



Timber Tales



January 2021 Notes From Robin

Welcome to the year 2021. The next few months will be a challenge for us all as we begin to navigate the next phase of the COVID pandemic. With the introduction of COVID vaccinations the experts are hoping that infection rates will slow and that we can conquer this pandemic soon. Until then we must continue to physical distance, wash our hands, wear face covers and avoid going anywhere but essential medical visits. The COVID vaccinations are highly recommended for anyone living in Assisted Living Communities along with the staff who work in them. While its frightening for some to get a vaccination with such short-term clinical studies it is exciting for others. If you have questions about getting a COVID vaccination, please talk to your health care provider right away so that there is no delay in getting vaccinated if you decide you want too. There will be a limited supply of vaccinations and we want to be sure that a vaccination will be reserved for you. As you may already know, Governor Brown has set new guidelines for each county that affects our indoor/outdoor visitor policy. This decision will be made weekly depending on the positivity rate in Benton County. For now, you can request a visit and we will pencil your visit in and let you know closer to the visit date if your visitor can be accommodated or not. Our non-contact activities and events will continue with the help of Celina and Megan. Please let them know if you have any ideas on how they can improve the activities that we are providing to you. Our maintenance director Alex R. is ready to assist you with any zoom or facetime visits that you would like to schedule. If you are worried about having the proper equipment don't, we have an IPAD set up just for resident use. We also use this equipment for telehealth visits that Keith our facility nurse can help you with. These services are complimentary so please do not hesitate to ask for help to use them. January is always a good time to rejuvenate or to start an exercise program to maintain or improve your mobility, your balance, strength, and endurance. You can do this by participating in our non-contact exercise classes offered by our activity department. Some of our residents participate in an online exercise program or work with a personal trainer if their doctor approves. Others put on their face coverings, physical distance and take daily walks in the hallways or outdoors when the weather permits. If you have questions about an exercise program that's right for you, speak with your medical provider.

*"Something incredible is waiting to be known."
~ Sharon Begley*

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

Joan N.	1/11
Betty L.	1/15
Julia	1/24
Lou M.	1/31

Staff Birthdays

Brian	1/10
Cathy C	1/28
Celina	1/30
Anderson	1/31

Chuckle Chuckle Chuckle

A guy walks into a bar and takes a seat. Before he can order a beer, the bowl of pretzels in front of him says, "Hey, you're a handsome fellow."

The man tries to ignore the bowl of pretzels, and orders a fine Pilsner beer.

The bowl of pretzels then says, "Ooooh, a pilsner, great choice. You're a smart man."

Starting to get a little weirded out, the guy says to the bartender, "Hey-what's going on, this bowl of pretzels keeps saying nice things to me!"

The bartender replies, "Don't worry about it, the pretzels are complimentary."

A weasel walks in to a bar and asks the bartender, "What do you have to drink besides beer?"

"The bartender replies, "I have pop, juice, and bottled water."

"Pop," goes the weasel.

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



Q: Is it true a COVID-19 vaccine is coming and will be free? Who gets it, and who gets it first?

A: Yes! There are currently two different vaccines finishing evaluation by the FDA and likely to be given an "Emergency Use Authorization" enabling us all to get a set of two sequential vaccinations, providing significant immunity against COVID-19. The vaccine itself will be paid for by the Federal Government, and the cost of the vaccination clinic will be covered by your insurance. If a person has no health insurance, there are provisions to pay for those individuals to be vaccinated as well. It will be made available first to healthcare workers and those who live in Long Term Care (including Assisted Living).

Q: When will THP be getting the COVID-19 vaccine?

A: This is difficult to answer as each state will receive an initial allocation of a certain number of doses, but this may not be enough to vaccinate all who qualify. The earliest we could see potential vaccination clinics here at THP would be late December -- so by the time you're reading this, you may already have had your first vaccination!

Q: How soon after the upcoming COVID-19 vaccine becomes available can we expect restrictions to be lowered both here at THP and in the general community?

A: It is difficult to predict, due to so many variables, but here is my best-educated guess of the likely scenario. First, we will need to see a full-scale public vaccination to as many people as possible, which may be Summer 2021 or perhaps later. Then the Federal, State, and Local Health Authorities will watch to see community infection rates drop below a certain percentage (what number? I'm not sure, but we'll likely hear more next Spring). And even after that at some point in time when Oregon is in full "Phase III" and all counties are "Green" again with very low infection rates...Oregon Health Authority and Oregon Dept of Human Services may still require us to wear protective gear and/or limit entrance to the building if there are residents or staff (or potential visitors) who were not vaccinated. As I know more I'll be sure to pass it along!

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 January



Trivia Thursday!

Here's the who, what, when, where, and how of it all.

What: Contactless Trivia!

Who: The activity department will hand out disposable Trivia Question Sheets to Timberhill Place residents.

Where: In your own apartment.

When: New cards will be distributed each Thursday starting the week of January 7th.

How to play: Every week will start a new game on Thursday. Using the Questions that you have been given, you will fill out your own answers on the Trivia Game Sheet given to you. The game will last the duration of the week through Sunday. Turn your Trivia Game Sheet in to Celina or the labeled Activity Department Drop Box in the Friendship Room.

Prizes: Prizes will be awarded to those who get the most answers correct but all are welcome to play just for fun!



Tuesday Afternoons in Faith

First Friday in Faith will now be known as Tuesday Afternoons in Faith. Instead of all hallways meeting at different times on one day of the month the activity will be spread out over the month, with each hallway having their own Afternoon in Faith on one Tuesday out of the month.

The meetings will be held every week in different hallway on the following Tuesdays:

First Tuesday of the Month in the Gold Hall

Second Tuesday of the Month in the Blue Hall

Third Tuesday of the Month in the Green Hall

Fourth Tuesday of the Month in the Purple Hall

We are also excited to announce that Timberhill Place resident Lucy H. will be taking over preparing and leading the meetings. Lucy has contributed to Bible Study at Timberhill Place in the past as well as leading it as needed. She is a kind and competent woman of faith. Thank you, Lucy!

Sing Along!

The Holiday Sing Along was such a hit that we've decided to keep the Sing Along on the calendar for the month of January. The department will work on finding fun and classic songs in a format that will be easy to sing along to -with the help of residents if they would like to contribute! If you are interested in suggesting songs or artists for the Sing Along please fill out a suggestion form from the Friendship Room and turn it in to the Activity Department Drop Box





Employee of the Quarter



Jackie



Congratulations to the Employee of the Quarter Jackie! Jackie has been a housekeeper at Timberhill Place for almost nine years. Jackie is known for her get it done attitude and willingness to help with anything that is needed. Jackie was born and raised in Corvallis and spent a lot of time in Philomath and Wren. She attended school at Corvallis High School and Linn Benton Community College. Jackie has one daughter, Stephanie, who is 26. Her favorite past times are spending time with her daughter and family when possible. Jackie's favorite things are reading and her pets; she has two dogs and three cats. Her talents include cooking and baking and her favorite places are Mary's Peak, the Grotto in Portland, country roads, and the coast. A quote that inspires Jackie is "This too shall pass." Jackie would like everyone to know that she loves her job and the people she helps, she loves hearing their stories. Jackie's hard work and attention to detail is appreciated. Thanks for all that you do, Jackie!



Garden Variety News



Wow! It's January! Lets all hope we're on the downhill slope of the past years crazy, upsetting, depressing, make you sick, trauma we have all managed to live thru! Can I get a YAY, Whoohoo! For all of us! Plant some extra hope and happiness in your heart! Grin at yourself in the mirror! Another kind of plant offers a surplus of benefits as well – real ones. They add a splash of nature to a room, freshen the air, add interest to food (think windowsill garden). Cuttings from friends can get you started... or... decorative soon to bloom flowers like Amaryllis and Narcissus. At home Hydroponic kits can also be lots of fun to watch (check on Amazon). Succulents are a good choice too. If you forget to water one week, they don't care or air plants. They need no water at all, just the moisture in the air. Or you can regrow the bases of Romaine, celery, green onion, or chives in a shallow container with a little water. Soon roots will form, then a new crop of tops. What fun! And no waste. I encourage you all to try one of these projects. They give interest to your day, elevate your mood, and even can feed you. Now that's hopeful!

See you around
XO Doris

Fun fact: All major league baseball umpires have to wear black underwear – in case their pants rip!

Fun fact: Portland, OR has a 2 ft. sq. park est. 1948 for invisible leprechauns.

Fun fact: The moon is moving away from Earth at a rate of 1.48 inches per year... about the same speed as your fingernail grows. That seems both fast and slow somehow!

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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