



# Timber Tales



April 2018  
Notes From Robin

April is here, and it's time to celebrate as spring gets into full swing. With spring in mind it's time to think about the community gardens and whether you will be reserving a community garden space this year. Alex will begin clearing out the raised garden beds and turning the soil in preparation for the spring planting soon. If your garden space has not been prepared, please do not plant anything in your garden space until it is ready for planting. Our goal is to prepare the raised beds for planting. Assist you as needed with watering and weeding, but not to plant and maintain the garden for you. You will need to be willing to participate in your garden upkeep to have a garden space. If you are not sure if you can maintain a garden on your own, you may want to ask a friend or family member to help you. The community gardens provide a wonderful opportunity for recreation, exercise and therapy. They produce an abundance of beautiful flowers and tasty vegetables for everyone's enjoyment. Be sure to talk with Doris from the housekeeping department to reserve your garden space before they are all gone. I wish you all much success with your garden this year.

Easter Sunday, is April 1st. If you plan on inviting guests for Easter dinner which is our noon meal, be sure to let the front desk know a week in advance so that we can plan for additional food and seating. Your guests are always welcome to share a meal with you at any time. We just ask that you notify the front desk that you are having guests at least two hours in advance of the meal to ensure that there is enough food prepared to accommodate them. Guest meals are available at a reasonable fee and can be purchased at the front desk or charged to your monthly bill with your permission. If you would like to reserve a table in the dining room or use the small dining room for your meal, please let us know at the time of your meal reservation. The small dining room is generally available for larger groups and can seat up to 10 people comfortably. It can be reserved at no cost to our residents. The small dining room is used for family meals, parties, bridge groups, bible studies, tea's and socials. It can also be reserved for private meetings. You can make your reservations to use the small dining room at the front desk. As always, we appreciate as much advanced notice as possible. The small dining room is reserved on a first come bases and may not always be available at the time or date that you want. In these cases, we always do our best to come up with an alternate solution to meet your needs.

National Volunteer Week begins on Sunday, April 15 and ends on Saturday, April 21. This is a special week for us as it provides us with the opportunity to thank our Timberhill Place volunteers for all the extraordinary things that they do for our residents and our community each day. Our volunteers help us with resident visits, shopping, bingo, trivia, Bible Study, Church services, scrabble, popcorn time, crafts, outings, social events, parties and whatever else we may need. We thank them for their time spent volunteering, their actions are priceless, and they enrich the lives of our residents each day. So...Thank you to all our volunteers, you are truly appreciated.

As always, the management of Timberhill Place is looking for ways to improve the services that we provide to you. We look forward to hearing from you and would appreciate any suggestions that you may have.

*Volunteers wear working boots but leave a trail of angel footsteps ~Terri Guillemets*

Timberhill Place ~ 989 NW Spruce Avenue ~ Corvallis, Oregon 97330  
541-753-1488 email ~ [tmbprpl@proaxis.com](mailto:tmbprpl@proaxis.com)  
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.**

### Resident Birthdays

Hannelore	4/1
Pat	4/1
Doris W	4/8
Fred H	4/16
Sue	4/17
Priscilla	4/23
Anna	4/24
Doris M	4/26
Ruth B	4/27

### Staff Birthdays

Rich	4/4
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## 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

Response time is crucial when it comes to strokes. The American Stroke Association has come out with the acronym F.A.S.T. to help people identify the signs of a stroke.

**F—Face Drooping:** Ask the person to smile. Does one side of the face droop?

**A—Arm Weakness:** Is one arm numb or weak. Ask the person to raise both arms. Does one drift downward?

**S—Speech Difficulty:** Ask the person to repeat a simple phrase. Is their speech slurred or strange.

**T—Time to call 911:** If you are experiencing any of these symptoms or see another person experiencing them, even if they go away, it is important to call 911 immediately.



Source: <https://www.mayoclinic.org/diseases-conditions/stroke/symptoms-causes/syc-20350113>

### Chuckle....Chuckle....Chuckle...

#### Best of the Best Heroic Failures

- The worst homing-pigeon: This historic bird was released in Pembroke shire in June 1953 and was expected to reach its base that evening. It was returned by post, dead, in a cardboard box eleven years later from Brazil.
- The least successful exhibition: The Royal Society for the Prevention of Accidents held an exhibition at Harrogate, Yorkshire in 1968. The entire display fell down.
- Mark Ashby was given a blue Mohican hairstyle by his parents as a reward for hard work at school in Omaha, Nebraska. The school then suspended him for breaking the dress code.



## *Resident of the Month*

### *Jean M*



Jean was born in Montana but her family moved to Olympia, Washington when she was around three years old. Jean loved to ride horses when she visited her grandfather. She would ride the horses to bring the cows down from the mountain and then would have to milk the cows in the morning. Jean met her husband Richard in her neighborhood—they went to school together. Together they have five children, eight grandchildren and thirteen great grandchildren. Jean worked as a homemaker and seamstress/tailor while Richard was a logger and then a business agent for the union. After retirement Jean enjoyed playing sports with friends, cross country skiing, canoeing, hiking and river rafting. Her favorite trip was to Australia and river rafting in New Zealand. Jean enjoys playing card and board games and is an excellent teacher. The most important people in her life are her family. Congratulations Jean on being Resident of the Month!



## *Employee of the Quarter*

### *Eliza*



Eliza was born in Oceanside, California but grew up in Phoenix, Arizona. Growing up her family fostered cats and owned a ball python and African Sulcata tortoises. Eliza got her Bachelors degree in psychology at Brigham Young University in Provo. She moved to Corvallis last year and loves the trees and the rain. Her favorite place to be is on the beach. Eliza loves reading, chocolate, going on hikes and animals—especially her cat, Sarah. Eliza loves it here at Timberhill Place; her favorite part is seeing all the residents' smiling faces. One lesson she has learned in her life and would like to share is to "see the good." See the good in everyone and everything. Congratulations Eliza on being Employee of the Quarter!



## *Congratulations Judy K!*

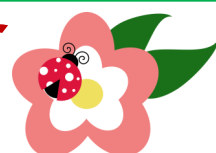


Congratulations Judy K for 20 years here at Timberhill Place! Some things we have learned about Judy over the years. Judy grew up here in Corvallis, the most important people in her life are her family: she has two sons and four grandchildren. If Judy could travel anywhere in the world she would go to Ireland. Judy loves cooking, especially turkey, stuffing, potatoes and gravy. Her favorite colors are pastels, her favorite candy bar is a Snickers, she has an obsession with shoes, she always wanted a parrot, she loves the beach and mountains, and if she was not working here she would want to be a truck driver. Judy's greatest accomplishment is surviving breast cancer. Judy, we are so lucky to have you!!





# *Activity Highlights for April*



## *Lunch Outing*

The lunch outing this month will be to Loafer's Station in Albany on Thursday, April 19th. The bus leaves at 11:30 and the sign up sheet is outside of Robin's office.



## *Scenic Drives*

Join us on Thursdays for our scenic drives! We are going to the outskirts of Lebanon on April 5th, Mary's Peak on April 12th and to see the Tulip Festival on April 26th. The bus loads at 1:15 and the sign up sheet is on the desk outside Robin's office!



## *Tap Dancers*

Join us in the Dining Room on April 6th at 2:30 to watch the Pacific Tap Dance Company perform!! Be prepared to tap and clap along with them!



## *Look For Their Best*

People are funny.  
No doubt about that.  
So look for the best in them.  
Not the worst.

Search for their altruism.  
Not greed and avarice.  
Search for how they help others.  
How they give of themselves.

Then praise their best.  
Reward it generously.  
Overlook their faults.  
And pray for them constantly.

Joy Johnson Mills  
Timberhill Place Resident

## *Resident Meetings*

Have questions, concerns or compliments about the food or anything else at Timberhill Place? Come to Food Council and Resident Town Meeting on the first and second Tuesday of each month to talk with Page, Robin and Jessica! Food Council is at 1:30 on April 3rd in the Small Dining Room and Resident Town Meeting is at 10:00 on April 10th in the Dining Room!





## New Residents

### Jim and Shirley



Jim was born in Macomb, Illinois and Shirley was born in Cheyenne Wyoming. They have two children, a boy and a girl, and two grandchildren. Growing up Jim loved playing baseball, playing the trumpet and was interested in trains and engines. Shirley is horse crazy and growing up would barrel race on her horse Trixie. Jim attended the University of Illinois and later the University of Colorado where, at a dance, he met Shirley who was there studying nursing. Jim taught public school and was a band director at OSU; Shirley worked as an RN. Eighteen years ago they started a band camp on the coast that is still running today. Shirley enjoys tending to a garden and they both enjoy sleeping. The most important people in their lives are their children, grandchildren and each other. They are both enjoying retirement and love the food here at Timberhill Place. Welcome Jim and Shirley!!



## Notes from the Garden Corner



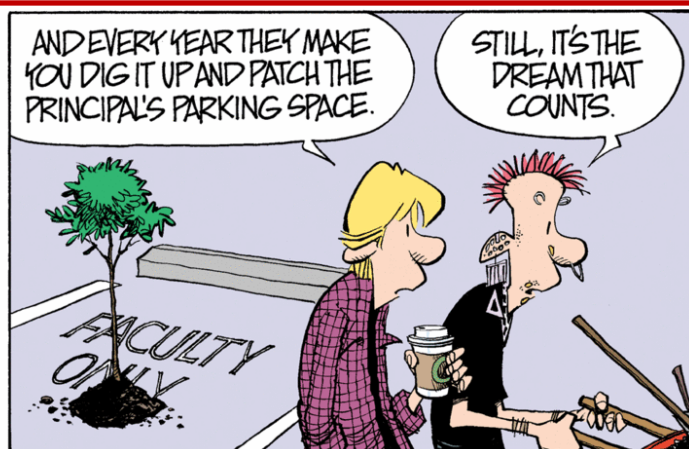
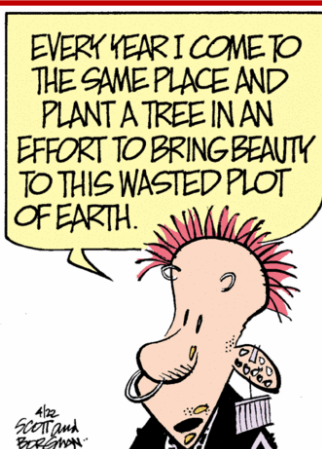
It's cherry blossom time! All over town, on side streets, on OSU campus, are bebies of beauties in blossom. There's a really nice show of cherry blossoms in Washington D.C., but that's a bit too far. Salem Drive has lots of nice ones also. And as soon as all the plums and cherries are in full bloom we will have a nasty, horrible rain storm. It never fails, but oceans of pink petals will be everywhere, so it's still great.

Garden time is near for all of us here at Timberhill Place. One eager beaver has already started. The raised beds are being worked up and made ready for you. Garden questionnaires are now available at the front desk, please fill one out if you'd like a garden and return it to the front desk. Those help me to understand what you need, and can do, in your garden. I'm looking forward to getting involved with each you and gardens progress.

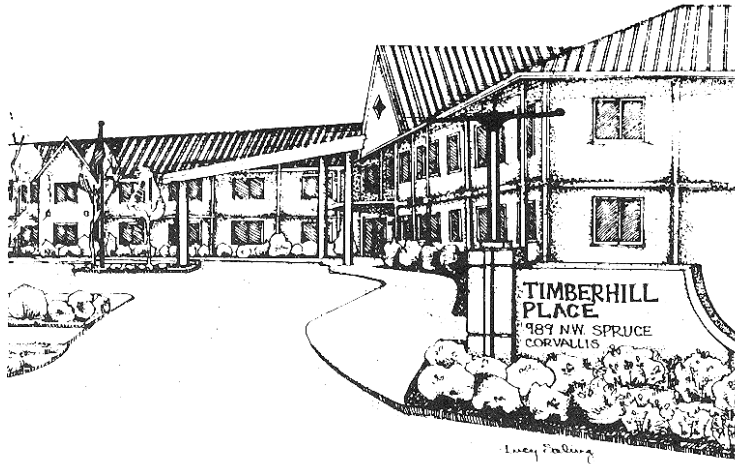
See you, XOXO Doris

Fun Fact: The world's oldest tortoise is twice as old as Queen Elizabeth! Approximately 183 years old. Wow!

Fun Fact: In Brooklyn, N.Y. its illegal for a donkey to sleep in a bathtub.



*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*

