



Timber Tales



June 2018
Notes From Robin

Welcome to June, one of the most beautiful months of the year. Here at Timberhill Place our flower gardens are in full bloom and our community gardens are on their way to producing an abundance of flowers, fruits and vegetables for everyone's enjoyment. The roses in the rose garden are as beautiful and fragrant as ever. So... be sure to take a walk outdoors and enjoy the warmth of the sun and the beauty that surrounds you. If you would like a staff member to escort you on your walk be sure to let the staff at the front desk know and we will accommodate your request as soon as possible. Another good way to get some sun is to join Eliza and Cathy on Thursday afternoons for one of their scenic drives through the countryside. Most of these trips last between one and two hours and are designed so that you won't have to get on or off the van. The lunch outings or longer trips last between 3 to 6 hours and require getting off the van and walking around. If you require wheelchair transportation our van has a wheelchair lift and can accommodate two wheelchairs. The staff who go along on the trip will assist you with your wheelchair escort. I hope that you take advantage of one of these outings soon. Our residents who go on the outings always seem to have a good time. If you have questions about the outing be sure to speak with Eliza or Cathy.

With the arrival of Summer, we see an increase of visitors to our community. If you plan to invite your guests for a meal be sure to reserve your guests' meals in advance so that the cooks can prepare extra food and to allow the dining room staff time to reserve a table for you and your guests. Please remind your guests to sign in and out at the front desk when visiting. If you plan to have overnight guests, please notify the front desk of their visit. We will need to know your guest's names and how long they will be staying for emergency purposes. For more information on our guest policy, be sure to refer to your Timberhill Place handbook. If you need a new handbook they are available at the front desk. Just a reminder, your guests are always welcome to join you for meals and scheduled activities anytime that you want to invite them. The staff and I always look forward to meeting them and welcome their visits.

We will be celebrating Father's Day on Friday, June 15 in the main dining room. Please join us as we honor our Timberhill Place Fathers. We encourage you to invite those special people in your life to attend the Father's Day event with you. This celebration is for everyone, so mark your calendar and plan to attend. Some of our Timberhill Place men are kind of shy, or don't want anyone to fuss over them so they don't attend the Father's Day celebration. So... I'm respectfully making a special request that as many of the men in our community attend the Father's Day event as possible. After all, we can't honor you if you're not present. On Father's Day, Sunday, June 17, the residents have a tradition that instead of ladies served first at their table, the men will be served first at their table for the day. So, thank you to all our Timberhill Place gentlemen for always allowing our Timberhill Place ladies to go first for the rest of the year. I wish you all a very special Father's Day and I hope that you let someone special make a fuss over you. You certainly deserve it!

It was June, and the world smelled of roses. The sunshine was like powdered gold over the grassy hillside.

~ Maud Hart Lovelace



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.**

Resident Birthdays

Joy	6/3
Bob	6/3
Marion B	6/15
June	6/17
Ila	6/21
Ethel	6/22
Ruth D	6/25

Staff Birthdays

Mike	6/12
Liz	6/14
Deanne	6/15
Tymara	6/18
Gena	6/25

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

With spring ending and summer beginning, the world is a beautiful kaleidoscope of colors. Nature is adorned with many shades and people are pulling the more vibrant clothing pieces out of their closets.

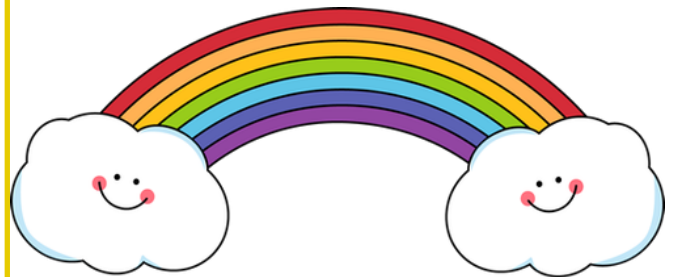
Another aspect of your life to make more colorful is your diet. You should think about eating the rainbow in fruits and vegetables.

- * Red: foods such as tomatoes, strawberries and red peppers are full of vitamin C, vitamin A and lycopene.
- * Orange: oranges, carrots, sweet potatoes, etc. have vitamin C, vitamin A and beta-carotene.
- * Yellow: bananas, lemons, summer squash, etc are loaded with antioxidants, vitamin C and beta-carotene.
- * Green: some examples of green foods are kale, cucumbers, spinach, honeydew and peas. These have fiber and beta-carotene in them.
- * Blue, Indigo, Violet: fruits and vegetables that fall under these colors include, blueberries, eggplant, grapes and onions. In these you can get flavonoids, lycopene and Vitamins D and K.

These vitamins and other organic chemical components help with:

- The immune system
- Digestion
- Skin health
- Heart health

Eat well and enjoy!



<https://www.mindbodygreen.com/0-22718/eat-your-colors-roygbiv-should-apply-to-your-diet-too.html>





Resident of the Month

Anna



Anna was born in Wichita Falls, Texas and was raised by her father and her aunt. She attended school in Marfa, Texas and Carlsbad, New Mexico. Anna met Burgo Gill country dancing in El Paso, Texas and married him in 1952; the pair of them were quite skilled at dancing and won a plaque for best jitterbug. While Burgo served in the army, Anna volunteered at a hospital. Later she and Burgo built houses together. Anna was the owner of ANNACO Building and Burgo owned Gill Construction. They built houses all through Texas and New Mexico. They also built a two level, mobile home that they donated to the Lubbock Fire Department, to be taken to the school to teach children how to safely evacuate a burning house. Anna became the first female president of the El Paso Association of Builders. After retiring Anna enjoyed her free time! She took care of her house and yard and loves going out for lunch and shopping. Anna loves watching her soap operas and her sports; her favorite is football—Go Dallas Cowboys! Her favorite place is Texas and she also loves chocolate, roses and the color purple. She is the proud mother of a son and a daughter, a grandmother to four grandchildren and soon she will be a great-grandmother! Anna loves how nice everyone here at Timberhill Place is. Congratulations Anna on being Resident of the Month!



Food for Thought—Food Blog



By: Cathy Phelps (Resident of THP)

Georgie's Beachside Grill, Newport, OR— Four Stars

Ate here on May 3rd on the lunch outing. Service was fast and courteous.

There were many chicken, beef, vegetarian and seafood appetizer and entrée options. Anything can be made gluten free. I had the “Knife and Fork Dungeness Crab Louie”, it was delicious and fresh and huge! It was enough for me to have some the next day or it could be shared by two people.

There were too many things to try at once, but I would definitely go back to try them all.



Angry Beaver Sports Grill, Corvallis OR—Two Stars

My conclusion after eating here is I'm too old for this place. My daughter Erin and I had fried calamari appetizers: the calamari was perfect if you could take off the greasy coating. I ordered a specialty half sandwich of the day, it had turkey, bacon and guacamole on sourdough bread and it was delicious. Erin ordered a French dip on sourdough bread—the sliced beef was good and there was plenty of melted on cheese which then made the au jus sauce superfluous. She also ordered a chicken bisque but was disappointed in it. My vegetari-

an granddaughter, Abigail, ordered the “Beyond Veggie Burger” and gave it two thumbs up!

Overall, I was dissatisfied with this place and would not go here again.





Activity Highlights for June



Shelley the Singing Sparrow

On Friday, June 1st, Shelley the Singing Sparrow will be performing in the Dining Room at 2:30. Come, bring your friends, and enjoy!!

Popsicles on the Patio

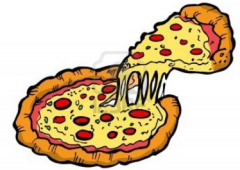
Join us on Tuesday, June 26th, at 3:45 to eat popsicles on the Dining Room Patio. Relax in the hot weather and enjoy a sweet treat and good conversation!



“The words that a father speaks to his children in the privacy of home are not heard by the world, but, as in whispering-galleries, they are clearly heard at the end and by posterity.”
— Jean Paul Richter

Lunch Outing

Our June lunch outing will be on Thursday the 7th to Papa’s Pizza! The bus loads at 11:15 and the sign up sheet is outside of Robin’s Office.



Rachel Varayne

Come enjoy the singing talent of Rachel Varayne on Tuesday, June 19th, at 2:30 in the Dining Room.

Corvallis Community Choir

On Tuesday, June 12th, Corvallis Community Choir will be performing in the Dining Room at 7:00 in the evening.



Resident Birthday Party

Celebrate all the birthdays in June on Friday, June 29th, at 2:30 in the Dining Room. There will be cake and entertainment by Larry Ditgen.



“My father didn’t tell me how to live; he lived, and let me watch him do it.”
— Clarence Budington Kelland



“My father gave me the greatest gift anyone could give another person, he believed in me.”
— Jim Valvano



Father’s Day Event

On Friday, June 15th, we will be celebrating Father’s Day. We welcome all fathers to come enjoy root beer floats and good company.





New Resident

Richard B



Richard was born on April 18th in Memphis, Tennessee. He lived there until he was 18 years old and remembers the hot, hot weather of Memphis in his youth. He attended the University of Michigan and got his undergraduate and graduate degree in economics. Richard worked for a social science research program at the University of Michigan, called the Economic Behavior Program that collected surveys of demographic information. One study he worked on, a health and retirement study, is still collecting data. After retiring Richard became interested in computers and keeping up on the news—especially politics. The most important people in his life are his sister and his three closest friends. His biggest accomplishments in life he feels are his work for the social science research program and becoming more technologically advanced. Welcome Richard!

Notes from the Garden Corner

Hello gardeners! All the gardens are looking great! I still have two spaces left if anyone is interested, we will have lots of flowers and yummy vegetables this year. Alex R., Director of Maintenance, has changed the knob at the garden water hose, that old one was murder to turn on. Thank you Alex R! ♥

As things start to bloom in the gardens and in landscaping we will see more bees, we also have wasps here...be aware when you are outside. Do not swat or slap at them as they see this as threatening and are more likely to become defensive, AKA sting! Keep still and they will move on. They don't really want you anyway...but sometimes colors or perfumes will seem attractive to them.

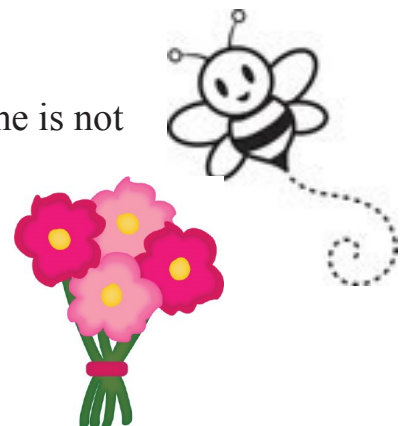
Hanging baskets that the sprinkler system can't reach will be watered by me Monday through Friday. Lets all have a great summer!!

See you around,

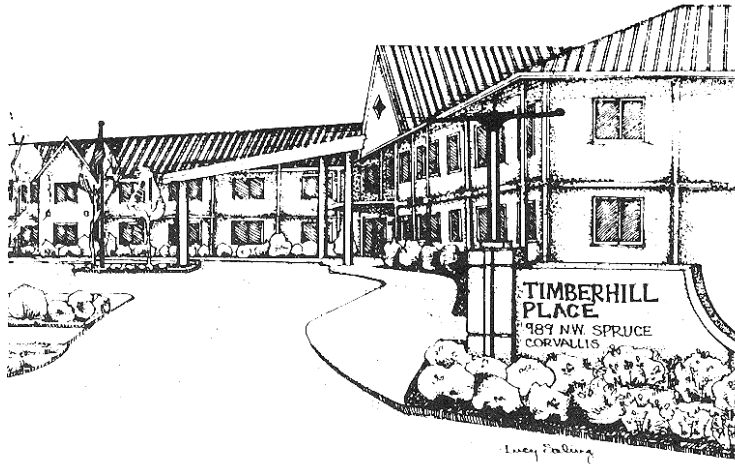
XO Doris

Fun Fact: Earth is the only planet in the solar system whose name is not from a Roman god—it's an old English/German word for "ground".

Fun Fact: In Lexington, Kentucky you are forbidden by law to carry ice cream cones in you pocket.



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*

