



Timber Tales



October 2017

Notes From Robin

It's finally time for cozy sweaters, apple picking and Halloween parties – its October. Soon the store shelves will be filled with candy corn and bags of the tiny candy bars that we all enjoy so much. If you're an October fan, you may want to consider celebrating the cooler temperatures of October by joining Jessica and Cathy on one of our Thursday afternoon scenic drives to see all of the beautiful fall foliage that our local country side has to offer.

It's time again to prepare for the cold and flu season. On Friday, October 13 GevenaWoods pharmacy will be here to give flu shots to our residents from 9am -noon in the Friendship room. GevenaWoods will bill the cost of your vaccination through Medicare for you. Judy King will be coordinating the clinic and will assist you with any questions that you may have. If you have questions about getting a flu shot you should contact your health care providers. If you receive your flu shot from an outside provider please let Judy know so that she can update your medical records.

Remember... The most effective way to prevent the spread of infection during the flu season is to get your flu shot and to wash your hands often. Last year was a very bad flu season and some of our residents and staff who had their flu shot became ill with the flu anyway. Please don't let that discourage you from getting a flu shot this year. Health Care professionals tell us that the people who had their flu shots and had the flu were not as ill as those who did not get their flu shots. So... protect yourself and others from the flu by getting your flu shot.

Just a reminder, the November special elections is approaching quickly. If you have had a change of address or a name change since your last voted you will need to submit a new voter registration by October 17 to be able to vote in the November election. For your convenience, we have a supply of voter registration cards at the front desk or if you prefer you may register to vote online. If you would like assistance to register to vote please ask one of the office staff to assist you.

It's time to start thinking about our Halloween party and what kind of costume that you want to wear to our annual "Boo Ball". Everyone always has so much fun dressing up for this event. I don't know about you but I can't wait to see what everyone is wearing this year. Our Halloween party will be held on the afternoon of Tuesday, October 31 in the main dining room. Be sure to invite family or friends to join you for this frightful event.

My favorite color is October ~ unknown

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

541-753-1488 email ~ tmbprpl@proaxis.com

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

Jane B. 10/4

Edith M. 10/13

Donald L. 10/15

Laurine H. 10/18

Donald B. 10/22

Dale G. 10/29

Staff Birthdays

Doris 10/15

Rachel 10/17

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.....Jessica Rodriguez
Director of Food ServicePage Hundemer
Director of Housekeeping.....Doris Blum-Etzell
Director of Maintenance.....Ed Klinkner

Medical Notes

Why Get a Flu Shot?

Influenza is a highly contagious respiratory virus. It is spread by droplets (coughing), or touching a surface a sick person has touched and then touching your mouth, eyes, or nose. You can pass on the flu before you know you even have it, from day one until five to seven days after becoming sick.

If you get the flu shot, it may not prevent you from getting the flu. However, you will have added protection against serious complications that can accompany the flu. It might mean the difference between a few lonely days in your apartment staying comfortable in your own bed or on your couch, or having a miserable time in the hospital or worse.

Flu season usually starts in October and ends in May. The peak of the season can vary from December to February. The flu vaccine takes about two weeks to become effective and lasts at least six months. Symptoms of the flu include cough, sore throat, runny or stuffy nose, muscle/body aches, headache, fatigue and fever. Not everyone who has the flu will have a fever. So, it is up to you whether or not the flu shot will work for you. Flu Shots will be available at Timberhill Place on Friday, October 13th at 9am.



Resident of the Month

Dale and Mary G.



Dale and Mary have been selected as the Residents of the month for October. Dale and Mary, and their adorable dog Rosie have lived at Timberhill Place since July of 2016. Dale was born and raised in Los Angeles, California where one of his favorite childhood memories is of his participation in the Boy Scouts. Mary was born in Las Vegas, New Mexico then her family relocated to Los Angeles, California when she was a little over a year old. Although they lived in the same city growing up they went to separate schools so it wasn't until a neighborhood barbeque in 1947 that the two became acquainted. They lived about 15 minutes

away from one another so seeing each other wasn't easy. It wasn't until 1948 when Dale got his first car that the two started going steady. Dale and Mary were married on February 17, 1952. Dale went to Santa Monica College and Mary went to Lawton Dental School. Dale had a career in Property Management and Real Estate Appraising and then became a commercial real estate loan underwriter for Pacific Life Insurance Company in Newport Beach, California. Mary was a Dental Assistant for about a year then decided to become homemaker for Dale and their three wonderful children, Brad, Kathy and Scott. Today they have six grandchildren, twelve great grandchildren, and one great-great grandchild. After retirement Dale and Mary traveled to every state in the United States of America, mostly by car. They also flew to Hawaii, Germany, the Netherlands, Wales and Austria. Their travels were astonishing and they had the time of their lives traveling the world. Currently Dale enjoys going for walks, reading, meeting for cards and coffee and tending to his beautiful shared garden with fellow Timberhill resident and friend Bob. Mary enjoys knitting, reading, and snuggling up with her sweet Chihuahua named Rosie. They both express the same feelings about their home here at Timberhill Place. They enjoy the food and they are so pleased with how the staff and management at Timberhill Place do their jobs properly to make them feel so comfortable and at home. Congratulations Dale and Mary.

Employee of the Quarter

Bonnie Hogan



Bonnie is our Timberhill Place Employee of the Quarter. Bonnie has been working as a caregiver at Timberhill Place since September of 2015. She has just been promoted to the position of Medication Manager. Congratulations Bonnie on your promotion, we know that you will do a great job! Bonnie is a lovely lady who is a kind and compassionate person with a great sense of humor. She says that she really likes taking care of the residents here at Timberhill Place and enjoys working with all of the Timberhill Place staff. Bonnie was born on a farm in Rickreall, Oregon and attended Central High School in Independence, Oregon. Bonnie and her husband Ken have four wonderful children Shannon,

George, Scottie and April. They have also been blessed with six grandchildren. Bonnie's favorite pleasures in life are taking road trips, spending time at the river with her family and enjoying a nice delicious meal out on the town. But most of all, she just enjoys spending time with her family. In her free time, she really likes to crochet. Her favorite places to visit is the beautiful Oregon Coast and going back to her home town to visit her Mom. Congratulations Bonnie on being chosen as the Employee of the Quarter. We appreciate you and all that you do for everyone at Timberhill Place.

Activity Highlights for October

Notes from the Garden

Fall is in the air. Leaves are changing and gardens are wrapping up for the year. Soon pumpkins will appear around the building. Halloween will be here before we know it.

Get outside and enjoy the crisp fresh mornings. Our flock of finches are enjoying the Sunflower and Cosmo seeds, fattening up before the migration of all things feathered begins.

Thanks to all who participated in our gardens this year. We had a bountiful harvest and a lot of fun.

Fun Fact: In England, an umbrella is called a Brollie.

Fun Fact: People have been chewing “gum” since before the days of ancient Rome.

See You!

Doris

Registering to Vote

November is right around the corner! Voter registration forms are available at the front desk if you need to register to vote or update your voter information.

Flu Shot Clinic

Friday, October 13th

9:00am in the Friendship Room

The influenza vaccine or what we commonly call the flu shot can prevent individuals from contracting the flu, and will result in milder symptoms in individuals that do catch the flu. Contact Judy if you would like a flu shot or if you plan to get a flu shot at your Doctor's office or Pharmacy.



Tick or Treat

Every Halloween, Timberhill Place conducts their annual “Boo Ball”! This year it will be held on Halloween, Tuesday, October 31st, at 2:30pm in the Dining Room. Come by and listen to spooky music and join in on the Halloween fun. There will also be snacks and refreshments for your enjoyment.

Be sure to be thinking about what you'd like to dress up as for the Boo Ball. If you need any assistance putting together a costume or coming up with ideas just ask a staff member and they'd be happy to help.

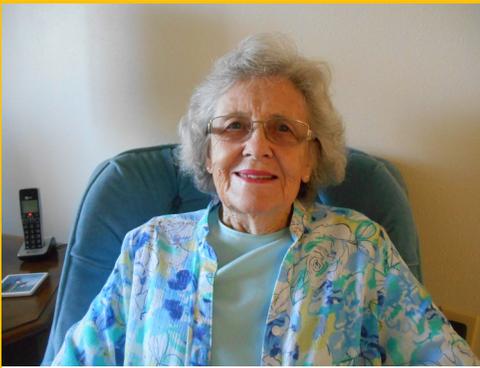




New Residents



Georgann T.



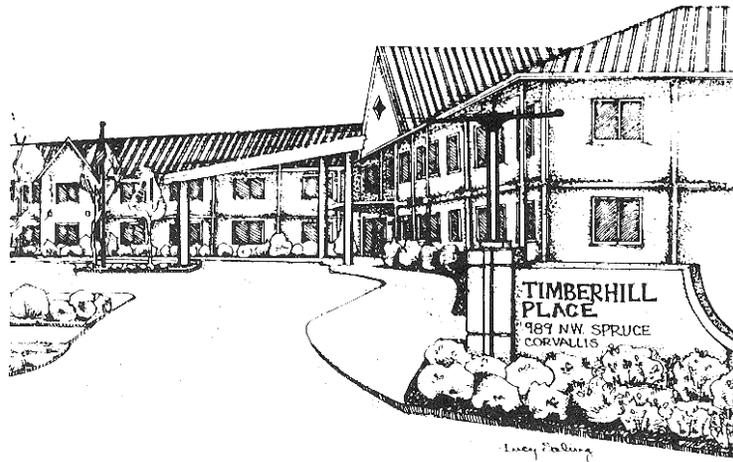
Introducing Georgann, who recently moved to apartment 128 here at Timberhill Place from a retirement home in Philomath, Oregon. Georgann was born on September 3, 1926 in Arlington, South Dakota. Growing up in Arlington she reminisced of the cold winter days and being snowed in. One of Georgann's fondest memories that she holds dear to her heart is her family sitting around the pot belly stove making popcorn and enjoying their treats while singing hymns together. Throughout her school years she was always involved in school programs such as cheerleading, and different singing groups. Georgann was very involved in her hometown church and taught Sunday School to young children. After receiving her high school diploma, she took a one-year course at a private school in Minneapolis to become a Lab Technician. She was married to her first husband Norm for 17 years. Norm was a Plant Pathologist and received his PHD at Oregon State University. Georgann and Norm had two wonderful children Pam and Doug. Georgann married a second time in 1974 to a wonderful man named Lyle and the rest was history. Lyle earned his PHD in Entomology. After the couple retired they visited some amazing travel destinations. Some of them being Hawaii, Japan and Europe. Georgann spent most of her free time volunteering for different organizations such as the Children's Hospital, OSU Thrift Shop and at one point was a co-chairman for FISH. She studied for over a year to become a guide for a historic 85 room home that was well known for its art displays. Today, Georgann has two grandchildren and one great grandchild named Oliva that she and her family just welcomed into the world. Georgann is a lovely lady and is a social person that loves to make new friends. She says that she is very pleased with her new home here at Timberhill Place. Welcome to your new home Georgann. We look forward to getting to know you.

Darlene H.



Please meet our newest resident Darlene, she has recently moved to Timberhill Place from another assisted living facility in Corvallis and now resides in apartment 215. Darlene was born on March 5, 1932 in Iowa. Darlene and her family relocated to San Diego, California during the war when she was very young. Darlene had a good childhood and has very fond memories of playing on the warm sunny beaches of California. She lived in San Diego for 15 years where she met her handsome husband Paul. They moved to Texas after they were married. Paul and Darlene were married for 44 years, and had three children. Darlene worked for the school district as a Counseling Secretary for 18 years and Paul was Chief Petty Officer in the Navy for 22 years. After retirement the couple enjoyed each other's company, and good country living. Darlene drew up the plans and designed two of the homes that they lived in over the years. She loves hand crafting and reading (especially the Lillian Jackson Braun Series). Her Southern Baptist faith is of great importance to her. Darlene is a social person, and enjoys making friends. If Darlene looks familiar to you, that's probably because she had previously resided here at Timberhill Place. So... let's all welcome Darlene back to our Timberhill Place family.

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*