



# Timber Tales



**December 2018**  
**Notes From Robin**

Seasons Greeting everyone. It's a wonderful and magical time of year and I hope that you will be able to join us as we celebrate the holiday season. We will begin our festivities by decorating our Christmas tree on Friday, December 7 in the main dining room. This will be followed by our resident and family holiday party on Tuesday, December 11 at 2pm in the main dining room. After the entertainment we invite everyone to stay for a social time with your family and friends. The kitchen will be serving an array of desserts prepared for your enjoyment. For more information on the Resident and Family Holiday Party and all the other holiday events that Jessica and Celina have planned for you be sure to read the activity section in this edition of the Timber Tales. December is a very busy month and we often have additions to the daily activity calendar So... be sure to check the activity board everyday so that you don't miss out on any of the wonderful holiday entertainment that the local community shares with us.

If you have plans to decorate your apartment or to put up a live Christmas tree, there are some safety guidelines that the fire department would like you to follow. Please refer to these guidelines listed in this edition of the Timber Tales. If you are decorating with a live tree or wreath, please speak with Doris or Alex R. to be sure that the tree or wreath is safe to use and falls within the fire safety guidelines. Any dry or brittle trees or wreaths will need to be removed to prevent any fire danger to our community.

Our Christmas Day meal will be served at noon on Christmas Day in the main dining room. Page and his staff will be preparing a holiday feast that you won't want to miss. To plan for seating be sure to let the front desk know if you will be inviting guest by Monday, December 17. In order to accommodate everyone who wishes to eat, we respectfully request that you limit the number of guests that you invite to 8, including yourself. If you plan to be out for the Christmas Day meal, please notify the front desk as soon as you can of your plans to be away for the meal.

Christmas is not just a time for giving, it's also a time for cherishing those who bring so many blessings to our lives. That's certainly true of our Timberhill Place staff. We cherish each of our residents and thank them for the kindness that they extend to us every day. With gift giving in mind, I need to remind everyone that gift giving to our staff is not allowed. This is a State Regulation that was developed to protect any seniors living in a Community Based Care setting from being taken advantage of by staff. This is a regulation that is strictly enforced by Timberhill Place for your well-being. The exception to the rule would be a group gift of little value for all staff to enjoy in the breakroom. For example, a Christmas card or homemade goodies are always a favorite and much appreciated. Please don't put any of our staff in an awkward situation by trying to sneak them a gift. A simple smile and a thank you is enough.

I hope that you can join us for our last party of the year which will be a New Year's Eve party held on Monday, December 31 in the main dining room at 2:30pm. This is always a fun and festive party with plenty of noise makers and party horns for everyone to enjoy. As, always your family and friends are welcome to join us for our New Year's Eve party. Wishing you all a safe and happy Holiday Season.

*"I heard the bells on Christmas Day, their old, familiar carols play,  
And wild and sweet the words repeat of peace on earth, good-will to men!"  
~ Henry Wadsworth Longfellow*

## 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

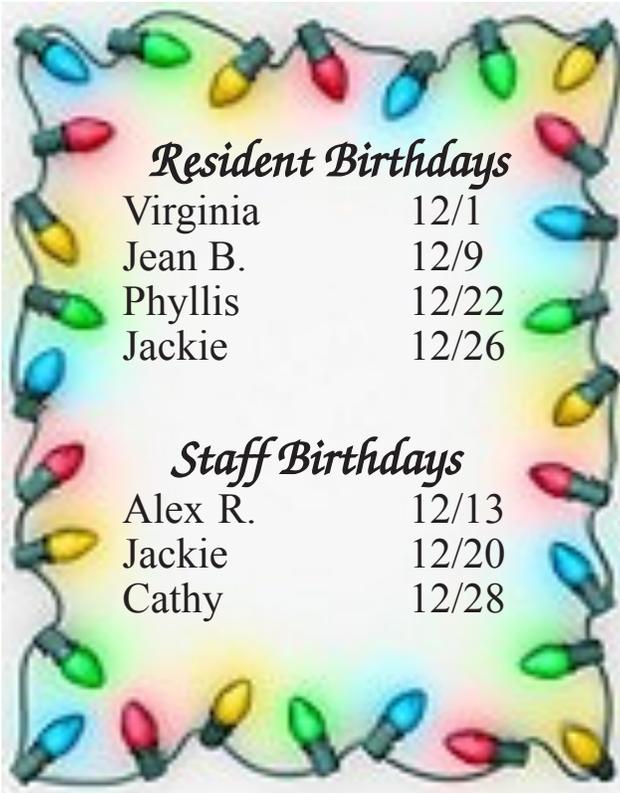
*Winter months can pose extra hazards to our health.* The cold, ice and snow add complexities to our lives and potentially to our health. Sickness and accidents are all things to consider when heading into winter. Make sure you are properly dressed before heading outside.

- Avoid long exposure to cold weather
- Dress in several layers of clothing. Pay special attention to protecting the feet, hands, head, ears and nose from extreme low temperatures

Seniors are at a greater risk for falling in the winter, often resulting in a lengthy recovery period. There are ways to prepare for the colder months and fall prevention.

- **Wear the right shoes.** Properly fitted shoes with Rubber or neoprene soles, especially those with plenty of tread, provide better traction on snow than either leather or plastic soles
- **Take your time.** If you notice that the floor or ground doesn't have much traction, walk slow and be careful with each step.
- **Stay aware.** Watch out for uneven ground, protruding structures, holes, and debris that can cause slips, trips and falls. Also, be aware of ice- and snow-packed surfaces — they increase the risk of falling.
- **Beware of black ice:** It's just as slippery as regular ice, but difficult to see, making it a top winter safety concern. Stay on clear pathways or ones that have been treated with sand or salt.

<https://newsnetwork.mayoclinic.org/discussion/smart-decisions-and-preparation-lead-to-better-winter-health/>



## 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

*It was the night before  
Christmas  
when all through  
the house  
not a creature  
not even  
a mouse*



# Resident of the Month



Bill and Marion

Our Residents of the Month for December are Bill and Marion. Bill and Marion both grew up in Albany. They first met each other in Sunday School and attended the same schools all the way up until graduating from West Albany High School together. Bill was in the army and later took over his father's Harness and Saddle shop in Albany. After that he owned a company building houses while Marion was a homemaker. Bill and Marion have one daughter together named Peggy. Marion is an exceptional singer and Bill is a "jack of all trades". Both love to ride bikes and still like to spend their time reading. Bill and Marion say that it was God that helped them get along. The thing that they love most about living here at Timberhill Place is visiting with the people and the spirit of helpfulness. Congratulations, Bill and Marion!



*Bill and Marion celebrate 73 years of marriage on December 7<sup>th</sup>*



# New Resident



Effie K.



One of our newest residents at Timberhill Place is Effie who joins us to apartment 112. Effie was born July 22, 1918 in southeast Portland, Oregon. She recalls living through the depression and recounts good times growing up with her brother and sister. She attended school in Portland and graduated from Washington High-School. Effie is an accomplished musician, she sings and plays the violin. She had her own radio program where she would perform live on the air. Effie states the greatest accomplishment of her life was being married to the same man for over fifty years. Her husband was a Staff Sergeant in the military as well as being an Executive for a Portland Bottling company. Effie has two children and four grandchildren, as well as a few great grandchildren. After retirement, although she states that she never really retired, she enjoyed spending her free time bowling and hiking. She says everything at Timberhill Place is lovely and she has enjoyed getting involved in the activities provided. Welcome to Timberhill Place, Effie!

# Activity Highlights for December

## Resident and Family Holiday Party

Please join us for our Resident and Family Holiday Party on December 11 at 2:00 pm in the main dining room. Please feel free to invite family and friends to come and share in the holiday celebration. There will be performances by Festive Chorale and Sharon & Dave Thormalon. Afterwards, we invite you to stay to socialize with friends and family while enjoying an array of holiday refreshments provided by Page and his staff.

*Happy Holidays!*

## Holiday Outings

On Monday, December 3<sup>rd</sup>, we will be going on our annual visit to Storybook Land. The van will be leaving at 1:15. Please dress warm. Storybook Land is in a covered area but is not heated. On Wednesday, December 12<sup>th</sup> and 19<sup>th</sup> we will be touring Christmas lights in the Corvallis area. The van will leave at 6:15. Please be sure to dress warm as the evenings are chilly.

## Welcome Waggers

Join us every second Thursday of the month in the Friendship Room and visit with the Welcome Waggers!



## Evening Activities

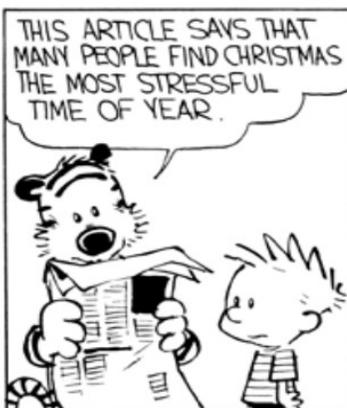
On Monday, December 3<sup>rd</sup>, and Thursday December 13<sup>th</sup> there will be evening performances in the dining room at 7pm.

The Masters Men are a men's group who perform classic holiday music that will make you reminisce about past winters and holiday seasons.

The Singing Leslies is a large group of individuals who will be performing for us.

## New Years Party

Our New Years Celebration will be held in the Main dining room on December 31<sup>st</sup>. There will be party favors, appetizers, champagne, and music for your entertainment. Come celebrate the memories of this year and share your hopes for the new one. Feel free to invite friends and family as we celebrate the coming of the New Year.



# New Resident

Betty S.



A new face to Timberhill Place is Betty who joins us from her home in Philomath. Betty was born September 25, 1919 in West Ealing, England. She has special memories of growing up in this district of West London of Middlesex County with her younger sister. She attended school there, including a Pitman Shorthand and Commercial English class where she gained skills in typing and office work. When the war came, she didn't want to be stuck behind a desk so she joined the League of Women who took on the jobs of the men. She volunteered for the Women's Land Army and worked on a farm in the West of England. On one particular stay at the farm, there were Americans stationed nearby. Of these soldiers, she would meet an American called Dick who was a farmer from Iowa. They sat and talked for hours, bonding over their shared passion for farming. He later sought her out in her home of Ruislip, Middlesex; within months they were married. She left her life in England and traveled to New York City by herself. She had two uncles in the states and was escorted by her uncle around New York City before travelling by train at Dick's parents home in Northern Missouri. After the war ended, her husband met her there and they created a life together on a farm in Gowrie, Iowa and had one daughter together. In 1957, they moved to California and she went to work for the California Teacher's Association for 22 years, she loved using mathematics and arithmetic in her work. Betty later worked as a secretary of a Vice President for Olympia Federal Savings and Loan in Olympia, Washington. From there, she moved to Florida with her daughter and son in law. Betty and her daughter came to Corvallis to visit a friend, they decided they thought it was a beautiful place so they packed up and moved to the Willamette Valley. Betty has had a wide range of interests, she loved being a seamstress and singing in choirs. She has a great affinity for the arts and music, for years she would attend OSU's symphony concerts. Betty says that if people were to know one thing about her, it is that she tries to be kind. Welcome to Timberhill Place, Betty!

## Holiday Decorating Guide

As you prepare for the holidays, please be sure to follow safety precautions when decorating your apartments;

**Flames**— Candles and other sources of flames are not allowed within the building.

**Lights**— Electrical lights and extension cords that are physically damaged or altered should not be used due to the hazards that arise with old and tampered electrical objects.

**Trees**— Live and imitation Christmas trees should not exceed 2 feet, or 24 inches. Although live trees are flame resistant due to the high water content within the tree, indoor heat tends to dry them out and accelerate the drying process. Please be sure to ask for help with your tree if assistance is needed. Be sure to mount your tree securely to its basin. Maintain water level in the basin. Water level should be above the cut end of the tree. If there is any sign of dryness, brittleness, and loss of color please be sure to remove the tree from your apartment for disposal.

If you need any assistance with this, please be sure to ask a staff member, they would be happy to assist you. We hope you all have fun decorating your apartments for the holidays season— but please be sure to decorate in a safe way. Thank you.

## Garden Variety News

Our lovely gardeners are done for this year but I have an article about a gardener in Alaska! Amazing results in the land of the midnight sun. A man built a house plus a large greenhouse from hand hewn logs in Alaska, 122 miles below the Arctic Circle. It is powered entirely by solar power. He also manages an outdoor garden and makes his own compost to enrich the soil. He grows mostly vegetables— 32 pound cabbages, beans, and tomato vines that are nearly twenty feet high on a trellis. I was amazed at all that he can grow seven to eight months out of the year; it is truly incredible for being so near the arctic circle. He also hunts and fishes to sustain himself. We can be glad we don't have that much work to do....but I was very impressed.

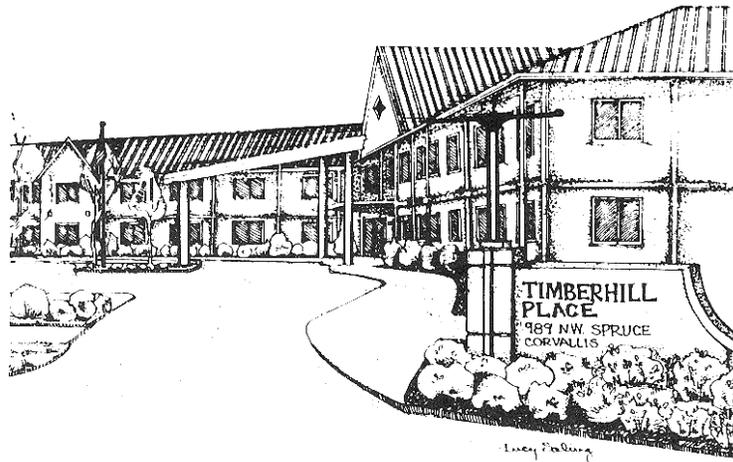
Happy Holidays!  
Xo Doris

### Fun Facts-

There is enough iron in a healthy adult to make a three inch nail.  
In the 16<sup>th</sup> and 17<sup>th</sup> centuries mummy and other body parts were ground up and used as medicine— eeewww!



*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*

