move to Timberhill Place and he says he is "slowly recovering" but when ready, would love to join in on some activities such as our fun Friday events and scenic drives. Doug looks forward to making new friends. We give you a big warm welcome Doug, and are so happy you are here!

Edith "Eddie" M.



Edie is a new resident that has recently moved here from her home in Corvallis, Oregon. She lives in apartment 125 with her two fur babies Rosie and Blacky. Edie was born on October 13, 1924 in Lincoln, Nebraska and moved to Omaha at the age of 7. As a young girl she has very fond memories of a lovely piano teacher. Edie says she was a great woman and she was very lucky to have her. Edie grew up with one brother named Johnny. Edie and her brother were very close and have fond memories of their childhood. After she graduated from high school she received her Bachelor's Degree from the University of Omaha and then went on to receive her Master's from the University of Minnesota. She had a wonderful husband named Theodore, more commonly known as Ted, and they were married for 50 years. The couple had three children Karl, Liz and Barbara and have two grandchildren. Edie was a second language English teacher at a University and Ted taught Psychology. After retirement Edie did a lot of volunteer work and traveled frequently with her beloved husband. Presently, Eddie enjoys watching nature films, documentaries and the news on her favorite station, OPB. She would love to regain her strength to sing in a choir some day or even play in a band, but for now she is content with her new home here at Timberhill Place. We are happy to have you! Welcome Edie!



Abner and Myrna W.



Welcome Ab and Myrna, they are new residents here at Timberhill Place. They reside in apartment 202. Ab and Myrna recently moved here from their home in Corvallis, Oregon. Ab was born on July 7, 1924 in Pelican Rabbits, Minnesota. Ab and his family moved to Washington when he was 5 years old. Myrna was born February 15, 1929 in Toppenish, Washington. They both recall good childhoods although Ab was born during the time of the Great Depression. They have been happily married for 69 years. They have three children Jennifer, Don and Nancy and also have 4 grandchildren and 3 great grandchildren. Ab served in the Air Force for three years, had a career at Pacific Power for 24 years and then worked for Saif Corporation for 12 years. Myrna was a full time mother, wife and homemaker. When their children were older Myrna decided to further her education. She attended business college to become a secretary to help put the kids through college. After the two retired they traveled in their RV for several years then did a lot of guided tours. Ab really enjoys bridge and getting exercise. Myrna loves cooking; she especially enjoys baking cookies. She also loves a good game of Bridge. They both have a great sense of humor, love to meet people and make new friends. Ab and Myrna are really enjoying their new home at Timberhill Place and we are so delighted to have them here. Welcome Ab and Myrna!



Resident of the Month

Shirley P.



Shirley is our Resident of the month for August. She has lived at Timberhill Place for a little over a year with her two kitty cats that she loves very much. She was born on June 29, 1921 in North Powder, Oregon. She had a lovely childhood with fond memories of riding her bicycle to the gas station. After all, its the little things that make life enjoyable. After Shirley received her high school diploma, she went on to receive her teaching certificate and Bachelor's Degree from the University of Oregon, and then her Master's Degree from Western University in Monmouth. She was married to a wonderful man named Louis for over 60 years. Shirley taught Special Education in Oregon and briefly in California, even past retirement. Her husband, Louis was in the Air Force as a fighter pilot. As a result of Louis' career with the United States Air Force, the family traveled a great deal. Together, Shirley and Louis had three children Renee, Jim and Pete. Shirley has also been blessed with two grandchildren. Shortly after Louis' retirement they moved to Corvallis. Congratulations Shirley, on being voted August's resident of the month!



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*