



Timber Tales



April 2019 Notes From Robin

Welcome April, it's time to celebrate as spring gets into full swing. With spring in mind it's time to think about the community gardens and whether you will be reserving a community garden space this year. Doris and Alex R. will begin clearing out the raised garden beds and turning the soil in preparation for the spring planting soon. If your garden space has not been prepared, please do not plant anything in your garden space until it is ready for planting. Our goal is to prepare the raised beds for planting. Assist you as needed with watering and weeding, but not to plant and maintain the garden for you. You will need to be willing to participate in your garden upkeep to have a garden space. If you are not sure if you can maintain a garden on your own, you may want to ask a friend or family member to help you. The community gardens provide a wonderful opportunity for recreation, exercise and therapy. They produce an abundance of beautiful flowers and tasty vegetables for everyone's enjoyment. Be sure to talk with Doris from the housekeeping department to reserve your garden space before they are all gone. I wish you all much success with your garden this year.

Easter Sunday, April 21. If you plan on inviting guests for Easter dinner which is our noon meal, be sure to let the front desk know a week in advance so that we can plan for additional food and seating. Your guests are always welcome to share a meal with you at any time. We just ask that you notify the front desk that you are having guests at least two hours in advance of the meal to ensure that there is enough food prepared to accommodate them. Guest meals are available at a reasonable fee and can be purchased at the front desk or charged to your monthly bill with your permission. If you would like to reserve a table in the dining room or use the small dining room for your meal, please let us know at the time of your meal reservation. The small dining room is generally available for larger groups and can seat up to 10 people comfortably. It can be reserved at no cost to our residents. The small dining room is used for family meals, parties, bridge groups, bible studies, tea's and socials. It can also be reserved for private meetings. You can make your reservations to use the small dining room at the front desk. As always, we appreciate as much advanced notice as possible. The small dining room is reserved on a first come bases and may not always be available at the time or date that you want. In these cases, we always do our best to come up with an alternate solution to meet your needs.

I hope you can join us as we celebrate National Volunteer Week. It begins on Sunday, April 7 and ends on Saturday, April 13. This is a special week for us as it provides us with the opportunity to thank our Timberhill Place volunteers for all the extraordinary things that they do for our residents and our community each day. Our volunteers help us with resident visits, shopping, bingo, trivia, Bible Study, Church services, scrabble, popcorn time, crafts, outings, social events, parties and whatever else we may need. We thank them for their time spent volunteering, their actions are priceless, and they enrich the lives of our residents each day. So...Thank you to all our volunteers, you are truly appreciated.

As always, the management of Timberhill Place is looking for ways to improve the services that we provide to you. We look forward to hearing from you and would appreciate any suggestions that you may have.

*Do small things with great love.
~ Mother Teresa*

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

Do you get dizzy when you stand up? Turn your head? Bend over? This may be caused by postural low blood pressure. When you change position, your body must adjust your blood pressure. As you get older (55+) your body needs more time to make this adjustment because the arteries that carry your blood may be less elastic and smaller in diameter.

There are several ways to decrease episodes of dizziness from postural low blood pressure and improve your balance. Increase your lower body strength. You can do this by standing up and sitting down in a chair while holding onto the arm rests several times a day. Before you stand up, flex feet and lower legs a few times and open and close your fists. Have something to hold onto while you stand. Then, once standing count to 3 before you start to walk. This gives your blood vessels time to make the blood pressure adjustment you need when changing positions.

Other helpful hints are to stay hydrated. Drink fluids even if you are not thirsty.

First thing in the morning: sit up in bed, then move to the edge of bed and sit for a count of 3, then *slowly* stand up. When you turn your head or turn your body, hold on to something. This will help prevent a fall.

Resident Birthdays

Hannelore	4/1
Richard	4/8
Doris W	4/8
Sue	4/17
Doris M	4/26
Ruth B	4/27

Staff Birthdays

Tia	4/12
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 **Happy 101st Birthday, Ruth B!**

A fun Q & A with the lady who has lived an entire century, and a year!



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

Q: What's the secret to living such a long life?

A: I would say just being happy and having wonderful friends and family.

Q: Living an entire century you must have seen a lot of fashion trends. Is there a trend that you wish would never go away?

A: I really love long ball gowns with full skirts.

Q: How will you be celebrating your 101st birthday?

A: With family, I hope. They haven't invited me yet!

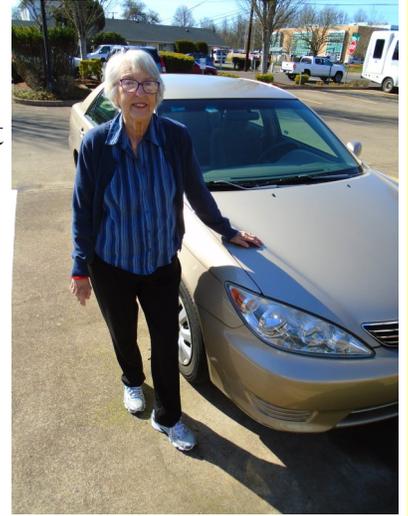


Resident of the Month



Pat

The Resident of the Month for April is Pat. Pat has lived at Timberhill Place since September of last year. Pat was born July 9th, 1932 in Seattle, Washington. She attended school at Latona Grade School before completing high school in Coeur d'Alene, Idaho. Pat graduated from Sacred Heart School of Nursing in Spokane, Washington in 1953. Pat and her husband Bob were married in 1956, they settled in Corvallis where Pat worked as a hospital nurse for Good Samaritan until her retirement in 1992. They had 3 children together; Nancy of Corvallis, Diane of Monmouth, and John of Martines, California. Pat has 7 grandchildren and 5 great-grandchildren. Pat says a fun fact about her grandchildren is that she has two grandchildren who are three & five years old and two great-grandchildren who are the same ages, three and five years old! Pat says she enjoys the little daily quotes that are put on the white board and that the staff at Timberhill Place are wonderful. She says that everyone at Timberhill Place is friendly, "They like me and I like them." Congratulations on being selected Resident of the Month, Pat!



Employee of the Quarter



Cathy



Our Employee of the Quarter for spring is Cathy! Cathy is one of the van drivers at Timberhill Place and she is always lending a helpful hand and getting you where you need to go. Cathy was born in Tulare, California and lived there until her family moved to a dairy farm in the "big city" of Jefferson, Oregon where she graduated high school. Cathy calls Albany her home, she lives there with her husband of twenty-five years, Butch. She says she has been blessed with two daughters, two step daughters, five grand children, and seven great-grand children. Cathy loves butterflies, hummingbirds, art, animals, and wildlife. Her favorite places are all of Oregon's coast, rivers, and lakes. Cathy says,

"In the years I have been here at Timberhill Place I have had the honor of meeting and assisting some of the most appreciative and kind people. They have all made my seventeen years of employment here very enjoyable." We sure do love having Cathy's smiling face around Timberhill Place. Congratulations on being selected employee of the quarter, Cathy!



Activity Highlights for April

Women of World War II

On Tuesday, April 23rd Sandra Potter will be here to do a presentation called Women of World War II. Please join us in the Dining Room at 2:30 to hear this unique perspective and discussion of historical events.

Card Making

Join us for the special and fun activity Making Easter Cards on Thursday, April 4th at 10 AM in the Friendship Room. There will be various card making supplies available, including envelopes-perfect for giving to a loved one!



Outing to Tulip Festival

Our annual trip to the Tulip Festival will be on Thursday, April 25th. The tulip Festival is held at the Wooden Shoe Tulip Farm in Woodburn.



Easter Egg Dyeing

Children will be here to dye Easter Eggs with us. Join us for this fun activity at 10 AM on Thursday, April 18th in the Dining Room.

Garden Variety News

Great green gobs of garden vegetables are heading our way! The only way to stop this monstrous invasion is to capture as many as you can...and devour them! Some gardeners start early with peas and such, others wait for frost free temperatures and then go crazy, that's me. I let the anticipation build until my enthusiasm costs me lots of money at Wilco. But some things I save seeds from, if I liked how they tasted and produced, like butternut squash, beets, and tomatoes. It's sort of free...and fun. Sometimes you get a surprise a hybrid that is no longer a hybrid but has mutated back to its possible original origin. One year I had a zucchini that was half green and half yellow, inside and out, and more round than long. Quirky, but still yummy. As we go forth this spring to begin our gardens, let us be thankful for sunshine and bees. And let's all be thankful for whatever we can accomplish, no garden is too small to delight its owner. It's going to be another great year!

I'll see you in the garden!

XO Doris

Fun Fact: The Statue of Liberty wears 25 ft. long sandals. The equivalent of a women's size 879!

Fun Fact: According to botanists - blackberries, raspberries, and strawberries are not berries stating that a true berry stems from one single ovary flower and has 2 or more internal seeds like bananas, kiwi, and watermelons! Really!

Fun Fact: It's impossible to hold your nose and hum... go ahead, try it!

The Many Smiling Faces of Timberhill Place Volunteers



Carol hosts Popcorn every other Tuesday for a nice treat and good conversation.



In honor of National Volunteer Week this month Timberhill Place would like to thank all volunteers for the joy they bring and all that they do for the community. They truly make Timberhill Place a home.



Martha volunteers to accompany residents to their doctor's appointments. She also helps with crafts.



Judy and Linda host Bible Study every other Wednesday to learn from and discuss God's written Word.



Donna from the Garden Club organizes and donates flowers from her garden for the Make and Take a Bouquet activity. She also donates flowers for the facility to use.



Colene contributes to Timberhill Place's Veteran's Day Program as well as hosting Skip-bo, afternoon teas, and sing-alongs.



Gene brings fun to Trivia in the Lobby as well as a wealth of knowledge.

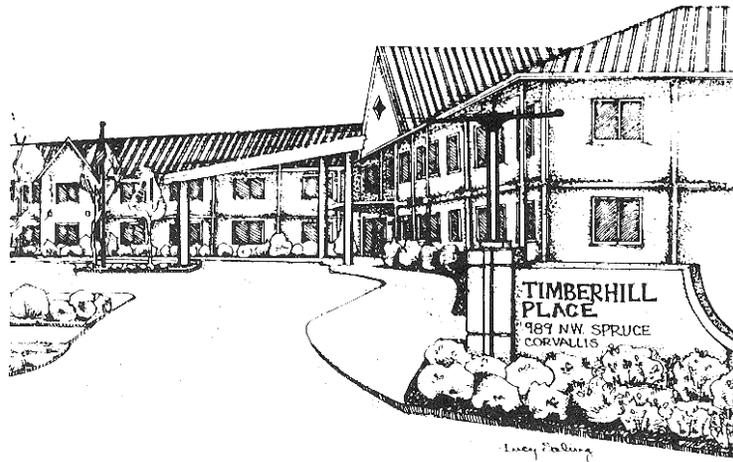


Don calls Bingo every Wednesday. Don also plays Scrabble in the Lobby. He designed the life-sized Scrabble board himself and handcrafted all the pieces.



Thank you to all of the volunteers of the VISIT program. VISIT is an organization that operates through the Retired and Senior Volunteer Program RSVP of Linn, Benton, and Lincoln Counties. Volunteers are paired with residents and visit once a week for an hour. If you are interested in being paired with VISIT please speak with the Activity Department.

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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