



Timber Tales



July 2018
Notes From Robin

Are you ready for the warm month of July? I think that most of us are. As you plan to spend time outdoors be sure to follow these simple tips to protect yourself from heat related illness. Stay hydrated by drinking plenty of liquids. There is ice water and a variety of juice available in our dining room. The juice bar is self-serve between meals. Please feel free to help yourself to a nice cool drink whenever you need one. If you are not thirsty, try eating a piece of fresh fruit, which is another way to help you stay hydrated. There is a fruit bowl located on the round table in the dining room in front of the juice bar. Page and the kitchen staff do their best to keep it stocked with seasonal fruit for your enjoyment. When you are outdoors, wear sunscreen and a hat. Always wear light weight clothing and avoid taking your walks during the hottest part of the day. Last, but not least, keep your apartment cool. Close your windows and blinds and turn on your air conditioner during the hottest parts of the day. If you have questions about heat related illness, speak with Martha our facility nurse or contact your physician. Be sure to ask any staff member for help to set the temperature on your apartment air conditioners if you need it. It is always our pleasure to assist you no matter the time of day or night.

Fourth of July is just around the corner. This is always a fun filled family day here at Timberhill Pace with lots of family visits and many of our residents going out to enjoy baseball games, picnics in the park, and backyard barbecues. If you want to watch some fireworks the staff will be showing our nation's largest firework show on the large screen TV in the friendship room after supper. This is a patriotic show that does a wonderful job of honoring our military and all our country's men and woman who fought so bravely for our independence. It leaves you with a proud feeling to be an American.

Timberhill Place will be celebrating the Fourth of July on Tuesday, July 3 at 2:30 in the main dining room with a Patriotic sing-a-long while enjoying a colorful patriotic dessert provided by Page and his staff. So... be sure to put on some red, white and blue and join us for an afternoon of good old fashion Fourth of July fun. Have you ever wondered about how much food is consumed on the Fourth of July? I have, so I did some checking and here are some fun facts that I found: Americans consume around 155 million hot dogs on the Fourth of July each year; they spend \$92 million on chips, \$16.75 million on watermelon, and \$341.4 million on beer. Now, that's a lot of food and drink!

As many of you know, Medicare is in the process of issuing new Medicare cards through the mail. The Medicare cards are no longer plastic they are paper. The new cards will no longer list your social security number as your ID you will have an ID number instead to help prevent identity theft. When your new card arrives in the mail please provide Timberhill Place with a copy so that we can update your medical records. If you have questions about your new Medicare cards go to medicare.gov for answers. If I can be of any help to you, please don't hesitate to ask. Wishing you all a safe and happy Fourth of July.

"Sure, I wave the American flag. Do you know a better flag to wave? Sure, I love my country with all her faults, I'm not ashamed of that, never have been, never will be."

~ John Wayne



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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

With summer in full swing it is important to be smart in the sun. One way to do this is to stay hydrated. Symptoms of dehydration include:

- Dry mouth
- Feelings of thirst
- Dizziness
- High heart rate
- Low systolic blood pressure
- Weakness
- Dark colored urine
- Fatigue
- Confusion



The best way to combat dehydration is to drink small amounts of liquids regularly and eat plenty of fruits and vegetables.

Enjoy summer!

<https://www.mayoclinic.org/diseases-conditions/dehydration/symptoms-causes/syc-20354086>
<https://www.experthomecare.com/elderly-dehydration-18-signs-and-symptoms-to-look-for/>
<https://betterhealthwhileaging.net/qa-how-to-prevent-diagnose-treat-dehydration-aging-adults/>

Chuckle...chuckle...chuckle...

A local bar was so sure its bartender was the strongest man around that it offered a standing bet of \$1,000. The bartender would squeeze a lemon until the juice ran into a glass then hand the lemon to a customer. Anyone who could squeeze out one more drop of juice would win the money. Hundreds of people tried, but nobody could do it.

One day a scrawny man came into the bar and said, in a tiny voice, "I'd like to try the bet." After the laughter died down, the bartender grabbed a lemon and squeezed away. Then he handed the rind's wrinkled remains to the small man.

The crowd's laughter turned to total silence as the small man clenched his fist around the lemon and six drops fell into the glass. As they started to cheer, the bartender gave him the \$1,000 and said, "Incredible! What do you do for a living?"

The man replied, "IRS agent."
-Anonymous



Resident Birthdays

Doug 7/4

Ab 7/7

Jan 7/8

Staff Birthdays

Teresa 7/15

Rose C 7/27

Bonnie 7/30

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



Resident of the Month Fred H



Fred was born and raised in New York City, New York, growing up his parents owned a bathrobe manufacturing business. Fred earned a bachelor of arts and a master of arts degree from the University of Arizona and a doctorate in philosophy from the University of Washington. Fred worked as a tax accountant and considers his greatest accomplishment to be becoming a certified public accountant. Fred was quite the comedian, he won an award in the humorous speech contest at the Toastmasters International. After retirement Fred enjoyed traveling all over the United States. Fred enjoys his well-deserved rest here at Timberhill Place. Congratulations Fred on being Resident of the Month!!



Employee of the Quarter Holly



Holly was born in Eugene, Oregon but grew up in North Albany, Oregon. Though if you ask her, she says she is still growing up only she lives here in Corvallis now. Holly attended West Albany High (Go Bulldogs!) and Oregon State University (Go Beavers!). Her favorite past-time is thrift store shopping and her favorite places are her house, the zoo, Portland and Corvallis. Holly loves Häagen-Dazs ice cream, funny panda bear videos, and her dog, Miss Mable. A hidden talent that Holly has is that she could play a mean saxophone in the seventh grade. Holly would like everyone to know that she feels blessed to work at THP with all the fabulous people here and to have another wonderful job at OSU. Her favorite quote is

“Hoot hoot—Don’t Pollute”—Woodsy the Owl. Congratulations Holly on being voted Employee of the Quarter!



Congratulations Page!



Congratulations Page for 20 years here at Timberhill Place!! Page is more than just an amazing chef, he is also a fantastic musician—in his spare time he plays the electric bass in several bands. His talents don’t stop there, he is also an Elder for the Oregon Country Fair. He likes bright colors and peanut m&m’s; if he could have any superpower in the world it would be to get people to do what he says. He owns two cats and he and his wife have been married for 31 years. Page’s favorite vacation spot is the coast but he would like to take a food tour through Asia—especially Singapore, Thailand and Vietnam. Page, we are so lucky to have you here at THP!!



Activity Highlights for July



Fossil Guy

The Oregon Fossil Guy will be in the Dining Room at 2:30 on Friday, July 6th to give us a hands on beach experience!



Fourth of July Celebration

We will be celebrating the Fourth of July on Tuesday, July 3rd at 2:30 in the Dining Room. Come for some patriotic fun!



Lunch Outing

Our lunch outing will be on Thursday, July 19th to The Point in Sweet Home! The bus loads at 11:00 and the sign up sheet is outside of Robin's Office.



Smoothies from the Garden

On Tuesday, July 17th, at 2:00 we will be making smoothies in the Friendship Room from the fruit grown in our garden! Come and enjoy!!



Paint a Picture Frame

Calling all skill levels to come expresses your creativity and paint a picture at 2:00 on Tuesday, July 10th, in the Friendship Room.



Social Hour

On Friday, July 20th, at 2:30 we will be having a luau style Social Hour outside on the patio! Come for good conversation and some Piña coladas!



Notes from the Garden Corner



Sweet strawberries are in full swing, and that means strawberry milkshakes, shortcakes, pies and jams. In my book a strawberry can do no wrong...and there's no such thing as too many. Raspberries will be along soon, then blueberries. Don't you just love summer!

I have spied a lone chipmunk on the grounds. Very cute and very fast, watch for it under the bushes when you are outside. The squirrels this year are getting fat at the birdfeeder! Do we care? No! They are so fun to watch as they try to climb the poles. ☺

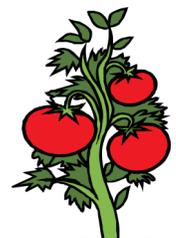
The roses are looking really great, the gardens are producing (finally) some tomatoes and cucumbers and other nice veggies and herbs...Great job people!

See you around! XO ♥

Doris

Fun Fact: All octopuses have venomous bites, and at least three are lethal!

Fun Fact: In Idaho, you can't buy a chicken after dark without the sheriff's permission.





New Residents

Salty



Gary “Salty” Green was born in Hollywood, California. His mother danced in Busby Berkley movies on stage while his father played in the orchestra. Later his father became the captain of a boat named “My Hunny” and took people out fishing. His father gave him the nickname Salty while he worked as a deckhand on his fishing boat, not realizing that the name would stick with Salty for the rest of his life. Salty has many fond memories of fishing with

his father, especially catching his first swordfish at age fifteen, using flying fish as bait. After graduating high school, Salty served in the Navy for eight years, following that he worked as a bartender and later as a salesman. Sadly, Salty’s first wife passed away a few years after they got married, he later married Gisela and they have been married for 32 years. After retiring, Salty enjoyed sailing boats, helping his wife with her garlic business, and biking around Ireland in 2004. The most important people in his life are his wife, children, grandchildren and great grandchild. Salty is friendly, full of Irish blarney and always up for a chat! Welcome Salty!



Charlotte



Charlotte, who was named by her uncle, was born and raised in Louisville, Kentucky. Her mother was a talented seamstress and her father had a car agency. Charlotte has fond memories of growing up playing all kinds of sports and, in high school, taking a boat up the Ohio River. Charlotte married Bill in 1947 and together they have two boys and one girl. Charlotte studied to be a home economist at the University of Kentucky and worked at IBM. Bill had a lumber business after the military and the business brought them here to Oregon. Charlotte loves books, music and playing the piano. She loves reading anything and everything and is very happy to see so many sofas (i.e. places to read)! The most important people in her

life are her family and she feels her biggest accomplishment is marrying her husband. Welcome Charlotte! We are happy you are here!



Food for Thought—Food Blog

By : *Ab and Myrna (Residents of THP)*



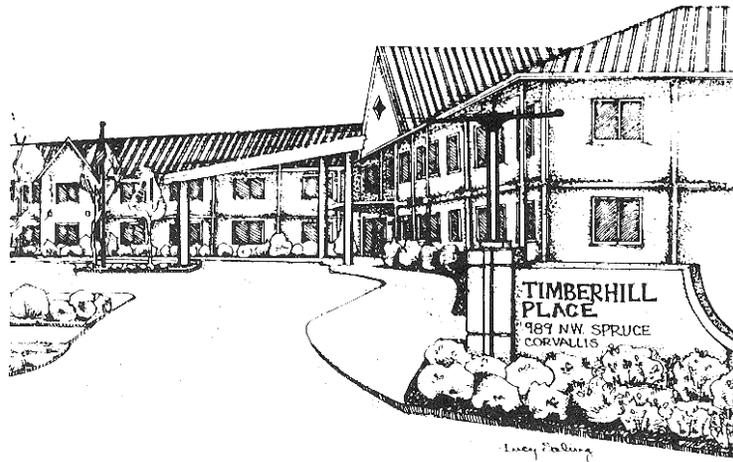
Picnic at Iris Gardens: Five Stars

- The food was really good, the whole thing was a great idea and the trip was well planned out. We especially enjoyed the irises and have recommended the garden to our children.

Papa’s Pizza: Four Stars

- The pizza itself was very good, if overpriced, but we ordered wrong. We should have done the all you can eat buffet instead of buying a pizza. Ab—would recommend. Myrna—would not recommend.

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
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Corvallis, Oregon 97330*

