



# Timber Tales



## March 2020 Notes From Robin

Ah, spring is on its way. . . the weather is getting warmer, the birds are chirping, and the daffodils and tulips are sprouting and chasing our winter blues away. Daylight Saving Time starts on Sunday, March 8th. If you would like help to set your clocks forward one- hour, please ask a staff member for help. Food is an important topic at Timberhill Place. We all have special ways that we like our meals prepared and served. Page and his staff want to accommodate each of you in the best way that they can. The kitchen serves close to 5,000 meals a month not including our guests. That much food takes a lot of food storage and it's just not possible to stock special request items that just one or two residents will eat. In these cases, Page will ask that you purchase your special bread, salad dressing, milk or whatever food item it is and bring it to the dining room with you. The cooks accommodate most physician ordered diets and food allergies. The cooks prepare enough of a certain food for these diets but not enough for all residents. Some residents see these foods, especially the sugar free desserts and want to order them. In these cases you will need to wait until all the special diet residents have been served and then if any special diet meals or desserts are left, we will serve them to you. The weekly menu is displayed on a menu board as you enter the dining room near Debbie's office. Copies of the menu are available under the menu board and there is a menu on each dining room table. If there is something on the menu you can't eat or dislike you can request an alternate item. To request an alternate, you need to call the kitchen and talk with one of the cooks at least two hours before the meal. The cook will let you know what is available as an alternate food and have your choice ready for you at mealtime. If you request something different during the meal you will need to wait until the dining room has been served before the cook can prepare the alternate for you. The reason for this is that the cook can not shut down the serving line and ask all the other residents to wait while he prepares an alternate meal for you. If you are receiving tray service, these meals are served after the dining room has been served. If you are hungry between meals there is a beverage juice bar at the front of the dining room along with coffee, hot chocolate and tea. There is a round table near the drinks stocked with in-season fresh fruit and pastry or baked goods. You are welcome to help yourself to these items. If you need help, please ask a staff member to help you. For your safety we ask that you do not self-serve your beverages during mealtimes. If you take food home from your meals, please ask a server to put it on a paper plate and wrap it for you. If you take dishes or silverware home with you, please return them as soon as possible. If you are going to be out for a meal and want a tray, please place a tray order with a caregiver or the front desk and ask them to put the tray in your apartment refrigerator. If you want help to heat your food when you return our caregivers will be happy to help you. If you are preparing food in your apartment, hot plates and toasters are not permitted. These appliances are a source of high heat and will cause the fire alarm to trigger. If the fire alarm triggers the fire department must respond and our residents must evacuate the building unnecessarily. Repeated behavior interferes with resident rights, and the safety of other residents and may cause a 30-day move out notice. There are food comment cards located next to the menu board. We appreciate your comments and suggestions and encourage you to use these cards. Hopefully this article will help you to better understand how our food service program works. If you have any questions, I'm always willing to help you. So . . . please come and see me. Wishing you a happy Saint Patrick's Day. "May the luck of the Irish be with you"

*"There is nothing better than a friend, unless it is a friend with chocolate"*  
~ Unknown

## 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

Fred 3/11

### Staff Birthdays

Esther 3/8

Shilo 3/8

Vesna 3/11

Caroline 3/16

Alex Z. 3/28

## Meet the Pets



Meet Piki! Piki is a sweet cat who resides with Jackie and Lou G. Lou and Jackie adopted Piki from a close dying friend who was reassured that Piki

would be taken care of. Piki was uneasy at first transitioning to living at Timberhill Place, but she isn't lonely since moving into the same space as Lou and Jackie. They are both allergic to cats but if they keep her out of the bedroom, they don't have any issues. Lou and Jackie speak highly of their veterinarian who travels to their home for Piki's checkups, the vet estimated her age and they believe that she is around 10 or 11 years old. When asked if Piki had any quirks, Jackie incredulously exclaims, "Well for starters, she always gets in my chair!" while Piki looks out contentedly from her spot in Jackie's chair. Lou weighs in on Piki's quirks saying, "She lies between my knees and purrs. On the other hand, if she's hungry she will stand in that same spot and tell me so. She's got us trained pretty well." Piki brings responsibility, calm, and soothing to their lives. Lou even pays her the high compliment of saying she is almost as good as having dogs. Piki is lucky to have Lou and Jackie caring for her.



## Timberhill Place Team Leaders

Executive Director.....Robin Bemrose  
Marketing.....Debbie Vergo  
Director of Nursing.....Keith Seckel  
Director of Activities.....Celina Franklin  
Director of Food Service ..... Page Hundemer  
Director of Housekeeping.....Doris Blum-Etzel  
Director of Maintenance.....Alex Roeser



Remember Erin, the sweet Siamese who thinks she's the center of the universe? Her mom Lucy says she has a birthday coming up and will be celebrating with her absolute favorite, Kentucky Fried Chicken! Erin will be 18 years old on March 2. Happy Birthday Queen Erin!



# Resident of the Month



Kaye



Our resident of the month of March is Kaye. Kaye has two sons, two daughters, and six grandchildren. Her favorite things are books and music of all kinds, getting to know people from near and far, and extended travel to different places to better understand the various cultures and ways of life. She says that an interesting experience in her life was being a super-numerary in the world tour of the Opera Aida (Vancouver BC 1991) and standing very near the world famous singer, Grace Bumbry. Kaye says that an interesting factoid about herself is she is a descendant of John Paul Jones who is known as the father of the American Navy. His brilliant naval strategy helped our country win the Revolutionary War. His body lies at rest in the US naval chapel located in Annapolis, Maryland. Kaye is a friendly person to have at Timberhill Place and always interesting to talk to. Congratulations on being selected resident of the month, Kaye!



## New Residents



John and Anna Marie



Welcome to new residents, John and Anna Marie H. John and Anna Marie were born and raised a few miles apart from each other near Alhambra, CA. John was born 7/7/21 and Anna Marie was born 2/8/23; they attended church and school together—first at Alhambra High School and then Pasadena city college. The High School sweethearts were separated temporarily when John enlisted in the Navy as a navy flyer but Anna Marie who was working at the Union Hardware and Metal Company at the time, would write John a letter every day. When John was promoted to officer in Corpus Christi, Texas he married Anna Marie that same day. They lived near the naval base for John's active duty and started a family with their first-born son endearingly nicknamed their "Texan baby." John worked for the railroad for a couple of years before working for the Department of Motor Vehicles in California, which required them to move around the state quite often but John considers his 35 years and retiring as Chief Investigator of the DMV to be one of the biggest accomplishments of his life. They raised three children together and Anna Marie says when she thought to herself how she could make the world a better place she hoped she could raise children that were a blessing and a help to others; she says her children have far surpassed her hope. Anna Marie adored being a homemaker and volunteering. Anna Marie loved making art, especially watercolor paintings while John loved his wood shop where he would make birdhouses to give away to people. They enjoyed traveling in their RV, especially in the pacific northwest so they relocated to Corvallis. They enjoy being near their daughter Jeanne and moved from their home to the Regent where they had resided for the past 5 years. John enjoyed helping people there, running the store and helping with puzzle tables, always looking for a way to improve and help; Anna Marie misses the community that she says was like family to them. They are settling in to Timberhill Place with the help of their daughter Jeanne and we hope they will feel at home in the community here. Welcome to Timberhill Place, John and Anna Marie!

# Activity Highlights for March



## Entertainment



**Friday March 6<sup>th</sup>**—Joe Martines  
2:30 Ice Cream Social in the Dining Room  
**Tuesday March 10<sup>th</sup>**—Wilson Elementary Choir  
3:30 Sing Along in the Dining Room  
**Friday March 13<sup>th</sup>**—Nancy Holdeman  
2:30 Root beer Float Social in the Dining Room  
**Sunday, March 15<sup>th</sup>**— Celtic Arts Irish Dancers  
2:30 in the Dining Room  
**Tuesday March 17<sup>th</sup>**—Celtic Session  
2:30 St. Patrick's Day Party in the Dining Room  
**Friday March 29<sup>th</sup>**—Matt Neely  
2:30 Resident Birthday Party in the Dining Room  
**Tuesday March 31<sup>st</sup>**—Young at Heart Singers  
2:30 in the Dining Room

## Scenic Drives and Outings

**Thursday March 5<sup>th</sup>**— Scenic drive to view the daffodils on Ferguson Road  
**Thursday March 12<sup>th</sup>**—Scenic drive to the city of Brownsville  
**Thursday March 19<sup>th</sup>**- Lunch outing to The Long Timber Brewing Company in Monroe. This restaurant features beautiful wooden beams with timber supplied by the Hull-Oakes Lumber Mill as well as items on display that showcase historical Oregon. The menu featuring locally sourced ingredients will be posted on the bulletin board.  
**Thursday March 26<sup>th</sup>**— Outing to the Ruth and Jim Howland Community Open Exhibition at the Arts Center in Downtown Corvallis. The exhibition features art from members of the community, including from Timberhill Place resident Erma D. The building is walker friendly.  
Sign up for scenic drives and outings in the Van Book outside of Robin's office.



## Crafts

Join us for our monthly Card Making activity on Thursday, March 12<sup>th</sup>. Another craft scheduled for March is a Spring Door Decoration craft. Join is in the Friendship on Tuesday, March 24<sup>th</sup> as we welcome spring. To conclude the month's crafts please join us on Thursday March 26<sup>th</sup> for Cookie Decorating which is fun and delicious!



welcome  
spring



## Exercise Class

Timberhill Place offers an exercise class every Monday, Wednesday, and Friday at 10 AM in the Dining Room. The class consists of a variety of chair and standing exercises and stretches as well as the use of Thera Bands. Did you know that the different color of Thera Bands indicate their difficulty? Yellow indicates the easiest or the least resistance, followed by red and green for increased difficulty and finally blue for the most resistance. Try using a new colored band to build your strength!

Blue - heavy resistance

Green - medium to heavy resistance

Red - medium resistance

Yellow - light resistance, very stretchy

## Daylight Savings Time

Daylight Savings Time starts on Sunday March 8<sup>th</sup>. Be sure to set your clock an hour ahead on Saturday night.

## Free Tax Aid from AARP Foundation

Free tax preparation and assistance for taxpayers of all ages and backgrounds is available from AARP Foundation Tax-Aid, the nation's largest free volunteer-run tax and preparation service, you do not need to be a member of AARP or a retiree to use this service. In the Corvallis area, Tax-Aide is offered at the Public Library, Elks Lodge and the Senior Center. Call 541-602-5829 to schedule an appointment at the Tax-Aide location of your choice. Hours and days of service vary by site. Walk-ins with no appointment are available.

# Ask the Nurse



Q: Why do the Med Managers make a big deal about watching me take my medications? Especially during a meal—it feels like they don't trust that I'll take it on my own.

A: Well, it certainly isn't that staff do not trust you! Please speak to the Med Manager if you need a few minutes to get some more food in your stomach, and they can come back to you. Or let them know you would prefer to have your medications brought to your room instead of the dining room. We are happy to accommodate getting your meds to you in the way you prefer. However, the Med Manager does, in fact, need to watch you take your medications.

I know this may seem a little intrusive at times, and I apologize for that inconvenience. Timberhill Place staff are simply working hard to maintain each Resident's dignity, while also providing safe and proficient care within the regulations which govern Assisted Living Facilities in Oregon. These laws (Oregon Administrative Rules 411-054) state specifically "The staff person who administers the medication must visually observe the resident take (e.g., ingest, inhale, apply) the medication unless the prescriber's order for that specific medication states otherwise." The only other exception might be if you are leaving the building for a few hours or a few days, and the Med Manager arranges for you & your family to take a supply of your medications with you so you can take them while you are gone.

So if we bring your meds, please understand the Med Managers do need to observe you taking them.

As always, if you have any questions or concerns., please come see me and we can discuss it in more detail.

~ 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.*



## Garden Variety News



Spring is almost here! I know all our gardeners are eager to begin, but as a rule we have frost even until the end of March, and sometimes snow! I won't assign garden plots until the first week of April. Garden Questionnaires will be available at the front desk until that week. Plots will be empty, tilled, and labeled with names in April.

Meanwhile, keep a garden in your heart. Remember a garden from your childhood or early married years, or even last years. A fond memory of warm outdoors and growing things and sharing with others is a nice easy way to soothe and calm yourself after a stressful day or when you're having trouble going to sleep. Imagine all the newly sprouted and flowering plants. Think of the care you took there, the rich soil, the warm sunshine. It's very relaxing... I'm already sleepy. 😊

See you around.

XO Doris

Fun Fact: Bubble wrap was originally invented as a novel wallpaper in 1957.

Fun Fact: Bed bugs have existed since before the dinosaurs!

*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*

