



Timber Tales



November 2018 Notes From Robin

Have you been outside to see the beautiful fall colors that surround us? If not, I hope that you can take advantage of one of the nice afternoons that we are experiencing and go out for a walk. There is nothing like the feel of a brisk breeze and the sight of beautiful leaves blowing about you to give you the true feeling of the autumn season. On Sunday, November 4, Daylight savings time ends. If you would like help to set your clocks back one hour before you go to bed on Saturday, November 3, be sure to ask a staff member to help you. Tuesday, November 6 is Election Day. If you need help to drop your ballot off at a ballot box let someone at the front desk know and we will happy to help you during our office business hours. Veteran's Day is on Sunday, November 11. Normally we have an outing to the Veteran's Day parade followed by a Veteran's Day ceremony here at Timberhill Place. This year we will Honor our Timberhill Veteran's on Monday, November 12, at 2:30pm in the dining room. As you listen to how each Veteran served their country it truly warms your heart and makes you proud to know them. We can't thank our Timberhill Place Veterans enough for serving our Country and protecting our freedom. On Saturday, November 10 we will be going to the Veteran's Day parade in Albany. Cathy, the van driver will park so that you can watch the parade from the warmth and comfort of the van. The parade runs long so we will be sending along boxed lunches so that you don't have to miss any of the parade. It's time to think about Thanksgiving. As you make your Thanksgiving Day plans you may want to consider inviting a family member or a friend to share the Thanksgiving Day noon meal with you here at Timberhill Place. Page and his staff are busy planning a traditional Thanksgiving meal with all the trimmings. The meal is served buffet style with plenty of food to enjoy a second plateful if you want too. As always, there will be plenty of staff on hand to help you with getting your food from the buffet. If you plan on having guests for the Thanksgiving Day noon meal be sure to notify the front desk by Monday, November 12. If you plan to be away for the Thanksgiving Day noon meal be sure to notify the front desk of your plans to be out. This information will be helpful in planning the seating for everyone. With the arrival of colder weather and in preparation for winter it is time to prepare for any storms that we may have that would cause a power outage. When we lose power our emergency generator will provide light to our hallways, common areas, dining room and the facility kitchen. The emergency generator will power the elevator to return to the first floor to allow anyone in the elevator to exit safely. The emergency generator does not provide power your apartment. The best way to prepare for a power outage is to make sure that you have emergency supplies stored in your apartment. These supplies should consist of extra blankets for warmth and a flashlight with extra batteries. It is always a good idea to keep your flashlight and batteries stored together in an easily accessible place so that you can find them when you need them. The fire department safety rules prohibit any open flames such as candles. There is battery operated lanterns and lights that can be purchased at local department stores if you want more light in your apartment during a power outage. The Christmas season is quickly approaching, don't be surprised if you see holiday decoration going up during the last few days of November. Jessica has been busy planning our Resident and Family holiday party. Be sure to watch for more information on the date and time for the holiday party in this edition of the Timber Tales. Wishing you all a very blessed Thanksgiving holiday.

*"But see, in our open clearings, how golden the melons lie;
Enrich them with sweets and spices and give us the pumpkin pie!"*

~ Margaret Junkin Preston

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

Hand-washing can prevent the spread of infection.

Cold and flu season is officially here. Frequent hand washing is one of the best ways to avoid getting sick and spreading illness.

As you touch people, surfaces and objects throughout the day, you accumulate germs on your hands. You can infect yourself with these germs by touching your eyes, nose or mouth, or spread them to others.

Proper hand washing includes lathering with soap and scrubbing vigorously. Wash your hands for at least 15 seconds. Singing ‘Happy Birthday’ twice is a good way to time yourself.

Wash your hands before eating or touching your face and after coughing or sneezing. If you need to cough or sneeze, creating a pocket in the crook of your elbow to cough in to is a good way to save your hands from spreading infection.

Hand sanitizers, which don't require water, are an acceptable alternative when soap and water aren't available. There are several sanitizer dispensers throughout the building, including the entrance to the dining room. Stay healthy by preventing the spread of infection.

<https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/hand-washing/art-20046253>



Resident Birthdays

Erma	11/4
Cathy	11/4
Charlotte	11/6
Dale	11/12
Brigid	11/27
Shirley	11/28
Celia	11/30

Staff Birthdays

Shawna	11/6
Robin	11/20

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-Etzal
Director of Maintenance.....	Alex Roeser

Chuckle...Chuckle...Chuckle



A lady was picking through the frozen turkeys at the grocery store for Thanksgiving Day, but couldn't find one big enough for her family. She asked a stock boy, "Do these turkeys get any bigger?" The stock boy replied, "No, ma'am. They're dead."

Resident of the Month

Joy



Our Resident of the Month for November is Joy. Joy has lived at Timberhill Place since 2013. She was born June 3rd, 1929 in Lamar, Missouri, the same year the stock market crash kicked off the start of the Great Depression. Growing up in this era, her family moved frequently to follow her father's work for John Deere. They left Missouri and went to his assigned territory of western Kansas; she attended grade schools in Gerard, Topeka, and finally Great Bent. She recalls the move to Great Bent the most; they packed up what they could carry and left on the train, leaving all of her favorite books behind. Settling in Great Bent, she graduated high school as valedictorian and went on to work for a local lawyer's office. One of her favorite pastimes was skating. One Sunday, the local rink was closed for repairs so her dad took a group including Joy, her sister, and their friends to the Saint John rink. There was a gentleman there, Gene, who bought the girls Coke's but Joy says she didn't see him. Well, they would cross paths again when she ended up beside Gene on the way to a football game. She says it was the first time she really saw him, and she decided she liked him. The rest is history, they married on May 16th 1948 and had four children together. Gene was a farmer, or as Joys puts it, a jack of all trades. Their farm got no rain and had no crop, so they packed their four children up in the car and drove out west to Oregon where we get plenty of rain. Settling outside of Albany on a farm, Joy decided to get her degree from OSU. She graduated with a Bachelor's in American Studies and working for Civil Services at the college. After retiring, Joy and her husband enjoyed traveling and Joy was a volunteer tutor. Nowadays, Joy loves word puzzles, writing, and she enjoys living at Timberhill Place. Congratulations Joy on being selected Resident of the Month!



New Residents

Bob and Pat



Two of our newest additions to Timberhill Place are Bob and Pat. Bob and Pat have moved from their longtime Corvallis home to apartment 228. Bob is an almost life long resident of Corvallis, he was born here on July 9th, 1932 and has lived here 83 years. Pat was born July 13th, 1930 in Seattle, Washington. Bob attended school in Corvallis, graduating from OSU with a Bachelor's in Business. Bob was in the Air Force before becoming the Director of Business affairs at OSU. Bob considers developing financial programs and implementing more accessible programs for OSU students to complete registration the biggest accomplishments of his career. Pat attended high school in Coeur d'Alene, Idaho and received a degree in Nursing from Sacred Heart School in Washington. Pat has worked as a nurse in Washington and Idaho before working at Good Samaritan as a Registered Nurse for 19 years. Bob and Pat met on a blind date that has turned into 62 years of marriage. They have three children, seven grandchildren, and five great grand children. Bob and Pat have many interests and hobbies, they love art and art centered travel; they have visited numerous places in pursuit of art including New York City, Spain, England, France, and Greece. Pat is an artist herself, she enjoys water color painting and making portraits. Bob enjoys gardening; he has been a wine maker and was one of the founding members of the Fuchsia Society which hybridized flowers. One variety they created, the Estelle Marie, ended up being very popular in England. We are happy to have you, Bob and Pat. Welcome to Timberhill Place!



Activity Highlights for November



Crafts

Make and Take a Bouquet is back. Join us for this fun activity on Tuesday, November 20th. Flowers and vases will be provided.



Gingerbread House Workshop

On Tuesday, November 27th we will be creating Gingerbread houses for our annual Gingerbread village. Come and make your own Gingerbread home.

Join this fun activity so your house can be part of the display.



Music

Exploring Rhythms with Dave Chiller is a hands on music program. Join us in the dining room on Friday, November 16th for this unique musical experience.



Outing

This month we will be visiting the Historic Carousel Museum in Albany. This location is rich with history and craftsmanship. Sign up for this outing on the van sheet located outside of Robin's office.

Veterans Day

Veterans Day is Sunday, November 11th. To commemorate this day we will be attending the Veterans Day Parade in Albany on Saturday the 10th. The van loads at 9:30 AM, box lunches will be provided. On Monday the 12th, there will be a Veterans Day Program with a performance by the O.K. Chorale and a visit from The Boys Scouts of America.



Veterans Day - November 11

Thanksgiving Day Buffet

Every year Timberhill Place hosts a Thanksgiving Day Buffet for the noon meal prepared by Page and our kitchen staff. Family and friends are welcome! Be sure to make your reservation with the front desk as soon as possible. If you will be going out still be sure to notify the front desk so an accurate seating chart can be prepared. Thank you for your help with this matter.



Daylight Savings Time

Daylight Savings is on Sunday November 4th. Don't forget to set your clocks back one hour on Saturday night.





New Residents



Jackie and Lou



Jackie and Lou are two of our newest residents at Timberhill Place. Jackie was born on December 26, 1926 in Hanford, California. Lou was born on August 17, 1928 and grew up in Los Angeles. Jackie and Lou both attended the University of California Los Angeles, where they met. After graduating, they married and had three children. Lou received a Bachelor's degree from UCLA in Chemistry and worked for the US Army as a physics associate in Derby, Colorado. After the Army, Lou worked as a research technician at the Scrips Institute of Oceanography in San Diego where he received his Master's degree in Oceanography. After moving to Corvallis in 1966, Lou worked as an analytical chemist and received a PhD in

Marine Chemistry from OSU. Lou was an associate professor and participated in research projects including international oceanography projects in the Atlantic, Pacific, and Antarctic oceans. He designed systems for research including the use of robotics for measuring plant nutrients; his doctoral work tested the carbon dioxide from the surface of the water which has been an important contribution to his field. Jackie has also made contributions to the field of science, she originally received a degree from UCLA in sociology and went on to work for Scrips as well. At Scrips she wrote articles about collected data and was a published writer. Jackie pitched for, and received, a grant to start her own business consulting and publishing research, which was called the Visibility Laboratory at UCSD and featured information about Atmospheric Optics. The information published included research about the first astronauts in space and what they could see from space. After retirement, they have enjoyed intellectual pursuits such as learning a new language as well as staying involved in the Jewish community and traveling. After all they've accomplished, Lou says his greatest accomplishment was marrying Jackie. Welcome to Timberhill Place, Lou and Jackie!

New Resident

Brigid



Brigid is a new resident to Timberhill Place joining us in apartment 120. Brigid has resided in the Willamette Valley for many years but was born in California and grew up in a suburb of Denver, Colorado. Brigid was one of 7 siblings and has special memories of driving in the large, often snowy, mountains of Colorado. She attended Green Mountain High School in Lakewood, Colorado before moving to Corvallis to attend OSU. Brigid graduated from OSU with a Bachelor of Science in Horticulture. Brigid is an accomplished landscaper and owned her own business. She was involved in all aspects of the business including the design, construction, and planting of the landscape. Brigid enjoyed building personal relationships through her work and making a positive impact on the environment. Brigid loves going out in nature. She also has an artistic side and enjoys making ceramics, painting, and needlework. Welcome to Timberhill Place, Brigid!

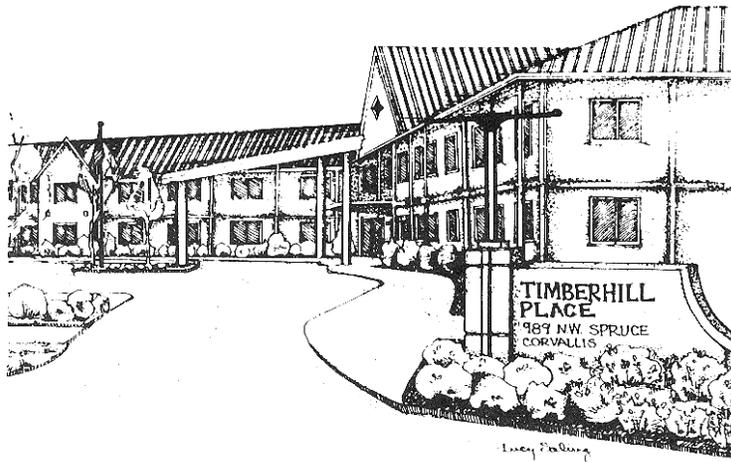
VETERANS DAY

By Cheryl Dyson.

On Veterans Day we honor all,
Who answered to a service call.
Soldiers young, and soldiers old,
Fought for freedom, brave and bold.
Some have lived, while others died,
And all of them deserve our pride.
We're proud of all the soldiers who,
Kept thinking of red, white and blue.
They fought for us and all our rights,
They fought through many days and nights.
And though we may not know each name,
We thank **ALL** veterans just the same.



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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