



Timber Tales

September 2019
Notes From Robin



Welcome September. Have you noticed that the warm summer days are not as hot, and the morning air is a bit brisker? Labor Day weekend will be here soon, which for most people marks the last weekend of summer and the start of the School year. Our thoughts soon turn to autumn and all the fun autumn activities that are sure to come our way.

A fun activity that Timberhill Place residents and staff participate in each year is to support the OSU football team by wearing Beaver team colors on the day before a Beaver Football game. If you are not a Beaver fan you are invited to wear your team colors if you like. Just be prepared for some good-natured teasing by a few of our avid Beaver Believers. **Go Beavers!** The activity department will post the time of each game and the TV channel on the activity white boards the day of each game. If you don't have that TV channel you are welcome to watch the football games on the TV in the Friendship room or on the TV in the small dining room.

Every September we celebrate National Assisted Living week. The 2019 National Assisted Living week theme is "A Spark of Creativity" and will be held Sunday, September 8 – Saturday, September 14. "A Spark of Creativity" provides a unique opportunity for residents, their loved ones, staff, volunteers, and local communities to recognize the role of assisted living in caring for America's seniors and individuals with disabilities. National Assisted Living week is good time to tell your family and friends about your assisted living community and what it means to you. It's also an excellent time to invite your family and friends in for a meal or to attend a scheduled activity or outing with you. The staff here at Timberhill Place looks forward to celebrating National Assisted Living week with you. It should be a fun and exciting week.

It's back to school time, which means that the pedestrian and vehicle traffic will pick up on Spruce Avenue. The kids on the way to school zip by on their skateboards wearing headphones or looking at their cell phones and may not see or hear you in time to move out of your way. Vehicles and bikers speed by without a thought to who may be trying to cross the street. Your safety is of utmost importance to us. So, be sure to stay safe by watching out for others, to prevent injury to yourself.

*By all these lovely tokens, September days are here.
With summer's best of weather and autumn's best of cheer.
~ Helen Hunt Jackson*

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

Vera	9/2
Georgann	9/3
Velna	9/9
Oscar	9/24
Betty S.	9/25
Helen	9/30

Staff Birthday

Scottie	9/10
Lupe	9/14
Macaylah	9/21



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

Flu season is fast approaching which means it is time for flu shots! Some things to know about flu shots:

- Flu vaccinations can keep you from getting sick or reduce the severity and duration of your symptoms.
- You should get your flu vaccinations before flu season starts.
- It takes about two weeks for antibodies to build up in your system and provide protection against viruses.
- Who should get a flu shot? Everyone!
- Some minor side effects of the flu may occur, these include—aches, low grade fever and redness and swelling at the injection site.
Please talk to Keith, our Director of Nursing, about any further questions.

<https://www.cdc.gov/flu/protect/keyfacts.htm>

Happy 100th Birthday, Betty S. and Vera!



In the month of September two of Timberhill Place's residents will celebrate a remarkable milestone of turning one hundred years old.



Vera turns one hundred on September 2nd. On her feelings about turning one hundred years old she says, "It's strange. How can I have lived to be 100 when so many of my family have passed on? It feels strange to me." She attributes assisted living to be the reason she has lived so long. Vera finds joy in animals. She especially loves Stella, a golden retriever who comes to visit her every Sunday.



Betty turns one hundred years old on September 25th. On her feelings about turning one hundred years old she says, "I never would have imagined that I would have lived so long. I am fortunate to have never had any major illnesses. My mother raised me to be independent; she would tell me, 'You can do this.' I have always tried to live as independently as I can." Her advice for life is, "Be as kind as possible. You must be brave, too."



Resident of the Month

Geri



Our resident of the month for September is Geri. Geri has lived at Timberhill Place for almost a year. Before she retired, Geri was a lab technician and did a lot of volunteer work. After retirement her interests included outdoor pursuits such as fishing, hiking, camping, and gardening. You can still find her outside in the garden or headed upstairs to the Timberhill Place library in search of a good read. Geri has five children, nine grandchildren, and 4 greatgrandchildren (one set of 7-year-old twins, one four-year-old, and one 5-month-old baby). Geri says that smiling faces and children's laughter bring her joy and the last thing she was excited about was the first outside picnic of the year which was on Mother's Day. Geri says that her children are her biggest accomplishment of her life; she says they are independent, kind, responsible, and charitable. Congratulations on being selected resident of the month, Geri!

Meet our Public Library Courier

Have you made it upstairs to the Friendship Room to check out a book from the Timberhill Place library with books provided by the Corvallis Public Library? Or maybe you've requested a specific title and *poof* there it was waiting for you the following month? Maybe you've found yourself wondering, "How do the books get here?", and perhaps mused yourself with ideas of library elves sneaking in during the night to stock the shelves. You might know the answer to this question if you have been in the Friendship Room the first Tuesday of the month, the day the books get restocked. No, it's not library elves- but that doesn't make it any less magical- it's Brian, our Public Library Courier.



Here's a fun question and answer to get to know a bit more about him.

Q: How would you describe your work as a courier?

A: Benton County Library Courier serves three branches for the county with locations in Philomath, Alsea, and Corvallis. I deliver holds and stock libraries in 5 senior facilities and sometimes in Albany. I assist with Summer Reading Programs for students and the Fun Run.

Q: Tell me about yourself. How did you come to work as a courier?

A: I was born in L.A. but from the age of 4 onward lived in Corvallis and graduated from Corvallis High School in 1987. After various odd jobs I joined a band based in Portland and was a travelling musician for six years. I worked at Hewlett Packard for 10 years, and during that time I began subbing at the library doing various positions including clerk, shelver, and the Book Mobile. About five years ago I secured a regular full-time position as courier.

Q: What do you enjoy about the work that you do?

A: I love visiting the branches and saying 'hi' to the people. The scenic drives most of the year are nice. I like to think that bringing books and CDs to people is a service to help people enrich their life.

Q: What are a few of your favorite things?

A: Well, music has been my hobby/profession/interest/passion. Fun fact, I am a drummer in a band called LMNO with the Timberhill Place Food Service Director, Page.

Q: Do you have a favorite book/author?

A: I like Tom Robbins and Gary Snyder. In all honesty I tend to prefer non fiction (science, philosophy).

Thanks for all that you do for Timberhill Place, Brian!

Activity Highlights for September



National Assisted Living Week

National Assisted Living week is September 8th through September 14th. The theme this year is 'A Spark of Creativity'. To celebrate and incorporate this theme I invite you to join us for A Painting activity on Tuesday September 10 at 2 PM in the Friendship Room and for our creative Card Making activity will take place on Thursday, September 12th of National Assisted Living Week. To finish out the week of celebration, on Friday September 13th we will have a National Assisted Living Week BBQ on the Patio. There will be hot dogs and refreshments for you to enjoy as well as music by the Strings of Time father and son guitar duo. As with all activities, invite a guest along to join in the fun!

Make and Take A Bouquet

Donna from the Garden Club will be here to help us make some beautiful floral bouquets with fresh flowers. She combines donated flowers from stores with items from local gardens to help us learn how to aesthetically design floral arrangements, learn more about the plants, and just have plain fun. Join us Tuesday, September 24th at 2 PM in the Friendship Room.



Go Beavers!

Wear your Beaver gear and help us support the home team on **Beaver Believer Days**

(usually the Friday before Beaver Football games)

September Schedule:

Friday, September 6th

Friday, September 13th

No Game week of September 20th

Friday, September 27th



Books and Brew

Tuesday, September 3rd

10 AM in the Friendship Room

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

The Help by Kathryn Stockett is a novel about black maids in Jackson, Mississippi, in 1962. The black maids work with Skeeter Phelan, a white woman, to create a book depicting their lives. The chapters are narrated through the eyes of three main characters: Aibileen, Minnie, and Skeeter.



Save the Date—Flu Shot Clinic

Timberhill Place's annual flu shot clinic will be October 17th in the Friendship Room. Contact Resident Care Manager Judy King with any questions.

Friendly Reminder—Staff cannot accept tips or gifts

Tipping and gift giving to staff is not allowed. This is a State Regulation that was developed to protect any seniors living in a Community Based Care setting from being taken advantage of by staff. This is a regulation that is strictly enforced by Timberhill Place for your well-being. Instead, a card is allowed and would be much appreciated. Please don't put any staff in an awkward situation by trying to sneak them a gift. A simple smile and a thank you is enough.



New Resident

Frankie



Welcome to new resident, Frankie. Frankie joins us from her long time Corvallis home on Princess Street. She was born October 22nd, 1928 in Springfield Missouri. Growing up on a farm, she learned responsibility by looking out for her three younger brothers. She graduated high school in Springfield and went on to attend St Missouri State College for two semesters. Frankie transferred to Washington University in St. Louis and graduated with a Degree in Nursing. She received a position as a County Public Health Nurse in the Ozarks. She describes that year as one of the happiest of her life, saying she was young and silly, and the country was beautiful. She met a sweet man named Paul at a Public Health Convention and within a few

months they were married. They moved to Columbia, Missouri where he studied to be a veterinarian and then to New Orleans for him to receive his Masters in Public Health. Her husband was commissioned in the Public Health Service and his work took them to various locations including Pennsylvania, back to Missouri, and finally to Cary, North Carolina. Frankie is a people person and loved the places where she got to meet all sorts of nice people. Her family was stationed in North Carolina with 14 other families and they all were transferred to Corvallis, Oregon together; she is still friends with many of them today. Frankie has lived in Corvallis for 46 years. Frankie and her husband shared 62 years of marriage together and had three children Ron, Beth and Patty. She was a homemaker and later worked at a doctor's office. Frankie has loved travelling during her life; she and her husband took many trips to Mexico, England, Ireland, Scandinavia, St Petersburg, Kenya, and China. Frankie was a deacon at First Presbyterian Church in Corvallis and has always been active with her volunteer work. She volunteers with the Assistance League which is a national philanthropic group that provides clothes and hygienic products to children and the needy. She is a member of the PEO chapter C.L. which provides education opportunities and scholarships. Frankie considers her family to be the biggest accomplishment of her life. "I've had a good life. I got to go to college, I got to marry sweet Paul, have children and grandchildren. Life couldn't be better." Frankie is settling into Timberhill Place and says she has met so many wonderful and nice people. She misses being able to cook but she says the food here is so good she can't complain. Welcome to Timberhill Place, Frankie!



Garden Variety News



Mary, Mary, quite contrary... (and Bob, and Joan and Pat and many others) how does your garden grow? With tomatoes and cukes and some things that are flukes... and zinnias all in a row! This year our gardens have reached jungle proportions! I believe one of my sunflowers reaches 12 ft. or more! All the bees and butterflies have been really enjoying the harvest and blooms. Some of us lucky ones enjoyed strawberries and blueberries early on... and are now enjoying tomatoes. Nothing says summer better than a sweet juicy sun-ripened tomato. As long as our not too hot summer keeps coming, we'll be able to enjoy the bounty probably until near the end of the month. A Big "Great job" to all those who had gardens or helped with gardens.

I'll see you around. XO

Doris

Fun Fact: According to findings published by the 2014 National Academy of Science, Elephants can determine ethnicity, gender, and age from cues picked up in your voice. Humans can do this as well.
Fun Fact: A Goliath Birdeater is a giant spider, 5 inches long, and really catches and eats birds!

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
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