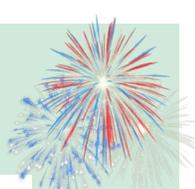


# Timber Tales



July 2019  
Notes From Robin

It's July, and time to enjoy all those warm summer days that are sure to come our way. With that in mind, I hope that you will follow these simple step to help you stay safe and cool this summer. Stay hydrated by drinking plenty of liquids. There is ice water and a variety of juice available in our main dining room. The juice bar is self-serve between meals. Please feel free to help yourself to a nice cool drink whenever you feel like it. If you are not thirsty, try eating a piece of fresh fruit, which is another way to help you stay hydrated. There is a fruit bowl located on the round table in the dining room in front of the juice bar. Page and the kitchen staff do their best to keep it stocked with seasonal fruit for your enjoyment. When you are outdoors, wear sunscreen and a hat. Always wear light weight clothing and avoid taking your walks during the hottest part of the day. Last, but not least, keep your apartment cool. Close your windows and blinds and turn on your air conditioner during the hottest parts of the day. If you have questions about heat related illness, speak with Keith who is our facility nurse or with your physician. Be sure to ask any staff member for help to set the temperature on your apartment air conditioners if you need it. It is always our pleasure to assist you no matter the time of the day or night.

We have had several new residents move into Timberhill Place over the past few months. As you all know, one of the hardest things for any new resident is entering the dining room, not knowing anyone and finding a table to sit at. I'd like to encourage you all to introduce yourself to our new residents and invite them to join you for a meal. This is a wonderful way to welcome someone new and a great way to get to know each other. While we are on the subject of meals I'd like to remind everyone that we have a no assigned seating policy in the dining room for resident daily use. If a resident is having guests the kitchen staff will reserve a table so that the resident and their guest can enjoy a meal together. The kitchen staff decides which table to reserve. If you see a reserved sign on a table you normally sit at, I respectfully ask that you choose another table to sit at for that meal. The same rule applies if you see someone sitting at a table you normally like to sit at, you either need to join that person at the table if there is room or sit at another table. It is not acceptable to ask someone to move from the table because you consider them to be sitting in your spot at the table. If you have questions about the no assigned seating policy I would be happy to discuss it with you. I thank you for your help and cooperation in making our dining experience enjoyable for everyone.

I hope that you can join us as we celebrate Independence Day with a Patriotic sing-along on Tuesday, July 2<sup>nd</sup> in the main dining room. So, put on your patriotic colors and join us for an afternoon of good old fashion 4<sup>th</sup> of July fun. Wishing you all a safe and happy 4<sup>th</sup> of July.

*"Summertime is always the best of what might be."*  
~ Charles Bowden

# 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

Here are some tips for keeping safe in hot weather:

## Drink Plenty of Liquids

Dehydration is the root of many heat related health problems. Drink plenty of water or juice, even if you're not thirsty.

## Wear Appropriate Clothes

When it's hot out, wear light-colored, light-weight, loose-fitting clothes and a wide-brimmed hat.

## Stay Indoors During Mid-day Hours

During periods of extreme heat, the best time to run errands or be outdoors is before 10am or after 6pm, when the temperature tends to be cooler.

## Know the Warning Signs of Heat-related Illness

Dizziness, nausea, headache, rapid heart-beat, chest pain, fainting and breathing problems are all warning signs that help should be sought immediately.

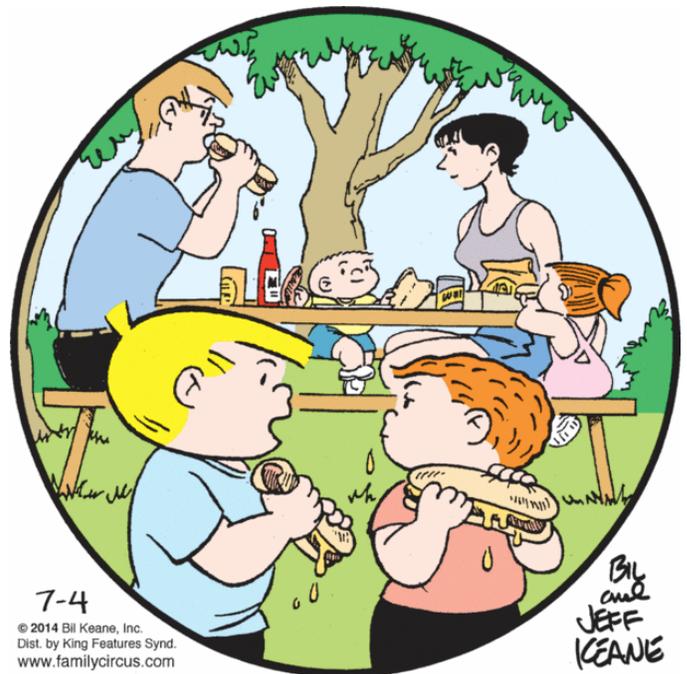
<https://www.aplaceformom.com/planning-and-advice/articles/elderly-heat-stroke>

## Resident Birthdays

Doug	7/4
Jane	7/7
Darrel	7/7
Jan	7/8
Pat	7/9

## Staff Birthdays

Anika	7/7
David	7/8
Teresa	7/15
Cassie	7/15
Rose	7/27
Bonnie	7/30



7-4  
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BILL  
 and  
 JEFF  
 KEANE

# 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

**“Today’s a good day to eat hot dogs, ‘cause that’s what our fourth fathers always ate.”**



# Resident of the Month



Jean B.

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

**Q:** What do you enjoy doing?

**Jean:** “I have a new book I’ve been reading that a friend gave to me. I’ve really enjoyed it. I like doing word searches, too.”

**Q:** What do you like about your home here at Timberhill Place?

**Jean:** “I like it here. I especially love watching the birds outside my window. There are some really cute ones, they're fun to watch.”

**Q:** What is your favorite season?

**Jean:** “Spring. It’s the beginning of new things.”

**Q:** Did you have a career before retiring?

**Jean:** “I was a homemaker and mother. I also made cross stitch pictures. I made hundreds, if not more. I kept some, sold some.”

**Q:** What did you enjoy about working on cross stitching?

**Jean:** “I like how peaceful it is to make a picture.”

Congratulations Jean on being selected the Resident of the Month for July!



*Jean with her grandson, Eric*



# Employee of the Quarter



Macaylah

The Employee of the Quarter is Macaylah. Macaylah was born and raised right here in Corvallis with her siblings. She attended Crescent Valley High School and played on the Volleyball team there. Macaylah loves spending time with her friends, family, and her puppy named Jersey. Her favorite places are ‘anywhere warm’, especially the beaches of Southern California that she likes to visit with her family. Macaylah says her favorite thing about working at Timberhill Place is getting to know the residents here. She hopes to be able to attend nursing school in the future because she says she likes to help people in need. Macaylah is known around Timberhill Place for her calm demeanor and positive attitude. Congratulations on being selected the Employee of the Quarter, Macaylah!



# Activity Highlights for July



## "Books and Brew" Book Club

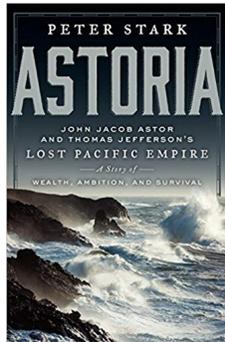
We have partnered with the Corvallis Public Library to create a Book Club at Timberhill Place. We will meet the first Tuesday of every month to receive our books supplied by the library and for a fun discussion about the book over tea and coffee.

Our first meeting will be Tuesday, July 2<sup>nd</sup> in the Friendship Room.

Our first title will be *Astoria* by Peter Stark.

'In the tradition of *The Lost City of Z* and *Skeletons in the Zahara*, *Astoria* is the thrilling, true-adventure tale of the 1810 Astor Expedition, an epic, now forgotten, three-year journey to forge an American empire on the Pacific Coast.

Peter Stark offers a harrowing saga in which a band of explorers battled nature, starvation, and madness to establish the first American settlement in the Pacific Northwest and opened up what would become the Oregon trail, permanently altering the nation's landscape and its global standing.'



## Outing to Albany Carousel Museum

The historic Carousel Museum is a location rich with artistry and craftsmanship. The working carousel even has benches and wheelchair accessibility so anyone can ride. You could also tour the workshop and visit their whimsical gift shop. Sign up to visit this Museum on Thursday, July 25th in the van book outside of Robin's office.

## Fourth of July Celebration

Our Fourth of July Celebration will take place on Tuesday, July 2nd at 2:30 in the Dining Room.

There will be a Patriotic Sing Along for all to enjoy. Come sing with us as we celebrate the start of our nation.



## Sing Along in Friendship Room

We have changed up the location and time of this month's 'Sing Along with Jeepers' for a closer and more interactive singing experience. The fun and bubbly duo of Suz and Neils will be here Tuesday, July 16<sup>th</sup> at 10 AM in the Friendship Room. We hope to see you there for this friendly gathering and chance to sing with other residents of Timberhill Place.

## Lunch Outing

Did you know that Gamberetti's Restaurant in Salem was awarded the best Italian Restaurant in the Mid-Valley? They have a location in downtown Albany and we are going to see what the buzz is about. Sign up for this July 18th lunch outing in the van book outside of Robin's office.



## Ice Cream (I Scream, You Scream, We All Scream for Ice Cream!)



We have plenty of opportunities for you to enjoy the summer essential, ice cream! Join us every other Tuesday afternoon for Ice Cream Bars on the Patio. Join us Friday, July 5th for a Root Beer Float Social. If by then you aren't full of Ice Cream you could join us the following Friday, July 12th for the regular Ice Cream Social.





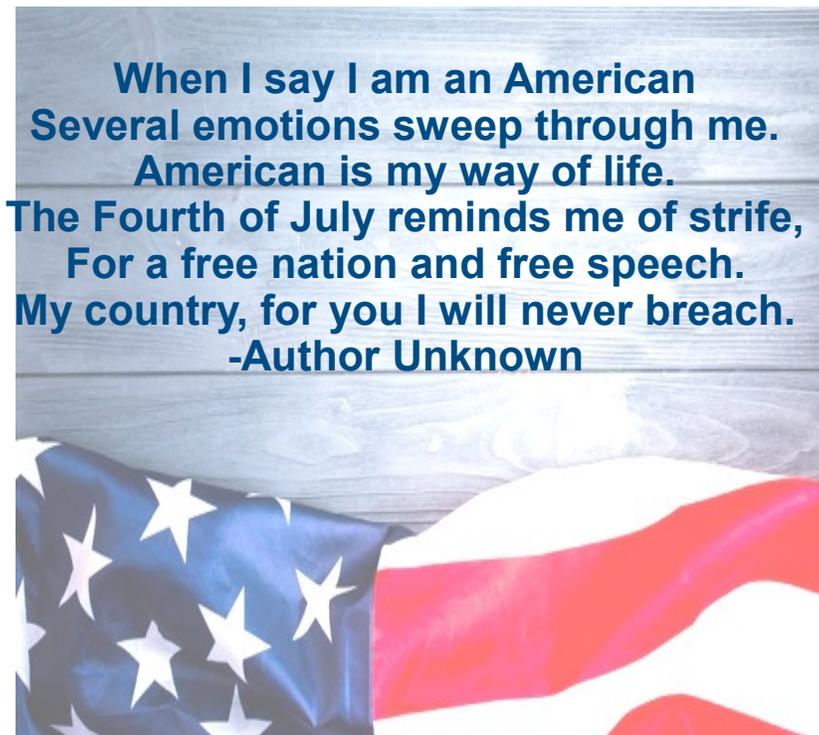
# New Residents



## Lucy



A big welcome to one of our newest residents at Timberhill Place, Lucy. Lucy and her Siamese cat Erin have moved into apartment 220. Lucy was born in International Falls, Minnesota and has memories of how cold the winter months were. She attended the University of Minnesota at Duluth before transferring to OSU, eventually completing her undergraduate and graduate work at the University of Oregon and receiving a Master's Degree in Special Education. Lucy also took additional graduate classes at Portland State after receiving her Master's. Lucy worked for forty years teaching Special Education in both Beaverton and Albany. Lucy grew up in the Evangelical Covenant and is now involved in the Baptist Church. Her faith is important to her because her relationship with the Lord brings her strength, courage, and joy. She has enjoyed many church activities including singing in choirs, playing piano, Vacation Bible Study, and teaching Sunday School. Lucy feels that helping disabled people to be able to do more in their life and have a better quality of life is one of the biggest accomplishments of her life. Important people in Lucy's life today include her brother and sister in law who live in Corvallis. Lucy also sponsors children in India which creates relationships that bring her joy. She has a great affinity for Siamese cats and loves her Siamese cat, Erin. She enjoys reading about astronomy, physics, science fiction, and books by Stephen Hawking. Her love of science fiction contributes itself to her enjoyment of watching Star Trek as well. Lucy is settling in to Timberhill Place and says that she is friendly and open to people. Timberhill Place is certainly happy to have Lucy here as well. Welcome to Timberhill Place, Lucy!



## Independence Day Trivia

- 1. How many people signed the Declaration of Independence?
- 2. In what city was the Declaration of Independence signed?
- 3. What are the first seven words of the Declaration of Independence?
- 4. Who approved the Declaration of Independence?
- 5. Whose signature is the largest on the Declaration of Independence?
- 6. Who sewed the first American flag?

### Fun Facts from Doris

Fruit snacks are made shiny using the same wax as for cars.

The Pacific Ocean, at its widest point, is 5 times the diameter of the moon, at a whopping 12, 300 miles!

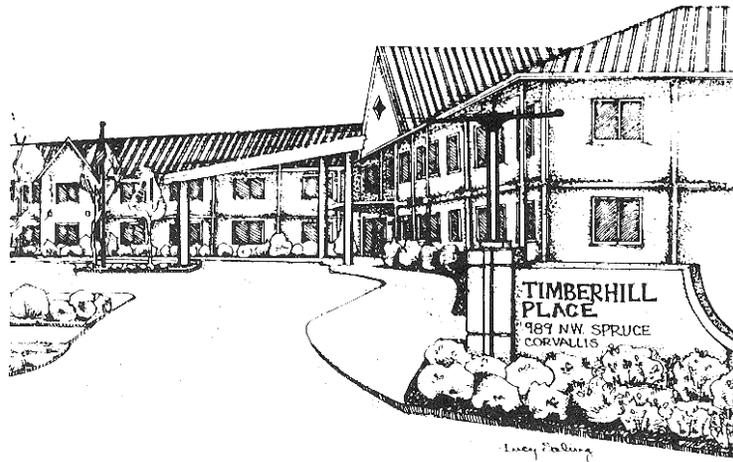
See you around,  
XO Doris

### Answers to Independence Day Trivia:

1. 56 People; 2. Philadelphia;
3. When in the course of human events;
4. The Second Continental Congress;
5. John Hancock's; 6. Betsy Ross



*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*

