



Timber Tales



January 2020 Notes From Robin

Happy New Year 2020 - I hope that you all enjoyed your holidays here at Timberhill Place. I'd like to thank all the staff and volunteers who gave so generously of their time to make all the holiday events this past season so fun and successful. The building was decorated beautifully by Celina and Megan. The holiday meals and party food were outstanding, and everyone seemed to have had a wonderful celebration with lots of visits from their family and friends. With the holidays over, I hope that everyone one has had a chance to rest and re-charge their batteries because January looks like it's going to be a busy one.

With the beginning of each New Year everyone's focus seems to be centered around health and wellness. If you would like to start an exercise program, we have several options to offer here at Timberhill Place. We have an exercise bike located on the balcony for your use along with an exercise class offered three times a week by our activity department. If you would rather exercise on your own there is plenty of room to walk inside or outside as the weather permits. The Timberhill Place van is available to take you to and from a local exercise club of your choice as long as you sign up to go during the scheduled van hours. If you have questions about how often to exercise or what type of exercises would be right for you, be sure to consult with your health care provider.

Speaking of the Timberhill Place Van Service, it is very difficult time wise to take our residents to Philomath to shop. Our route boundary ends at the Sunset Shopping Center on Philomath Blvd in Corvallis. If you wish to shop in Philomath please make other transportation arrangements through Dial-A- Bus, family or friends. I apologize for any inconvenience that this may cause you.

As we enter the cold and flu season, I would like to remind everyone to wash your hands frequently with soap and water. If you are feeling sick, please notify the Medication Manager or the Nurse. Our staff will assist you with the monitoring of your illness and bring trays to your apartment until you are feeling better. Please ask your visitors to delay their visits if they are feeling ill. We thank you for following these suggestions and for helping us keep our community a healthy one.

Did you know that we have a whirlpool tub that's just waiting to be used? The tub sits a bit lower to the ground and has a side door opening for easy in and out access. Once inside the tub the water fills the tub within a few minutes and when whirlpool jets are turned on, they feel amazing. When you are finished with your bath the tub drains just as quickly as it fills so there is no long wait to get out of the tub. If you are interested in using the whirlpool tub just let one of our caregivers know and we will arrange a time for you to use it.

Resident and family satisfaction are very important to us. If you have suggestions to help us improve the quality of services that we provide to you, please don't hesitate to stop by my office and share your suggestions with me. Your visits always brighten my day and I look forward to helping. I wish you all good health and happiness for the New year.

*Cheers to 2020!
May the New Year be an extraordinary one!*

*Timberhill Place ~ 989 NW Spruce Avenue ~ Corvallis, Oregon 97330
541-753-1488 email ~ tmbprpl@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

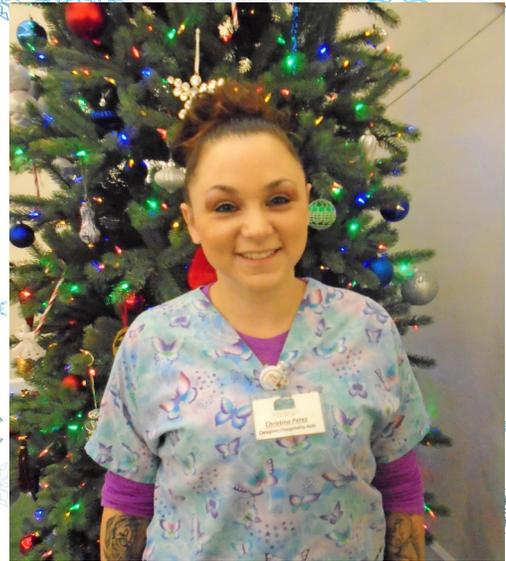
Friday: 9 a.m. - 12:00

Holidays: No Transportation Service

**Van Service may be cancelled
due to weather.**

Employee of the Quarter

Christina



Congratulations to Christina for being selected the employee of the quarter for the beginning of 2020! Christina is a caregiver who has worked at Timberhill Place for about a year and a half and is known for her helpful and friendly demeanor. Christina was born and grew up in Albany and attended school at South Albany High School. Christina is mom to teenage daughters Kaylie and Kerya as well as her four 'fur babies'. Her favorite places are Washington, Texas, and Mexico. She especially cherishes memories of going to Mexico for the first time when she was five years old to see family that she had never met. Christina enjoys swimming and art, especially painting. She is talented at doing make up and nails and always has a fun color to show off. Christina works hard, is conscientious, and brightens the days of the people she interacts with. Good job and congratulations Christina, you deserve it!

Resident Birthdays

Betty L.	1/15
Bud	1/17
Julia	1/24
Lou M.	1/31

Staff Birthdays

Judy	1/2
Diana	1/4
Brian	1/10
Lesley	1/14
Cathy Ca.	1/28
Celina	1/30
Anderson	1/31

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



Resident of the Month

Clara



Congratulations to resident of the month Clara! Here is a Q and A to get to know a bit more about her.

Q: What did you do before you retired?

A: After graduating from Oregon State college and a year of internship at OHSU, I was a therapeutic dietician. I worked in the Nutrition Department of the Dental School in Portland and at the Harney County Hospital in Burns, OR.

Q: What did you do after you retired?

A: I retired before my husband so when we traveled we visited state parks. When we lived in Burns I did 4-H work and tole painting. We moved to Corvallis in 1984 and I was busy making decisions in the building of our home. In Corvallis, I enjoyed Bible Study and being part of the church congregation. After my husband retired, we would cut wood together for the referrals we received from Love Inc. for people needing wood for their stoves to stay warm. We also hosted international students, particularly three Chinese women; we became good friends and I still correspond with two of them.

Q: Recently you spoke at Timberhill Place about your memories of World War II. What inspired you to want to publicly speak about this topic?

A: I was 21 years old when I came to this country from the Netherlands in 1953. Having experiences during World War II as a child, I often think about it and wanted to share my experiences.

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

A: Family is very important to me. My husband and I raised two successful and contented daughters. My daughter and her husband live in Salem and I have a son in law in Concord, California. I have two grandchildren who are in their 20's.

Q: Do you have a favorite quote or saying?

A: I would say, "Be thankful always."



New Resident

Mitzi



New resident Mitzi joins us in apartment 102. Mitzi was born February 25th, 1925 in Evanston, Illinois. She grew up and attended school in a suburb of Chicago called Western Springs. Mitzi has memories from growing up of her father commuting to Chicago and taking her on weekend trips to the big city. On one visit to the city she purchased her very first bicycle, which Mitzi describes as "a really big deal." Mitzi has always been fond of outdoor activities, she enjoyed skiing and horseback riding while attending Carleton College in Northfield, Minnesota where she graduated with a Bachelor of Arts with a major in Mathematics. Mitzi studied at the Katharine Gibbs Secretarial School in New York and then went on to work for the Rockefeller Foundation as a program associate for many years where she was able to utilize her office, interpersonal, and French skills for the programs she

worked for including the Natural Sciences and the Agricultural Sciences. Mitzi was even able to work abroad at the London office for a year. Mitzi took a short leave from working for the foundation in order to take a paid administrative position with the Peace Corps in Tunisia and in Cameroon. After retiring from the Rockefeller Foundation, she moved to Oregon where she worked as a program associate for the Office of International Agriculture at Oregon State University. Mitzi says she has had an interesting career over many years and enjoys the meaningful relationships she has formed with people she met through her career and school. She has always been close to her nieces and nephews and has encouraged them to finish their education. Mitzi was able to travel to many interesting places, including a canoe trip in British Columbia and her favorite being Easter Island in Latin America. Mitzi's love of bicycles continued past her retirement. She would meet friends on the weekends to go on bicycle trips and she completed Cycle Oregon Ten trek that started with the back tire in the Snake River and ended with the front tire in the ocean in Yachats. Mitzi had to give up the bicycle four years ago but says that her long life and health have been a major accomplishment. She is settling in to Timberhill Place and we are certainly glad to have her here. Welcome to Timberhill Place, Mitzi.

Activity Highlights for January



Craft and Hobby Show

Friday, January, 17th from 1-4 in the Friendship Room.

You could start thinking about what you would like to display. Items can be art or crafts you have created, things you have collected, or any item that you think would be of interest for others to view. This is a one day show. We will send out notes for you to let us know what you have, then we will collect these items on the morning of the show and make signs explaining your display. The show will be open from 1- 4 and there will be a staff person in the room at all times. Your items will then be returned to you by 5:00.



Outing to Spirit Mountain Casino

Thursday, January 16th

The van will load at 10:00 AM

We will eat lunch when we arrive, and then you can spend the afternoon in the casino.

We will return to Corvallis by 5:00.

There will be no regular van service this day,



Sing Along with Jeepers

Every second Friday of the month Timberhill Place hosts a Sing Along with the musical talents of Suz and Neils of Jeepers. Suz sings and plays the ukulele and the piano while Neils plays the bass guitar and the accordion. They've even been known to have a guest harmonica player join the fun. They are always changing up their musical combinations and take song requests from residents. In fact, most of the songs and themes they have selected are by request. If you have a song, genre, or era of music you would like to hear then let the activity department know! Suz and Neils are very accommodating and love to play a variety of songs for you to sing along to-or even just to enjoy listening to.



Welcome Waggers

Join us every second Thursday of the month in the Friendship Room at 3 PM to visit with the Welcome Waggers! The Welcome Waggers are trained therapy dogs who are just waiting to give you some love.



Chuckle...Chuckle...Chuckle

Just as she was celebrating her 80th birthday, a woman received a jury-duty notice. She called the clerk's office to remind them that she was exempt because of her age.

"You need to fill out the exemption forms," the clerk said.

"But I filled them out last year," she replied.

"You have to fill them out every year."

"Why? Do they think I'm getting younger?"





Ask the Nurse

Written by RN Consultant Keith Seckel



Welcome to the next installment of Ask The Nurse!

Q: What to do for back discomfort?

A: Back discomfort is one of the most common complaints in America, and can be very frustrating at times. Sometimes it is easily explained—like when you spend more time than usual bending over while tending your garden, working at a jigsaw puzzle, or scouring your Bingo Cards for that elusive winning number! Other times it can be more difficult to figure out when and how and why that discomfort started. Whatever the cause, here are some tips you can use.

Tip #1: Heat & Cold – but not too much! Heat or Cold can feel soothing, but can become a problem if left on more than 20 minutes or so. So, if using either heat or cold, it is best to alternate. 20 minutes on, then 20 minutes off, then repeat.

Tip #2: Rest – but not too much! We now know from solid research that prolonged rest can make you more stiff, and less mobile, which can make the discomfort worse, and longer-lasting. Doing less than usual (but not strict bedrest!) for a day or two is OK. And then get up and get moving around. The sooner you can get back to your usual routine, the better. It may be a little less comfortable at first, but the discomfort should ease off as you get moving again.

Tip #3: Diversion, or attention! Diverting your attention by reading a good book, or chatting with friends can take your mind off the discomfort for a while, giving you some relief while your body does its job of healing. On the other hand, choosing to sit or lie down, taking deep breaths, and allowing yourself to experience the present moment while really focusing your attention on relaxing those muscles, has been proven to help reduce discomfort in the area being focused on.

Tip #4: Medications. “IcyHot”, “BenGay” and other ointments may be effective for you. There are also over the counter (“OTC”) medications like Tylenol or Ibuprofen which may help in the short term while your body heals. There are stronger medications your PCP or other Provider might prescribe once they’ve evaluated you. An important note: If Timberhill Place staff administer any of your medications, please do not start any OTC medications on your own. Instead, please include the Med Manager and/or me in any discussions of medication use. If you manage all your own medications, it is still a good idea to consult with your PCP before starting any new OTC medication, as it may interfere with one or more of your other prescription medications! If you have any questions about this, as always, please feel free to let me know and we can discuss your individual situation in more detail.

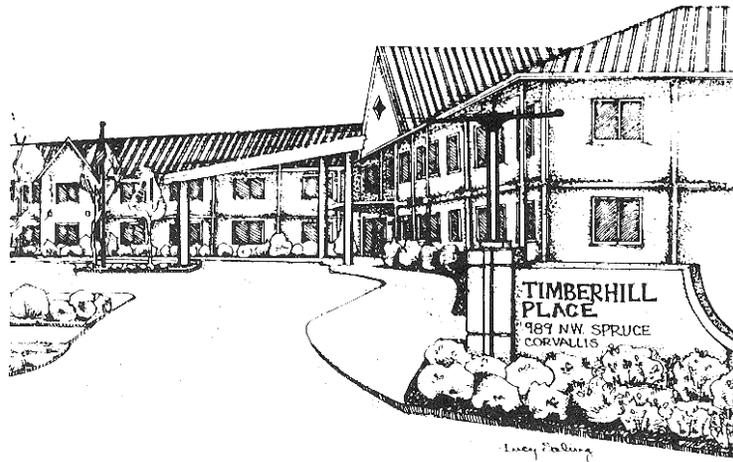
Tip #5: Take it seriously! Please, don’t be a martyr! If you fall, or wrench your back in a near-fall, or while lifting or moving something, please don’t ignore it and simply pass it off as ‘nothing’ or think it will ‘go away on its own’. Back discomfort that is worse than your usual aches, and which lasts more than 4-5 days even with the above tips, could be a sign of a more serious injury. Please seek medical attention.

Tip #6: The proverbial ‘Ounce of Prevention’: Walking, gentle stretching, and the THP Exercise Class (Monday, Wednesday, and Friday at 10:00am in the Dining Room) are all excellent ways to staying active, and build and maintain strength and flexibility. And these are the best way to prevent back discomfort. Working with some other professional, such as the Personal Trainers with Fitness Over 50, or a Physical Therapist can be very helpful as well. Early in my career I had the good fortune to work with the world-renowned Orthopedic Spine Surgeon Eugene Carragee, MD. He told his patients the best thing they could do to relieve and then prevent back pain was to get in “Bullet Proof Shape”. His recommendation to anyone he saw in clinic (whether in their teens or their 80+) was to set a goal of walking twice per day, and doing at least 2 different core-strengthening exercises twice daily. As you can imagine, many people balked at this recommendation, saying it was impossible for them. He’d always patiently explain that doing something is better than doing nothing. So even if you start small, and make slow progress, you can improve your health.

Be Well,
~ Keith

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.

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*

