



Timber Tales



December 2020 Notes From Robin

Welcome to the month of December. December is always a very busy, activity filled month with an abundance of holiday cheer. Throughout the month, Celina and Megan will be providing several holiday themed non- contact events for your enjoyment. Be sure to check your activity calendars frequently, so that you do not miss any of these fun activities. If you wish to decorate your apartment for Christmas, please refer to the decorating guidelines listed in this edition of the Timber Tales. A couple of important tips to remember are that only fire-retardant artificial trees are allowed in your apartment due to fire hazards. If you hang a wreath on your apartment door, please make sure it is an artificial one and remember that open flame candles are never allowed. I hope that you all have a great time decorating your apartments this holiday season. COVID doesn't care that it's a holiday, but we at Timberhill do. While, now is not the time to let our guard down, and we all must remain vigilant in our fight against the spread of the COVID virus, the staff at Timberhill Place is going to do everything that we can to make your Christmas merry and safe. At the noon meal on Christmas Day, Page and his staff will be serving a Christmas meal that will be delivered to your apartment. The kitchen staff always serve a delicious holiday meal that you are sure to enjoy. Although the Center for Disease Control does not recommend that you go out, if you decide that it is essential for your health and wellbeing to spend Christmas away from Timberhill Place, please do the following, plan ahead to make sure no one is sick, attend small family gatherings with the people who are inside your immediate bubble, wear a mask except when eating, wash your hands often, Stay six feet apart from people, avoid physical contact (hugs, kisses, etc..), limit the time spent at the gathering and limit alcohol, so that you'll have the right mindset to make safe decisions about COVID-19. Please talk with Keith, Gena, or me if you have questions about attending a meal or social gathering for the holidays. It is important that you consider all of the risks carefully before going out into the community, COVID is on the rise and there is more of a risk than ever to become exposed to COVID and to put yourself and the other residents of Timberhill Place at risk. I respectfully ask that you take a step back and limit all your outings to essential medical visits only. A safe way to visit with family or friends is to reserve the indoor visitor area. To make a reservation for a visit, call the front desk and request a time and date for your visit. At the time of your visit, Timberhill Place staff will seat you and your visitor so that you remain at a safe physical distance from each other while following all the infection control precautions and procedures. Experts are saying that a COVID vaccine may be ready early in the coming year. When the vaccination is made available, persons living in long term care facilities such as Timberhill Place have been placed on a priority list to receive the vaccination as it becomes available along with its healthcare workers. Keith and I will keep you posted on this information as it becomes available to us. Before we know it, it will be time to say goodbye to the year 2020 and to ring in 2021, so, mark your calendars and plan to join us in your hallway on the afternoon of Thursday, December 31, as we loudly toot those party horns and toast the New Year. May the year 2021 be kind to us all.

“Remember This December, that love weighs more than gold!”
Josephine Dodge Daskam Bacon

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.**

Resident Birthdays

Phyllis 12/22

Jackie G. 12/26

Staff Birthday

Alex R. 12/13

Jackie O. 12/20

Deniz 12/22

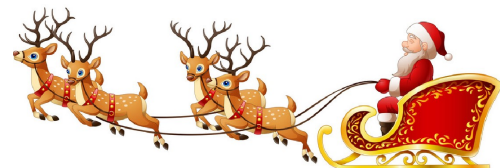
Timberhill Place Team Leaders

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

Chuckle, Chuckle, Chuckle

If you see a fat man...
Who's jolly and cute,
wearing a beard
and a red flannel suit,
and if he is chuckling
and laughing away,
while flying around
in a miniature sleigh
with eight tiny reindeer
to pull him along,
then lets face it...

Your eggnog's too strong!



As a little girl climbed onto
Santa's lap, Santa asked the
usual, "And what would you
like for Christmas?"

The child stared at him open
mouthed and horrified for a
minute, then gasped: "Didn't
you get my E-mail?"



A man bought his wife a beau-
tiful diamond ring for Christ-
mas.

After hearing about this extrav-
agant gift, a friend of his said,
"I thought she wanted one of
those sporty four-wheel-drive
vehicles."

"She did," he replied. "But
where was I going to find a
fake Jeep?"



Meet the Pet



Meet Chloe! Chloe is the feline, sweet, grey haired and bright-eyed roommate of Timberhill Place resident, Cathy. The story of Cathy and Chloe begins a couple of months ago. Cathy had been interested in adopting a pet so her daughter, Erin and granddaughter, Madeline set out to help her do so. Madeline, who would be able to find which cat would be the nicest, was tasked with selecting which kitty would go home to Nana. Upon meeting five-year-old Chloe, Madeline told her grandmother, “Nana, this cat is soooo sweet.” So, it was decided that Chloe would be going home from Heartland Humane Society to live at Timberhill Place with Cathy! When Chloe first arrived at her new home she hid under the bed for a few nights before venturing out to the bed with Cathy and eventually to the rest of the apartment. Now Chloe is used to exploring every hidey hole in the apartment, batting at whatever little bit of something she can find on the ground, and sitting on the windowsill watching CAT TV, as Cathy endearingly calls it. Cathy says Chloe’s personality is very chatty, she talks a lot but mostly to say, “Mom, I’m hungry.” A funny quirk about Chloe is that she is afraid of bugs and spiders, once she saw a spider coming across the floor and she backed up and ran out of the room! When recounting another funny story about Chloe, Cathy calls upon an inside joke she had with a friend in college where there was a shared girl’s bathroom: “Happiness is having your friend in the next stall!” Cathy appreciates the other Timberhill Place resident pet owners that have been so kind to Chloe, bringing her gifts of toys and yummy cat food. Chloe is a good friend to Cathy and gives her company and happiness. The girls in apartment 110 sure know how to have a good time!



Holiday Decorating Guide



As you prepare for the holidays, please be sure to follow safety precautions when decorating your apartments;

Flames– Candles and other sources of flames are not allowed within the building.

Lights– Electrical lights and extension cords that are physically damaged or altered should not be used due to the hazards that arise with old and tampered electrical objects.

Trees– Artificial Christmas trees should not exceed 2 feet, or 24 inches. If you need any assistance with this, please be sure to ask a staff member, they would be happy to assist you. We hope you all have fun decorating your apartments for the holidays season—but please be sure to decorate in a safe way. Thank you.

Activity Highlights for December



Gift Shopping Service

The activities department would like to assist residents by being able to help you do any holiday shopping you would like to do but otherwise cannot because of the restrictions of the pandemic. You will be given a store order request form that you can fill out or give by verbal request to the activity department. You can request a small shopping list for items from Bimart, The Hallmark Store, or Market of Choice with form given to you or by written or verbal request. This service will be offered on Tuesday, December 1st only so please plan ahead. If you need help thinking of ideas we would be happy to help you!



Gift Wrapping / Shipping Service

This service will be offered on two days: Tuesday, December 8th and Tuesday, December 15th. Forms will be handed out to residents to "sign up" to have gifts wrapped by the Activity Department. The activity department will also be helping any residents that need to ship their packages by going to the UPS store for them. Please speak to the activity department ahead of time by written or verbal request but do not gather in the Friendship Room on these days, we still cannot have group activities.

Holiday Celebration in the Hall

What do you call a holiday party in the hall? A halliday party! Although we cannot have the big event with friends, family, live music, and all the special holiday touches we can still celebrate the holiday season and everything it represents. Staff will be going to each hallway the afternoon of Tuesday, December 22nd to hand out goodies and wish each resident a happy holiday season.



Holiday Sing Along in the Hall

Join us in the hall for a fun little Holiday sing along in each hallway! Please wear a mask and join us from your doorway. We will be playing songs in each hallway and providing words for residents to enjoy singing along to if they wish. Please check your activity calendar for the date and time for your hallway.

New Year's Celebration

Goodbye, 2020! You were a year of challenges that showed us we can still adapt and find happiness in the tough times. Hello, 2021! We are brightly optimistic to welcome the New Year and the many new happiness's ahead. To celebrate the New Year, the activity department will be handing out champagne, sparkling cider, and snacks for residents to enjoy. We will take a moment in each hall to countdown to the New Year (it's midnight somewhere!)





Ask the Nurse



Q: Is it true we'll have a vaccine soon for Covid-19 soon? What will it cost and will it mean we can take masks off and stop physical distancing?

A: Yes, it is true that a vaccine is coming. Whether or not it will be "soon" is still unclear. The Centers for Medicare and Medicaid Services (CMS) have announced they are taking action to ensure folks who have Medicare or Medicaid are able to get the vaccine for free. We here at Timberhill Place are also working with local, State, and Federal agencies to lay the groundwork for on-site COVID-19 vaccine clinics. No date has been set however, since there are still many details to work out before a vaccine is even authorized or approved by the FDA, let alone mass-produced and distributed. We'll be sure to announce more details as we have them! Once a vaccine becomes available it is likely to be a two-step process where you'll get one vaccination and then some weeks later you'll get a second one. If all goes well then yes, getting vaccinated might mean a relaxing of some or all of the mask and physical distancing requirements.

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



Garden time is over, but we can still have fresh veggies from our favorite produce aisles! Squash is good pureed and added to soups and casseroles. Riced cauliflower is good for this too. Or add extra broccoli to broccoli cheese soup, extra mushrooms to mushroom soup, or asparagus to cream of celery soup... you get the idea. Also, green beans, onions, spinach, zucchini, bok choy, and even kale, can be chopped or pureed and hidden in all sorts of already "good for you" foods. A happy easy way to boost your nutritional bang. Roasted vegetables like beets, carrots, parsnips, and squash turn sweeter in the roasting process and make a lovely side dish for everyday or holiday meals. I love roasted beets with a little sour cream, wonderful!

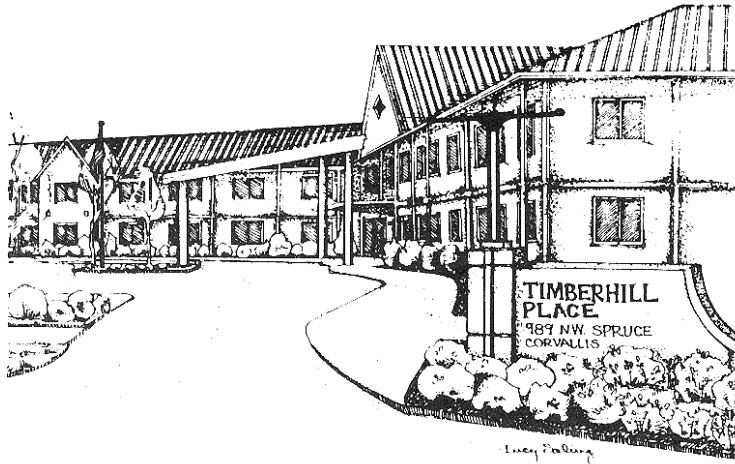
As for the holidays... I wish you all a happy and blessed season. And try not to overdo on the sugary stuff—no, the calories do not go away because it's Christmas, as much as I wish they would. Happy holidays to all! XOXOXO

See you around,
Doris

Fun Fact: These things can be gotten in cans—rattlesnake, pig brains, reindeer, scorpions, and silkworm pupae.... But why??

Fun Fact: Diamonds are not rare, occurring more commonly than silver or gold. It was all a slick marketing campaign.

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*

