



Timber Tales



September 2018
Notes From Robin

Welcome September, can you believe how fast the end of summer is approaching? Labor Day will be here in a few days which for many of us marks the end of the summer season. Students will be going back to school and the start of the football season will begin. As you enjoy your Labor Day holiday with family and friends, I hope that you all take a moment to acknowledge the history of Labor Day and how our “Labor Free Day” occurred.

It’s time to focus on college football. It’s become a tradition here at Timberhill Place to show our support for the OSU Beaver football team by wearing Beaver team colors on the Friday before each Beaver football game. Our residents and staff can be very creative in what they wear to show their team support. We always have lots of fun on “Beaver Fridays” and hope that you will consider joining us as we show our Beaver support. If you want to watch the Beaver football games, Jessica and Celina from the activity department always make sure that the football game is playing on the big screen in the friendship room and a schedule of the Beaver games dates, times and TV channels will be posted on the bulletin board outside of my office for your information. If you need help to locate the games on your TV, be sure to ask a staff member to help you.

Each September we celebrate National Assisted Living Week. The 2018 Theme is “Capture The Moment” and will be held Sunday, September 9 through Saturday, September 15. “Capture The Moment” is intended to inspire assisted living residents to realize their dreams and seize the day. Simultaneously, the theme also supports reflection, as residents may look back on pivotal moments in their lives. With the theme’s word play referencing photography, residents may refer to pictures or videos from their past. The theme also aims to remind assisted living staff that often the little everyday interactions with residents can deliver high quality, person-centered care. I hope that you will join us for this fun filled week as we celebrate our resident’s past while enjoying the present. National Assisted Living Week is a good time to educate family and friends on assisted living and what it means to you. It is also the perfect time to invite your family and friends to join you for a meal or to join in one of our scheduled activities. At our last Food Committee Meeting we had a request for an outdoor barbeque with grilled hot dogs. Jessica from the activity department felt that this would be a wonderful way to “Capture The Moment” with a memory of a past barbeque while creating a memory for the present day. So... in honor of National Assisted Living Week, we will be hosting an outdoor barbeque with lively music, a fun photo booth and delicious hot dogs with all the fixings to build your hot dog just the way you like it. Be sure to mark your calendars and invite your family or friends to join you for this fun celebration. We greatly appreciate all our residents, staff, families and volunteer and hope that you all enjoy National Assisted Living Week.

School will be starting soon, that means that the vehicle traffic will be heavy on Spruce Avenue. Please use caution when going out for your walks. People in their cars always seem to be in a hurry and may not see you in time to safely stop if you are crossing the street. The pedestrian traffic will also increase along Spruce Avenue with the School children coming and going. Be sure to watch out for them if they are riding bikes or using skateboards. They are usually looking at their phones or listening to their headphones. They may not see or hear you in time to keep from bumping into you. Your safety is of utmost importance to us. So, be sure to stay safe by watching out for others, to prevent injury to yourself.

“By all these lovely tokens September days are here, with summer’s best of weather and autumn’s best of cheer.”



Timberhill Place ~ 989 NW Spruce Avenue ~ Corvallis, Oregon 97330
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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

Flu season is fast approaching which means it is time for flu shots! Some things to know about flu shots:

- Flu vaccinations can keep you from getting sick or reduce the severity and duration of your symptoms.
- You should get your flu vaccinations before flu season starts.
- It takes about two weeks for antibodies to build up in your system and provide protection against viruses.
- Who should get a flu shot? Everyone!
- Some minor side effects of the flu may occur, these include—aches, low grade fever and redness and swelling at the injection site.

Please talk to Martha, our Director of Nursing, about any further questions.

<https://www.cdc.gov/flu/protect/keyfacts.htm>

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

An elderly couple has dinner at another couple's house, and after eating, the wives leave the table and go into the kitchen. The two gentlemen were talking, and one says, "Last night we went out to a new restaurant and it was really great. I would recommend it very highly."

The other man asks, "What is the name of the restaurant?"

The first man thinks and thinks and finally asks, "What is the name of that flower you give to someone you love? You know... The one that's red and has thorns."

"Do you mean a rose?"

"Yes, that's the one," replied the man. He then turns towards the kitchen and yells, "Rose, what's the name of that restaurant we went to last night?"



Resident Birthdays

Vera 9/2

Georgann 9/3

Velna 9/9

Oscar 9/24

Helen 9/30

Staff Birthdays

Scottie 9/10

Lupe 9/14

Macaylah 9/21

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



Resident of the Month

Dale



Our resident of the month for September is Dale. Dale was born November 12, 1922 in Independence, Oregon. Dale was raised in the Willamette Valley on a 16 acre farm along with his two brothers and their 8 cows and then eventually a 400 acre farm where his father worked as a horse farmer. Dale attended Powell Country School where he also worked as a janitor in addition to walking a mile and a half to and from school each day. Dale has always been a hard worker; he learned on the farm he lived on and later finished his career at Cascade Plywood where he worked for 38 years. Dale also worked at a shipyard in Port-

land and would ride 18 miles on one of the two buses that came to the shipyard; every time his bus would pass the other bus he would wave to a lady on the passing bus, who would later become his wife. His Swedish sweetheart was Karla who was no stranger to hard work herself, Karla was a welder and would raise 5 beautiful children with Dale. They were married for 65 years. In addition to their 5 children Dale has lots of grandchildren and 2 great grandchildren. Dale's favorite places are Fish Lake and Clear Lake. One of Dale's favorite sayings is "That's the way the mop flops." Congratulations Dale on being Resident of the Month!



Food for Thought—Food Blog



By residents of Timberhill Place

"I had a good lunch. I liked my garden burger and fruit. I don't know if I'd go there again." Jan Zeller

"It was fun. The food was ok, it was what I ordered. I didn't order anything special. I really want to try their chili next time! I heard they have good chili."

Larry Well

Lunch outing to Tommy's 4th St Bar and Grill, Downtown Corvallis



"My hamburger split, the bun didn't hold the sandwich together. The ambiance of the place was not very good. I would not recommend it to my friends or even my enemies."

Myrna Waldron

"It was a fun outing and a fun place to go. Good food." Virginia Schrock

Activity Highlights for September



Scrabble

Scrabble is back in full swing! Led by our volunteer Don, scrabble is played in the lobby at 3:45 every other Thursday! This month that falls on September 13th and 27th. The letters and playing board are big so come one and all!



Beaver Football Games

All OSU Beaver football games will be shown in the Friendship Room on the large TV. Times to be announced.



Lunch Outing

The lunch outing will be on Thursday, September 20th, to Eats and Treats in Philomath, Oregon. The van loads at 11:30 and the sign up sheet is outside of Robin's office.



Extra! Extra! Read all about it!

We have some exciting activities coming up. Please feel free to invite friends and family to join you play Bingo or paint with us! Yes! Guests are welcome to join you in any activities anytime!



Entertainer

On Friday, September 14th we will be having our Assisted Living Week BBQ on the patio with entertainment by *Shelly the Singing Sparrow*.



On Friday, September 21st we will have our Ice Cream Social with entertainment by *Too Slim Tom and Miss Marsha*.

*By all these lovely tokens
September days are here,
With summer's best of weather,
And autumn's best of cheer.
-Helen Hunt Jackson*



Notes from the Garden Corner



GREEN JELL-O! What does that conjure up from your childhood summer? My mother made a green jell-o salad with pineapple, shredded carrot, and mayonnaise, it all layered out very nicely. I even liked it.

Do you have a favorite green jell-o summer memory...? You can tell me about them later. Other summer memories include mud pits in the garden; these were carefully tended and wallowed in while we were supposed to be weeding, not very many weeds had any reason to fear us.

Reminder– please do not water any plants in the hall or lobby. I take care of all of them. Thank you.

Hope you all had a glorious summer and we have another spectacular fall coming our way. Take care and stay hydrated.

See you around,
XO Doris

Fun fact: You may not sleep in a refrigerator in Pittsburgh, Pennsylvania.



National Assisted Living Week



The theme for this year's National Assisted Living Week is Capture the Moment. This theme was selected in hopes of inspiring one to 'seize the day' and live each moment to the fullest. It is also meant to inspire one to realize their dreams and perhaps reflect back on pivotal moments in one's life.

The word play "Capture the Moment" also references photography as you might reflect on pictures from your past or make new documented memories!

To celebrate this month we will be painting self portraits on Tuesday, September 11th in addition to having a Get to Know Your Neighbor Ball Toss on Wednesday, September 12th. We invite you to bring a special photo and story to our Share and Tell on Thursday, September 13th or just come listen!

Finally we will finish the celebrations with an Assisted Living Appreciation BBQ with Entertainment by *Shelly the Singing Sparrow* on Friday, September 14th.

Timberhill Place looks forward to capturing more moments and memories with you!



**CAPTURE
THE MOMENT**

NATIONAL ASSISTED LIVING WEEK®
SEPTEMBER 9-15, 2018

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*

