



Timber Tales



December 2019 Notes From Robin

Welcome to December and to all the wonderful holiday traditions that it holds for you and your family. I hope that you can take a step back from busy lives in this joyous season and enjoy time with loved ones. The holidays are always a busy and fun time here at Timberhill Place. We will begin our festivities by decorating our Christmas tree on Friday December 6 at 2:30pm in the main dining room. This will be followed by our resident and family holiday party on Tuesday, December 10 at 2:30pm in the main dining room. After the entertainment we invite everyone to stay for a social time with your family and friends. The kitchen will be serving an array of desserts prepared for your enjoyment. For more information on the Resident and Family Holiday Party and all the other holiday events that Celina and Megan have planned for you be sure to read the activity section in this edition of the Timber Tales. December is a very busy month and we often have additions to the daily activity calendar So... be sure to check the activity board everyday so that you don't miss out on any of the wonderful holiday entertainment that the local community shares with us.

If you have plans to decorate your apartment or to put up a live Christmas tree, there are some safety guidelines that the fire department would like you to follow. Please refer to these guidelines listed in this edition of the Timber Tales. If you are decorating with a live tree or wreath, please speak with Doris or Alex R. to be sure that the tree or wreath is safe to use and falls within the fire safety guidelines. Any dry or brittle trees or wreaths will need to be removed to prevent any fire danger to our community.

Our Christmas Day meal will be served at noon on Christmas Day in the main dining room. Page and his staff will be preparing a holiday feast that you won't want to miss. To plan for seating be sure to let the front desk know if you will be inviting guests by Monday, December 18. In order to accommodate everyone who wishes to eat, we respectfully request that you limit the number of guests that you invite to 8, including yourself. If you plan to be out for the Christmas Day meal, please notify the front desk as soon as you can of your plans to be away for the meal.

Christmas is not just a time for giving, it's also a time for cherishing those who bring so many blessings to our lives. That's certainly true of our Timberhill Place staff. We cherish each of our residents and thank them for the kindness that they extend to us every day. With gift giving in mind, I need to remind everyone that gift giving to our 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. The exception to the rule would be a group gift of little value for all staff to enjoy in the breakroom. For example, a Christmas card or homemade goodies, which are always a favorite and much appreciated. Please don't put any of our staff in an awkward situation by trying to sneak them a gift. A simple smile and a thank you is enough.

I hope that you can join us for our last party of the year which will be a New Year's Eve party held on Tuesday, December 31 in the main dining room at 2:30pm. This is always a fun and festive party with plenty of noise makers and party horns for everyone to enjoy. As always your family and friends are welcome to join us for our New Year's Eve party. Wishing you all a safe and happy Holiday Season.

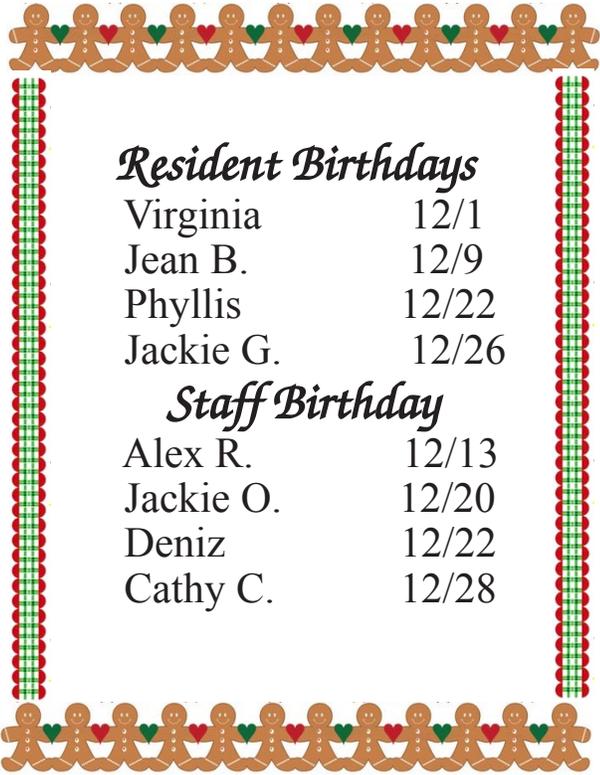
*Here's to the bright new year and a fond farewell to the old;
Here's to the things yet to come and the memories that we hold.*

Timberhill Place ~ 989 NW Spruce Avenue ~ Corvallis, Oregon 97330
541-753-1488 email ~ tmbrpl@proaxis.com
Website ~ www.timberhillplace.com

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

Virginia	12/1
Jean B.	12/9
Phyllis	12/22
Jackie G.	12/26

Staff Birthday

Alex R.	12/13
Jackie O.	12/20
Deniz	12/22
Cathy C.	12/28

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

Holiday Decorating Guide

As you prepare for the holidays, please **be sure to follow safety precautions when decorating your apartments;**

Flames– Candles and other sources of flames are not allowed within the building.

Lights– Electrical lights and extension cords that are physically damaged or altered should not be used due to the hazards that arise with old and tampered electrical objects.

Trees– Live and imitation Christmas trees should not exceed 2 feet, or 24 inches. Although live trees are flame resistant due to the high water content within the tree, indoor heat tends to dry them out and accelerate the drying process. Please be sure to ask for help with your tree if assistance is needed. Be sure to mount your tree securely to its basin.

Maintain water level in the basin. Water level should be above the cut end of the tree. If there is any sign of dryness, brittleness, and loss of color please be sure to remove the tree from your apartment for disposal.

If you need any assistance with this, please be sure to ask a staff member, they would be happy to assist you. We hope you all have fun decorating your apartments for the holidays season—but please be sure to decorate in a safe way. Thank you.





Resident of the Month

Darrel



Congratulations to the resident of the month for December, Darrel. Here are Questions and Answers to get to know a bit more about him.

Q: What brings you joy?

A: When my family visited last summer. They are coming again at Christmas.

Q: What did you do before you retired?

A: General Surgery at the Corvallis Clinic. I made the decision to go into medicine in my second year at Denison University. After graduating from Denison in pre-med in 1957 I entered Harvard Medical school. After four years at Harvard I began surgical training at the University of Washington and finished in 1968. My family and I moved to Corvallis where I joined the Corvallis Clinic in 1969.

Q: What did you do after you retired in 2000?

A: My wife and I liked to travel. We went on numerous cruises, our first cruise was the eastern Mediterranean and the Black Sea. The most scenic cruise was the coast of Norway with the beautiful fjords. The places to which we went included Sweden, Denmark, Finland, Norway, the Panama Canal, the United Kingdom, Ireland, Hawaii, Alaska, and several river cruises in Germany and Russia.

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

A: I would say recovering from my two recent serious illnesses, I was really pleased with that. It's a new normal after recovery when you're aging.

Q: What do you consider to be the biggest accomplishment of your life?

A: Having a loving wife and family. Both of my sons turned out great. Graduating from Harvard Medical School was a personal accomplishment.

Q: What would you consider a highlight from your life?

A: Meeting John F. Kennedy in 1960 when I was in Beckley, West Virginia where he was campaigning for the Democratic nomination. He spoke at the courthouse. After his speech he invited members of the audience to meet him; I did so, shook his hand, and had a brief chat with him. The next day there was an article with several photos in the local paper about his speech that evening. I am vaguely visible in the picture in the left upper corner.



Newspaper article that features then Senator John F. Kennedy on the day Darrel met him in Beckley, West Virginia. (Darrel can be seen in the left uppermost corner.)



Garden Variety News



Most of us don't garden during the winter, but it is possible. Those hardy souls who cannot live by summer vegetables alone, can try their hand at a variety of cold resistant ones. Some of these include kale, swiss chard, brussel sprouts and some salad greens. A "tent" may be required for these more tender greens but are easily made with sticks or PVC pipe and some plastic sheeting. Others can be protected by cutting out the bottoms of gallon milk jugs and placing them around your vegetables. Other veggies, such as beets, carrots, and parsnips will "winter over" in the grounds and turn sweeter over time. There's nothing as good as fresh garden veggies for soothing soups and savory side dishes. And those darn Brussel sprouts will just keep making more as you pick them. Hooray for winter vegetables! Be careful out there on icy sidewalks but do go out if you're willing and able. Cold fresh air is good for the soul. Have a wonderful holiday season! And Merry Christmas in advance.

See you around,
XO Doris

Fun Fact: First words spoken into the telephone, "Mr. Watson, come here, I want to see you," by Alexander Graham Bell.

Fun Fact: In 1885, the world's first skyscraper was erected in Chicago The Home Insurance Building – at 10 stories high!

Activity Highlights for December



Resident and Family Holiday Party

Please join us for our Resident and Family Holiday Party on December 10th at 2:30 PM in the main dining room. Please feel free to invite family and friends to come and share in the holiday celebration. There will be performances by Festive Chorale and Sharon & Dave Thormalon. Afterwards, we invite you to stay to socialize with friends and family while enjoying an array of holiday refreshments provided by Page and his staff.

Happy Holidays!

Scenic Drives and Outings

Outing to Christmas Storybook Land on Monday, December 9th. The van will load at 1:15. Please dress warm, Storybook Land is in a covered area but it is not heated.

Evening Christmas Light Scenic Drive of Corvallis on Wednesday, December 11th and Wednesday, December 18th. The van will load at 6:15. Dress warm as the evenings are chilly.

Lunch Outing to The Old Spaghetti Factory in Corvallis on Thursday, December 26th.



New Year's Party

Our New Years Celebration will be held in the Main dining room on December 31st. There will be party favors, appetizers, champagne, and music for your entertainment.

Come celebrate the memories of this year and share your hopes for the new one. Feel free to invite friends and family as we celebrate the coming of the New Year.



December Crafts

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

Card Making on 12/3

Gingerbread Workshop on 12/5

Gift Wrapping on 12/12

Make and Take a Bouquet on 12/19



Ask the Nurse

Written by RN Consultant Keith Seckel



Welcome to the first installment of Ask The Nurse! Before we get into the questions and answers, I'd like to apologize in advance for something that is very likely to happen to some of you: You'll read about something here...and then you'll think YOU have that condition! It happens to just about everyone in Nursing School and Medical School, so you're in good company. If this column's questions or answers raise concerns for you, please come and see me and we can talk about it in person. Also, we should start out with a disclaimer: "This section is for general information purposes only and is not intended to diagnose or treat any individual's medical problem. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding your specific medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read here in Timber Tales. If you have a specific medical concern

please come to see Keith directly and we can discuss things in further detail.

Now, with that out of the way, let's get on to some questions!

Q: I enjoyed the biographical article in the last newsletter. What is your wife's name?

A: Thanks! Her name is Nicole. As an RN, she travels around town quite a bit, and you may even see her here from time to time, visiting me. Feel free to say hi when she's here!

Q: I get good results with an over-the-counter medicine, and someone else has the same problem. Can I just give them some of my medicine so they don't have to go to the store and buy some on their own?

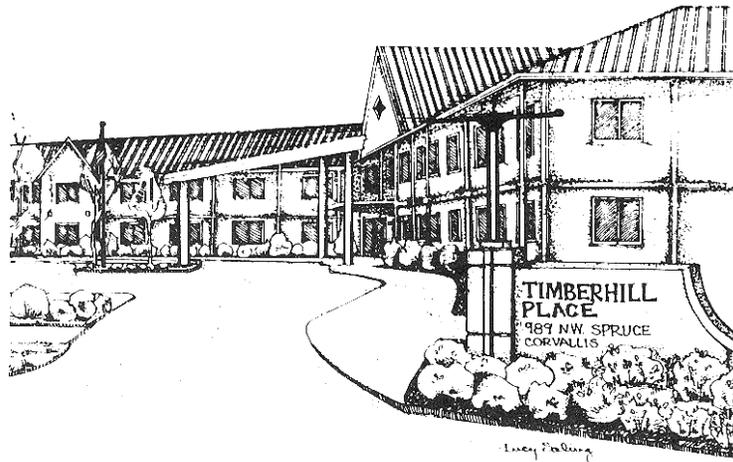
A: In a word: no! While your thoughtfulness is appreciated, it may cause more problems than it helps! The person you're giving the medicine to might have an allergy, sensitivity, or medical history you don't know about. There may be other medications that person takes which would interact negatively with what you give them. Some Residents here do manage their own medications, but some do not—and the staff need to follow Providers' orders about what to give and when. In the very worst-case scenario, if the person you give medication to has an adverse reaction and suffers a health crisis, you could be held responsible for "practicing medicine without a license" since you were, in effect, prescribing a medication for someone! Whether it is a prescription medication, over-the-counter medicine, or even "just" an herbal supplement – the best policy is: don't give anyone else your medications, and don't take any from someone else!

Q: What to do about brittle nails?

A: The medical term for splitting or cracking in dry, brittle nails is Onychoschizia (AHN-icko-SKIZ-ia). Nail brittleness may be caused by an underlying medical condition. Brittleness in the nail is most commonly caused by repeated wetting and drying, repeated exposure to detergents and water, and excessive exposure to harsh solvents, such as those found in nail polish remover. Your nails can absorb between 20 and 25 percent of their weight in water. Nails expand as they absorb water, then contract when hands are dry. The more water you expose nails to, the more they expand and contract—and that weakens them. Fortunately, there are several methods to deal with brittle nails and restore them to a healthy and strong state. Keeping the finger and toenails trimmed and even makes it less likely that the nails will crack or tear. A bath or shower makes them softer and will result in a more even cut, so that's the best time to trim them. Use an emollient (skin softening) cream after washing or bathing as well.

Poor nutrition can also cause brittle nails. The solution is to maintain a well-balanced diet like our kitchen provides! Clear nail polish that contains protein can also help strengthen your nails. A regular soaking with vegetable oil is very effective too, since it replenishes the moisture lost from having your hands in and out of water frequently.

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*

