



# Timber Tales



## October 2019 Notes From Robin

October has arrived, soon the shelves in the stores will be filled with candy and everything will be pumpkin and cinnamon flavored. Our sidewalks and yards will be covered with beautiful fall colored leaves... Speaking of beautiful fall colors, I hope that you can join Megan and Cathy for one their scenic drives on a Thursday afternoon to see the beautiful fall foliage that our local countryside has to offer.

It's time to prepare for the cold and flu season. On Thursday, October 17, Rite Aid Pharmacy will be here to give flu shots to our Timberhill Place residents from 9am – noon in the Friendship Room. Rite Aid Pharmacy will bill the cost of your vaccination through your Medicare insurance for you. Judy King will be coordinating the clinic and will be available to assist you with any questions that you may have. If you have questions about getting a flu shot, you should contact your health care provider. If you receive your flu shot from an outside provider be sure to tell Judy so that she can update your medical records. The most effective way to prevent the spread of infection during the flu season is to wash your hands often and to cover your mouth when you sneeze or cough. Please remind your family and friends that they should avoid visiting the facility if they are ill to avoid exposing you to their illness. If you are not feeling well and have a temperature or a cough related illness, please notify the caregivers who will provide tray service to your apartment until you are feeling better. We thank you for helping us to keep our community healthy during the cold and flu season.

Just a reminder, if you plan to vote in the November 5<sup>th</sup> special election and you have had a change of address or a name change since you last voted you will need to submit a new voter registration form. The deadline to register is 21 days before an election. If you would like assistance to register to vote, please ask one of the office staff to assist you.

It's time to think about visiting the pumpkin patch and carving those silly smiling faces onto pumpkins in preparation for Halloween. Speaking of Halloween, we will be hosting our annual "Boo Ball" here at Timberhill Place on the afternoon of October 31<sup>st</sup> in the main dining room. This is a costume party, so it's a good time to start planning your costume now. If you need help, the activity department will have a variety of items on hand to assist you with your costume needs. This is a fun event that you won't want to miss. Be sure to invite your family and friends to join this ghoulish event with you.

*"October, tuck tiny candy bars in my pockets and carve my smile into a thousand pumpkins."  
~ Rainbow Rowell*

## 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

Mary R. 10/8

Mary M. 10/16

Jean M. 10/18

Laurine 10/18

Don 10/22

Frankie 10/22

### Staff Birthday

Doris 10/15

Chris 10/17

Marcia 10/24

## Medical Notes

### How the Aging Brain Affects Thinking

The brain controls many aspects of thinking—remembering, planning and organizing, making decisions, and much more.

These cognitive abilities affect how well we do everyday tasks,

Some changes in thinking are common as people get older. For example, older adults may have:

Increased difficulty finding words and recalling names

More problems with multi-tasking

Mild decreases in the ability to pay attention

Aging may also bring positive cognitive changes. People often have more knowledge and insight from a lifetime of experiences. Research shows that older adults can still:

Learn new things

Create new memories

Improve vocabulary and language skills

### The Older, Healthy Brain:

As a person gets older, changes occur in all parts of the body, including the brain. In certain brain regions, communication between neurons (nerve cells) can be reduced.

Blood flow in the brain may also decrease.

Inflammation, which occurs when the body responds to an injury or disease, may increase.

These changes in the brain can affect mental function, even in healthy older people. There is growing evidence that the brain remains "plastic"—able to adapt to new challenges and tasks—as people age. Some brain changes, like those associated with Alzheimer's disease, are NOT a normal part of aging. Talk with your healthcare provider about any concerns or changes you might have.

<https://www.nia.nih.gov/health/how-aging-brain-affects-thinking>

## 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



# Resident of the Month

Mary M.



Congratulations to our October resident of the month, Mary M.! Here is a fun Q and A to get to know a little more about her.

**Q:** Do you have a favorite quote saying?

**A:** Oh, yes. There are a lot of sayings that my mother and grandmother used to say. 'Old age is not for sissies', my mother used to say. That's an old age truism. For me, sometimes life gets hard and you get through it.

**Q:** What brings you joy?

**A:** So much. Life. My daughter and my grandchildren. I love to read books. I am very glad to be here because of the good care I am getting.

**Q:** What did you do before you retired?

**A:** I was a housewife and stayed home with the kids. I did a lot of volunteer work in the community. I didn't have a career but I had a very rewarding life.

**Q:** What did you do after you retired?

**A:** I have read lots of wonderful books. I played golf a lot, I loved playing golf with my husband. We had 57 years of marriage together which was joyful and fun.

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

**A:** Seeing my grandchildren. Making new friends here has been fun and pleasant. Mary is certainly a good friend to have. Congratulations, Mary!



# Employee of the Quarter

Lupe



Congratulations to Lupe for being selected the Employee of the Quarter for October, November, and December. Let's get to know a little more about her!

**Q:** Where were you born?

**A:** I was born in Mexico and grew up in Tulyehualco, Mexico.

**Q:** How many children do you have?

**A:** I have three beautiful children: Isabel, Eduardo, and Erick.

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

**A:** There are so many! To name a few I love reading books, listening to the waves at the ocean, playing with animals and my son. My absolute favorite is to spend time with my family.

**Q:** Do you have any special talents?

**A:** My special talent is loving people for who they are!

**Q:** Do you have any pearls of wisdom?

**A:** Be a true friend and love and care for every friend you have.

Lupe is a hard worker and has a special way with people; we are so grateful for her smile and positivity around Timberhill Place.



# Activity Highlights for October



## Halloween

Every Halloween, Timberhill Place hosts their annual "Boo Ball". This year it will be held on Halloween, Thursday, October 31st at 2:30 PM in the Dining Room. Come and listen to spooky music and join in on the Halloween fun. In addition to games there will be snacks and refreshments for your enjoyment.

Be sure to be thinking about what you'd like to dress up as for the Boo Ball.

If you need any assistance putting together a costume or coming up with ideas just ask a staff member and they'd be happy to help.

Happy Halloween!



## October Crafts

We have some fun crafts planned for the month of October. Join us in the Friendship Room for these creative and spooky crafts.

*Card Making* on 10/8

*Pumpkin Painting* on 10/10

*Cookie Decorating* on 10/17

*Stuff a Scarecrow* on 10/22



## Goblin Parade

Halloween wouldn't be the same without Trick or Treaters! On Halloween morning there will be children here to visit with residents and sing some songs. Join us for our yearly Goblin Parade at 10 AM in the Dining Room on October 31st.

Invite any children, friends, and family to join in the fun with us!



## Register to Vote

November is right around the corner! Voter registration forms are available online if you need to register to vote or update your voter information. If you need assistance please ask an office staff member.



## Flu Shot Clinic

Timberhill Place will be hosting a Resident flu shot clinic Thursday, October 17<sup>th</sup> from 9:00am-noon in the Friendship Room. Bring identification and your Medicare card along with you. Contact Resident Care Manager Judy King with any questions.





# Meet the Pets



We all see friendly faces around Timberhill Place but would you like to know more about the ones that come with furry faces, whiskers, and perked up ears? Welcome to our Meet the Pets segment where we will be highlighting some of the four legged friends that live in the building. This month's Meet The Pets will feature two of Timberhill Place's Furry Friends. Stay tuned for more Meet the Pets to be featured in future Timber Tales!

## Meet Cooper



Cooper is an adorable 5-year-old Yorkshire Terrier dog who lives with Timberhill Place Resident, Joan. Joan has owned Cooper for about three years and she says that he brings so much joy and love to her life. A few of

Cooper's favorite things are going for walks, playing with his toys, eating anything with liver in it, and getting his morning massage from his Mom. Joan endearingly describes Cooper's personality as a little two year old toddler. He is very loving and affectionate but he can be protective of his toys and his Mom. Cooper is quick to retreat to her in situations that are new. He has been well trained and is very polite about asking for anything he wants and waiting patiently. Joan attests Cooper for helping her well being and she believes animals can positively benefit the health of anyone who interacts with them. She is helping Cooper warm up to socializing with other people by giving him treats when he is pet by other people. Cooper is such a good boy!

## Meet Erin



Erin is a sweet 17-year-old Siamese cat who lives with Timberhill Place Resident, Lucy. Lucy has always loved Siamese cats and purchased Erin when she was only a couple of months old. Lucy describes Erin's personality as 'The Queen of the

Universe', Erin has never shied away from visitors and might even think that everyone in the universe exists to love her and pay attention to her. Some of Erin's quirks are that Kentucky Fried Chicken is her favorite thing in the whole world and she is accustomed to always having an additional cup of water available to her in the bathroom. Erin might sound spoiled, but she is Lucy's best friend and brings her lots of comfort; Lucy hopes that she brings comfort to Erin as well. Erin had to adjust transitioning to a new home, but she is finally settling in. Lucy says that Erin talks a lot and communicates when she is upset but she has calmed down since moving here. Erin especially loves all the attention she gets from the people who come in the room.



# Garden Variety News



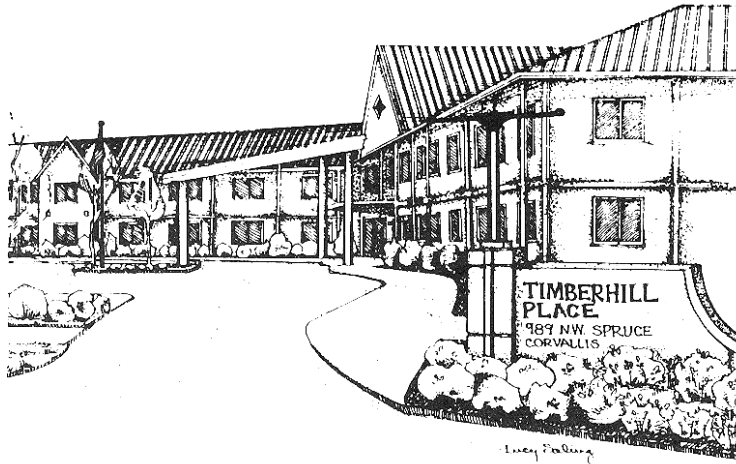
Fall is here, frost will bring down the last of the garden and our summer flowers. So, let's start thinking about what to feed the birds. Our summer birds were not very interested in suet this year, but with colder weather coming, they may change their minds. I'm going to offer several kinds and peanuts. We also have all our sunflowers heads which they are working on now. So, I will offer more sunflower seeds later on. Soon we should see flocks of Cedar wax wings working on holly berries and other tree fruits. Robins, jays, sparrows, and chickadees don't migrate from this area usually, so we'll have them, and our resident crows and a few squirrels to entertain us. We also have a Sharp-shinned Hawk who frequents our grounds. She doesn't want peanuts! But she's beautiful and fast. She hunts from the back fences and trees. Let's all welcome our feathered friends and fall. The changing colors and crisp air will be welcome after the heat of summers long days. Get out for a walk often and watch the changes. Enjoy!

See you around,  
XO Doris

Fun Fact: Red peppers have 2.5 times more Vitamin C than oranges.  
Fun Fact: A Goldfish has a 3 second attention span!



*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*

