



Timber Tales



June 2019 Notes From Robin

Hello June, June is considered the first month of Summer. Not only do we get to enjoy warmer weather, we get to enjoy all the beautiful summer flowers that surround us. The birds are enjoying all the bird feeders that many of you have outside of your apartment windows. The humming birds are back and can be seen on most days outside of the main dining room windows. I hope that you get a chance to see them. They are so beautiful to watch while in flight. Speaking of warmer days and beautiful flowers, I hope that you take advantage of our scenic drives on each Thursday afternoon or consider joining Celina and Megan on one of their weekly walks around the neighborhood. A walk in the sunshine is a great way to start your day.

With the arrival of summer, we have an increase in visitors to Timberhill Place. Please remember that your guests are always welcome, and we encourage you to invite them to attend any scheduled activities and social events with you. If you plan to invite your guests for a meal, please make your guest reservations at the front desk. The kitchen requests a two-hour advance notice for guest reservations. If your guest has special dietary requests, please be sure to inform the front desk at the time of the reservation.

Please remind your guests to sign in and out on the visitor sheet at the front desk each time that they enter or leave the building. If you are having overnight guests, please notify the front desk with the name of who is visiting and how long they are staying. This information is necessary for any emergency that may occur during their stay. Speaking of emergencies, your guests should avoid parking their vehicles at the front entrance of the building. This area is intended for loading and unloading only. No vehicles at the front entrance should be left there for longer than five minutes. The police and fire department require us to keep this entrance free of vehicles to allow easy access to the front entrance of the building in the event of an emergency. Timberhill Place staff and the emergency responders thank you for helping us to keep our residents and building safe.

Please join us as we celebrate Father's Day on Friday, June 14, at 2:30pm on the outside patio with a barbeque and music for your enjoyment. We encourage you to invite those special people in your life to join you as we honor our Timberhill Place Fathers. This celebration is for everyone, so mark your calendars and plan to attend. I wish all our Timberhill Place Fathers a very Happy Father's Day.

*A Father is someone you look up to no matter how tall you grow.
~unknown*

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	
Joy	6/3
Bob	6/3
Wanda	6/14
Marion	6/15
June	6/17
Ila	6/21
Ethel	6/22
Ruth D	6/25
Staff Birthdays	
Mike	6/12
Liz	6/14
Deanne	6/15
Gena	6/25

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

Improving Memory

In many ways, our memories shape who we are. They make up our internal biographies—the stories we tell ourselves about what we've done with our lives. They tell us who we're connected to, who we've touched during our lives, and who has touched us. In short, our memories are crucial to the essence of who we are as human beings.

That means age-related memory loss can represent a loss of self. It also affects the practical side of life, like getting around the neighborhood or remembering how to contact a loved one. It's not surprising, then, that concerns about declining thinking and memory skills rank among the top fears people have as they age.

What causes some people to lose their memory while others stay sharp as a tack? Genes play a role, but so do choices. Proven ways to protect memory include following a healthy diet, exercising regularly, not smoking, and keeping blood pressure, cholesterol, and blood sugar in check. Living a mentally active life is important, too. Just as muscles grow stronger with use, mental exercise helps keep mental skills and memory in tone.

Are certain kinds of "brain work" more effective than others? Any brain exercise is better than being a mental couch potato. But the activities with the most impact are those that require you to work beyond what is easy and comfortable.

Playing endless rounds of solitaire and watching the latest documentary marathon on the History Channel may not be enough. Learning a new language, volunteering, and other activities that strain your brain are better bets.

From Harvard Health Publications, 2016





Resident of the Month

Lou and Jackie



Here is a fun Question and Answer with our Resident of the Month, Lou and Jackie.

Q: How did the two of you meet?

Lou: "We were both students at UCLA. Jackie was Assistant Director of a Masonic Affiliate Club that I was interested in. The club had a beautiful ball-room floor for dancing. I learned how to dance and I danced with Jackie. She was a great dancer."

Q: Who is the most interesting person you've met and talked with?

Lou: "For me one of the most interesting things was I was graduating college and I didn't like my job prospects so I signed up for another year of college. I joined a chemistry class and met a fellow student who gave a seminar in chemical oceanography at SCRIPS Institution of Oceanography in San Diego. I was sold and started studying oceanography."

Jackie: "One of the most fascinating for me was I got involved with meeting an astronaut. People couldn't believe that astronauts could see what they said they were seeing from space. Two of us from the Visibility Lab where I was working got to have the opportunity to meet and talk with one of the astronauts about what they said they could see. It was incredible."

Q: What is the last thing you were really excited about?

Lou: "Jackie! First and last."

Jackie: "Not too long before coming here we had the wonderful opportunity to travel around the world. We were able to reconnect with various people Lou had worked with in oceanography. That was very special to me, it was so nice to make contact with these people again in places from Japan to Bangkok and Israel."

Q: What book has had a significant impact on you?

Lou: "As a bar mitzvah present I received a 'Collected Works of Mark Twain'. It had Life on the Mississippi, Tom Sawyer, Huckleberry Finn. That book as a young teenager really brought me into classic humorous writing with a great amount of adventure. He is a terrific writer, it gave me a respect for knowledge."

Q: What's the most creative thing you've ever done?

Jackie: "Occasionally when you are working with scientific data you have these moments where you've felt you've learned something. Getting it written and accepted as literature is a feeling of creativity. I never thought I would be published but I was."

Q: Where did you get your cat Piki?

Lou: "Piki is a rescue cat of sorts. She was initially rescued as a barn cat. We adopted her from a dying friend and promised to take care of her."

Jackie: "She's so happy here."

Timberhill Place certainly is happy to have Lou, Jackie, and Piki here as well. Congratulations on being selected Resident of the Month!



Garden Variety News



The resident gardens are looking really great! I've adopted one little section for cosmos and red sunflower, so watch for a show of color in the last garden.

In a recent article, suburban gardeners were encouraging homeowners to abandon "lawns," as they are an unnatural environment that does not provide an ecosystem for animals, birds, or insects, by the very nature of its maintenance. They recommend turning your yard space into a garden space, including a water feature and composting. Using organic methods, this creates a natural system and encourages wildlife. Sounds good to me... and you get lovely things to eat. Tell your friends and families.

See you in the garden XO

Doris

Fun Fact: A Canadian woman lost her wedding ring while gardening... and found it thirteen years later with a carrot growing through it!

Fun Fact: Pineapples were named after pinecones by European explorers in the 1690s.



Activity Highlights for June



Ice Cream on the Patio

As we move in to the warmer months we are bringing back Ice Cream on the Patio! Join us every other Tuesday at 3:30 for an ice cream bar and friendly conversation on the patio. We will still have Popcorn in the Dining Room every other Tuesday afternoon.



Trip to the Coast

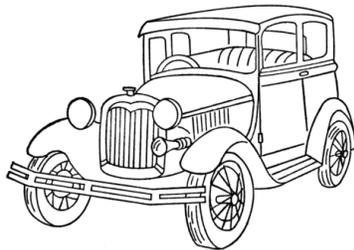
We will be taking a trip to visit the Oregon coast on Thursday, June 27th. Join us for this fun outing and lunch at Georgie's Beachside Grill in Newport. The restaurant features a beautiful view of the ocean. Sign up on the van sheet outside of Robin's office.



Father's Day BBQ and Car Show

Please join us Friday, June 14th as we celebrate all the Fathers we know and love. We'll get the party started with a BBQ on the patio and ice cream bars as we enjoy the music and vocals provided by Kurt Smith on the Guitar. There will also be classic cars parked in the courtyard for you to admire.

The cars featured will be presented by members of the Enduring A's Car Club of Albany.



Garden Walk

Join us every Wednesday at 1 PM for a walk around the Garden. A little sunshine and fresh air is good for the body and mind. We will meet in the lobby before heading out for a short walk.

Fathers can be solitary mountains,
All their love rock-like, steep, and strong.
Though warm and caring, somehow they belong
Halfway home to mothers' bubbling fountains.
Each of us needs love that knows no quarter,
Reminding us of bonds that cross a border,
Strengthening our sense of right and wrong.

-Author Unknown



[noun]

dad

/pronounced/ dad

- 1.) A man who raises children with love and patience.
- 2.) Provider, Hero, Protector
- 3.) Someone who gives advice and teach by example

See also: Superhero



New Residents



A new resident to Timberhill Place is Glad. Glad joins us in apartment 217 with her cat, Pixie. Glad was born August 31, 1921 in Ovid, Michigan. She has special memories of growing up on a farm; she learned how to drive the horses for hay season with her father and how to sew from her mother. Glad loved making doll clothes and eventually her own clothes. She graduated high school in Ovid before attending Mt. Pleasant College then Michigan State to become a 2nd Grade School Teacher. Glad met her husband Greg in college; he was a mechanical engineer and loved to fly airplanes. She recalls many vacations with their children Stevie, Cindy, and John with Greg piloting the plane they travelled in. Glad and her husband enjoyed designing and building the homes that they lived together in Michigan and Illinois together. Glad has always loved art and incorporating art into the lives of her children. She especially enjoys painting and pottery, she even opened a Sculptor's School in her basement where she had her own kiln and made her own glazes. Glad loves singing

as well, she has from a young age enjoyed singing in choirs at school and in church. Aviation has always been a big part of her family's life, with her son and two of her grandchildren learning to fly from Greg, then becoming airline pilots for American and Southwest Airlines. Glad says that the biggest accomplishment of her life is raising such wonderful children. She says it makes life interesting to get to know each other. She looks forward to getting to know the people at Timberhill Place as she settles in to her new home with the help of her daughter Cindy who lives in Corvallis. Welcome to Timberhill Place, Glad!



A new resident to Timberhill Place is Mary. Mary was born October 16th, 1930 in Glencoe, Illinois. She has memories of growing up spending days in the sand on the beaches of Lake Michigan. Mary met her husband Stuart in school; they were high school sweethearts who would share 57 years of marriage, three children, and two grandchildren together. Mary received her Bachelor's Degree in English Literature from Smith College in North Hampton, Massachusetts. Stuart's work for Life Magazine required them to live in various cities including St. Louis, New York, and Atlanta. Mary was a home maker and volunteer member of the Junior League; she especially loved her volunteer work with babies at the hospital. Mary has a lifelong love of golf and reading. She especially loves books that give a perspective of historical and current events and getting completely immersed in a story. She has been settling into Timberhill Place with the help of her daughter, Sarah. She says she enjoys the people here a lot and is very comfortable here. Timberhill Place is certainly happy to have Mary

here as well. Welcome to Timberhill Place, Mary!



Jane is another new resident to Timberhill Place. Jane was born July 7, 1926 in Rugby, North Dakota. She has special memories of growing up in the windy state, she says she loved to run rampant through the picturesque hills of North Dakota. She attended public school there and then went to Minot, North Dakota to receive her teacher's training. She met her husband on a blind date while she was in college, which she says was a fun time to be alive. Her husband Warren was a general contractor and they had four children together, Diana, Jan, Douglass, and Lyle. They lived in Van Nuys, California and she enjoyed the family trips they took to experience and learn about the continental United States while her children were young. Jane made her children's clothing and enjoyed cross stitching, nowadays she enjoys coloring. Jane is known for wearing brightly colored hats; she says that it started with her early life on a farm and turned into a life long love of hats which

she has in various colors from cherry red to bright purple. Jane has been settling in to her new Corvallis home with the help of her daughter Diana. Welcome to Timberhill Place, Jane!

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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