



Timber Tales



September 2020
Notes From Robin



Hello September, are you wondering what September might bring? It will certainly be a bit different that is for sure. Most school age children will not be going back to school as they normally do and who knows what is going to happen with the fall sports. With all the changes that are happening in our world today, I would like to take the opportunity to give a big nod of thanks to all of the essential assisted living workers who are working so tirelessly to stop the spread of COVID-19. “Caring is Essential” has been announced as the theme of this year’s National Assisted Living Week. “The theme, “Caring is Essential”, is more relevant today than in recent years and highlights the incredible care provided by essential caregivers in assisted living communities across the country,” Established by NCAL in 1995, National Assisted Living Week is an opportunity for residents, their families, staff, volunteers and local communities to recognize the role of assisted living in caring for America’s seniors and individuals with disabilities. This year we will be honoring our assisted living workers the week of September 13 -19th. In years past we have always celebrated national assisted living week with lots of fun filled activities and social events, concluded by a party in the main dining room. This year we will not be able to celebrate with a party, but we can still acknowledge that it is National Assisted Living Week and honor everyone involved in making assisted living the best it can be for our seniors. As many of you know, our hair salon operator has left Timberhill Place. With the current COVID-19 restrictions placed on hair salons we may not be able to find a new salon operator anytime soon. If you have questions about this, please feel free to contact me. I hope that you are all enjoying the outdoor visitor program and that you are all getting to visit with your family and friends in this safe environment. Many of you have asked what will happen with the outdoor visits when the weather gets cold. That is a very good question and I will do my best to get an answer for you. We will have to wait until DHS decides if we can permit indoor visits and what the safest procedures would be. As summer begins to turn to fall, be sure to go outside and enjoy some fresh air walks. The community garden and the Timberhill Place grounds are still beautiful so, be sure to enjoy them while you can. If you need help go outside be sure to let a staff member know and we will be happy to assist you. During the month of September, we will be required to offer all Timberhill Place residents a COVID-19 test at no charge to you. The tests samples will be collected by a private lab and your doctor will contact you with the test results. Keith will be contacting you soon with more details as soon as they are available. Once again, the staff and I thank you for all your help and understanding in all the procedures that we must follow to keep everyone healthy.

“Summer afternoon-summer afternoon; to me those have always been the two most beautiful words in the English language.”

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Meet the Pets

Timberhill Place Van Service Schedule

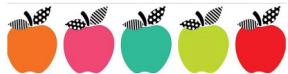
Sat & Sun: No Transportation Service
 Monday: 9 a.m. – 12:00
 Tuesday: 9 a.m. – 12:00 &
 1:00 p.m. – 4:00 p.m.
 Wednesday: 1 p.m. – 4:00 p.m.
 Thursday: 9 a.m. - 12:00
 Friday: 9 a.m. - 12:00
 Holidays: No Transportation Service

Van Service may be cancelled due to weather.



Meet Heidi and Brindle: these two cuties belong to Ben B. This pair is very shy and if you see them from the window or doorway you might only catch a glimpse of them before they run to their safe place to eye you with caution. If you approach them slowly and hold out your hand you might be lucky enough to earn enough trust from these timid kitties to get a small pat in. While they are shy to strangers, they are very acclimated to living with Ben and as he puts it: they even tolerate sitting near his lap, sharing “their” bed, and letting him know when their food dish is empty! Heidi is an orange and white longhaired cat while Brindle is a tortoiseshell, in fact the word brindle itself refers to dark colored fur with streaked with lighter colored fur. Ben and his wife adopted Heidi and Brindle from the Los Alamos shelter in New Mexico. They had to coax Brindle to come out and he describes her as a “scaredy cat” while Heidi has never bothered anybody and never been bothered by them either. Heidi and Brindle are very private, a fact which means that they both like to spend time hiding in their favorite spot, crawled inside of a recliner chair that endearingly has this sign posted: “Please do not sit. Cats inside.” Ben says that he is normally a dog person but these two are as good of friends as any.

Fun Fact About Calico and Tortoiseshell Cats: The gene that lends itself to the Calico and tortoiseshell fur color is only produced when two X chromosomes are combined which is why only female cats are Calico or tortoiseshell. In the rare chance that there is a Male Calico it is because they have an extra X chromosome XXY and are sterile.



Resident Birthdays

Georgann	9/3
Velna	9/9
Oscar	9/24
Betty S.	9/25
Helen	9/30

Staff Birthday

Scottie	9/10
Kyle	9/13
Lupe	9/14
Tera	9/19



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



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

Question: It used to be that some staff wore cloth face coverings and others wore paper masks. Now all staff are wearing paper masks as well as some sort of eye protection. What changed? Is everything OK?

Answer: Nothing is wrong, so please don't worry! If there *was* a problem you'd be informed right away! It's just that since we interact with all of you so much, the State has deemed it prudent for us to increase the level of protection we are wearing.

The Oregon Health Authority (OHA) is doing a great job at keeping up on the latest information. As new information is discovered regarding protection against Covid 19, OHA then updates our regulating guidelines. The most recent change was the requirement for all staff to wear both a paper mask as well as some sort of eye protection. For some kitchen or housekeeping staff, goggles might be

OK. But for all of us who provide direct-care to you, we are wearing face shields since these add another layer of protection for the mouth and nose.

You can do your part to help also, by only leaving the building for medically necessary appointments. Also by wearing a cloth or paper face covering (or plastic face shield) at all times when out of your room. Either a mask or face shield must cover both your mouth and your nose at all times.

At Timberhill Place we strive hard to avoid an institutional feel and instead want you to experience a very homey environment. In these challenging times I know that you having to wear masks, and also seeing us all wear so much protective equipment might be alarming or off-putting for a variety of reasons. I hope it will help for you to know that behind all the paper and plastic we're still the same staff: smiling like always; happy to be at work helping and protecting you, and sharing your desire to weather this darn Covid-storm as best as we all can: **together!**

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 September



Resident Town Meeting

Resident Town Meeting will be back but in a very different way. Celina will be distributing Resident Town Meeting Questionnaires for you to provide any questions, comments, concerns, or compliments you might have just like you would be able to do at the Food Council Meeting or Resident Town Meeting. You could also relay your Questionnaire response verbally in person to Celina. Robin, Celina, and Page will answer and address these responses in writing as well as providing New Business at Timberhill Place for you to read about. The minutes will be typed up and distributed to your door for you to read about. We look forward to helping you stay more connected!

Pen Pal Program

Would you like a pen pal? Speak to Celina and she can help connect you to a volunteer who would love to write to you. This could be a great way to make a new friend.

DJ Performance

Playing a selection of resident song requests from the Patio on Friday, September 4, is Gerry Kosanovic, a member of the Rotary Club of Greater Corvallis. Gerry is the owner/operator of Dr. Guzzi Entertainment, a mobile DJ business that provides sound amplification services to dances, weddings, and parties of all sizes. Gerry says he is a retired educator and he "inherited" the business from his son who moved to Wisconsin with his new bride. As a Rotarian, Gerry says is happy to serve the community in a variety of ways and is pleased to have the opportunity to entertain and bring smiles to the Timberhill Place residents. If you would like to request a song for this performance or any entertainer be sure to let Celina know!

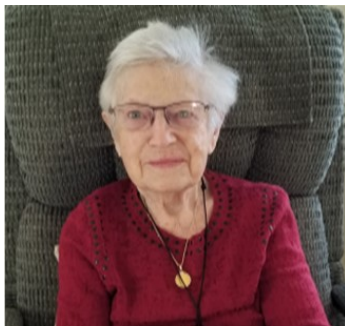
National Assisted Living Week Social Hour Friday



Although we are not able to throw a big party to celebrate National Assisted Living Week like we would have, the good news is that we're going to bring the party to you! Celina will be delivering Beer, Wine, or Sparkling Apple Cider as well as treats from door to door for you to enjoy on Friday, September 18th at 2 PM. Let's celebrate!

Entertainment

Friday, September 4th at 10 AM -DJ Music , Resident song requests for the patio.
Friday, September 11th at 11 AM– Larry Ditgen Music from the Window for Sides 1 and 2.
Friday, September 18th at 10 AM– Larry Ditgen Music from the Window for Sides 3 and 4.
Friday, September 25th at 2 PM— Joe Martines Music from the Window for Sides 1, 2, 3, 4.



Happy 101st Birthday Betty S.!

A very special Happy Birthday wish to Timberhill Place resident Betty who celebrates her 101st birthday on September 25th





Garden Variety News



Remember alfalfa sprouts? They used to be a huge thing for sandwiches and salads but for some reason they lost popularity. They are still just as good for you plus they taste great and are very easy to grow. If you have a mason jar, a pint or quart will work, you are in business. You can use lots of different kinds of seeds not just alfalfa, like chia, wheat, barley, lentils, beans, sunflowers, peas, etc.... Place your seeds in your jar, pour in about 1 cup of water and let sit for 2-3 hours (or overnight for the bigger ones) then drain and cover the mouth of the jar with a piece of cloth secured with a rubber band, and place on a window sill or counter. Keep the seeds moist and lay your “garden” on its side for better exposure to light and Voila! In a few days you will have tasty, healthy, extra greens for your meals. The bigger seeds can also be grown on a plate and snipped off when sprouts get 2-3 inches tall. Enjoy! I am going to start a couple of batches myself.

See you around,
XO Doris



Fun Fact: Vikings used to give kittens as wedding presents.

Fun Fact” Sunflowers will face the sun to collect energy, but on a cloudy day they will face the nearest one and share their energy. Cool!

Calling all Writers, Poets, Artists, Philosophers, and their Appreciators



Do you have something you would like to contribute to The Timber Tales? We would love to feature anything you would like to share. It can be silly, profound, made by you recently, made by you a while ago, or made by someone else entirely! Anything goes. Maybe you have a thought you would like to share? A good book, show, or movie to recommend? A joke that made you laugh or a riddle that really stumped you? Share your thoughts and ideas with Celine and she can publish them here for others to enjoy!

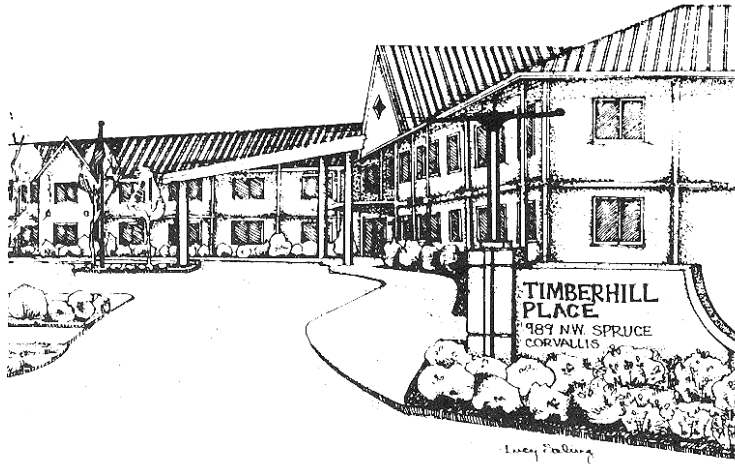
‘In the Time of Pandemic’

And the people stayed home. And read books, and listened, and rested, and exercised, and made art, and played games, and learned new ways of being, and were still. And listened more deeply. Some meditated, some prayed, some danced. Some met their shadows. And the people began to think differently.

And the people healed. And, in the absence of people living in ignorant, dangerous, mindless, and heartless ways, the earth began to heal.

And when the danger passed, and the people joined together again, they grieved their losses, and made new choices, and dreamed new images, and created new ways to live and heal the earth fully, as they had been healed. — Kitty O’Meara.

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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