



Timber Tales

August 2019 Notes From Robin

As we settle into August, I hope that everyone will take advantage of the nice weather by going outside and enjoying some fresh air. Just by breathing deep and feeling the warmth of the sun on your face can change your outlook and make your day a better one. If you need an escort to go outside be sure to ask a staff member to assist you. Our staff look forward to going out with you and hopefully the sunshine will make their day a little brighter too.

The community gardens are producing a bountiful variety of fresh vegetables. I'm guessing that, there will be plenty of vegetables to share with everyone. Speaking of sharing, please don't pick the flowers or vegetables from the garden if they are not yours. Our gardeners will share their bounty with you when they are ready.

Have you met your new neighbors yet? If not, please make a point to meet them and to invite them to join you for a meal or an activity or just to sit down and visit over a cup of coffee or a cool drink. Tell them about our community and share some of the things you like best about it. It's hard to be the new person and we need your help in making everyone feel welcome. If you enjoy meeting our new residents, you may be interested in becoming a member of our welcome committee. To become a member all you must do is speak with Celine or Megan from the activity department. You will then go through a small training and be given a small welcome gift to greet the new resident with. This is a fun way to meet our new residents and it only takes a few minutes of your time to make someone new feel welcome.

Speaking of helping each other, I wanted to remind everyone of the confidentiality guidelines that our staff must follow. When a resident leaves our facility or goes to the hospital, we have strict guidelines in what we can tell you. We simply can't disclose new living arrangements or medical information with you or others. I know that this is frustrating to you and that you care about this resident and you want to know what happened to them. In most cases a family member will update you on the residents change of address or condition if you ask them. When this happens, please respect the involved resident's right to privacy by not sharing their medical information with others unless you know that it is okay to do so. Not everyone likes to share their personal information with others. Your medical information is kept private and, on a need, to know bases. The office staff should not be privy to this information. When you return from a medical appointment please don't discuss how your medical appointment went with the office staff. If you need to discuss your medical results, please ask to talk with the med manager or the facility RN. He or she will take you to a private area to assist you. Maintaining everyone's privacy is of upmost importance to us and I thank you for your help and understanding.

"I love how summer just wraps its arms around you like a warm blanket."
~ Kellie Elmore

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.**

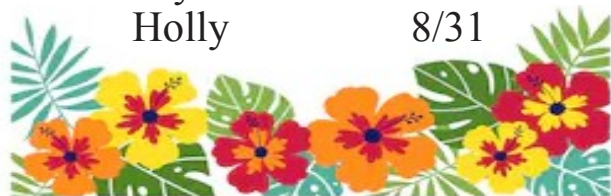


Resident Birthdays

Walt	8/1
Larry	8/2
Laura	8/3
Christine	8/5
Lou G.	8/17
Kaye	8/26

Staff Birthdays

Christina	8/26
Tayle	8/26
Holly	8/31



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 Franklin
Director of Food Service	Page Hundemer
Director of Housekeeping.....	Doris Blum-Etzel
Director of Maintenance.....	Alex Roeser

Medical Notes

Dental Care

Whether you have your natural teeth or dentures, oral care is essential to your health, especially your heart health. Infections of the mouth can easily enter the blood stream and affect the performance of your heart.

Dentures:

Care for your gums as you would your teeth. Brush your gums, tongue, and roof of mouth (palate) every day with a soft bristled brush before you put in your dentures. If your gums are red or swollen, let them heal before using dentures again. White patches on the inside of your cheeks can indicate poorly fitting dentures. Your mouth needs at least 6 hours to heal from the friction of wearing dentures. Most people take them out at night and soak them in either water or denture solution. Do not let them dry out. Do not use regular toothpaste to clean dentures. This will scratch the soft denture surface. A soft bristled brush should be used to wipe away any debris.

Natural Teeth:

To keep your teeth healthy:

Brush twice daily and floss daily. There are several types of tooth brushes and floss aids to make it easier for those with a weak grip.

Watch for signs of gum disease or bleeding when you brush or eat harder foods.

Keep the dentist up to date on any medication changes.

See the dentist every six months.

SMILE !





Resident of the Month



Larry



Our resident of the month for August is Larry. Larry was born in Newberg, Oregon. He has fond memories of growing up in McMinnville and pursuing interests including making model airplanes as well as playing football and wrestling in high school. After graduating high school Larry joined the Marines when he was eighteen years old. He came to Corvallis to attend college; Larry studied geology and engineering and graduated with a Bachelor of Science from Oregon State University. Larry worked for CH2M Hill for thirty-nine years. His work allowed him to travel and develop new systems and prototypes for projects at CH2M Hill. Larry's interests include understanding how things work by taking them apart and putting them back together again. The biggest accomplishment in his life is learning to fly and flying his airplanes for many years. Larry enjoys hands-on projects including his work restoring and remodeling a beach home in Gearheart, Oregon. The most important people in his life are his two sons, Jay and Michael. He likes his home here in Corvallis and loves being close by his son Jay, his daughter in law Crystal, and his granddaughters Wren and Nora. Congratulations on being selected resident of the month, Larry!



New Resident



Bob S.



A new resident to Timberhill Place is Bob. Bob was born April 26th, 1932 in Eureka, South Dakota. His family moved to Oregon when he was a child and he spent time growing up in Gresham, Newberg, and Tillamook. He graduated high school in Tillamook and moved to Corvallis to attend OSU. After graduating with a Bachelor of Science he was commissioned as a Lieutenant of the United States Air Force. He was a pilot for multi engine transport. Piloting allowed him to travel, he always appreciated all the places he went. He says, "When you go somewhere and it's a new place you've never been, its interesting. I got to see a lot of places." His favorite place that he got to see and spend time at was the Bahamas.

Bob went on to receive his PhD in Organic Chemistry from OSU. He spent time in Nevada working for the government doing cancer research which was very important work to him. Bob has four children and he says he is lucky to have such a supportive family. Bob says he enjoys loafing in the Timberhill Place lobby and he is settling in well with help of his daughter, Lynne. Welcome to Timberhill Place, Bob!

Activity Highlights for August



Veteran Benefits Discussion

Tuesday, August 6th

9:30-10 AM in the Friendship Room

Open to residents, employees,
and visitors.



An employee from the Veterans Service Office of Benton County will be here to talk about Veterans Benefits. Topics of discussion will include resources for Veteran's benefits such as War Veteran's benefits, Survivor's benefits, and Burial benefits. If you are a veteran or know somebody who is a veteran then this is an opportunity for all to learn more about resources that are available. If you are unable to attend but would like to know more please speak with the activity department and we would be happy to assist you in accessing these resources.

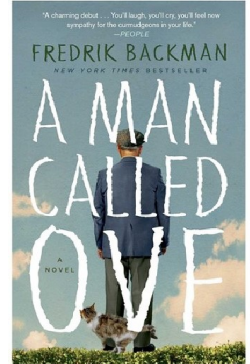
Books and Brew Book Club Meeting

Tuesday, August 6th

10:15 in the

Small Dining Room

We will discuss last month's selection, 'Astoria' over a warm beverage and receive our next selection 'A Man called Ove'. All are welcome to attend and join the discussion.



Fairy Garden Craft

Bring your creativity and imagination as you help design and turn the activity garden into a fairy garden. We will meet in the

Garden at 1 PM on Wednesday,
August 14th.



Lunch Outing and Dahlia Picking

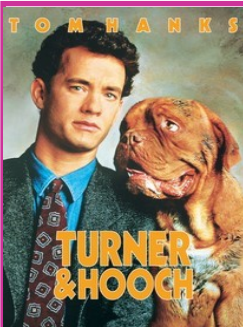
Our lunch outing will be to A B Chinese Restaurant in Albany on Thursday, August 22nd. On this same outing, we will be stopping by a resident family member's garden to receive Dahlias grown right here in Corvallis. This will be a fun outing and chance to receive beautiful locally grown flowers free of charge. A menu for the restaurant will be posted on the bulletin board above the Van Sign Up book outside of Robin's office.

Afternoon Movies

Turner and Hooch Sunday, August 4th

1:30 PM in the Friendship Room

Turner & Hooch is a 1989 buddy cop comedy film starring Tom Hanks and Beasley the Dog.



K-9 Sunday, August 18th
1:30 PM in the Friendship Room

K-9 is a 1989 American buddy cop action-comedy film starring James Belushi and Mel Harris



**What movies would you like to see?
Let the activity department know.**

Summer Party with Halau Hula

Friday, August 23rd

2:30 PM on the Patio

Join us for a Summer Party and BBQ with entertainment by Halau Hula Dancers. There will be hot dogs, chips, soda, and ice cream for your enjoyment. Invite your friends and family for an extra special day.





New Resident



Mary R.



A warm welcome to Mary R., one of Timberhill Place's new residents. Mary has moved here from her longtime home in San Rosa, California. Mary was born October 8th, 1930 in Norfolk, Virginia. She has special memories growing up in her family home which was right on the beach, which she calls the playground of her childhood. Mary and her first husband Bob met as childhood friends. He was a Lieutenant Commander in the Navy and she was a homemaker and mother to their four children. His work in the Navy required them to live in multiple states; when he ended his last tour of duty in Hawaii they loved it so much they decided to stay and raise their children there. After he passed away Mary found love again in her second husband, Milton. Mary has had many interests during her life including dancing the jitterbug and waltz, oil painting, crocheting, and puzzles. Mary says the biggest accomplishment of her life was raising her children and that they are the most important people in her life today. Mary is settling in to her new home with the help of her daughter Anastasia, of Corvallis. Mary says that she would like people to know that she is friendly and likes people. Welcome to Timberhill Place, Mary!

Chuckle Chuckle Chuckle

"Doctor, I think my wife is getting hard of hearing."

"There's a simple test you can run to see how bad the problem is: Start out 40 feet away from her, and in a normal conversational speaking tone say something and see if she hears you. If not, go to 30 feet, then 20 feet, and so on until you get a response."

That evening, the man's wife is in the kitchen cooking dinner, and he's in the living room. In a normal tone, he asks, "Honey, what's for supper?"

No response. So he moves to the other end of the room and repeats, "Honey, what's for supper?" Still no response. Next, he moves into the dining room. "Honey, what's for supper?" No response, so he walks up to the kitchen door. "Honey, what's for supper?"

Again, there is no response, so he walks right up behind her. "Honey, what's for supper?" "For the fifth time, Harry, CHICKEN!"

Fun Facts from Doris

Fun Fact: No one really knows what the name SPAM stands for.

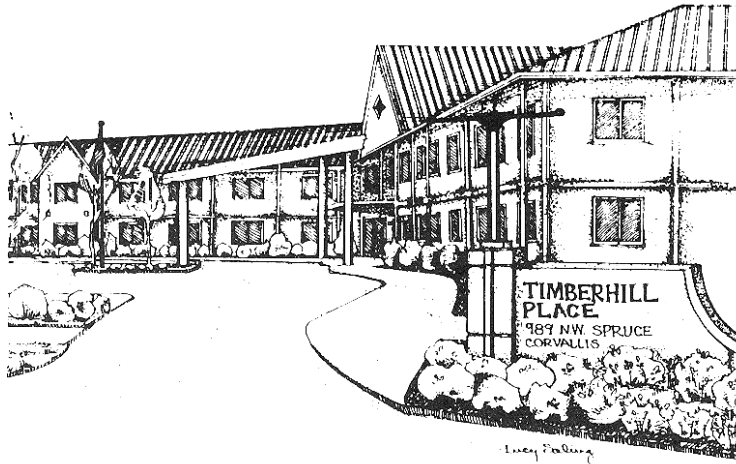
Fun Fact: If you drove your car straight up... you would be in space in less than an hour.

Fun Fact: No honking at sandwich shops after 9 pm in Arkansas.

XOXO

Doris

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 ~ tmbrpl@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*

