



Timber Tales



November 2017

Notes From Robin

Watching the leaves change colors is one of the best ways to enjoy fall. It's a favorite fall activity right up there with apple picking, pumpkin carving, football watching and Thanksgiving feasting. So, don't miss out on seeing the best of the fall colors – be sure to sign up for one of our Thursday afternoon quick road trips to view all of the beautiful fall colors.

On Sunday, November 5, Daylight savings time ends. If you would like help to set your clocks back one hour, be sure to ask any staff member to help you.

Tuesday, November 7, is Special Election Day. If you need help to drop your ballot off at a ballot box let someone at the front desk know and we will be happy to help you during our office business hours.

On Friday, November 10 we will be honoring our Timberhill Place Veterans with a Veteran's Day program. I hope you can join us for this very special program. As we listen to how each Timberhill Place Veteran served their country it will truly warm our hearts and make us proud to know them.

We can't thank them enough for serving our Country and protecting our freedom.

Are you ready for Thanksgiving? Page and his staff are. They have been busy planning a Thanksgiving meal with all of the traditional Thanksgiving foods for your enjoyment at noon on Thanksgiving Day. The meal is set up buffet style with plenty of food on hand for a second plateful if you would like. As always, there will be plenty of staff on hand to assist you with your meal. If you plan to invite guests for the noon meal on Thanksgiving Day, please notify the front desk by Monday, November 13. This will assist the dining room staff in planning the seating arrangements for everyone. If you plan to be away for the Thanksgiving Day meal, please let the front desk know this as well. This information will also be helpful in planning the seating for everyone.

With the arrival of colder weather and in preparation for winter it is time to prepare for any storms that we may have. As you know the weather can be unpredictable at times causing occasional power outages. When we lose power our emergency generator will provide light to our hallways, common areas and the dining room. The emergency generator will also power the elevator so that it will return to the first or second floor to allow anyone inside the elevator to exit safely. The emergency generator also powers the main kitchen but does not provide power to your apartments. The best way to prepare for a power outage is to make sure that you have emergency supplies stored in your apartment. These supplies should consist of extra blankets for warmth and a working flashlight with extra batteries. It is always a good idea to keep your flashlight and batteries stored together in an easily accessible place so that you can find it when you need it. For fire safety, any source of open flame such as candles is not allowed. If you would like another source of emergency light in your apartment there are some very nice battery operated candles and lanterns available for purchase at our local department stores.

Christmas is quickly approaching. With less than a month after Thanksgiving to decorate our building and celebrate the season, don't be surprised if you see Christmas decorations going up during the last few days of November. Jessica and Ashlyn have been busy planning our Resident and Family holiday party. Be sure to watch for more information on the date and time in this edition of the Timber Tales. We hope that you will invite your family or friends to share this special holiday event with you.

“Not what we say about our blessings, but how we use them, is the true measure of our Thanksgiving.”

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

Erma 11/4

Cathy 11/4

Florence 11/4

Dale M. 11/12

Meg 11/27

Shirley L. 11/28

Celia 11/30

Staff Birthdays

Erin 11/5

Robin 11/20

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-Etzel
 Director of Maintenance.....Ed Klinkner

Medical Notes

Cholesterol

Why is high Cholesterol considered “bad” for you? Your LDL cholesterol number represents the amount of fatty deposits in your arteries. Fatty deposits constrict the flow of blood in your arteries, which increases your risk for Heart Attack, Stroke, and Coronary Artery Disease.

There are several medicines you can take to try to lower your cholesterol. Ask your Doctor about these. An additional dietary approach is to avoid foods high in saturated fats like red or fatty meats, butter, cheese, and fried foods.

Foods that fight to lower Cholesterol are usually the ones high in soluble fats and soluble fiber.

These include: **Oats** or oat based cereal, **Beans, Fish**, especially cold water fish like Salmon and Halibut, and **Nuts**.

Be kind to your body and try to add more of these foods to your diet.

November



Resident of the Month

Betty L.



Elizabeth “Betty” L. was born in Curtian, Oregon on January 15, 1922. She spent her childhood in Oakridge where she attended Oakridge High School. Betty’s father had a career working as a section Forman for the Southern Pacific Railroad and helped build over the pass surrounding Klamath Falls, Oregon. Betty grew up with three brothers and three sisters; Betty was the oldest. She met her future husband, who went by Dan, at a girlfriend’s social gathering. When Betty was 18 years old she married her husband Marine Daniel, on the 28th of June, 1940 in Vale, Oregon. Soon after getting married, Dan and Betty moved to Vale, Oregon where they began their family and started a home. Dan was in the Military and worked for Southern Pacific Railroad as a fireman and also worked on steam engines. Dan was also a very talented wood Carpenter. Betty was a devoted wife and mother of their one son named Marine Dee and one daughter named Anna Marie. She took care of the home and made sure everything was in order as well as worked with a Christian church as a janitor and Sunday school teacher. After retirement Betty and Dan spent much of their free time camping in their trailer and built a sailboat. Betty says that her most important people in her life is her two children as well as the grandchildren and great-grandchildren that they have given her. Her greatest accomplishment is raising her children into the people they are today. We all know Betty as a kind woman with a big heart. Congratulations Betty on winning Resident of the Month for November!

Activity Highlights for November

Gingerbread Houses

On Tuesday, November 28 we will be creating Gingerbread houses for our annual Gingerbread village. Come and make your own Gingerbread home.

Thanksgiving Meal

Page and his team are working hard to prepare a Thanksgiving feast. Each year Page creates a Thanksgiving buffet that has something everyone can enjoy. Be sure to bring your appetite! There is always enough for a second helping.

Veterans Day Celebration

On Friday, November 10 at 2:30 we will be having our annual Veterans Day Program with performances from the OK Chorale and the Boy Scouts.

Lunch Outing to Novak’s

On Thursday, November 16 join us for a lunch outing to Novak’s Hungarian Restaurant in Albany!
Bus loads at 11:30.

Our annual Resident and Family Christmas Party will be held on December 19th at 2:00pm in the Dining Room.



New Residents



Carla Z.

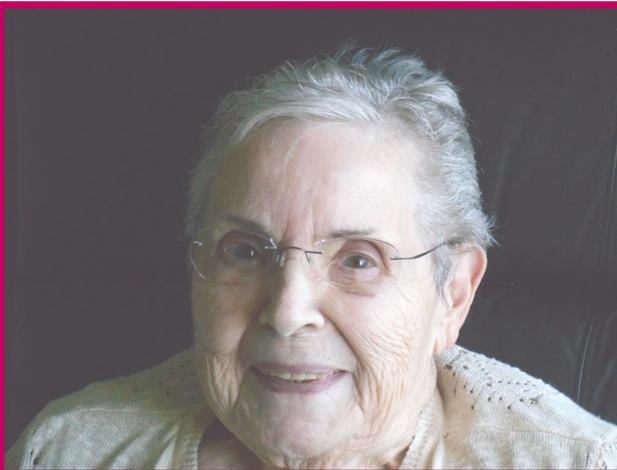


Carla was born on December 24, 1924 in Silento, Italy. Carla spent time in many places around the world such as Italy, Australia, New York, Chicago, California, Arizona, Pennsylvania and now Oregon. Carla was raised by her grandmother, who she called Otilie with her brother Harry. Carla went to a boarding school in Pennsylvania, then went on to the University of Chicago and afterward, finished her education at Berkley where she received her PHD in Psychology. Carla and her husband Maxwell were married over forty years. Carla worked as Head of Board at a Psychiatric Ward and later moved on to private practice. Maxwell worked as a Professor of

Mathematics at Berkley in California. Carla is a mother to four children, 2 boys and 2 girls and is the grandmother to three grandchildren. After Carla retired, she kept busy by planning parties for Maxwell and his associates; by that time he was the head of his own department at the university. Carla has recently moved to Corvallis, Oregon from north California. She loves to read and spending time with her cat. Carla has had many important people to her in her life, two of them being her late husband and her “sister”, who was a very close friend. Today, Carla says that her children are the most important people in her life. We are so excited to learn more about you. Welcome Carla!



Jean M.



Jean was born on October 18, 1923 on a farm in Hot Springs, Montana but grew up in Olympia, Washington. Jean attended high school in Olympia, where she received her diploma. Jean met a man named Richard and their love story began. The two got married and together they had 5 children named Diana, Richard, Carolyn, Harold and Cheryl. Jean was a devoted wife and mother; after the children grew up she worked as a seamstress. Richard worked as a business agent for the union. Both before and after retirement, Jean and Richard travelled to many places around the world such as

Ireland, Mid-Asia, Singapore, Australia and New Zealand. Today, Jean enjoys reading in her spare time. She identifies her greatest accomplishment in life is raising her family and says they are the most dear to her. We are so happy that we have the chance to get to know you, Jean. Welcome!





Doris M.



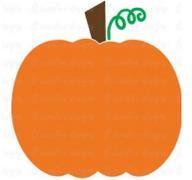
Doris M. was born on April 26, 1929 on a farm in south-western North Dakota. Doris had four brothers and two sisters. Doris worked on the farm with her siblings and enjoyed many hobbies such as skiing, playing the piano, listening to music and going to barn dances. After Doris obtained her high school diploma she went on to business college. Doris met a man named Morris and before long they got married. Together they had 4 children, Bruce, Beth, Brian and Barbara. After business college, Doris worked in an office. Morris worked on the facility at Oregon State University. After retirement, Doris spent her free

time Folk dancing, playing bridge and Pinochle. Today, Doris says that her children and their families are the most important people in her life and that her children are her biggest accomplishment. Welcome to Timberhill Place, Doris!

"An extra yawn one morning in the springtime, an extra snooze one night in the autumn is all that we ask in return for dazzling gifts. We borrow an hour one night in April; we pay it back with golden interest five months later." -Winston Churchill.



Notes from the Garden



The weather may be bad, and staying indoors for a nap sounds very good. But.. If you can, go out for a short walk to look at the trees, feel the wind, see the clouds. Paying attention to your senses and experiencing your surroundings in nature can lower your heart rate, blood pressure, and stress levels. The Japanese call this Shinrin-yoku, which translates to “forest bath”.

Also as you stroll silently count all the good things in your life. Get out there and enjoy your vitamin N (Nature).

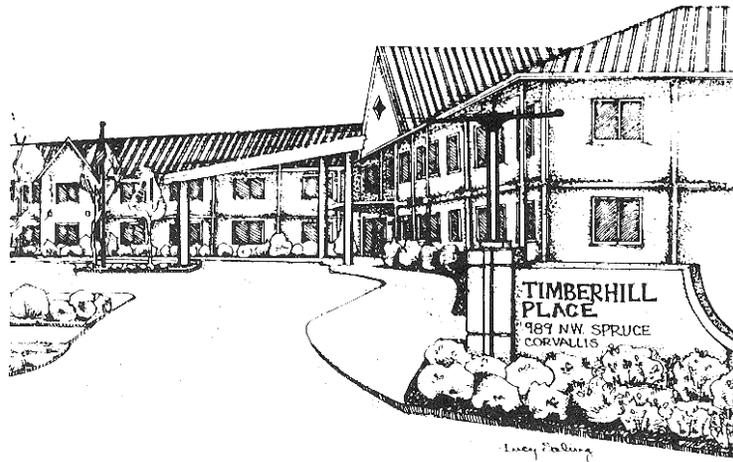
Fun Fact: A Mayan farm or garden is called “Milpas”.

Fun Fact: The name “Peregrine” (a falcon) is Latin for wanderer.

XO,
Doris



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*