



Timber Tales



February 2021 Notes From Robin

Welcome February, one of the best things about the month of February is that it is a short month, and it brings us one month closer to spring. And, if that's not enough February excitement for you, just think of all the delicious, sweet treats that are sure to be coming your way as we celebrate Valentine's Day. As you read this newsletter you have either received your first COVID vaccination or you are about to receive it. While getting your first vaccine is certainly something to celebrate, we still must be vigilant about the spread of the COVID virus to others and to continue to practice good physical and social distancing, handwashing and wearing our face coverings well beyond our second round of vaccinations. Many of you are asking when the dining room will open or if you can participate in group activities or go out to see your families and loved ones. These are all good questions and I wish that I had a good answer for you, but I really don't. My best guess would be that some of the COVID restrictions in our building will begin to lift two or three weeks after our second vaccination clinic which will be held on February 19, 2021 followed by a third vaccination clinic on March 12, 2021 if we need it. As you know, Keith and I receive frequent updates from CDC, DHS, OHA, OHCA, LeadingAge Oregon, Oregon OSHA and the Benton County Health Department. We do our very best to follow all their infection control guidelines and requirements to keep everyone here at Timberhill Place COVID free. As soon, as we become aware of any changes to our COVID restrictions we will update you and work with the staff to update the changes as quickly and as safely as we can. In the interim, the best thing that we can do is to stay positive and be supportive of each other while we wait out what we hope is the beginning of the end of this awful pandemic. Be sure to check out the activity calendar in this addition of the Timber Tales. Celina and Megan have been planning some fun and exciting non-contact activities and events for your enjoyment. With Valentine's Day just around the corner, I am sure that Page and the kitchen staff will be preparing a decadent dessert for you all to enjoy along with the fun Valentine's Day event that Celina and Megan have planned for you. Wishing you all a happy February.

*A heart is not judged by how much you love, but by how much you are loved by others.
~ Frank Morgan*

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.

Red Skeleton's Recipe for the Perfect Marriage

1. Two times a week we go to a nice restaurant, have a little beverage, good food and companionship. She goes on Tuesdays, I go on Fridays.
2. We also sleep in separate beds. Hers is in California and mine is in Texas.
3. I take my wife everywhere, but she keeps finding her way back.
4. We always hold hands. If I let go, she shops.
5. I married Miss Right. I just didn't know her first name was 'Always'.
6. I haven't spoken to my wife in 18 months. I don't like to interrupt her.
7. The last fight was my fault though. My wife asked, "What's on the TV?" I said, "Dust!"
8. Remember: Marriage is the number one cause of divorce.

<i>Resident Birthdays</i>	
Margaret	2/4
Gloria	2/25
Mitzi	2/25

<i>Staff Birthdays</i>	
Keersa	2/2
Joyce	2/13
Jessica	2/27
Jean K.	2/27

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: Now that more people are being vaccinated, why are staff still being tested? And when can we start taking these masks off and shaking hands and hugging people again?

A: Oregon's Long Term Care staff and residents are being vaccinated as quickly as possible, protecting us and helping slow the spread of COVID-19. It may be a few more months or more for the general population to be vaccinated and, for a variety of reasons, some people choose not to receive the COVID-19 vaccinations. For these reasons and more, the risk of spreading the infection is still too high, and we must not (yet) lower our guard. The good news is, we certainly do expect the overall community infection rate to begin to drop as more and more people are vaccinated. As that happens, we'll have more data and will be better able to forecast which restrictions to lift, and when. For now we'll still need to wear masks and wash our hands, and avoid physical contact until we know for sure that it is safe. Staff will continue being tested because we're still not sure exactly how long the immunity will last after being vaccinated. Some experts are saying mask wear and physical distancing will probably be in effect throughout 2021 or longer; still others theorize we'll be able to relax sooner than that, perhaps as soon as this Summer or Fall. I just don't know, and it is still a waiting game. I honestly wish I had a firm answer to give you. I miss giving and getting your hugs, and seeing everyone's smiling faces. Heck, I'd even settle for seeing some grumpy faces! But for now, we must press on and stay true to our course. It is wearying, I know. I still take comfort in knowing we're all in this together, pitching in to do our own part in making sure we all stay safe. This will make the first handshake, the first smile, and the first hug that much more sweet.

(Ask the Nurse continued in back of Newsletter)

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 February



Craft Bags

The Rotary Club of Greater Corvallis provides craft bags for the residents of Timberhill Place. If you would like to receive one be sure to let the activity department know. The bags include card making supplies and seasonal crafts.

They are lots of fun so be sure to add your name to the list of recipients if you are interested.

Valentine's Day

We could all use a little Valentine sweetness and although we still can't celebrate in the Dining Room we'll bring the party right to your door! Megan and Celina will be delivering refreshments from door to door on the afternoon of Friday, February 12th. Expect lots of chocolate!



Sing Along

Be sure to give any song requests or ideas for music to the activity department so they can play your favorite songs at the monthly singalong!



Ask the Nurse continued)



Written by RN Consultant Keith Seckel

Q: I know it is true I can't catch COVID-19 from the vaccination, but I've heard I might feel poorly after the injections?

A: I strongly encourage everyone to get both the first and the second vaccination. And yes, that's right. You CANNOT get COVID-19 from the vaccination. But after the vaccination, you may very well have some discomfort that is short-lived. The way a vaccine works is this: the vaccination prompts your immune system to learn how to detect the virus as a threat, and fight it. It's sort of a workout for your immune system! And like with any other workout, you can expect some soreness afterward. So after the first shot, you'll likely have some arm pain where the injection was, and for about 12 to 24 hours you may feel a little under the weather. This is just your immune system building its muscles. And then after the 2nd shot, you may also have a full 24 to 48 hours where you feel very under the weather, and this is your immune system flexing those newly built muscles! And then you'll bounce right back! Remember – this is NORMAL and is to be EXPECTED after a vaccine like this. It is designed to strengthen your immune system and the result may be you feeling weak for a day or two after the 'workout'. But the important thing to remember is that these are temporary and short-lived symptoms. And a day or two of feeling puny is worth it – to avoid the short and long term effects of actually catching COVID-19!

Meet the Pets

An Update on Erin written by Timberhill Place Resident Lucy H.



Erin and Lucy are pictured here on one of their daily outings. You might recognize Lucy, she leads the Tuesday Afternoon in Faith activity here at Timberhill Place.

Erin was featured in a past edition of the Timber Tales Meet the Pets spotlight. Here is an update on the sweet Siamese written by Timberhill Place resident Lucy H.:

“Since Erin turned 18, last March, she has continued to expand her horizons here at Timberhill Place. We tried going for walks in the hall, but she decided that was too scary! She discovered, however, that riding with Mom in the power chair is great fun! Every afternoon, right after lunch, she gets up into the power chair, and lets me know that it’s time to go for a ride. We visit people along the way, many of whom like to pet her and pay attention to her! She thinks that is just terrific. She keeps mental track of how far we have gone, and if the ride is not long enough, she will not get off my lap when we get back to our apartment! So, if Mom has time, we take another trip up and down the hall. People have commented that she seems brighter, and her eyes seem happier, since we have been taking our daily trips. On a positive note, her kidney function and blood pressure are holding steady. So, it looks like she will be my companion for some time to come. I thank God for that!”



Garden Variety News



What constitutes a weed? Most people would say its any vegetation that there’s too much of, and they wouldn’t be wrong... but “weeds” can also be helpmates. Foragers of food stuffs all around the country gather greens for food, teas, tinctures, and salves. The common dandelions young leaves are very good in salads or lightly steamed. Also, wood sorrel, purslane, plantain, nettles, fiddleheads of ferns, wild cow parsnips, Devil’s cone, to name a few. Most of these thrive in poor soil, along the edges of roads, streets and parking lots. So next time you’re out for a walk, see if you can forage a little. Spring is just around the corner and new growing weeds will be everywhere. Have some fun with that! Now is also a good time to start seeds indoors for our gardens. If you’re into that... lots of kits for starting seeds are available now, or you can use peat pots, Dixie cups or eggshell halves. You’ll need a little water and a lot of light. Don’t transfer to the outside to harden off until all chance of frost is past. Trying some interesting projects is a good way to fight boredom and spark conversation. Happy Valentine’s Day!

See you around

XO Doris

Fun fact: Omphalophobia is the fear of belly buttons.

Fun fact: Every day we breathe about 22,000 times.

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*

