



# Timber Tales



March 2018  
Notes From Robin

March is one of my favorite months of the year, the promise of spring is in the air and everyone has an added pep to their step in anticipation of warmer days to come. The grounds at Timberhill Place are looking as beautiful as ever. So... be sure to go outside and enjoy some of that wonderful brisk spring air.

On Sunday, March 11 Daylight Saving Time begins. If you need help to set your clocks forward, be sure to ask a staff member for help. I'm sure everyone is looking forward to a bit more daylight in their day. I know that I will once I'm fully awake.

As we transition into spring, I'd like to encourage everyone to take advantage of the transportation service that is provided for your use at Timberhill Place. You may use the van to take you to local medical appointments, to run local errands, to go to the beauty shop, the bank or where ever it is that you want to go in the local area. The van service has designate hours Monday – Friday for your use. To use the van service, write your name and destination in the van book along with the time you want to go and Cathy or Rich will get you there and back. Our staff will assist you on and off of the van, help you in and out of the building and help you carry any packages that you may have. If you need someone to escort you, or to stay with you during your appointment please make arrangements for someone to help you ahead of time. Please refer to the van schedule when you are making your appointments to ensure that you are making your appointment at the time the van is scheduled to run. It is also important to remember that the van service starts a 9:00am. Please do not make your appointment for 9:00am. The van drivers need time to get you to your destination. It is also important to remember that the van needs to be back at Timberhill Place by 12:00 noon when it runs in the morning and at 4:00pm when it runs in the afternoon. If you schedule an appointment that will run past these times you will need to make alternate transportation arrangements for your return to Timberhill Place. We realize that doctor appointments do run over and we will accommodate those situations. If you have questions about the van service or suggestions on how to improve these services please feel free to speak with Cathy, Rich or myself. We are always looking for ways to improve the services that we provide to you.

Are you ready for some Irish fun? I sure hope so, because on Friday, March 16 we will be celebrating St. Patrick's Day with a party you won't want to miss. Be sure to wear green to avoid being pinched by one of our Timberhill Place Leprechauns. I hope that you all get a chance to enjoy some of the beautiful spring days that the month of March is sure to bring our way.

***“Who came up with the brilliant idea of moving the clocks forward on the weekend...in the middle of the night? Why not move them ahead on a Friday around 4PM?”***

*~ Unknown*



Timberhill Place ~ 989 NW Spruce Avenue ~ Corvallis, Oregon 97330  
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Website ~ [www.timberhillplace.com](http://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.**



## Timberhill Place Team Leaders

Executive Director.....	Robin Bemrose
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

Chronic stress can lead to numerous health problems. Some ways to reduce stress include:

- ◇ Staying active
- ◇ Stretching
- ◇ Getting in touch with nature
- ◇ Practicing meditation and gratitude
- ◇ Finding a hobby
- ◇ Practicing breathing exercises
- ◇ Trying out the whirlpool room
- ◇ Singing and dancing
- ◇ Reading

Remember to take some time to take care of yourself.



## Free Tax Assistance

The AARP Foundation Tax-Aide will offer free tax preparation help Wednesday, **March 1 through April 15, 2018**. It is available to anyone. Oregon and IRS (federal) income tax returns will be prepared and e-filed for you free of charge. The Corvallis Library is open for walk-ins Tuesday and Wednesday from 11am-3pm. The Elks Building in Corvallis is open for walk-ins Monday, Thursday, Friday and Saturday from 11am-3pm. Or call **541-602-5829** to schedule an appointment at a location of your choice.



# Resident of the Month

## Celia



Celia was born and grew up in El Dorado, Arkansas. Her mother passed away when she was seven and her father worked in a small town while Celia went to live with relatives. Her father remarried when she was ten and her step-mother was wonderful. Celia attended the School of Nursing at the University of Tennessee in Memphis and enlisted in the Air Force afterwards. She worked as a nurse and met her husband, Vince Roberts, on base. She and Bob, as everyone called him, were married in 1955 on the same base where they met. Bob worked as an Air Force Pilot and later flight instructor and he, Celia, and their daughter Nancy moved wherever the job took them. After retirement Celia enjoyed lots of volunteer work and doing genealogy. Currently, she loves spending time with her daughter and chocolate milkshakes. When asked if there was anything she would like people to know about her, Celia said, "I'm just a good ole girl." Celia loves the environment at Timberhill Place and we love having her here. Congratulations Celia on being Resident of the Month!!

## Notes From the Garden Corner

How many different kinds of gardens have you seen? Yes we all know about vegetable gardens and rose gardens. But what about more obscure types: a stone garden, or a Zen garden. There are tea gardens, terrarium gardens, rain gardens, even undersea gardens. Not to mention the biblical garden of Eden. Why are we so drawn, so enamored, so addicted... to gardens? Because nothing else, for its expansiveness or exquisite tininess, can match a garden for the beauty to the eye, peace for the soul, therapy for the hands, and as a bonus sometimes, food. A garden is an extraordinarily alive place...bees, birds, butterflies, worms and many other unseen, and some unsung, creatures. Spring, and promise of a garden, what joy!

Fun Fact: setting fire to a mule is prohibited in Maine.

Fun Fact: there are over a millions ants to every human on earth!

Ants=10,000 trillion, Humans=7.4billion

See you,  
XOXO Doris





# Activity Highlights for March



## Musical with Garfield Elementary

Come to the dining room at 3:15 on Tuesday, March 13 to enjoy a musical performed by children from Garfield Elementary school.



## Lunch Outing

The lunch outing for this month is to Los Dos Amigos Mexican food in Albany on Thursday, March 15.

The bus leaves at 11:30 and the sign up sheet is outside Robin's office.



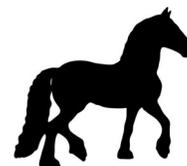
## Bible Study

Starting in March there will be Bible Study every Wednesday in the Friendship Room at 10:45. Come delve into the Bible with Judy from First Presbyterian Church



## Oregon Dream Ponies

Friday, March 16 at 10:30 in the Friendship Room we will be joined by a pony from Oregon Dream Ponies. Come and make a new equestrian friend!



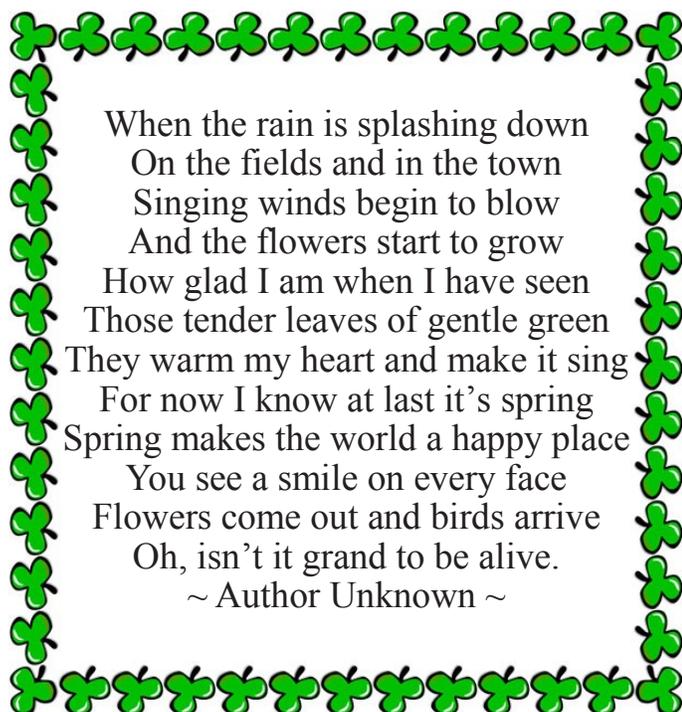
## Irish Dancers

On Friday, March 9 at 2:30 pm Irish Dancers will be performing in the Dining Room! Come and enjoy!



## St. Patrick's Day Party

We will be having a St. Patrick's Day party on Friday, March 16 at 2:30 in the dining room. Come for a fun time with entertainment by Celtic Session and games!!



When the rain is splashing down  
On the fields and in the town  
Singing winds begin to blow  
And the flowers start to grow  
How glad I am when I have seen  
Those tender leaves of gentle green  
They warm my heart and make it sing  
For now I know at last it's spring  
Spring makes the world a happy place  
You see a smile on every face  
Flowers come out and birds arrive  
Oh, isn't it grand to be alive.  
~ Author Unknown ~



# New Residents

## Helen



Helen was born in Portland, Oregon but grew up in Corvallis, Oregon and has many happy memories from her childhood living on an apple orchard and picking berries in the summer. Helen and her husband, Elvis were married for 57 years before he passed away and together they had two girls and a boy. Helen likes keeping busy, raising her children and volunteering at a thrift shop. After retirement she and her husband moved to Nebraska for 20 years; Helen still likes staying busy; she loves sewing, cooking, spending time with friends. Helen spent a year in Brazil with her husband while he was on sabbatical. Helen says the biggest accomplishment of her life is having a happy life and she is happy to be here at Timberhill Place. We are happy you are here Helen!



## Richard



Richard was born in El Dorado, Kansas but moved to Albuquerque, New Mexico when he was six years old. He has fond memories of hiking and camping in the mountains of New Mexico. Richard got his masters and PhD in Illinois and he worked as a university researcher and professor doing medical related research. His biggest accomplishment is establishing the Children/Adolescent Research Center San Diego Hospital. Richard has been married to his wife Sandy for 28 years and together they have four children and one grandchild. Sandy worked as an RN and in social services. After retiring Richard and Sandy bought a ranch in New Mexico where they had horses, cattle, goats and miniature donkeys. Richard enjoys reading, birdwatching, writing memoirs and history/genealogy. By nature Richard says he is a quiet guy and would like time to get to know people. Welcome Richard!



## Bill and Marion



Bill and Marion moved here from their home in Corvallis, Oregon. They both grew up in Albany and attended the same church. Growing up they enjoyed swimming in the Calapooia River and Bill was lucky enough to have bicycles. Marion went to Albany High School and Monmouth College and Bill went to Albany High School before going into the army. Bill's father had a harness and saddle shop in downtown Albany that Bill took over; he also built houses. Marion helped Bill in the shop and building houses. Bill and Marion have been married 72 years and they have one daughter, Peggy. Together they enjoy hiking, birdwatching, reading and they used to enjoy bicycling. They feel the biggest accomplishment in their life is working with Sunday School children and volunteering at the Salvation Army. The most important people in their life are each other and their daughter. Bill and Marion are always ready to visit with others and are excited to get to know people here. Welcome Bill and Marion!!

*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*

