



Timber Tales



January 2019
Notes From Robin

I hope that everyone enjoyed their holiday and that you all got to celebrate the holidays in the tradition of your choice. December was a very busy and festive month with all the of holiday entertainment, it was fun to see everyone so happy and enjoying themselves. Speaking of all the fun holiday events, I wanted to thank all our Timberhill Place staff and volunteers for helping to make the holiday season here at Timberhill Place such a nice one. A big thank you goes to Page and his staff for providing all the holiday goodies and to Celina and Doris for decorating the building so beautifully. Thank you everyone, we appreciate all that you did and do for our Timberhill Place Community every day. Speaking of our wonderful staff, I have two staffing changes that I'd like to share with you. The first one has been a change in our nursing department, Martha, who has been with us for almost two years has decided it's time to retire from her nursing career. Her last day was December 31st. Martha has been an excellent nurse here at Timberhill Place and we sure will miss her. The good news is that we don't have to say goodbye to Martha as she has volunteered to come back and go to Doctor's appointments with our residents who have no one to go with them. This is a wonderful new service that we are excited to provide to those who need it. Our second staff change is the addition of our new nurse, so... Please join me in welcoming Keith to Timberhill Place. Keith joins us with several years of nursing experience and tells me that he is really looking forward to getting to know all of you, and to help you with your health care needs. If you haven't met Keith, be sure to stop by the Nursing office and introduce yourself. As we settle into the new year, I'd like to encourage everyone to take advantage of our exercise program here at Timberhill Place. The exercise class meets three days a week, on Monday, Wednesday and Friday at 10:00 in the main dining room. Most of the class is done while sitting with a small segment done standing next to your chair. Even though most of the routine is done sitting down it is still a very thorough workout. We try to offer a well-rounded program which includes stretching, aerobics, Pilates and strength training. The New year is always a good time to renew our efforts at staying active and healthy, so if you are attending the exercise class please continue and if you are not attending the exercise class now would be a great time to join. If you prefer to exercise on your own, there is a recumbent bike available for your use in the upstairs balcony. If you have questions about what type of exercise is right for you or how often you should exercise, speak with your health care provider or our facility nurse Keith. Just a reminder that is cold and flu season. If you don't feel well be sure to report it to one of our caregivers so that we can help prevent the illness from spreading to others. The most important thing that you can do to prevent cold and flu like illness is to wash your hands often with soap and water, drink plenty of fluids and to stay away from others who are ill. If you have family or friends who are ill, ask them to avoid visiting you until they are symptom free. Hopefully by following these precautions we will all stay healthy throughout the cold and flu season. Wishing you all a Safe and Happy New Year.

Cheers to the New Year. May it be an extraordinary one.

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

Tips for getting a good night's sleep.

As you age, you may find yourself waking up throughout the night. And you may wonder, "Is this a natural part of aging, or is something wrong?" Rest assured that tossing and turning is nothing to be alarmed about. One of the most common and pronounced sleep changes that come with aging is waking up more frequently. The most likely cause is some type of physical discomfort, such as the need to use the bathroom or reposition an achy joint. While you may not be able to change the way your natural sleep rhythms and tendencies have shifted, you can try many simple techniques to limit disruptors and improve your quality of sleep.

- Stop drinking fluids within two hours of bedtime to minimize trips to the bathroom.
- If pain keeps you awake at night, talk to your doctor to see if taking an over-the-counter pain medication like Tylenol before bed may help. While this may not stop you from waking up, you may have an easier time falling back to sleep.
- Keep your sleep environment as dark as safely possible. This includes limiting lights from the television, computer screen and mobile devices. Light disrupts your body's natural sleep rhythm.
- Limit caffeine intake, particularly in the eight hours before bedtime.
- Try taking shorter afternoon naps or cut them out altogether if you find you have trouble falling asleep at night after a long nap.
- Ease aches and pains that could disrupt your sleep by stretching for a few minutes each morning and at night.

<https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/8-ways-to-improve-sleep-quality-as-you-age/art-20270179>



<i>Resident Birthdays</i>	
Lori	1/14
Betty L.	1/15
Jane A.	1/15
Lola	1/16
Bud	1/17
Julia	1/24
Lou M.	1/31
<i>Staff Birthdays</i>	
Judy	1/2
Rose M	1/3
Diana	1/4
Cathy C.	1/28
Celina	1/30

Timberhill Place Team Leaders

Executive Director.....Robin Bemrose
 Marketing.....Debbie Vergo
 Director of Nursing.....Keith Seckel
 Director of Resident Care.....Judy King
 Director of Activities.....Celina Williamson
 Director of Food Service Page Hundemer
 Director of Housekeeping.....Doris Blum-Etzel
 Director of Maintenance.....Alex Roeser





Resident of the Month



Fred D.



Our Resident of the Month for January is Fred. Fred has lived here at Timberhill Place for about a year. Fred has lived many places, he was born in Wellsburg, West Virginia before moving to Grand Rapids, West Virginia where he graduated high school. After high school Fred landed a job in California in aerospace as a template maker. Following that he worked as an engineering tech for North American Aviation. Fred lived with his wife, Maxine, and their four children in Anaheim, California for a few years before they decided to move to the Pacific

Northwest. Settling in Corvallis, Fred worked at OSU as a technician for twenty five years. After retiring, Fred and his wife sold their house to buy a trailer to travel the country in. They were “snow birds”, escaping to the warmer weather of the southern United States and Mexico. Fred says that Mexico is his favorite place to travel to, he likes the food and people there. He says Corvallis is the nicest place he's ever lived, he enjoys living at Timberhill Place and likes the people he has met here. He says it is a nice place to be. It is certainly nice to have a resident like Fred at Timberhill Place. Congratulations on being Resident of the Month, Fred!



Employee of the Quarter



Scottie



Introducing our first Employee of the Quarter for the 2019 year: Scottie! Scottie is a med manager here and has a reputation for being helpful, prompt, and caring. She has been a dedicated employee here going on nine years; she commutes from her family's home in Blodgett daily, rain or shine. Scottie was born in Phoenix, Arizona and was raised in Blodgett, Oregon. She attended school in Philomath from kindergarten through high school. She has special memories from her childhood of working on

her grandparent's farm and playing softball and basketball all through school. One of her favorite places is her family's farm in Rickreall as well as Hawaii, a place she has traveled to with her husband. Scottie and her husband, David, have been married since 2012. They have two lovely daughters, 14 year old Haley and 9 year old Skyler. Scottie and her family enjoy exploring new places, hiking, and hunting. Scottie's pearl of wisdom is, “Have courage and be kind.” Thank you Scottie for all your hard work and congratulations on being selected Employee of the Quarter!

Activity Highlights for January



Lunch Outing

Our lunch outing for January will be to Applebee's in Corvallis on Thursday, January 24th.

Sign up on the van sheet located outside of Robin's office.



Entertainment

On Friday, January 4th there will be a performance by Sarah Everest on the Piano. The following week on Friday, January 11th there will be the Ice Cream Social with entertainment by Joe Martines on the guitar. The last Friday of the month is the Resident Birthday Party with entertainment by Larry Ditgen. Come enjoy the music, bring a friend or family member to enjoy the fun as well.



Cupcake Decorating

What can beat a craft that you can eat? If you like cupcakes and like to get creative with frosting, then this activity is for you.

Join us Tuesday, January 8th at 10 AM in the Friendship Room.



Beanbag Baseball

What's better than exercise? Exercise that's a fun, friendly competition! Get moving in this fun game as we play Beanbag Baseball on Thursday the 3rd and again on the 17th at 10 AM in the Friendship Room.

Garden Variety News

Here we are at the beginning of another year! Where did all those 52 weeks go? My dad always told me that life speeds up as you get older, he was right. So remember to enjoy every minute you're given. The special ones are treasures and the rest are blessings.

The daffodils are starting to poke their arms around the grounds. The plum trees are showing off with some January blooms, as per with their own tree tradition. We also have some very stubborn primroses on the patio. They never stopped blooming and refused to freeze during that last hard cold snap. That's flower power! Let's all go forth and bloom, no matter the weather.

See you Around.

XO Doris



Fun Facts— In Kentucky you can't dye a duckling blue. Also, 350 slices of pizza sell every second in America!



Thank you Martha

As many of you know, Martha our facility Registered Nurse has retired from her position here at Timberhill Place. Martha's last day was December 28th. Thank you for everything Martha, all of us at Timberhill Place wish you a happy retirement! We are also excited to see you as you volunteer to help residents to their appointments. Goodbye for now, and a big welcome to our new Facility Nurse, Keith.

goodbye



New Resident

Joan L.



A new resident here at Timberhill Place is Joan. Joan and her dog Cooper join us from Spokane, Washington. Joan was born May 9th, 1939 in Bend, Oregon and grew up in the Boise Valley of Idaho. Growing up on a ranch along the Snake River, Joan has memories of a special childhood spent with lots of experiences involving nature and animals. Joan loved rehabilitating and taking care of injured deer, runt pigs, rabbits, chickens, and other animals on the ranch. Joan attended college at the University of Idaho and graduated with a Bachelor of Science in Microbiology and Medical Technology and worked for various laboratories. While in college Joan met and married her husband. She has two daughters, Janice of College Place, Washington and Joanie Lynn of Adair Village, Oregon. She also says she has been blessed with five grandchildren and two great grandchildren. Joan was a Corporate Microbiologist for Ore-Ida Foods, a Clinical Lab Supervisor, and finally a Public Health Inspector for Multnomah and Washing-

ton counties, which she retired from. Joan has many interests, including anything involving creativity. In the past it included remodeling and redecorating homes where she has lived. She says that some have said it is unusual for a woman who enjoys working with tools, building, and making repairs. Joan loves to create, design, and repair furniture and homes. Joan says music has played an important part in her life, she has enjoyed playing the piano and organ since she was a little girl and eventually in her church for many years. She has enjoyed leading non-denominational community Bible Study and Women's Stonecroft Prayer Groups. Joan considers it a privilege to be able to serve the Lord and help others in many different ways. She considers experiencing the reality of the person Jesus Christ in her life, his love, and his miracles in her life to be the greatest accomplishment of her life. Joan enjoys meeting people and would like to know them and about them. We are glad to be able to get to know her as well. Welcome to Timberhill Place, Joan!



New Resident

Darrel B.



One of our newest residents at Timberhill Place is Darrel. Darrel was born July 7th, 1935 in Bucyrus, Ohio. Darrel graduated from Bucyrus High School and then received a Bachelor of Science degree from Denison University in Granville, Ohio. Darrel's father was a physician, which is how Darrel first received exposure to medicine. Darrel attended Harvard Medical school for four years and received his MD in 1961. Darrel says that living in Boston and attending school there were one of the best times of his life enjoying the camaraderie of the students at the school and the excitement of city life. He has fond memories of being a Red Sox fan and Fenway Park. After receiving his MD he moved to Seattle, Washington for his surgical residency. His first year of residency was completed at Harbor View Medical Center where he met Jean, his future wife whom he married in 1962. After Harbor View he spent six years at the University of Wash-

ington. Darrel and his family moved to Corvallis where he joined the Corvallis Clinic and practiced general surgery until he retired in 2000. He enjoyed working with people which is one of the reasons he went into surgery. After retirement, he and his wife enjoyed spending their time traveling; the places they travelled to included the Panama Canal, Scandinavia, and the Mediterranean in addition to many cruises. Darrel has two sons, Jeff of Encinitas, California and Jon of Seattle, Washington. Darrel has been a Presbyterian his entire life and a member of First Presbyterian Church in Corvallis since moving here in 1969. Darrel considers graduating from Harvard Medical School, his wife, and being the father of two children the biggest accomplishments of his life. He has been enjoying living at Timberhill Place and says the people and staff are very friendly and helpful. Welcome to Timberhill Place, Darrel!

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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