



# Timber Tales



## August 2020 Notes From Robin

Welcome to August. I hope that you have had the opportunity to take some fresh air walks while social distancing and wearing your face covers. The Timberhill gardens are flourishing this year and are very beautiful. So, be sure to go out and see them. There are benches placed through out the grounds so that you can sit and enjoy the garden. When using the benches be sure to social distance and sit by yourself on the bench. If you need an escort to go outside with you, be sure to ask a staff member to assist you. Our staff look forward to visiting with you and enjoying the sunshine with you. The community gardens are producing a bountiful variety of fresh vegetables and our Timberhill Place gardeners are looking forward to sharing their vegetables with you. Please do not pick the vegetables from the garden if they are not yours, please ask for permission from the gardener first. As you plan to spend more time outdoors be sure to follow these simple tips to protect yourself from heat related illness. Stay hydrated by drinking plenty of liquids. There is ice water and a variety of juice available in our dining room. Due to COVID-19 restrictions the juice is no longer self-service. Please ask a staff member to get the juice for you. If you are not thirsty, try eating a piece of fresh fruit, which is another way to help you stay hydrated. You are welcome to ask a caregiver or the kitchen staff for a piece of fruit at any time and they will be happy to assist you. Page and his staff do their best to keep seasonal fruit on hand for your enjoyment. When you are outdoors, wear sunscreen and a hat. Always wear light weight clothing and avoid taking your walks during the hottest part of the day. Last, but not least, keep your apartment cool. Close your windows and blinds and turn on your air conditioner during the hottest parts of the day. If you have questions about heat related illness, speak with Keith our facility nurse or contact your physician. Be sure to ask any staff member for help to set the temperature on your apartment air conditioners if you need it. It is always our pleasure to assist you no matter the time of day or night. As we continue to fight the COVID-19 pandemic there has been very little change in the guidelines that we are required to follow to keep you all healthy. The staff and I greatly appreciate all that you are doing to help us. While it is frustrating not to be able to visit family and go out into the community as you want, it's also very important that you continue to follow all of the required infection control guidelines to prevent the spread of the COVID -19 virus at Timberhill Place. You can do this by wearing your face coverings, washing your hands frequently, using hand sanitizer, and going out for essential visits only and keeping a six-foot physical distance from others. If you need help visiting your family through the telephone, facetime or zoom, please let us know so that we can assist you. We can also assist you with virtual medical visits as needed. You can set up a virtual medical visit through our facility RN. The nurse, Keith and I will continue to keep you updated on any COVID guideline changes as the occur through written communication left in the newspaper holder outside of your apartment door. When we distribute a notice to you, we also mail a notice to your responsible party as well. Currently, we are not able to inform other family members. We are currently working on obtaining a new computer program that will allow us to send notices, messages and e-mails to all residents and family who sign up for the program through their cell phones. We will notify everyone as soon as this program is ready to use. The activity department is up and running again and the non-contact activities and exercise programs have been going well. Be sure to check out the August activity calendar located in this edition of the Timber Tales to make sure that you do not miss any of the schedule activities. As always, we are very interested in any comments or suggestions that you may have to enhance our activity program. Please be sure to share them with us.

*Wishing you all a safe and happy month of August.*

## 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

Walt	8/1
Larry	8/2
Laura	8/3
Lou G.	8/17
Kaye	8/26

### Staff Birthdays

Mercedes	8/17
Akacia	8/23
Christina	8/26
Tayle	8/26



## 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

## Employee of the Quarter



Congratulations to Employee of the Quarter Brian! Brian is quick to give a helping hand or if you've seen him move around the building he's just plain quick to get anywhere! Brian was born in Seattle, Washington and graduated from Newport High School in Newport, Oregon. A few of his favorite things are reading, music, gaming, skating, and traveling. His favorite places are the mountains, the beach, and anywhere with live music. He says he can juggle and do skate tricks and that he loves to write as well. A favorite quote of his is from Sylvia Plath: "The worst enemy to creativity is self-doubt." Brian says that he is extremely shy but he'll always "give it his all." Brian is a big help to the residents and they appreciate it. Thanks for all you do, Brian!

## Happy Retirement Cathy!



Happy Retirement to former Timberhill Place Van Driver, Cathy. Cathy worked for Timberhill Place for close to 19 years. Cathy's kindness and competence was greatly appreciated by residents, whether it was getting them where they needed to go or even just out for one of the weekly scenic drives that Cathy would expertly navigate. Cathy's husband Butch's service as a mechanic for the Timberhill Place vans for many years is also greatly appreciated. As Cathy and Butch retire they are planning to do some traveling when they can, that is after they finish the tedious process of downsizing and moving from their current home! Cathy wants to tell everyone that her years of employment at Timberhill Place were one of her favorite experiences and she enjoyed all of the employees and residents. She says she loves and misses everyone and wishes them all health and happiness-with a heartfelt thank you as well. Thank you for everything, Cathy.



# Ask the Nurse Written by RN Consultant Keith Seckel



Be like the Nurse-  
When he leaves home,  
he puts his mask on first 😊

Two “How and When?” Questions!

## Question 1:

I’ve heard about State-wide Covid-19 testing in all Long Term Care (LTC) facilities. Does this include Assisted Living? If so, when and how will this happen here at Timberhill Place?

## Answer 1:

Now that testing supplies and lab space are less scarce, Oregon Health Authority (OHA) and Dept of Human Services (DHS) has mandated that all staff and Residents in Oregon LTC (including Assisted Living) undergo testing for Covid-19. This will give state & local Epidemiologists more data, to both help prevent the spread of Covid-19, and also perform Contact Tracing for those who test positive. OHA and DHS state they plan to have all staff and Residents initial tests done by October 1<sup>st</sup> this year. Staff testing will be mandatory and while testing for Residents is strongly encouraged, Residents may still decline the offer of testing. Once initial testing is done, then staff will be tested on a monthly basis for the foreseeable future. The prospect of Resident re-testing is still in the planning stages at the State level. The preliminary deadline of October 1<sup>st</sup> is because the initial round of testing for both staff and Residents is to be paid for by the State and, as such, there are certain logistics pieces which must be put in place such as State contracts with lab companies, etc. Once we have more information on the ‘when’, as well as the ‘how’ we will be sure to let you know!

## Question 2:

Will the dining room ever re-open – and if so, when, and how?

## Answer 2:

I have no doubt the Dining Room will re-open! As above, (and as is to be expected during the pandemic since this is ‘new territory’ for all of us!) we are awaiting more guidance from DHS. As you know, many public restaurants are now open with certain requirements such as physical distancing and maximum capacity per table and per room/building. We can reasonably assume DHS will give us similar guidance. As to when this may happen, it is unlikely to be any time soon. I wish I had better or more clear information for you. While I admit this is conjecture, I believe DHS is likely waiting for the data which will come from statewide testing before they can decide whether (and when and how) it is safe to re-open dining rooms in LTC. And since the deadline for that initial testing is currently set at October 1<sup>st</sup>—my best guess is that the Dining Room ***might*** re-open sometime in late October *at the earliest*, and my hopes are up (for now) for a (modified) communal Thanksgiving.



*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 August



## *Music through the Window*

Be sure to check your activity calendar for upcoming performances from Larry Ditgen, Joe Martines, and Rachel Varange for you to enjoy from your window. The entertainers will play at the listed “sides” of the building:

**Side 1 of the building:** Patio Courtyard for residents who live in the apartments of the garden facing side of the Green and Gold hallways

**Side 2 of the building:** Dining Room Courtyard and Back Garden Pathway for residents who live in apartments of the garden facing side of the Purple and Blue hallways.

**Side 3 of the building:** Parking lot sidewalk for residents who live in the parking lot facing side of the Blue and Purple hallways,

**Side 4 of the building:** Spruce Ave sidewalk for residents who live in the street facing side of the Green and Gold hallways.

## *Bingo*

Yes, you read correctly-we’re happy to announce that we are bringing Bingo back! Here’s the who, what, when, where, and how of it all.

**What:** Contactless Bingo!

**Who:** Celina will hand out disposable Bingo Cards to Timberhill Place residents.

**Where:** In your own apartment.

**When:** New cards will be distributed each week starting the week of August 3rd.

**How to play:** Every week will start a new game on Monday. Using the card that you have been given, you will fill out your own numbers as they are “called” on the daily notice that you receive in your box. The game will last the duration of the week Monday through Sunday. Turn your winning Bingo card in to Celina or the labeled Bingo Box in the Friendship Room.

**Prizes:** Prizes will be awarded to 1st, 2nd, and 3rd place winners and any BLACKOUT winners there might be.

Prizes will be one item from the “Community Store” including candy, treats, and puzzle books. Winners will be announced weekly. Join the fun!

## *Shopping*

As we continue to develop the activity program we are happy to announce that in addition to the Community Store delivery from the Dollar Store on Wednesdays we will now be able to provide shopping delivery from the store Bi-mart on Tuesdays. New updated shopping forms will be provided on Mondays so that you can place a *small* grocery order for the Tuesday Bi-mart shopping day and/or the Dollar Tree Wednesday shopping day. Item requests can always be made in person as well directly to the Activity Director.

## *Exercise*

Notice of change in the time exercise is offered: The AM exercise class will now begin at 9:15 instead of 9 to help with the timing of breakfast and housekeeping routines. Please see the activity calendar for dates and times for your hallway.



## *Happy 100th Birthday Ethel*

A very special belated Happy Birthday wish to Timberhill Place resident Ethel who recently celebrated her 100th birthday on June 22nd.



# Happy 100th Birthday Ruth



Timberhill Place resident Ruth D. recently celebrated her 100th birthday on June 25th and was honored by her alma mater. Here is an excerpt from an article as it appeared in the Gazette Times:

**Ruth Virginia D.\* Ph.D.**  
**Age 100**  
**Honored by**  
**Indiana University**



“ Ruth V. D.\*, of Corvallis Oregon, who turned 100 years of age this month, has received the Indiana University Bicentennial Medal honoring the personal and professional scientific efforts in broadening the reach of the University around the state, nation and world. Due to the pandemic, Ruth’s friends, family, and colleagues are not able to properly celebrate her 100th birthday, nor this honor from IU. So this is our best effort to commemorate these extraordinary efforts.

Dr. D.\* was an undergraduate at Indiana university and in 1950 received her Ph.D. degree in genetics. In 1946 she shared the Newcombe Prize of the American Society for the Advancement of Science for her work on “killer” paramecia, the subject of her dissertation. That organization further honored Ruth with an award in 1950 when her genetic study (and her picture) were featured in Life Magazine. Later, she started work in the new and promising field of electron microscopy. Dr. D.\* joined the faculty of Indiana University in 1967. She was a gifted scientist, a beloved teacher and valued mentor. She retired in 1982. Ruth moved to Corvallis in 1990 and became an active volunteer in many non profit organizations, most notably the Boys and Girls Club where Ruth created the Art Center Endowment fund in 2016 to support art education for youth. According to Helen Higgins, Executive Director of the Boys and Girls Club, Ruth had a strong following of young artists who enjoyed learning from her and sharing their budding talents. Ruth also regaled the children with stories about being “a member of the bear tribe”. She believed that bears are for protection, and she would wear a bear in some way every day, as a pin, necklace, or an emblem on clothing. A lover of nature, she continued her annual pilgrimage to her beloved Teton Mountains until recently.

Thank you to the staff of Timberhill Assisted Living for making Ruth’s life comfortable and full of joy. Fascinating details regarding the design and construction of the Indiana University Bicentennial Medal can be viewed at <https://www.youtube.com/watch?v=zPs4AKR2uGE> ”

Congratulations and Happy Birthday, Ruth!

\*last name has been replaced with an initial



## Garden Variety News

Hello to all! The gardens are in full riot with monster sunflowers, towering tomatoes, and lots of cosmos, poppies, zinnias, and morning glories. Wow! Have yourself a walk and marvel at this year’s bounty.

Did you know that blueberries are a powerful healing food? Full of fiber, folate, and vitamin c which boosts collagen in the skin and joints. These little superheroes also improve memory and can help reverse cognitive decline.

Other superfoods you can plant in your garden are garlic, kale, spinach, pumpkin(for the seeds too), cauliflower, and broccoli. All these help your heart, reduce inflammation, are a great source of vitamins... and they taste good! Other berries like strawberries, blackberries, and marionberries are loaded with vitamin C, potassium, and anti oxidants– proven to slow that pesky cognitive decline by up to 2.5 years, according to Reader’s Digest. And they make a great pie! :) I love pie, don’t you? So keep on gardening and eating well.

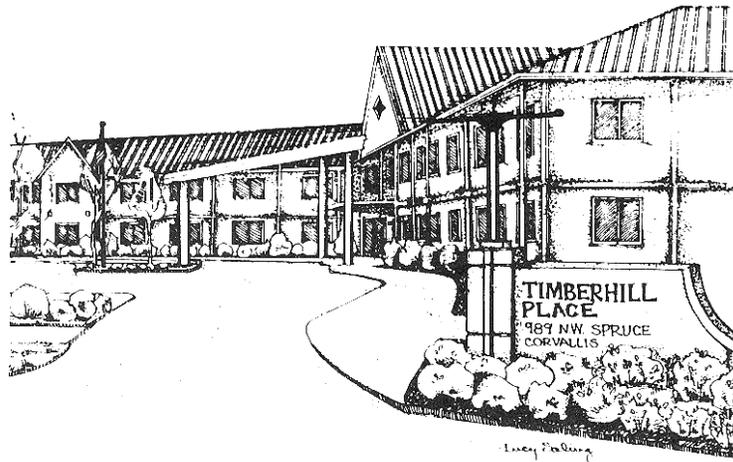
See you around,  
XO Doris

Fun Fact: Apples float because they are 25% air.

Fun Fact: Twinkies were invented in 1930 and named after a “Twinkle Toes Shoes” billboard.



*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*