



Timber Tales



March 2019 Notes From Robin

March is one of my favorite months of the year, the promise of spring is in the air and everyone has an added pep to their step-in anticipation of warmer days to come. The grounds at Timberhill Place are looking as beautiful as ever. So... be sure to go outside and enjoy some of that wonderful brisk spring air.

On Sunday, March 10 Daylight Savings Time begins. If you need help to set your clocks forward, be sure to ask a staff member for help. I'm sure everyone is looking forward to a bit more daylight in their day. I know that I am.

As we transition into spring, I'd like to encourage everyone to take advantage of the transportation service that is provided for your use at Timberhill Place. You may use the van to take you to local medical appointments, to run local errands, to go to the beauty shop or the bank or where ever it is that you want to go in the local area. The van service has designated hours Monday – Friday for your use. To use the van service, write your name and destination in the van book along with the time you want to go, and Cathy or Jessica will get you there and back. Our staff will assist you on and off the van, help you in and out of the building and help you carry any packages that you may have. If you need someone to escort you, or to stay with you during your appointment please plan for someone to help you ahead of time. We do have a volunteer who is a retired nurse who may be able to go with you to your appointment if your family or friends can't accompany you. She will either ride on the van with you or meet you at your appointment. If you would like to use this service, please speak with Keith or Judy from the nursing department and they will arrange it with the volunteer for you. Please refer to the van schedule when you are making your appointments to ensure that you are making your appointment at time the van is scheduled to run. It is also important to remember that the van service starts a 9:00am. Please do not make your appointment for 9:00am. The van drivers need time to get you to your destination. It is also important to remember that the van needs to be back at Timberhill Place by 12:00 noon when it runs in the morning and at 4:00pm when it runs in the afternoon. If you schedule an appointment that will run past these times you will need to make alternate transportation arrangements for your return to Timberhill Place. We realize that doctor appointments do run over, and we will accommodate those situations. If you have questions about the van service or suggestions on how to improve these services, please feel free to speak with Cathy or Jessica. We are always looking for ways to improve the services that we provide to you and look forward to hearing your suggestions.

Are you ready for some Irish fun? I sure hope so, because on Friday, March 15 we will be celebrating St. Patrick's Day a "wee bit early" with a party you won't want to miss. Be sure to wear some green just in case those little green leprechauns show up.

We ♥ March
'cause
Spring is "almost" in the air!

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

Fred D. 3/11

Jim 3/17

Bill 3/19

Staff Birthdays

Esther 3/8

Jake 3/10

Vesna 3/11

Miranda 3/14

Caroline 3/16

Alex Z. 3/28

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-Etzell
Director of Maintenance.....Alex Roeser

Medical Notes

SPOT A STROKE F.A.S.T.

F.A.S.T. is an easy way to remember the sudden signs of stroke. When you can spot the signs, you'll know that you need to call 9-1-1 for help right away.

F.A.S.T. is:

F Face Drooping - Does one side of the face droop or is it numb? Ask the person to smile. Is the person's smile uneven?

A Arm Weakness - is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

S Speech Difficulty - Is speech slurred? Is the person unable to speak or hard to understand? Ask the person to repeat a simple sentence, like "The sky is blue." is the sentence repeated correctly?

T Time to call 9-1-1 - if someone shows any of these symptoms. Even if the symptoms go away, call 9-1-1 and get the person to the hospital immediately. Check the time so you will know when the first symptoms appeared.

Information from the American Stroke Association

Free Tax Aid from AARP Foundation

Free tax preparation and assistance for taxpayers of all ages and backgrounds is available from AARP Foundation Tax-Aid, the nation's largest free volunteer-run tax and preparation service, you do not need to be a member of AARP or a retiree to use this service. In the Corvallis area, Tax-Aide is offered at the Public Library, Elks Lodge and the A Senior Center. Call 541-602-5829 to schedule an appointment at the Tax-Aide location of your choice. Hours and days of service vary by site. Walk-ins with no appointment are available.

Resident of the Month

Doris M.



Our Resident of the Month for March is Doris M. She was born on April 26, 1929 on a farm in south-western North Dakota. Doris was the youngest of seven siblings; she had four brothers and two sisters. Doris worked on the farm with her siblings and enjoyed many hobbies such as skiing, playing the piano, listening to music and going to barn dances. Doris stayed in town to attend school during the week and would go home on the weekends, her favorite thing to do was to play their family church organ. Doris says she inherited a talent to play music by ear and that her family has always been brought together by music. Her mother was musical and her brother would play the squeezebox, with Doris herself taking lessons to learn to play the accordion. After Doris obtained her high school diploma she went on to business college. Doris met a man named Morris and before long they got married. Together they had 4 children, Bruce, Beth, Brian and Barbara. After business college, Doris worked in an office. Morris worked on the facility at Oregon State University. After retirement, Doris spent her free time Folk dancing, playing bridge and Pinochle. Today, Doris says that her children and their families are the most important people in her life and that her children are her biggest accomplishment. Congratulations on being selected the resident of the month, Doris!

New Resident

Wanda



A new face to Timberhill Place is Wanda. Wanda was born June 14th, 1924 in Blodgett, Oregon and has been a resident of Benton County for most of her life. She attended school in Philomath, with special memories from her youth of riding horses. Wanda met her husband Bill in high school; he was in the Navy and they were married in 1945 when he returned. They owned Ridenour Shell Oil and Kelly Tires, Bill ran the business and Wanda did the bookkeeping. Wanda remembers the long hours they put in and the time and effort it took to rebuild whenever they had to modernize the station. Wanda and Bill had two children together, daughter Gerry of Arkansas and their son Bob who took over the station for several years after they retired. Wanda has fond memories of her retirement spent with Bill, they owned a cabin along the Deschutes River and spent their winters in Arizona. They enjoyed traveling to Alaska, Hawaii, and Mexico as well; Wanda says her favorite place to visit was to see her grandchildren in Michigan. Wanda has 5 grandchildren and 8 great grandchildren, all of whom are very special to her. Wanda enjoys playing cards and crossword puzzles. She says she is very comfortable here and has really enjoyed her move. Welcome to Timberhill Place, Wanda!

Activity Highlights for March



Daffodil Drive

Thursday, March 7th

The van will load at 1:15.

This will be our annual trip to visit the Daffodil fields.



Daylight Savings Time

Daylight Savings Time starts on Sunday March 10th. Be sure to set your clock an hour ahead on Saturday night.

Entertainment

Friday March 1st—Nervous Breakdown
2:30 in the Dining Room

Sunday, March 10th—Celtic Arts Irish Dancers
3:30 to 4 in the Dining Room

Friday March 15th—Celtic Sessions
2:30 Party in the Dining Room

Sunday March 17th—Violin Students Recital
2:30 in the Dining Room

Friday March 22nd—Brown Bag Band
2:30 Ice Cream Social in Dining Room

Friday March 29th—Adam Stephenson
2:30 Resident Birthday in the Dining Room



Saint Patrick's Day Party

We will be celebrating Saint Patrick's Day with a party on Friday March 15th at 2:30 PM in the Dining Room. Bring your St. Patrick's Day spirit to the party with entertainment by Celtic Sessions and enjoy some refreshments. Don't forget to wear green, keep your eye out for any leprechauns, and especially that pot of gold!



Project with High School Students

Timberhill Place has been given a unique opportunity to work on a project with High School Honors student volunteers from Crescent Valley High School. This project will include making a mosaic design on terra cotta pots the first week and then planting in those pots the following week. Join us for these activities in the Friendship Room:

Making Mosaic Pots with High School Students on Sunday, March 24th at 2 PM.

Planting in Mosaic Pots with High School Students on Sunday, March 31st at 2 PM.

If you do not get a chance to mosaic a pot we will provide one for you when we do the planting activity.

Fun Facts about the Irish Blarney Stone

The Blarney Stone itself is found in the village of the same name: Blarney, County Cork, Ireland. Officially, its called the 'Stone of Eloquence'.

Anyone kissing the Blarney Stone magically acquires the gift of gab, eloquence or skill at flattery. However, for anyone wanting to kiss the 'Blarney Stone' this is not a trivial task. Kissing the Blarney Stone is a team effort. The kisser lays down and lowers his body backwards into the chasm whilst holding a support bar, and a friend sits on his legs to keep him anchored firmly to the floor.

In ancient times pilgrims were hung over the parapet by their feet and lowered so they could kiss the stone.

The word 'blarney' has entered common parlance meaning clever bluster, or coaxing someone to do what you want.



New Resident



Walt



A new face to Timberhill Place is Walter or “Walt”. Walt was born August 1, 1935 in Albany, Oregon. He attended school in Albany through grade school, middle school, and high school. Walt attended school with his future wife, Sharon, although he says that he didn't know it at the time that he would end up marrying her. Walt and Sharon were married in 1957, they had four children together and their children even attended the same schools in Albany that they both did. Sharon was a bookkeeper and mail room supervisor while Walt was a jack of all trades. Walt first worked at a furniture store that built quality maple furniture and then he went on to work for a plywood plant. Walt says he gained a lot of experience while working there, starting with operating the dry chain and working his way all the way up to head sawyer. After that Walt worked various positions at the American Can Pulp Mill in Halsey where he eventually retired from. After retiring, Walt and his wife enjoyed traveling together; Walt says that their most special trip was when his kids chipped in to surprise them with a cruise to Alaska. Walt and Sharon enjoyed taking many casino trips in their retirement as well, they enjoyed travelling to Spirit Mountain and Seven Feathers Casino. Walt is enjoying his move here to Timberhill Place and especially likes the food. Welcome to Timberhill Place, Walt!



Garden Variety News



Spring is coming soon. Gardens are now being prepared for your gardening enjoyment and endeavors. Plots will be assigned the first week of April. Garden questionnaires are available at the front desk. Please take a few minutes to fill one out if you plan to have a garden. These help me keep all of you humming along. Keep an eye out you bird watchers... Swallows, Goldfinches, and Bluebirds are on their way. One year I counted nineteen kinds of birds around THP.

I'll see you in the garden,
XO Doris

Fun fact: The average human grows 550-600 miles of hair in a lifetime! Also about 6 ft. of nose hair!

Fun fact: Since the late 1940s the magnetic North Pole has moved 600 + miles to the NE, and is now in the middle of the Arctic Ocean.

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*

