

Timber Tales

January 2018
Notes From Robin



I hope that you all enjoyed your holidays here at Timberhill Place. I'd like to thank all the staff and volunteers who gave so generously of their time to make all the holiday events this past season so fun and successful. The building was decorated beautifully by Jessica and Doris. The holiday meals and party food were outstanding, and everyone seemed to have had a wonderful celebration with lots of visits from their family and friends. With the holidays over, I hope that everyone one has had a chance to rest and re-charge their batteries because January looks like it's going to be a busy one.

With the beginning of each New Year everyone's focus seems to be centered around health and wellness. If you would like to start an exercise program, we have several options to offer here at Timberhill Place. We have two exercise bikes located on the balcony for your use along with an exercise class offered three times a week by our activity department. If you would rather exercise on your own there is plenty of room to walk inside or outside as the weather permits. The Timberhill Place van is available to take you to and from a local exercise club of your choice as long as you sign up to go during the scheduled van hours. If you have questions about how often to exercise or what type of exercises would be right for you, be sure to consult with your health care provider.

As we enter the cold and flu season I would like to remind everyone to wash your hands frequently with soap and water. If you are feeling sick, please notify the Medication Manager or the Nurse. Our staff will assist you with the monitoring of your illness and bring trays to your apartment until you are feeling better. Please ask your visitors to delay their visits if they are feeling ill. We thank you for following these suggestions and for helping us keep our community a healthy one.

As many of you know the whirlpool room has been updated with a new whirlpool tub. The new tub sits a bit lower to the ground and has a side door opening for easy in and out access. Once inside the tub the water fills the tub within a few minutes and when whirlpool jets are turned on they feel amazing. When you are finished with your bath the tub drains just as quickly as it fills so there is no long wait to get out of the tub. If you are interested in using the new whirlpool tub just let one of our caregivers know and we will arrange a time for you to use it.

Resident and family satisfaction is a very important to us. If you have suggestions to help us improve the quality of services that we provide to you, please don't hesitate to stop by my office and share your suggestions with me. Your visits always brighten my day and I look forward to helping you as I can. I wish you all good health and happiness for the New Year.

"And now let us believe in a long year that is given to us, new, untouched, full of things that have never been."

~Rainer Maria Rilke



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

Betty	1/15
Jane A	1/15
Lola	1/16
Raymond "Bud"	1/17
Julia	1/24
Lou	1/31

Staff Birthdays

Judy K	1/2
Diana	1/4
Anthony	1/22
Jessica R	1/23
Yenifer	1/26
Cathy C	1/28
Celina	1/30

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 Service	Page Hundemer
Director of Housekeeping.....	Doris Blum-Etzel
Director of Maintenance.....	Alex Roeser

Medical Notes

Clean Hands Prevent Illness

Hand washing is a “do it yourself” vaccine.

It is also free and one of the best ways to remove germs, prevent sickness and prevent spreading of germs.

A hand wash should last a least 20 seconds. Try humming the ABC's.

Always remember to wash:

- Before eating
- After using the toilet
- After blowing your nose, coughing or sneezing
- After touching an animal
- After shaking hands

Don't forget to scrub the finger-tips and between your fingers!

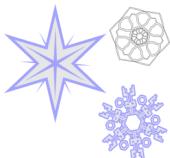


Resident of the Month

Georgann

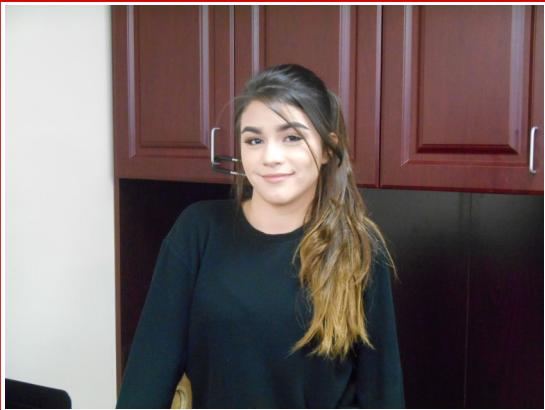


Georgann was born on September 3, 1926 in Arlington, SD. Growing up Georgann liked to be involved in activities such as band, cheerleading and singing in multiple groups. After high school Georgann attended a private training school in Minneapolis, MN to be a lab technician. She met her first husband, Norm Dobie at South Dakota State University. They married in 1950 and moved to Corvallis where Norm earned a PHD and Georgann earned a PHT (pushed hubby through) when she typed up his thesis. Norm worked for OSU for a few years before developing cancer, leaving Georgann to raise their two children, Pam and Doug. Georgann later married Lyle Taylor, he worked for DuPont Company while Georgann studied to be a docent (tour guide) for a DuPont Mansion. After retirement, she liked to spend her time volunteering; she was a co-chair of the Fish Emergency Services for 15 years, and worked with Good Samaritan Auxiliary. In addition to her two children, Georgann has two grandchildren Ryan and Michael and one great grandchild (Olivia). Most important to Georgann is having a close family and her faith in Jesus Christ.



Employee of the Quarter

Macaylah



Macaylah has been with Timberhill Place for one year and was born and raised right here in Corvallis. She would like to someday work as a nurse with the geriatric population. When she is not at work, Macaylah enjoys shopping and cooking for her family. She has three sisters, two brothers and a seven year old pit bull named Nikko. Her favorite place to be is on a California beach.

Macaylah enjoys doing her hair and make-up and always shows up to work looking impeccable. Macaylah is very humble and hardworking and can be found almost anywhere in Timberhill Place lending a helping hand to those who need it. Congratulations on being Employee of the Quarter!

Activity Highlights for January

Beanbag Baseball

Join us twice this month in the Friendship Room to play beanbag baseball!



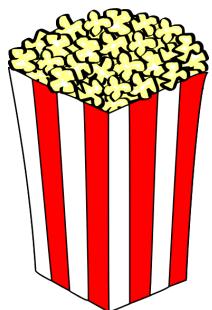
Scenic Drives

Every Thursday at 1:15 we go on a different scenic drive. Sign up on the sheet outside Robin's office.



Popcorn Time

Every Tuesday at 3:30 in the Dining Room we gather to eat popcorn and chat. Come to catch up with others or just to eat some popcorn.



Stopping by Woods on a Snowy Evening

By Robert Frost

Whose woods these are I think I know.
His house is the in the village though;
He will not see me stopping here
To watch his woods fill up with snow.

My little horse must think it queer
To stop without a farmhouse near
Between the woods and frozen lake
The darkest evening of the year.

He gives his harness bells a shake
To ask if there is some mistake.
The only other sound's the sweep
Of easy wind and downy flake.

The woods are lovely, dark and deep,
But I have promises to keep,
And miles to go before I sleep,
And miles to go before I sleep.

Lunch Outing

Our lunch outing this month will be to Lums Garden (Chinese Food) on Thursday, January 18th. The van will be leaving at 11:30 and the sign up sheet is to the right of Robin's office.

粮食

New Resident



Frederick, or Fred as he prefers to be called, was born on March 11, 1933 in Wellsburg, West Virginia. He remembers the ice and snow of his childhood in West Virginia and loved spending time outside. He lived in Grand Rapids, Michigan where he went to High School and enjoyed working on his car.

Fred obtained his degree in engineering in California. He worked as an engineering technician for most of his days, but says the biggest accomplishment in his life was raising his four children—James, Pauline, Michael and Debra; he also has five grandchildren. After retiring Fred enjoyed playing golf and working in his yard. Fred is always ready to lend a helping hand to anyone who needs it. Welcome Fred!

Notes from the Garden Corner

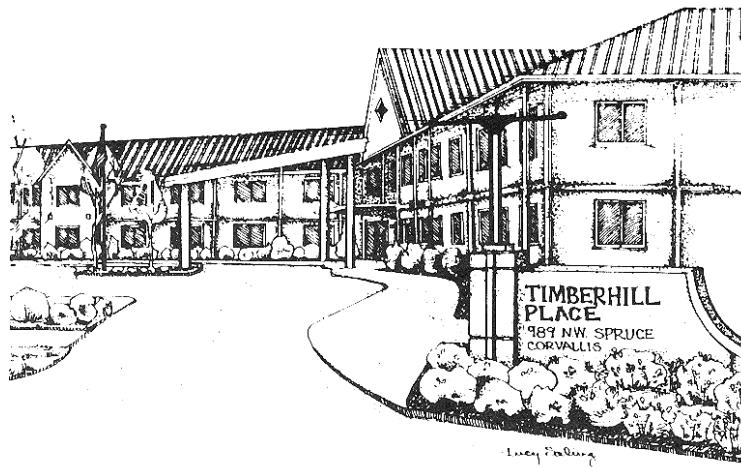
It's January! We're frozen, we're wary, we're eating like there's no tomorrow, we're the birds you see outside! Thank you to all you lovely humans who keep seed and suet feeders full! Natural food sources are in short supply in winter and many creatures depend on us to help sustain them, even squirrels get hungry and cold. I know I like more food too when it's cold and days are short. (Only 180 days until summer!) We are so fortunate to have more than we really need. So count your winter blessings! Have a nice bowl of soup or some hot chocolate and enjoy the season and look out your window at our feathered friends.

See you around,

XO, Doris

Definition of gadget—any mechanical device that performs a kitchen task in one-twentieth of the time it took to find it.

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 ~ tmbrpl@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*

