



Timber Tales



May 2018
Notes From Robin

April showers bring May flowers, so it's time to go outside and enjoy the beautiful flowers and plants that surround us before spring passes you by. Speaking of flowers and plants, if you want a garden spot in the community gardens be sure to talk with Doris to make sure that she has reserved a spot for you. Some of Timberhill Place gardeners have gotten an early start on their gardens and I'm already seeing plants starting to sprout. I hope that you all have a great time and lots of fun with your gardens this year.

On the afternoon of Friday, May 11th Jessica and Eliza will be hosting a Mother's Day Dessert in the main dining room. Be sure to mark your calendars and invite your family or friends to join us in honoring our very special Timberhill Place Mothers. This is an event that you won't want to miss.

On Mother's Day, Sunday, May 13th, Page and his staff will be preparing a special Mother's Day lunch to be served at noon for your enjoyment. If you plan to invite guests, be sure to notify the front desk with the number of guest you are having by Monday, May 6th. If your guests have special dietary requests due to allergies or medical conditions, please notify the front desk at the time you make your guest meal reservation.

The attendance for the Food Committee has been very low lately. I would like to encourage our Timberhill Place residents to attend this meeting whenever possible. This meeting is open to all Timberhill Place residents, family and staff. The food committee meeting is held on the first Tuesday of each month at 1:30pm in the small dining room. This is a very fun and social meeting with everyone giving their input on the food and dining room services provided to you. Suggestions are often made for new recipes or different foods to try. It is always a good idea to stay informed on the things that are happening here at Timberhill Place. If you can't attend the food committee meeting there are minutes of each meeting posted on the main bulletin board for your review. If you have suggestions on how to improve this meeting please let Page or myself know. We look forward to your suggestions and hope that you will share them with us soon.

On Memorial Day weekend, we will be honoring the memory of our loved one with a memorial table in the front lobby. Please feel free to bring a picture or memento of those you wish to honor to display on the memorial table. Please do not hesitate to ask Jessica or the office staff to assist you in making an "in memory of" card to place next to your display. The memorial table is a long-standing tradition here at Timberhill Place and is a lovely way to share your memories with your Timberhill Place family and friends as you honor those who have passed away.

I wish our Timberhill Place Mothers a very special Mother's Day. I hope that you all enjoy your very special day.

A mother's heart is a patchwork of love ~Anonymous

Timberhill Place ~ 989 NW Spruce Avenue ~ Corvallis, Oregon 97330
541-753-1488 email ~ tmbrrpl@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.**

Medical Notes

The effects of falling can range from painful to devastating.

Here are a few tips to help prevent falls:

- ◆ Talk to your doctor about medications you are taking and medical conditions that may affect your balance.
- ◆ Stay active—physical activity improves strength, balance, flexibility and coordination.
- ◆ Wear sensible shoes—shoes that fit well and have non-skid soles.
- ◆ Remove home hazards—keep high traffic areas clear, store necessities in easy to reach places, clean up any spills immediately, secure or remove loose rugs and use nonslip mats in the bathroom.
- ◆ Keep your living space well lit—and if going outside make sure there is enough light to see well.
- ◆ Use assistance devices—handrails if going up and down stairs, grab bars for the shower or bathtub, a raised toilet seat, and a cane or walker if recommended.

Be safe and enjoy life!

<https://www.mayoclinic.org/healthy-lifestyle/healthy-aging/in-depth/fall-prevention/art-20047358>



Resident Birthdays

Richard 5/13

Staff Birthdays

Megan 5/10

Karen 5/15

Debbie 5/18

Candy 5/28

Page 5/29

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

Visits with Prince

Do you want some quality time with a furry friend? You may have noticed Prince, the facility dog, hanging around Robin's office. He is also available to visit you in your room if you would like. Talk to Robin about scheduling a one on one visit with Prince.





Residents of the Month



Ab & Myrna



Myrna was born in Toppenish, Washington; she played tennis and was in the High School band. She had two siblings and her father had a large garden while her mother made preserves out of the produce. Ab was born in Pelican Rapids, Minnesota but went to school in Zillah, Washington. Ab joined the air force and served for four years. He later worked for Pacific Power and then SAIF Corp. Myrna and Ab got married in 1930 and have been married for sixty-nine years! Together they have three children—two girls and one boy. After raising their children, Myrna worked

for the state of Oregon. After their retirement, Ab and Myrna enjoyed traveling—especially to beaches. The beach is their favorite place and they enjoy it all year round. Myrna also would knit and sew and Ab was a volunteer fireman for fourteen years. Currently Myrna loves bingo, reading, scenic drives and the exercise program; Ab loves going on walks twice a day, a good nap and reading to others. Ab’s favorite saying is “son of a gun!” and they both love it here at Timberhill Place. We love you Ab and Myrna!!!



The Vocabulary of a Mother

- Dumbwaiter: One who asks if the children would care to order a dessert.
- Feedback: The inevitable result when the baby doesn't appreciate the strained carrots.
- Full Name: What you call your child when you're angry with him.
- Grandparents: The people who think your children are wonderful even though they're sure you're not raising them right.
- Independent: How we want our children to be for as long as they do everything we say.
- Puddle: A small body of water that draws other small bodies wearing dry shoes into.
- Show Off: A child who is more talented than yours.
- Whodunit: None of the children who live in your house.
- Bottle-feeding: An opportunity for Daddy to get up at 2 am.



Activity Highlights for May



Lunch Outing

The lunch outing for May will be on Thursday the 3rd to Georgie's Beachside Grill. The bus loads at 11:30 am and the sign up sheet is on the table outside Robin's office.



Garfield Elementary

Join us on Tuesday, May 1st, in the Dining Room for some poetry and flowers with children from Garfield Elementary School.



Ice Cream Social

Join us in the DR on Friday May 18th at 2:30 for ice cream with your favorite toppings!



We will have entertainment with Jeff Lesmeister!

Mother's Day Dessert

On Friday, May 11th at 2:30 in the Dining Room we will be celebrating all mothers with dessert and good company!!



"My Mother Had A Garden"

My Mother had a garden
She tended it with care
Whenever I walked in it
Birds and flowers were everywhere...

What a joyous way to grow up
Amid flowers of every kind
Watching plants emerge and grow
Summer's breath and scent entwined.

Somewhere in those early summers
Mom planted a clever seed
It was a "Love of Gardening"
That memories alone would feed.

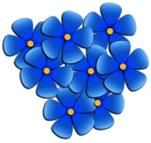
And so it grew inside me
And blossomed into forms
Of herb and flower gardens
With birds and sun that warms.

As I sit amongst the roses
Having tea and scones with friends
We talk about our mothers
And the gardens way back when.

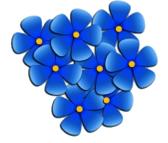
On this special Mother's day
I hope that you do know
How much I loved your gardens
Those many years ago....

Written for Elizabeth Marie Lynch
(Resident of Timberhill Place) by her
daughter, Anna Marie Baggs





New Residents



Larry



Larry was born in Newberg, Oregon and has fond childhood memories of making model airplanes. He attended school in McMinnville before joining the Marines when he was eighteen years old. Larry studied geology and engineering and worked for CH2M Hill for forty years. Larry especially likes airplanes, cats, history, Oregon Public Broadcasting and National Geographic. The biggest accomplishment in his life is learning to fly and flying his airplanes for thirty-seven years, Larry improved the aerodynamics on his airplanes by reducing drag to increase speed. After retiring Larry traveled to England twice—traveling around London with a small theater group. He also went to Paris. Larry remodeled a home in Gearheart, Oregon on the coast and lived there for eight years. The most important people in his life are his two sons, Jay and Michael. Larry really likes it here at Timberhill Place, the food is good, and the staff are great. Welcome Larry!

Jim and Lori



Jim and Lori were born in Cincinnati, Ohio and grew up only a block away from each other. Growing up with two siblings, Jim explored the woods near his home—trapping, climbing trees and sledding in the winter. Lori, the fourth oldest of nine children, spent much of her time outside and grew tomatoes and canned them and other foods. Jim worked as a journalist for the Cincinnati Enquirer, public relations for an oil company and he later taught journalism in a university. Lori worked as a free lance designer, a realtor, and for other private enterprises. After retiring they traveled cross-country to visit old friends. Jim enjoys writing and has a great sense of humor. Lori loves dance, socializing and painting. The most important people in their lives are their three daughters and grandchildren. They have had an interesting life and have enjoyed it. We are glad you are here!



Notes from the Garden Corner



It's May already!!! BOY ARE WE GLAD!! Lets hope the rain calms down some so we can plant our gardens. All those who requested gardens...your plots have your names on them... so feel free to begin and enjoy your garden. I'm available weekdays during the day if you have questions or hit a trouble spot. I can hardly wait to see things come up.

The sprinkler system operates at night so don't pack water unless you're watering things in. There are several water cans out there for that. I will water the gardens extra on extra hot days. No worries mates. Have fun! Just a friendly reminder: please don't cut flowers for personal use from THP grounds. They are for everyone to enjoy. Thank you!

See you in the garden,

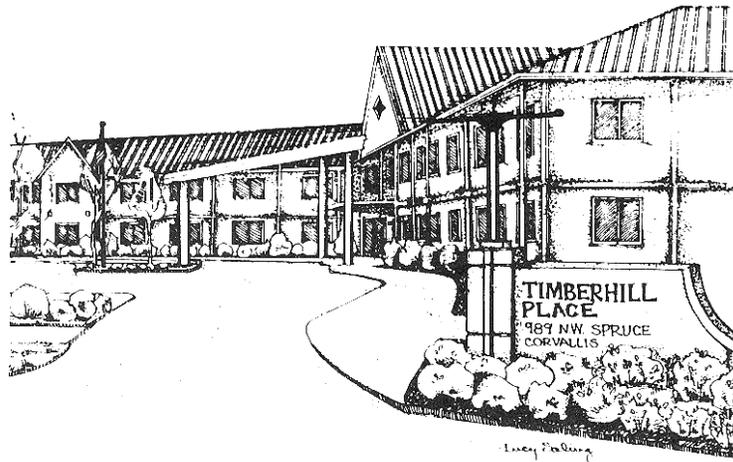
XO Doris

Fun Fact: It's illegal to grow dandelions in Pueblo, Colorado. :)

Fun Fact: In Helena, Montana unrestrained giggling is against the law.



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*

