



Timber Tales



November 2019 Notes From Robin

Welcome to November... I hope that you can go outside to experience these last few beautiful days of fall. Eventually our days will turn colder and become shorter with the days becoming darker in the early evenings. Speaking of shorter days, daylight saving time ends on Sunday, November 3. If you would like help to set your clocks back one hour, be sure to ask any staff member to help you on Saturday, November 2, before you go to bed.

Tuesday, November 5, is Election Day. If you need help to drop your ballot off at a ballot box let someone at the front desk know and we will be happy to help you during our office business hours. The last day to mail your ballot is October 22, 2019.

On Monday, November 11 we will be celebrating Veteran's Day. The day will begin with a trip to Albany to watch the Veteran's Day Parade. The van driver parks so that you can watch the parade from the warmth and comfort of the van. The kitchen will send along boxed lunches so that you won't have to miss any of the parade. Later in the day Timberhill Place honors our Veterans with a special Veteran's Day program. I hope you can join us for this very special program. As you listen to how each veteran served their country it will truly warm our heart and makes us proud to know them. We can't thank them enough for serving our Country and protecting our freedom.

Are you ready for Thanksgiving? Page and his staff are. They have been busy planning a Thanksgiving meal with all the traditional Thanksgiving foods for your enjoyment. The meal is set up buffet style with plenty of food on hand for a second plateful if you would like. As always, there will be plenty of staff on hand to assist you with your meal. If you plan to invite guests for the noon meal on Thanksgiving Day, please notify the front desk by Monday, November 18. This will assist the dining room staff in planning the seating arrangements for everyone. If you plan to be away for the Thanksgiving Day meal, please let the front desk know this as well. This information will also be helpful in planning the seating for everyone.

With the arrival of colder weather and in preparation for winter it is time to prepare for any storms that we may have. As you know the weather can be unpredictable at times causing occasional power outages. When we lose power our emergency generator will provide light to our hallways, common areas and the dining room. The emergency generator will also power the elevator so that it will return to the first or second floor to allow anyone inside the elevator to exit safely. The emergency generator also powers the main kitchen but does not provide power to your apartments. The best way to prepare for a power outage is to make sure that you have emergency supplies stored in your apartment. These supplies should consist of extra blankets for warmth and a working flashlight with extra batteries. It is always a good idea to keep your flashlight and batteries stored together in an easily accessible place so that you can find them when you need it. For fire safety, any source of open flame such as candles is not allowed. If you would like another source of emergency light in your apartment there are some very nice battery-operated candles and lanterns available for purchase at our local department stores.

Christmas is quickly approaching. With less than a month after Thanksgiving to decorate our building and celebrate the season, don't be surprised if you see Christmas decorations going up during the last few days of November. Celina and Megan have been busy planning our Resident and Family holiday party. Be sure to watch for more information on the date and time in this edition of the Timber Tales. We hope that you will invite your family or friends to share this special holiday event with you.

The leaves fall, the wind blows, and the farm country slowly changes from the summer cottons into its winter wool."
~ Henry Beston

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

Erma	11/4
Cathy	11/4
Shirley	11/28
Celia	11/30

Staff Birthday

Keith	11/1
Shawna	11/6
Robin	11/20



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

Meet the Pet



Tiki is a sweet rescue kitty who resides with Timberhill Place resident Lou M.

When Lou was looking to adopt a kitty, she and her daughter went to look at cats at the shelter. Lou says that one kitty came out to see her

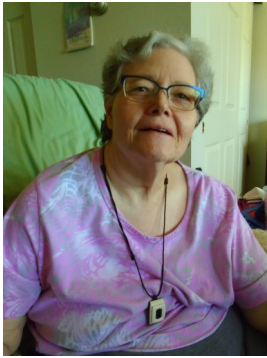
and was very inquisitive; when they walked around again the same kitty came out to see her and that was when Lou knew the inquisitive kitty Tiki was coming home to Timberhill Place with her. Tiki's favorite past times include watching the world go by from her perch on the windowsill, lounging on her bed in the closet, and watching her Mom work on a puzzle. Lou endearingly calls Tiki a "closet cat" who has impeccable manners. Lou says that at promptly 7 o'clock every morning Tiki bounces on Lou's bed as if to say, "It's time to get up, Mom!" Lou says she doesn't know what she would do if she didn't have a pet and jokingly says, "Without a pet I would be climbing up the walls! Cats are good company and entertainment." Lou says that Tiki loves people, especially Lou's daughter. When people enter the room, Tiki will jump up from her spot in the closet and runs to get affection. Tiki will roll on the floor to get your attention and beg to be petted while Lou lovingly laughs at her cat for as Lou puts it, "Being a show off." Show off or not, Tiki is certainly a sweetheart!





Resident of the Month

Lucy



Our resident of the month for November is Lucy. Here is a fun Q and A to get know more about her,

Q: Do you have any special memories from your youth?

A: Growing up in International Falls, Minnesota and ice skating outside in the winter time. They would freeze the areas of the playgrounds without equipment and mark it off with wooden rails. You could skate and go to the warming shed they set up which had a fire stove. In the summer I really liked going to Bible camp where I could see kids from other towns that I only got to see once a year.

Q: What did you do before you retired?

A: I was a special education teacher for the mild, moderate, and severely cognitively disabled children and some that were physically disabled or medically fragile as well.

Sometimes it was hard not to see progress that other teachers were having. I learned to see other types of progress besides academic including giving students a quality of life in daily living.

Q: What did you do after you retired?

A: When I retired from full time teaching I worked half time for the Albany school district helping with paperwork. I taught Sunday school and worked with children in the church. I had time to get to know the Bible and be more involved in church.

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

A: Getting back to church this fall. I had a whole year of health issues so getting back to church at First Baptist was the most exciting thing since all the issues started.

Q: Who are the most important people in your life?

A: My brother and sister in law, the children I sponsor in India, and the people who live and work at Timberhill Place.

Congratulations on being selected resident of the month, Lucy!



New Resident

Ben



Welcome to Timberhill Place's new resident, Ben. Ben has recently moved into apartment 117 with his two cats, Heidi and Brendel. Ben was born April 26th, 1935 in Northeastern Minnesota. When he was five years old his family moved to Washington where he attended school in Issaquah. After graduating from high school Ben spent four years in the US Air Force where he worked on electronics and fire control systems on the aircrafts. Ben went on to do similar work for Honeywell Aerospace. At that time Ben had just proposed to his future wife Millie when Honeywell told him he would be spending a year working in Spain. Ben and his wife were married in Spain and lived there for the first year of their marriage. He says that entire year felt like a long honeymoon, taking day trips all over Spain on the weekends and it was one of the happiest times of his life. After working for Honeywell Ben worked for a linear accelerator lab at Los Alamos, New Mexico up until

he retired and even helping them maintain the linear accelerator in his retirement. Ben and his wife shared 50 years of marriage together and he considers her the biggest accomplishment of his life. After they retired Ben and his wife travelled all over the United States, especially Alaska, and Canada. Ben has two children; Tom, of Corvallis and Jeff, of Albuquerque. Ben has had many interests in his life including sponsoring and mentoring youth and doing anything 'hands on.' He has always had a garage 'full of toys' as he puts it, he would fix up cars and work on his Porsche or Volkswagen Karmann Ghia. Ben has a lifetime love of woodworking and has made many beautiful pieces of furniture and figurines; he still has projects that he works on today. Ben would like people of Timberhill Place to know that he is friendly, and he likes to help people. Timberhill Place hopes that Ben is settling in comfortably and we are happy he is here.

Activity Highlights for November



Thanksgiving Day Buffet

Every year Timberhill Place hosts a Thanksgiving Day Buffet for the noon meal prepared by Page and our kitchen staff. Family and friends are welcome! Be sure to make your reservation with the front desk as soon as possible. If you will be going out still be sure to notify the front desk so an accurate seating chart can be prepared. Thank you and Happy Thanksgiving!



Parties and Entertainment

Ice Cream Social on November 1st
with Nancy Holdeman on the Accordion

Sing Along with on November 8th
with Suz and Neils of Jeepers

Classical Music Trio on November 13th
featuring Marvel on the Flute, Julia on the Cello, and Judy on the Piano

Tailgate Party on November 15th
with Benny the Beaver



Rootbeer Float Social on November 22nd
with Joe Martines on the Guitar

Resident Birthday Party on November 29th
with Shelly the Singing Sparrow

Lunch Outing

This month's lunch outing is to the Point Restaurant on November 21st

"The Point Restaurant serves up Sweet Home Goodness everyday. We use only the freshest ingredients, sourced from Oregon when possible. Our seafood is never frozen, our steaks are hand-cut, and our juicy burgers are ground by hand right here in our kitchen. And our pies are the closest thing to heaven you'll find. You're always welcome at The Point Restaurant in Sweet Home."



Daylight Savings Time

Daylight Savings is on Sunday November 3rd. Don't forget to set your clocks back one hour on Saturday night.



Save the Date

You're invited to the Resident Holiday Party on Tuesday, December 10th at 2:30 PM. Join the celebration in the dining room with performances from the Festive Chorale and Dave & Sharon Thormalon as well as a visit from Santa Claus.

Friends and family are welcome!

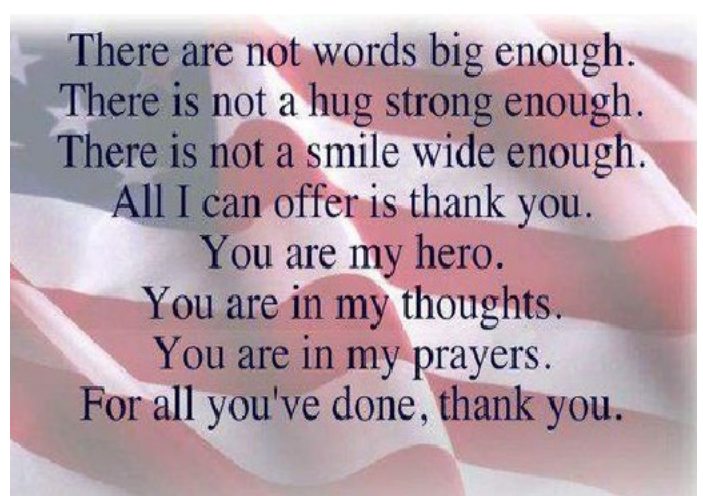


Veterans Day

Veterans Day is Monday, November 11th. To commemorate this day there will be an outing to the Veterans Day Parade in Albany on Monday November 11th. Residents will be able to watch the parade from the warmth and comfort of the van. The van loads at 9:30 AM and box lunches will be provided. That same afternoon there will be a Veterans Day Program with a Patriotic Sing Along, flag ceremony from the Boy Scouts of America, and special recognition of Timberhill Place Veterans.



There are not words big enough.
There is not a hug strong enough.
There is not a smile wide enough.
All I can offer is thank you.
You are my hero.
You are in my thoughts.
You are in my prayers.
For all you've done, thank you.





Meet the Nurse



Keith is Timberhill Place's RN Consultant and has worked in his position since December 2018. Keith is a warm, caring, and competent addition to the Timberhill Place team, and it is always fun to see what socks he is wearing—especially when they are under his signature brightly colored shoes! Keith will be starting an 'Ask the Nurse' article in future editions of the Timber Tales but first, let's meet the nurse! Keith says, "I grew up in Oregon City and after High School I spent 6 years in the U.S. Navy as a Nuclear Engineer running the reactors on an aircraft carrier. After the Navy I chose a career in nursing since it has plenty of technical / scientific aspects, and adds a compassionate / caring aspect which makes it more personal."

I graduated from the Nursing program at City College of San Francisco and did some further training at Stanford Hospital and Clinics in Palo Alto, California. I worked there at Stanford for nearly 10 years before moving back home to Oregon in 2007. Before coming to THP I spent 11 years working in Hospice Care.

I'm an Oregonian through and through and love rain and all kinds of inclement weather -- the stormier the better! I'm also an endurance runner. I've run almost 10 marathons, and have even completed a 50-miler! I'm married to the love of my life (who is also an RN!) and we live here in Corvallis with three kids, four cats, and an inordinate amount of running gear."

Keith has recently returned from his honeymoon in Scotland and is pictured in front of a castle in Scotland with his wife. Keith invites any and all questions for the 'Ask the Nurse' article—there is no such thing as a question that's too trivial! There will be an 'Ask the Nurse' box in the Friendship Room for Timberhill Place residents to submit questions to. If you have any questions please see the activity department. Timberhill Place is lucky to have such an involved and thoughtful nurse and we look forward to seeing resident's questions and Keith's answers in future newsletters. Thank you, Keith!



Garden Variety News



Let's talk tulips! Over the years, residents have donated bulbs of daffodils, tulips, and crocus. This year I'm going to get about 50 more, of all colors, for next spring, so keep watch along borders. Contrary to popular belief, tulips did not originate in Holland. They were brought there from Turkey in the 16th century. Later, Dutch immigrants to America brought tulips here. The Netherlands are a big deal in the tulip market. In 2017 they produced 2 billion tulips, a record high.

Nearly 4,000 tulip varieties have been developed. They fit into 15 groups, which are classified by bloom, time, shape, and size. A few common types you may recognize are fringed, double, and Darwin hybrid.

Tulip bulbs are also a favorite snack of squirrels. Our squirrels don't seem to know this, so we'll have lots of lovely blooms next spring. :)

Everybody have a great Thanksgiving holiday! We all have so much to be thankful for!

I'll see you around,

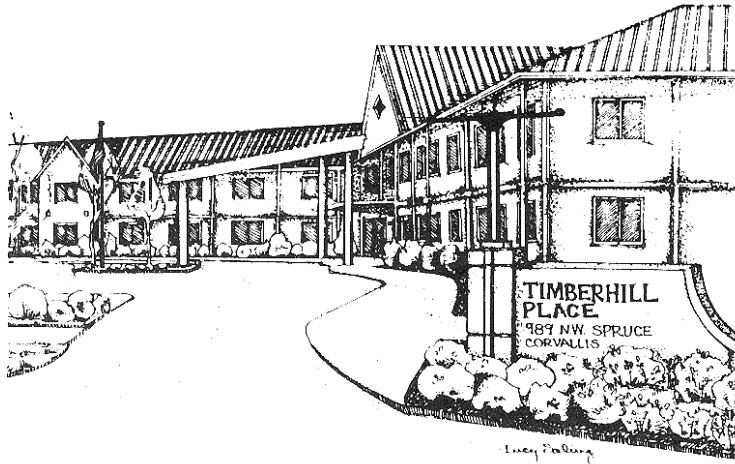
XO Doris

Fun Fact: Over a lifetime, your mouth produces enough saliva to fill two large swimming pools!

Fun Fact: Over 30,000 rubber duckies were lost at sea in the 90s and are still being found!



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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Corvallis, Oregon 97330*

