



# Timber Tales



## February 2019 Notes From Robin

Welcome to February! One of the best things about February is that it's a short month and that we get to eat chocolate in celebration of Valentine's Day. February tends to be wet, gloomy and cold. If you are looking for something to do, be sure to check the February activity calendar. Celina and Megan have planned several fun activities, social hours, music programs and outings to keep you busy. If you like to read the Corvallis Public Library helps us to keep a good variety of reading material on hand in the Friendship room. Did you know that the Timberhill Place van runs four half days and one full day a week to accommodate you if you want to go out? The van will take you anywhere in the Corvallis area that you want to go. The transportation service is complementary so be sure to take advantage of this service. If we happen to get snow or ice, we have no way to assess the road conditions safely, so we follow the Corvallis School Districts decision to run their school buses or not. If they close the school due to the road conditions, we will close the van service for the day. There are a few instances when we choose not to run the van even though the school buses are running. When this happens it's generally due to the amount of snow or ice buildup on the sidewalks or in the parking lots. These areas are often shaded and stay dangerously slick. The last thing that we want is to have one of our residents slip or fall as they enter or exit a building. If we happen to get snowed or Iced in for a few days and you need something from the store or pharmacy be sure to let the front desk know and we will do what we can to help you. Every year we have one or two adventurous residents try to walk to the store in the snow and ice, so before you do that, think about your safety and ask the staff for help. We don't mind helping you and most importantly we want you to stay safe. If you have questions about the transportation services be sure to talk with Cathy or Jessica our van drivers. We will be celebrating Valentine's Day on the afternoon of February 14<sup>th</sup> in the dining room. Be sure to mark your calendars and join Celina and Megan for a "sweetheart" of an afternoon.

*"Without Valentine's Day, February would be... well, January."  
~Jim Gaffigan*



Timberhill Place ~ 989 NW Spruce Avenue ~ Corvallis, Oregon 97330  
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Website ~ [www.timberhillplace.com](http://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.**



### Resident Birthdays

Margaret	2/4
Myrna	2/15
Jean R.	2/16

### Staff Birthdays

Kathy W.	2/5
Jessica	2/27
Jean K.	2/27

## Medical Notes

### Heart-healthy diet: Steps to prevent heart disease

- Control your portion size  
 Eat larger portions of low-calorie, nutrient-rich foods, such as fruits and vegetables, and smaller portions of high-calorie, high-sodium foods, such as processed or fast foods.

- Select whole grains.  
 Whole grains are good sources of fiber and other nutrients that play a role in regulating blood pressure and heart health.

- Limit unhealthy fats.  
 Limiting how much saturated and trans fats you eat is an important step to reduce your blood cholesterol and lower your risk of coronary artery disease. A high blood cholesterol level can lead to a buildup of plaques in your arteries, called atherosclerosis, which can increase your risk of heart attack and stroke.

- Choose low-fat protein sources.  
 Lean meat, poultry and fish, low-fat dairy products, and eggs are some of your best sources of protein. Be careful to choose lower fat options, such as skim milk rather than whole milk. Fish is another good alternative to high-fat meats, certain types of fish are rich in omega-3 fatty acids, which can lower blood fats called triglycerides

- Reduce the sodium in your food.  
 Eating a lot of sodium can contribute to high blood pressure, a risk factor for cardiovascular disease. Reducing sodium is an important part of a heart-healthy diet.

<https://www.mayoclinic.org/diseases-conditions/heart-disease/in-depth/heart-healthy-diet/art-20047702>

## 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

## Chuckle...Chuckle...Chuckle

A woman awoke on Valentine's Day with a start. She told her husband, "I just had a dream that you gave me a pearl necklace for Valentine's day. What do you think it means?"

"You'll know tonight," he said.

That evening, her husband came home with a small package for her. Delighted, she opened it – only to find a book titled "The Meaning of Dreams."



# Resident of the Month



Phyllis A.

Our Resident of the Month for February is Phyllis. Phyllis was born December 22, 1926 in Astoria, Oregon. Phyllis has a great love for the Columbia River, she has fond childhood memories of living on a houseboat on the Columbia River with her parents and her brother. She endearingly remembers one particular time that her brother threw their laundry over the side of the boat and her mother had to fish them out of the river from a duct boat—they weren't so fortunate the next time when it was the silverware! Phyllis reminisces of living on her Grandfather's farm and her many cousins, she said it was quite funny to see them all together at every family gathering which would always include a picture of all twenty-one cousins together. After graduating from Napa High School, Phyllis moved to Sacramento, California to attend college. Phyllis studied food and nutrition before receiving a Bachelor's degree in English Literature from Sacramento State University. It was in Sacramento that Phyllis met and married her husband, Dale, whom she always called Sterling. Phyllis and Sterling were both teachers and even had their own one room school together. They had two beautiful daughters together; Kelly, of Corvallis and Dawn, of Pennsylvania. Phyllis came to Timberhill Place when she moved to Corvallis to be near Kelly. She likes her apartment and the people at Timberhill Place. In her free time Phyllis enjoys reading, writing stories and poetry, and enjoying the outdoors and wildlife. Congratulations on being selected the Resident of the Month, Phyllis!



*Phyllis and her daughter Kelly*



# Garden Variety News



It's February and our thoughts turn to hearts and flowers. Many flowers are not only beautiful and medicinal but edible as well. Some of these multi-taskers are chamomile, yarrow, roses, pansies, violets, violas, and chrysanthemums. There are hundreds more, perhaps thousands, world wide to aid us, soothe us, adorn our cakes, and beautify our homes. Find a flower to appreciate this month!

Have a lovely Valentine's Day. ❤️

See ya around,  
XO Doris

Fun Fact: A cloud can weigh as much as a million pounds! It "floats" because the air under it is even heavier!

Fun Fact: Squirrels are behind most power outages in the United States.



# Activity Highlights for February



## Valentine's Day Party

Join us on February 14<sup>th</sup> at 2:30 PM in the Dining Room for some Valentine's Day fun! There will be games, chocolate, and love songs for you to enjoy. The love birds Too Slim Tom and Miz Marsha have some duets to sing for us.

We will be playing a "Guess the Sweetheart Game", if you would like your picture to be included please bring it to the friendship room so a copy can be made.



## Make and Take a Bouquet

Donna from the Garden Club will be here to teach us about flowers and floral arrangement aesthetics. We provide the fresh flowers and vases for this activity, just bring your creativity.

Join us for this fun activity in the Friendship Room on February 25<sup>th</sup> at 2:00.



## Women's Basketball Game

We have another opportunity to attend an OSU Women's Basketball Game on Sunday February 24<sup>th</sup>. The van will load at 12:15 with early lunch served at 11:45 for those who are attending. Be sure to sign up on the van sheet outside of Robin's office as soon as possible. Go Beavs!



## Superbowl Party

Join us in the Friendship Room on Superbowl Sunday for a fun time watching football. Kick off is at 3:30 PM on February 3<sup>rd</sup>. Snacks, treats, and drinks will be available for your enjoyment. Go team!



I Carry Your Heart With Me  
By E. E. Cummings

i carry your heart with me (i carry it in  
my heart)  
i am never without it (anywhere  
i go you go, my dear; and whatever is done  
by only me is your doing, my darling)  
i fear no fate (for you are my fate, my sweet)  
i want no world (for beautiful you are my world,  
my true)  
and it's you are whatever a moon has always meant  
and whatever a sun will always sing is you  
here is the deepest secret nobody knows  
(here is the root of the root and the bud of the bud  
and the sky of the sky of a tree called life; which  
grows higher than the soul can hope or mind can  
hide)  
and this is the wonder that's keeping the stars apart  
i carry your heart (i carry it in my heart)



# *The Timberhill Place Grandfather Clock: A Kentucky Original*

Whitley City, Ky  
August 14, 1986

Mr. C.D. Harman  
Pine Knot, Ky 47635

## History of Grandfather Clock

This Grandfather Clock is made of wormey Chestnut from the Stearns Hotel. The Stearns Hotel was built in 1902. (Says Mr. Frank Thomas)

This clock was built by Elmer Boggs retired County Agent and Caleb Stephens retired General Motor[s] worker. It took 70 man hours over 8 days to build this clock.

This clock is put together with wooden pegs and hand rubbed with fine steel wool - Three coats of finish were used. The clock is appraised at \$5,000.00 The works are German made and cost over \$400.00. All Hand Finish.

Signed Elmer Boggs



*Carol Williams by her mom's clock*

The clock in the corner of the dining room is a handsome grandfather - but whose? Beside the clock is a framed letter (contents above) dated 1986: "History of Grandfather Clock". The letter goes on to describe the Kentucky origins of the wood: "made of wormey Chestnut from the Stearns Hotel" which was likely built in 1902. The clock itself was finished by Elmer Boggs in Pine Knot, Kentucky for C.D. Harmon whose name is at the top of the framed letter.

In the 1930s, Harmon attended Eastern Kentucky University with his soon-to-be wife, Willa Farrald. Carol Williams, their daughter, writes, "They met at Eastern and loved that place all their lives!" C.D. went on to be McCreary County School Superintendent. Willa was Principal of the Pine Knot High School from 1940-1960. In later years they were both honored as Distinguished Alumni by their alma mater, Eastern Kentucky University, where C.D. later returned to become Director of Alumni Affairs. When C.D. & Willa moved to Florida in 1960, she became the Principal of the Bay Point Elementary School in St. Petersburg, retiring in 1973. In the 1997 eulogy, the Rev. John Evans of First Christian Church, Corvallis, wrote: "Willa had devoted her life to trying to improve the lives of young people through education."

Willa had moved from Florida to Oregon in 1996 to be closer to Carol, her daughter, Carol's husband, Dr. Bruce Williams and their family. The clock, built decades earlier in Kentucky from "wormey Chestnut", had traveled to Florida, then to Oregon where it was installed in the Timberhill Place dining room for all to enjoy. Willa's clock... a touch of home.

*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*

