



Timber Tales



August 2018
Notes From Robin

As we settle into mid-summer I hope that everyone will take advantage of the nice weather by going outside and enjoying some fresh air. Just by breathing deep and feeling the warmth of the sun on your face can change your outlook and make your day a better one. If you need an escort to go outside be sure to ask a staff member to assist you. Our staff look forward to going out with you and hopefully the sunshine will make their day a little brighter too.

The community gardens are producing a bountiful variety of fresh vegetables. I'm guessing that, there will be plenty of tomatoes to share with everyone. Speaking of sharing, please don't pick the vegetables from the garden if they are not yours. Our gardeners will share their produce with you when they are ready. We seem to have an abundance of blueberries in the activity garden this year. The activity department has taken full advantage of this by making refreshing fruit smoothies for your enjoyment. Be sure to check the activity calendar so that you don't miss out on this fun event.

I wanted to remind everyone of the confidentiality guidelines that our staff must follow. When a resident moves from our facility or goes to the hospital we have strict guidelines in what we can tell you. We simply can't disclose new living arrangements or medical information with you or others. I know that this is frustrating to you and that you care about this resident and you want to know what happened to them. In most cases a family member will update you on the residents change of address or condition if you ask them. When this happens, please respect the involved resident's right to privacy by not sharing their medical information with others unless you know that it is okay to do so. Not everyone likes to share their personal information with others. Maintaining everyone's privacy is of upmost importance to us and I thank you for your help and understanding.

The weather forecasters are predicting a very hot and dry month for August. For your safety, be sure to wear light weight clothing, a hat, sunglasses and sunscreen when you go out for your walk. You may want to consider a shorter walk when the weather is hot to avoid heat related illness. You may also want to consider using the Timberhill Place van to run your errands instead of walking to avoid the heat and be sure to drink plenty of water to stay hydrated. Wishing you all a safe and happy month of August.

Believe you can and you're halfway there.
~ Theodore Roosevelt

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

Larry 8/2

Laura 8/3

Christine 8/5

Marie 8/13

Staff Birthdays

Thomas 8/21

Holly 8/31

Christina 8/26

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

Medical Notes

Happiness is important and desirable at any age but we may seek it differently at different stages in life. As we get older some good ways to achieve and maintain happiness are:

- ◇ **Keeping a Wholesome Routine**—it does not have to be elaborate but a way to create structure
 - ◇ **Good Sleep Patterns**—find a sleep pattern that allows you to sleep at night
 - ◇ **Setting Goals and Checking Them Off**—even small things give you a sense of accomplishment
 - ◇ **Getting a Change of Scenery**—every Thursday the activities department goes on a scenic drive or outing, come along to see something new.
 - ◇ **Eating and Exercising Well**—coming to exercise on Monday, Wednesday and Friday is a good group exercise, or you can use the stationary bike or go on a walk around the grounds.
 - ◇ **Socializing**—meals are a great time to eat and talk or you can come to the aptly named “Social Hour” activity once a month.
 - ◇ **Creating Atmosphere**—create a homey atmosphere in your apartment where you can feel comfortable.
 - ◇ **Reminiscing**—get out those old photo albums, whether its with family or to show to friends.
 - ◇ **Getting Creative**—trying new things can keep you engaged. Check out the calendar for upcoming activities.
- And always remember, you are loved!

<https://www.sageminder.com/Caregiving/CaregivingBasics/BoostingHappiness.aspx>





Resident of the Month

Helen



Helen has lived here at Timberhill Place since February, she was born in Portland, Oregon but spent her childhood growing up in Beaverton, OR with her sister and parents. After graduating from Beaverton High School, Helen attended Oregon State University where she studied Home Economics and met her husband, Elvis whom everyone called Dick, when he returned to OSU after being in the service for four years. Helen and Dick got married in 1946 and have two beautiful children, Marie and Dan. Dick was an entomologist and spent twenty years working as the Head of the Entomology Department at the University of Nebraska. During this time Dick's job led Helen and Dick to live in Brazil for a year and Columbia and Guatemala for a month. Helen did volunteer work all her life; she ran a campfire group for ten years and worked with a group that did estate sales in Nebraska. Helen loves reading, the mid-west, and learning things by traveling and meeting new people. She is excellent at cooking, sewing and bringing out the best in people. She loves being here at Timberhill Place and her favorite saying is "you can't take life too seriously. Congratulations Helen on being voted Resident of the Month!

Food For Thought—Food Blog

The Point

(in Sweet Home, Oregon)—Four Stars

Reviews by Residents of THP



"Food was very good! I was pleased with it and with the wide selection of food. The service was very good for a big group like us."—Virginia

"Great experience! It was too bad that the weather was too cold to sit outside. I picked the right meal and really enjoyed my food."—Jan

"I was very happy with the food, my steak was a good cut and very tender. The ride was nice going and coming and I have already recommended The Point to others."—Oscar





Activity Highlights for August



Trip to Benton County Fair

Join us Thursday, August 2nd, on our trip to the Benton County Fair! The bus loads at 1:15 and the sign up sheet is outside of Robin's office.



Lunch Outing

The lunch outing will be on Thursday, August 16th, to Tommy's Bar and Grill. The bus loads at 11:30 and the sign up sheet is outside of Robin's office.



Food Council Meeting

Have a question, comment or concern about the food? Come to the monthly Food Council Meeting to talk with Page (Director of Food Service) and have your opinions heard. This month it will be on Tuesday, August 7th, at 1:30 in the Small Dining Room.

Community Store

Every Wednesday the Community Store is open in the Friendship Room. This month the Community Store opens at 3:45 on the 1st and the 8th, and at 3:30 the 15th, 22nd, and 29th. At the Community Store everything is priced at \$1 and items range from snacks to tissues. Specific requests can be made to Jessica.

Crafts

There will be a number of crafting opportunities this month! On Thursday, August 2nd, at 10:00 in the Friendship Room we will be making Beach Door Hangers! Tuesday, August 21st, we will be making bouquets for you to take home with you at 10:00 in the Friendship Room. And on Tuesday, August 28th, at 2:00 in the Friendship Room we will be painting a picture. All skills levels are welcome!





Notes From the Garden Corner



Good golly Miss Molly!! What a summer!! Trips to state parks, trips to the coast, picnic outings with family....all wonderful.

Hope everyone has been having a good time!

I had two wonderful days of vacation out in Oregon's outback—panoramic vistas, vast sagebrush filled valleys, lovely lakes. We saw antelope and jack rabbits and, in a lake on Steens Mountain, over 250 fish jumping out of the water to feed at sunset...within seven minutes! Quite a sight!

Hope all the gardens are doing well, please see Alex (maintenance) or Lupe if you have questions or need help.

Hope to see you all soon!

XOXO

Doris



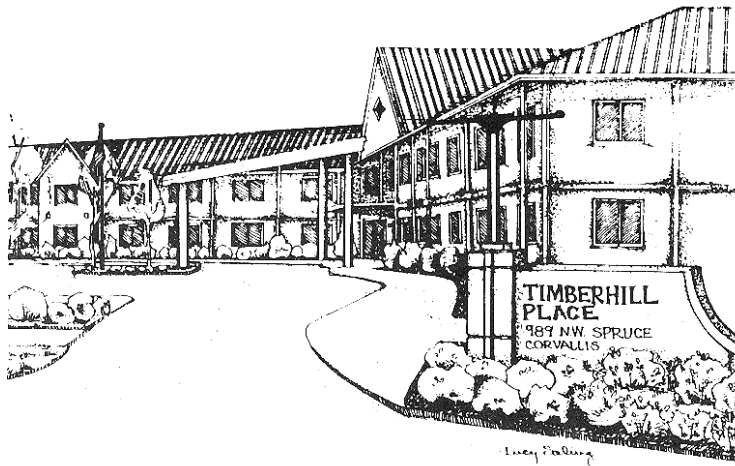
Fun Fact: Spiders who live in roses can change color to match the petals. Cool!

*"Fairest of the months!
Ripe summer's queen
The hey-day of the year
With robes that gleam with sunny
sheen
Sweet August doth appear."
- R. Combe Miller*

*"In August, the large masses of berries,
which, when in flower, had attracted
many wild bees, gradually assumed
their bright velvety crimson hue, and
by their weight again bent down and
broke their tender limbs."
- Henry David Thoreau*



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*

