



Timber Tales



September 2017
Notes From Robin

Labor Day is considered the mark of the summer winding down: it may be the last barbecue or walk on the beach for many of us this year. However, you're spending your Labor Day weekend, take a moment to think about why we celebrate the day and to acknowledge the power of labor, for, as Sophocles said, "Without labor, nothing prospers." But, at the same time appreciate you day *without labor*. *Take note from Ovid: "Take rest; a field that has rested gives a bountiful Crop."*

With the arrival of September, it's time to shift our focus to college football. The staff and I invite you to join us in showing your support for the OSU Beavers by wearing Beaver colors on each Friday before a Beaver football game. We always have a fun time on Beaver Fridays, some of our residents and staff are avid Beaver fans and can be very creative in how they show off their Beaver team colors. Be sure to watch the activity calendar for the date and times of each football game. Ashley and Jessica from the activity department always make sure that the football game is playing on the big screen in the friendship room for your enjoyment.

Every September we celebrate National Assisted Living Week. The 2017 theme is "Family Forever" and will be held Sunday September 10 through Saturday, September 16. "Family Forever," recognizes the unique bonds formed between those who reside in assisted living and those who work and volunteer in these communities. For many assisted living caregivers, their dedication and consideration develops into a deep emotional attachment, where staff and residents come to think of each other as family. Whether getting to know the residents inside and out, listening to their stories, spending time after hours to do something nice for them, or being there in their final moments, this National Assisted Living Week is meant to honor those caregivers who give their hearts and souls to their residents. National Assisted Living Week is a good time to educate family and friends on assisted living and what it means to you. It is also the perfect time to invite your family and friends to join you for a meal or to join you in one of our scheduled activities. We greatly appreciate all of our residents, staff, families and volunteers and hope that you all enjoy National Assisted Living Week.

It's back to school time, which means that the pedestrian and vehicle traffic will pick up on Spruce Ave. Kids on their way to school zip by on their skateboards wearing headphones or looking at their cell phones and may not see or hear you in time to move out of your way. Vehicles and bikers speed by without a thought to who may be trying to cross the street. Your safety is of utmost importance to us. So, be sure to stay safe by watching out for others, to prevent any injury to yourself.

Family is Forever

Family isn't always blood, it's the people in your life who want you in theirs: the ones who accept you for who you are, the ones who would do anything to see you smile and who love you no matter what. ~ Maya Angelou

Timberhill Place ~ 989 NW Spruce Avenue ~ Corvallis, Oregon 97330
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Website ~ 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 &
 1:00 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

Vera 9/2
 Velna 9/7
 Oscar 9/24

Staff Birthdays

Macaylah 9/2
 Scottie 9/10
 Lupe 9/14



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 ServicePage Hundemer
 Director of Housekeeping.....Doris Blum-Etzel
 Director of Maintenance.....Ed Klinkner

Medical Notes

The macula is the part of the retina that sends light from the eye to the brain. It allows you to see fine details. Age-related Macular Degeneration (AMD) is the leading cause of vision loss in older adults. It can result in blurred central vision for straight-ahead tasks such as reading, sewing, and driving.

There are two kinds of AMD. Wet AMD is when abnormal blood vessels start to grow behind the retina. These are fragile and often leak blood and fluid. The early symptom is that straight lines appear wavy. Vision loss can occur quickly and it is considered more advanced and severe than Dry AMD.

Dry AMD is when light sensitive cells in the macula slowly break down and there is a gradual blurring in the central vision. You may have difficulty recognizing faces and need more light to read. It usually affects both eyes.

Risk factors for AMD include age, sex (women more often than men), smoking, obesity, family history and ethnicity (white). Taking certain vitamins and minerals may help reduce the risk of developing dry advanced AMD. Wet AMD may sometimes be managed using laser surgery, injections or photodynamic therapy. These options don't cure wet AMD and vision loss may progress despite them.

If you have low vision already, don't be afraid to use your eyes to watch TV, read, etc.

Normal use will not damage them further. If you are having vision or any eye problems, please don't hesitate to see an eye healthcare professional.

*Information from the
 National Eye Institute website.*

FAMILY IS FOREVER
National Assisted Living Week®
September 10–16, 2017



Resident of the Month

Laura Davidson



Our September resident of the month is Laura. She has lived at Timberhill Place just shy of nine months. Laura was born in Spokane, Washington. When she was five years old, she and her family moved to Salem, Oregon. Shortly thereafter, they moved to Grants Pass, Oregon where she grew up. Laura, recalls having a wonderful childhood. Grants Pass was a small town where her parents didn't have to worry too much about her safety. Laura considered herself a little tomboy who loved to play ball with the boys. While in High School she met her future husband Eugene. While at the lake on a sunny Sunday afternoon, Laura and a girlfriend were sitting on the riverbank watching two handsome young men ride by on their boat, she waved, and to her surprise, one of the boys, Eugene stopped and charmed Laura's mother into letting him take the girls for a boat ride. Laura and Eugene dated for a while, but eventually lost touch as they went to different High Schools. After graduation, Laura moved to Portland, Oregon to attend the Portland School of Nursing. Two years later, Laura was visiting someone in Eugene, Oregon and stumbled into Eugene and the rest was history. After they married, Laura worked in nursing and Eugene worked for Consumers Power. Laura worked until she and Eugene started their family, they had three children, Karen, Stephen and Patrick. After the children were of school age Laura returned to her nursing career. After retirement Laura and Eugene enjoyed camping in the mountains and going fishing. The couple's first big trip was to the beautiful island of Hawaii. The couple's most unforgettable trip was a cruise to the Caribbean. Spending time with her family is very important to Laura. Today she has six grandchildren and eight great-grandchildren. Laura says that "she had a very good life, and still does". She enjoys playing computer games, knitting and attending some of the activities here at Timberhill Place. Laura is very fond of her home here at Timberhill Place, she likes the independence she has while feeling the security of help being available when she needs it. Congratulations Laura on being chosen as Resident of the Month.



History of the Football Helmet



In 1939, Gerry E. Morgan and John t. Riddell with the company of Chicago patented the mold of a plastic helmet. This helmet was a web suspended and the fit of the helmet could be personalized to each player. After an experimental trial in the 1939 College All-Star game located in Chicago, it was found to be a hit in the football community. During this time, the United States were fighting in the Second World War, all materials of use were going to the cause; this included plastic. As a result of the difficulty of obtaining plastic, Morgan and Riddell sold the patent to the helmet to the United States Army. Courageous soldiers fighting in WWII stationed in Corregidor, Anzio, and Omaha Beach fought in battle wearing the Morgan/Riddell helmets under their steel helmets. Following the United States' Army victory in the National Collegiate Championship, while wearing the Morgan/Riddell helmets, other colleges took notice. In 1955, Morgan and Riddell, along with the help of the coach of the Cleveland Browns, Paul Brown, invented another revolutionary piece of football equipment; the facemask. Before 1955, football players did not have face protection. This invention was a bar that went across the face, attached to the football helmet, that would prevent face injuries due to game play.

Activity Highlights for September

Talk Down Memory Lane

Talk Down Memory Lane will be one of our Assisted Living Week activities. Come to learn about your friends and neighbors and share a little about yourself. Ashley and Jessica encourage you to bring pictures, articles or other memorabilia to help you share your experiences and bring your stories to life. We will be having this activity on Thursday, August 14 at 2pm in the Friendship Room.

Food Council Meetings

Food Council Meetings are held the first Tuesday of every month in the Small Dining Room at 1:30pm. These meetings are a great way to voice options, share suggestions, and give complements to Page and his kitchen staff. Currently, we have had low attendance at the Food Council Meetings, so if you have free time and want to share please feel free to come to the monthly meetings. Timberhill Place values your opinions and your input.

Notes from the Garden

As summer winds down our lovely gardens will winds down too. We have enjoyed the lush and over-grown jungle feel of the garden this year. So many tomatoes! Wonderful flowers! The songbirds! Its been a great garden season. A big thank you to all you gardeners who shared your vegetables, flowers and tips. I look forward to fall as our surroundings will change once more. 😊

Fun Facts: One Ostrich egg can make breakfast for 6 people.

Rosarians plant flowers wherever they go, from Buckingham Palace to the So Pole!

XO,
Doris

National Assisted Living Week

“The 2017 theme is, “Family is Forever”, which recognizes the unique bonds formed between those who reside in assisted living and those who work and volunteer in these communities.” Many assisted living staff and volunteers have a bond and deep attachment to residents and think of them as family. Timberhill Place is thankful for the relationships that our residents have with staff and the many benefits of those close connections. Our relationships are what makes this community so special. Thank you all for opening your hearts to one another and making these relationships possible.



Getting to Know Each Other Beach Ball Toss

On Tuesday, August 12 at 2pm stop by the Dining Room and participate in an Assisted Living Week activity called, Getting to Know Each Other Beach Ball Toss. How much do you really know about your friends and neighbors? This activity will be a way to learn more about others in the community while also sharing about yourself. We hope to see you there!





New Residents

Jane Bates



Please welcome Jane. She is a lovely lady who has recently moved to apartment 102 from Stoneybrook Lodge. Jane was born on October 4, 1922. She was born and raised right here in Corvallis. Jane recalls a great childhood and reminisced spending the majority of her summers with her toes in the sand at Agate Beach where her family owned a cottage. After Jane graduated from high school she attended both Stanford University and the University of Washington. After two years of college she married the love of her life, Ben. Jane worked for a short time at the KOAC radio station while Ben was serving overseas. After Ben returned, Jane and Ben had three children Scott, Cynthia and Kevin. Jane became a devoted, wife, mother and homemaker. Ben was an insurance broker and he and his brother owned their own company, “Bates & Bates”. The name of the company was switched to “Unified Insurance” after Ben's brother sadly passed away. After retirement, the two enjoyed traveling. Over the years they were lucky enough to have visited 26 different countries. Jane loves to paint and garden. She was an avid golfer and spent a lot of time outdoors. Today, Jane has eight wonderful grandchildren and she is very proud of her three successful children and all of their accomplishments. Jane is a very positive and happy person who loves to meet and make new friends. Jane says she is very happy with her new home at Timberhill Place. Welcome Jane! Timberhill Place is a great place to make new friends.

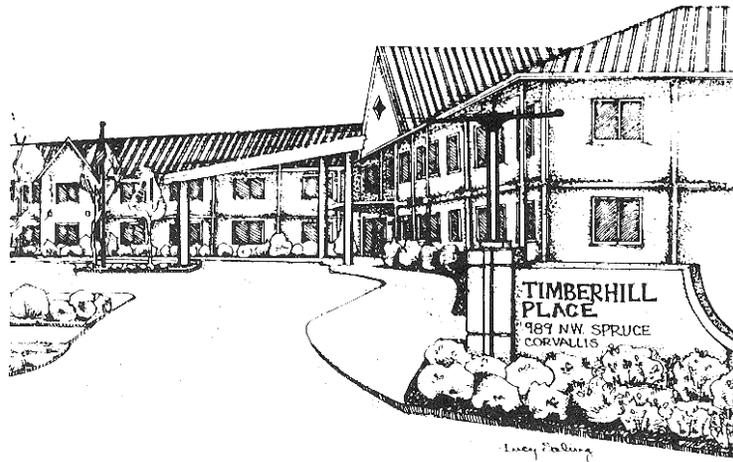
I Hear America Sing



I hear America singing, the varied carols I hear,
Those of mechanics, each one singing his as it should be blithe and strong,
The carpenter singing his as he measures his plank or beam,
The mason singing his as he makes ready for work, or leaves off work,
The boatman singing what belongs to him in his boat, the deckhand singing on the steamboat deck,
The shoemaker singing as he sits on his bench, the hatter singing as he stands,
The wood-cutter's song, the ploughboy's on his way in the morning, or at noon intermission or at sundown,
The delicious singing of the mother, or of the young wife at work, or of the girl sewing or washing,
Each singing what belongs to him or her and to none else,
The day what belongs to the day—at night the party of young fellows, robust, friendly,
Singing with open mouths their strong melodious songs.

-Walt Whitman

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*