



Timber Tales



December 2017

Notes From Robin

Merry Christmas and Happy Holidays! This time of year is a truly wonderful and magical one. Christmas is a holiday filled with beautiful spirit and traditions. Whatever your traditions are, I sincerely hope that you all have a Merry Christmas. With Christmas just weeks away, it's time for our holiday festivities to begin. We will begin by decorating our Christmas tree on Friday, December 1, at 2:30 in the main dining room. Our next major holiday event will be our Resident and Family Christmas party on December 19 at 2:00 in the main dining room, after we have enjoyed the holiday entertainment, we invite everyone to stay for social time with your family and friends. The kitchen will be serving an array of holiday desserts prepared just for your enjoyment. For more information on the Christmas party and all other holiday events that Jessica has planned for you be sure to read the activity section in this edition of the Timber Tales.

December is a very busy month and we often have last minute additions to the activity calendar. So... be sure to read the activity boards everyday so that you don't miss out on any of the wonderful holiday entertainment that our Corvallis community shares with us.

If you plan to decorate your apartment or put up a Christmas tree, there are some fire safety guidelines that the fire department would like you to follow. Please refer to these guidelines listed in this edition of the Timber Tales. If you plan to use a live Christmas tree or wreath, please speak with Doris or Alex to be sure that the tree or wreath is safe to use and falls within the fire safety guidelines. Any dry or brittle trees or wreaths will need to be removed to prevent any fire danger.

Our Christmas day meal will be served at noon on Christmas day in the main dining room. Page and his staff will be preparing a holiday feast that you won't want to miss. To plan for seating be sure to let the front desk know if you will be inviting guest by Monday, December 18. To accommodate everyone who wishes to eat, we respectfully request that you limit the number of guest that you invite to 9, including yourself. If you plan to be out for the Christmas day meal, please notify the front desk as soon as you can of your plans to be away for the meal.

Christmas is a time that our residents and family like to show their appreciation to the staff who have helped them throughout the year. With that in mind, I need to remind everyone that giving gifts to our staff is not allowed. This is a State Regulation that was developed to protect seniors living in a Community Bases Care setting from being taken advantage of. The exception to the rule would be a group gift of little value for all staff to enjoy in the breakroom. For example, Christmas cards or homemade goodies are always a favorite and greatly appreciated. Please don't put any of our staff in an awkward situation by trying to sneak them a gift. A simple smile is thank you enough.

Our last celebration of the year will be our New Year's Eve party. Because New Year's Eve falls on a Sunday we will be celebrating the arrival of the New Year on Friday, December 29 in the main dining room. Please, plan to join us for a fun filled afternoon of celebration. Party hats and noise makers will be provided. All you must do is show up and make some noise as we ring in the new year a bit early.

May Peace be your gift at Christmas and your blessing all year through!

~Author 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

Virginia 12/1

Phyllis 12/22

Carla 12/24

Staff Birthdays

Alex R. 12/13

Jackie 12/20

Cathy C. 12/28



Timberhill Place Team Leaders

Executive Director.....Robin Bemrose
 Director of 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.....Alex Roeser

Medical Notes

Fall Prevention during

Winter Months

Let's face it – winters can be tough. Months of frigid temperatures and heavy snow fall can make daily life difficult and isolation at home even more common for seniors. You can, however, safely maneuver through winter weather by realizing the high risk for falls during icy and snowy conditions and taking proper precautions.

As a staff geriatrician for Hebrew SeniorLife, Jennifer Rhodes regularly sees injuries from falls during winter months and urges patients to be extra vigilant when outdoors during the winter season. Fractured ankles and broken hips (especially for those over 50) are two of the most common injuries and can mean lengthy, frustrating recovery periods for seniors.

Before attempting to shovel snow or rush out for that last errand before a storm, consider these tips for fall prevention.

-Focus on footwear: Rubber or neoprene soles, especially those with plenty of tread, provide better traction on snow than either leather or plastic soles, making them the best choice for fall prevention.

-Careful with cars: Many falls occur when exiting or entering vehicles. Always make sure your footing is clear when you get out of a car.

-Beware of black ice: It's just as slippery as regular ice, but difficult to see, making it a top winter safety concern. Stay on clear pathways or ones that have been treated with sand or salt.

-Shovel safely: If you have to shovel, clear a level pathway to stand on so you won't lose your balance.

-Make winter safety a priority: Avoid rushing and allow yourself extra time to reach your destination safely. Avoid short-cuts through snow or over icy areas. Remember, falls can happen quickly, but lead to long-lasting injuries.

From Hebrew SeniorLife: Harvard Medical Affiliate





Resident of the Month

Margaret Hayes



The Resident of the Month for December is Margaret! Margaret was born on February 4th, 1923 in Seattle, Washington. Despite being born in Seattle, Margaret has lived in Corvallis her whole life. Margaret is a middle sibling, with one younger sister, one older sister, and Margaret and her twin sister in the middle. Margaret attended school in Corvallis and received her diploma at Corvallis High School and then went on to Oregon State College (currently known as Oregon State University) and majored in General Science. After college, Margaret worked at a Hudson-Duncan wholesale grocer for 5 years and then worked in the Controller's Office for Oregon State's Board of Higher Education. Margaret has three children, Linda, Barbara and Janet. Margaret has many grandchildren and great-grandchildren. After retirement, Margaret took many trips and hikes with the Senior Center. She joined a single-parent's group where Margaret spent time staying active and camping. She travelled twice to Hawaii, and says it is her favorite place that she has visited. While on her trips she watched hula dancers, swam in the ocean and was given a tour of Hawaii from a local. She visited Kauai on her first trip to the islands and Molokai on her second. Margaret also visited Alaska, Florida and Illinois. Her favorite past-times were hiking, walking, volleyball and bowling. She has learned to play the guitar, and while her children were little, she would knit them sweaters. Today, Margaret enjoys a good Sudoku puzzle to pass the time. She says that she always likes to stay positive. Congratulations, Margaret, on being our Resident of the Month.

Winter Facts

The Winter Solstice, also known as Midwinter, occurs around December 21 or 22 each year in the Northern Hemisphere, and June 20 or 21 in the Southern Hemisphere. It occurs on the shortest day or longest night of the year, sometimes said to astronomically mark the beginning or middle of a hemisphere's winter.

The word solstice derives from Latin, Winter Solstice meaning sun sets still in winter. Worldwide, interpretation of the event varies from culture to culture, but most hold a recognition of rebirth, involving festivals, gatherings, rituals and other celebrations. Many cultures celebrate or celebrated a holiday near the winter solstice; examples of these include Christmas, Hanukkah, Kwanzaa, New Years, Pongal, Yalda and many other festivals of light. The solstice itself may have remained a special moment of the annual cycle of the year since Neolithic times. This is attested by physical remains in the layouts of late Neolithic and Bronze Age archeological sites like Stonehenge and New Grange in the British Isles. The primary axes of both of these monuments seem to have been carefully aligned on a sight-line framing the winter solstice sunrise (New Grange) and the winter solstice sunset (Stonehenge). The winter solstice may have been immensely important because communities were not assured to live through the winter and had to be prepared during the previous nine months.

The Snowman

One must have a mind of winter
To regard the frost and the boughs
Of the pine-trees crusted with snow;

And have been cold a long time
To behold the junipers shagged with ice,
The spruces rough in the distant glitter

Of the January sun; and not to think
Of any misery in the sound of the wind,
In the sound of a few leaves,

Which is the sound of the land
Full of the same wind
That is blowing in the same bare place
For the listener, who listens in the snow,
And, nothing himself, beholds
Nothing that is not there and the nothing that is.
-Wallace Stevens

"I wonder if the snow loves the trees and fields, that it kisses them so gently? And then it covers them up snug, you know, with a white quilt; and perhaps it says, "Go to sleep, darlings, till the summer comes again."

-Lewis Carroll, "Alice's Adventures in Wonderland & Through the Looking-Glass"

Activity Highlights for December

Resident and Family Christmas Party

Please join us for our Resident Christmas Party on December 19 at 2:30pm in the main dining room. Please feel free to invite family and friends to come and share in the holiday celebration. There will be performances by Mark Kirchner and Festive Chorale. Afterwards, we invite you to stay to socialize with friends and family while enjoying an array of holiday desserts provided by Page and his staff.



Evening Activities

On Monday, December 4, and Thursday, December 12 there will be evening performances in the Dining room at 7pm.

The Masters Men are a men's group who perform classic holiday music that will make you reminisce about past winters and holiday seasons.

The Corvallis Community Choir is a large group of individuals who will be performing holiday music and carols for us.



Food Council

Food Council is held on the first Tuesday of each month in the Small Dining Room at 1:30. If you are interested in upcoming holiday meals or anything kitchen related, please come by during the meeting time and talk with Page and his cooks. We love to hear your opinions and inform you on kitchen related current events.

Holiday Outings

On Monday, December 4, we will be going on our annual visit to Storybook Land. The van will be leaving at 1:15. Please dress warm. Storybook Land is in a covered area but is not heated.

On Wednesday, December 13 and 20 we will be touring Christmas lights in the Corvallis area. The van will leave at 6:15. Please be sure to dress warm as the evenings are chilly.

Lunch Outing

Our lunch outing this month will be to McGrath's Fish House on Thursday, December 21. The van will be leaving at 11:30 and the sign up sheet is to the right of Robin's office.



Welcome Waggers

Join us every second Thursday of the month in the Friendship Room and visit with the Welcome Waggers!



New Years Party

Our New Years Celebration will be held Friday, December 29 at 2:30 in the Main dining room.

There will be party favors, appetizers, champagne and music for your entertainment.

Come celebrate the memories of this year and share your hopes for the new one. Feel free to invite friends and family as we celebrate the coming of the new year.





New Residents



Lou Miller



Lucille, or Lou for short, was born on January 31st, 1925 in Fort Warren, Wyoming. She grew up in the small town of Cheyenne, Wyoming. As a child, she used to watch the cowboys on their horses. She describes Cheyenne, Wyoming as a western town where many Native Americans had settled; although they moved around often. After High school, Lou attended University of Wyoming where she concentrated on History and Economics. She worked as an Executive Secretary for the State Board of Equalization in

Wyoming. After moving to Oregon, Lou worked in the State Office building in Portland. Lou and her husband Eugene were married 14 years. Eugene worked for the state tax department. Lou has two daughters; Peggy and Sue and one grandchild. After retirement, Lou spent her time playing golf, socializing and tending to her garden. Today, Lou says that the most important people in her life are her two daughters, her grandchild and son-in-law. Her greatest accomplishment in life are her two daughters. Moving in with Lou is her four-legged friend, Toby. Hello, Lou and welcome to Timberhill Place! We are looking forward to getting to know you!

Holiday Decorating Guide

As you prepare for the holidays, please be sure to follow safety precautions when decorating your apartments;

Flames– Candles and other sources of flames are not allowed within the building.

Lights– Electrical lights and extension cords that are physically damaged or altered should not be used due to the hazards that arise with old and tampered electrical objects.

Trees– Live and imitation Christmas trees should not exceed 2 feet, or 24 inches. Although live trees are flame resistant due to the high water content within the tree, indoor heat tends to dry them out and accelerate the drying process. Please be sure to ask for help with your tree if assistance is needed. Be sure to mount your tree securely to it's basin. Maintain water level in the basin. Water level should be above the cut end of the tree. If there is any sign of dryness, brittleness, and loss of color please be sure to remove the tree from your apartment for disposal.

If you need any assistance with this, please be sure to ask a staff member, they would be happy to assist you. We hope you all have fun decorating your apartments for the holidays season– but please be sure to decorate in a safe way. Thank you.

Notes from the Garden Corner

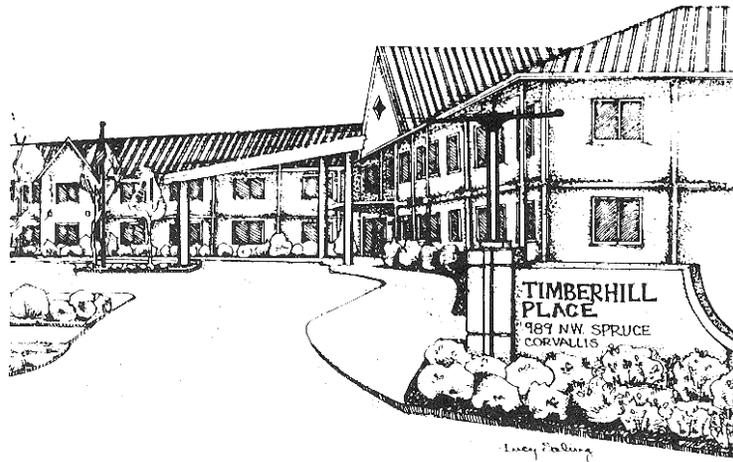
The holidays are fast approaching and many of us enjoy live greens in our homes. One of the most traditional greens is holly. Did you know the holly family includes over 400 species! Holly grows native across all temperature areas of the globe.

Holly has been used for seasonal decorations since ancient times. Romans made wreaths to honor Saturn, for the winter solstice. Celtic stories pit the Holly King against the Oak King, for superiority, but they are equal, as both peak in different seasons. Enjoy your holiday festivities...and your holly, and have a safe and wonderful holiday season. See you next year!

XO,
Doris

Fun Fact: The honey tree in Winnie-The-Pooh was a real tree, a walnut, it lived for over 200 years at Cotchford Farm, the real home of our beloved Christopher Robin.

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
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Corvallis, Oregon 97330*

