



Timber Tales



July 2020
Notes From Robin

Hello everyone, and welcome to the month of July. As I write this note, I am not sure what COVID-19 restrictions that we will be following in July. Whatever they are, I am sure that you are up to any new challenges that are sure to come our way. I'm really proud of how you all have stepped up and followed the COVID-19 guidelines that are needed to keep everyone healthy. Celina from the activity department will be working on some activities and some short exercise programs that she can lead from the hallways so that you can participate from your apartment doorways and still maintain the 6-foot physical distancing rule. She plans to set up some outside traveling music programs that can be seen from your apartment windows. The community store will resume with only one resident allowed in the Friendship room at a time to shop for goodies. If you have any suggestions for activities, please share them with Celina. She would love to hear from you. With the world facing so much uncertainty, it's natural to feel anxious and a bit overwhelmed. One way to get a handle on stress is to stay physically and mentally well. Some studies show that art is a fun and therapeutic way to de-stress. When you are making art, it helps you proactively deal with challenges and problems: you engage in a form of problem-solving and feel a sense of confidence that you can tackle challenges in creative and effective ways. This also is a way to express things you might not have words for and to process difficult emotions and experiences. Try it for yourself: Pick up an adult coloring book and some colored pencils – or just a piece of paper and a pen and scribble and shade your way to Zen. If you are not an artist, try a short fresh air walk once or twice a day to clear your head. If you need help to go for a walk, be sure to ask a staff member to help you. They would be delighted to go out and get some fresh air with you. One last tip, turn off the news, watching COVID-19 news stories repeatedly can cause a person to feel anxious and overwhelmed and possibly disrupt your sleep. If you are feeling isolated and alone, please say something. Even if you don't think that you need help, we are always here to help and support you. Together we can overcome this crisis and be stronger for it.

Family Riddle

*If Anna's daughter is my daughter's mother,
who am I to Anna?*



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

Doug	7/4
Jane	7/7
Darrel	7/7
John	7/7
Jan	7/8
Pat	7/9
Carole	7/22

Staff Birthdays

David	7/8
Teresa	7/15
Rose	7/27
Bonnie	7/30

Garden Variety News

Hello Everyone! For those of you who are getting outside for a walk, the rose garden looks especially nice right now and the regular gardens are doing fabulous as well. Thank you to all the gardeners who are keeping busy out there while being safe here at Timberhill Place. Tomatoes and peas and beans are going strong. Summer is here and I know we all hope the pandemic situation will begin to ease up soon. Find your happy place! The best thing we can do for each other in this uncertain time is to stay positive. All of you still make this the nicest place! XO Get outside and enjoy the lovely grounds and gardens or just relax and watch the clouds float by.

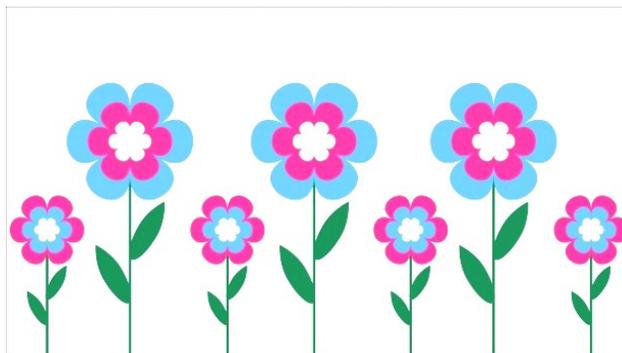
See you around.
XO Doris

Fun fact: In Delaware, chicken outnumber people, 200 to 1!

Fun fact: There are only 2 escalators in the entire state of Wyoming.

Timberhill Place Team Leaders

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



Ask the Nurse

Written by RN Consultant Keith Seckel



Question 1: Why are we all asked to wear cloth facemasks?

Answer 1: While Covid-19 and Typhoid are very different diseases, the analogy of “Typhoid Mary” is still apt because, just like with Typhoid, a person infected with the coronavirus (the virus that causes Covid-19) can still infect others *even if they themselves have no current symptoms*. Because of this infection risk many agencies, including the Centers for Disease Prevention and Control (CDC) and the World Health Organization (WHO) as well as the Department of Human Services (DHS – the agency that regulates us!), strongly recommend the general public wear a cloth face mask (covering both your mouth AND your nose!) when around other people. This cloth facemask is also known as a “Source Control Mask” since its main purpose is to block the spread of droplets from the wearer. The cloth may become soiled or moistened from your breath or sneezes and coughs, so it should be changed at least daily and washed in hot soapy water before re-use. Of special importance: due to its more porous structure, a cloth mask is not considered Personal Protective Equipment (PPE). In other words, you wearing a cloth mask does not protect YOU from OTHERS. But when YOU wear a cloth facemask, you are protecting OTHERS from YOU—that cloth mask helps you avoid becoming a “Covid Mary”.

Question 2: Why do some staff wear paper masks?

Answer 2: A paper mask (also called a ‘surgical mask’ or a ‘procedure mask’) has a much tighter weave, and is specially designed and manufactured to trap very small particles. Therefore, in addition to the protection provided by a cloth mask, STAFF wearing a paper mask are protected from OTHERS who might be contagious. This extra protection for staff is important because some Residents are either physically or cognitively less able than others to maintain their mask over mouth and nose. Since staff are often in close contact with Residents (e.g. during assistance with transfers, toileting, showering, etc) DHS has mandated that all direct care staff wear a paper mask, since if a Resident’s mask slips or is otherwise out of position, our staff are still protected. A paper mask is considered PPE.

Question 3: So why aren’t all staff and Residents just wearing these paper masks? Wouldn’t that be better?

Answer 3: The kind of paper masks which are of high enough quality to be considered PPE are still in short supply. And they are single-use only. Therefore, Timberhill Place does not have enough to provide a new paper mask to each staff member and Resident each day. Instead, paper masks are reserved for those staff who routinely come into close contact with Residents, i.e. within 6 feet for more than a minute or two. All other

Question 4: If we’re all wearing facemasks, why are we also still asked to remain 6 feet or more apart. Isn’t one or the other sufficient?

Answer 4: Both physical distancing of 6 feet and wearing masks are important to add a double layer of protection. Mainly because passing in the hallways, or other narrow places, puts us all in close proximity. If during that brief moment someone happens to sneeze or cough, then everyone is still protected by the masks.

Question 5: But wearing a mask makes it so much harder to breathe!

Answer 5: I wish I had a simple solution for us all, since I agree. What helps me is to take it off when I am in my room and away from other people. And to remember: wearing a mask may make it harder to breathe for a short period of time while you’re wearing it...but this is nothing compared to the difficulty breathing one would experience if one contracted Covid-19. As I said in my recent letter: since there is still no vaccine or verified treatments, we all need a lot more than just an ounce of prevention.

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.

Activity Highlights for July



A note from Celina Franklin Activity Director:

As we start to embrace a new way of doing activities I look forward to helping residents stay connected through music, exercise, the monthly newsletter, and daily notices. I would love to hear your feedback and ideas. As with all new things there might be a little bit of a learning curve as we learn how to make certain that activities are offered to all residents in a manner that is safe and time efficient. Success in keeping these activities running smoothly are counting on you to follow all guidelines including: Please wear a mask in common areas, please maintain a 6 feet social distance, please do not create a “group” (especially during activities meant to be enjoyed from your window or doorway). I thank you for your patience, flexibility, and understanding.

“Forward is the only way through.”

Community Store

The Community Store will be back in business for any toiletries or snacks you may wish to purchase.



We will not be displaying items for residents to look through in the usual fashion. The activity department will be handing out order forms for you to fill out and turn in by form or verbal request to Megan or Celina of the activities department. The store will be “re-stocked” on Wednesdays so any requests for items we do not have in inventory at time of the request will be distributed on Wednesday.

Items are 1 dollar and purchased at the Dollar Store. Greeting Cards are 50 cents each.

Please see Activity Director Celina for any questions.

Friday Treat Days

Before the pandemic we might have had a Coffee Klatch or an Ice Cream Social. We sadly cannot offer these group activities but we are going to try something new: treats delivered right to your door!

Look for Celina delivering treats and joy on the following Fridays:

Friday July 10th—Ice Cream Delivery
Between 2-3 PM

Friday July 17th—Coffee Delivery
Between 9:00-10 AM

Friday July 24th—Ice Cream Delivery
Between 2-3 PM

Friday July 31st—Coffee Delivery
Between 9:00-10 AM

Large Print Books

Our Public Library courier Brian will be delivering new rotations of Large Print books that will be received at the front door and sanitized before being put out in the Friendship Room. Keep an eye out for some new reading material for your enjoyment!

Popcorn Tuesdays

Did you hear the popcorn joke? It was too corny!



How about some fresh popcorn instead? Answer that “Knock-Knock” at your door every Tuesday afternoon between 2 and 3 PM for a fresh bag of popcorn delivered right to your door.

Doorway Exercise Class

This ought to be fun! Let's get those bodies stretching and moving. This ten minute long chair exercise program will include light stretching, breathing, and small repetitive muscle movements and will be led by Celina in segments of the hallway. If you do not have a chair we will bring you one. We ask that you please stay in your doorway so we can keep offering this to residents.

Wednesday will be the upstairs exercise days. Thursday will be the downstairs exercise days. The hallways that will exercise in the morning/afternoon will alternate every week and will be indicated on the activity calendar and the daily notices as well as below.

Downstairs Green Hall Exercise dates and times:

Between 9-10 AM on Thursdays July 2nd, July 16th, and July 30th.

Between 2-3 PM on Thursdays July 9th and July 23rd.

Downstairs Purple Hall Exercise dates and times:

Between 9-10 AM on Thursdays July 9th and July 23rd.

Between 2-3 PM on Thursdays July 2nd, July 16th, and July 30th.

Upstairs Gold Hall Exercise dates and times:

Between 9-10 AM on Wednesdays July 1st, July 15th, and July 29th.

Between 2-3 PM on Wednesdays July 8th and July 22nd.

Upstairs Blue Hall Exercise dates and times:

Between 9-10 AM on Wednesdays July 8th and July 22nd.

Between 2-3 PM on Wednesdays July 1st, July 15th, and July 29th.



Patriotic Songs through the window performed by Rachel Varange

Open that window and listen to the music!

On Friday, July 3rd Rachel Varange will be here to perform patriotic songs outside the building for the residents of Timberhill Place. We have set up blocks of time for different parts of the building so all can enjoy from their apartment window. If things go according to "plan" we are hoping to stick to this schedule. Either way everyone will be able to enjoy some curbside entertainment!

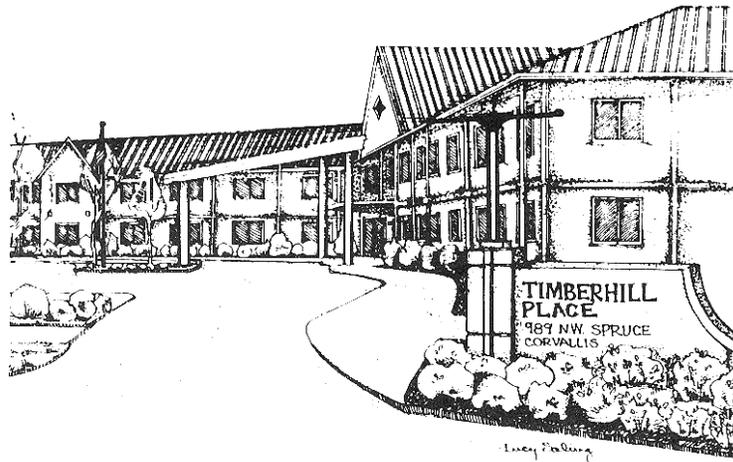
2:00 –2:20 Rachel will be performing from the Patio Courtyard for residents who live in the apartments of the garden facing side of the Green and Gold hallways.

2:30-2:50 Rachel will be performing from the Dining Room Courtyard and Back Garden Pathway for residents who live in apartments of the garden facing side of the Purple and Blue hallways.

3:00-3:20 Rachel will be performing from the parking lot sidewalk for residents who live in the parking lot facing side of the Blue and Purple hallways as well as the apartments in the Green and Gold hall that face the parking lot.

3:30-3:50 Rachel will be performing from the Spruce Ave sidewalk for residents who live in apartments of the Spruce Ave facing side of the Green and Gold hallways.

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*

