



Timber Tales

September 2014
Notes From Robin

It's hard to believe that summer is coming to a close. With all of the hot weather it was hard to go outdoors for any length of time without overheating. Thankfully, everyone at Timberhill Place did a good job of staying hydrated and avoiding any heat related illnesses. Hopefully we will have some cooler autumn days to enjoy.

It's time for the local kids to head back to school. This means the traffic will increase on the streets around Timberhill Place. For your safety, be sure to use the crosswalk if you are attempting to cross the street. Not all motorists are watching out for pedestrians and we want you to arrive at your destination safely. The beginning of the school year also means it's time for some college football. The staff and I invite you to join us in supporting your college football team by wearing your team colors on the Friday before each football game. If you are not a Beaver fan, be prepared for some good hearted teasing from others. After all you are in the heart of Beaver country.

As many of you know, a survey team from the Department of Human Services was here August 5-7 to complete our bi-annual survey. The survey team commented on how friendly, professional, helpful, and well trained the staff is. They were impressed with how clean and organized the facility is and how well our residents are cared for. They mentioned how happy everyone is with the food, the activity program and the transportation services. They also talked about how happy our residents are and how they take pride and ownership in their community. "WOW" These are statements that we can all be proud of. I'd like to thank the staff of Timberhill Place for the great job that they do. I am so impressed with each of them and the care that they provide to our residents. I thank each of you for all that you do.

National Assisted Living Week is September 7-13. The theme for the week is "The Magic of Music". National Assisted Living Week will be celebrated by residents, staff, volunteers, and families across the nation. Be sure to watch the activity calendar for all of the fun music programs that Cheryl and Bobby have planned for you during this week. National Assisted Living Week is a good time to educate your family and friends on assisted living and what it means to you. It's also an excellent time to invite your family and/or friends in for a meal and/or a scheduled activity. If you have a musical talent that you would like to share, please contact Cheryl. No matter what type of music it is, we look forward to you sharing it with us. This should be a fun and exciting week. The staff and I are looking forward to celebrating "The Magic of Music" with each of you.

"Music is what feelings sound like."

Timberhill Place ~ 989 NW Spruce Avenue ~ Corvallis, Oregon 97330
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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

September 3.....Fran
 September 4.....Shirley
 September 9.....Velna
 September 9.....Keith
 September 10.....Wil
 September 19.....Hector
 September 24.....Oscar
 September 27.....Dora
 September 28.....Geneveive

Staff Birthdays

September 10.....Scottie
 September 14.....Mistie
 September 23.....Aleec
 September 25.....Jain
 September 29.....Connie

Medical Notes

By Lorraine Dobra R.N.

Chronic Pain

Pain that lasts more than a few months is considered “chronic” or on-going. Chronic pain can seem overwhelming, but does not have to dominate your every thought or move. However, there are no easy fixes. Opiates (narcotics) work better for acute pain, pain that is short duration of usually less than a month. Opiates have side effects and problems that limit their usefulness for chronic pain.

There are invasive procedures that can be used to control pain; nerve-blocking injections, implanted devices to deliver anesthetics directly to the spine, and surgery. The Chronic Pain Association has a new catch-phrase if nothing seems to work: “Don’t tell me to live with it, teach me how to do it”.

Pain management is a team sport and you are the key player. Pain management involves finding a combination of strategies that work for **you**. It is best to adopt the attitude that “This is my pain and I need to own it if I want to get better.”

Medication-free options include:

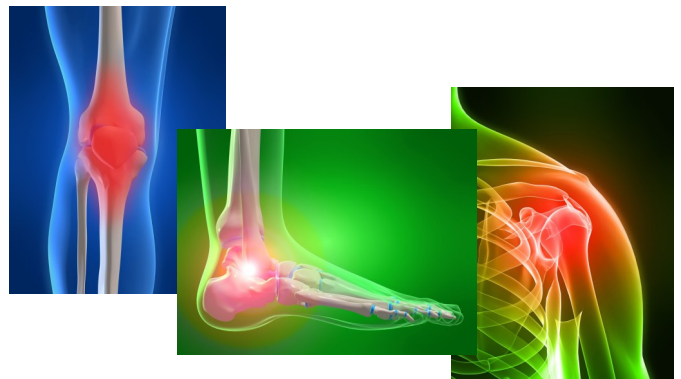
- Physical reconditioning such as physical therapy, stretching exercises, and weight lifting.
- Mind-based treatments such as cognitive behavioral therapy, biofeedback, and hypnosis.
- Stress management techniques like meditation.

The most effective techniques will vary for each individual. Movement is the most essential element even if it is just walking three minutes a day with a gradual increase. Weight loss has been found to be the most valuable modification for many chronic pain issues because it relieves the burden of additional weight on the joints. Your doctor’s office should be able to start you in the right direction.

From: Chronic Pain, by Lisa Esposito in US News and World Report, July 2014.

Timberhill Place Team Leaders

Executive Director.....Robin Bemrose
 Director of Office/Marketing.....Debbie Vergo
 Director of Nursing.....Lorraine Dobra
 Director of Resident Care.....Judy King
 Director of Activities.....Cheryl Zehr
 Director of Food ServicePage Hundemer
 Director of Housekeeping.....Doris Blum-Etzell
 Director of Maintenance.....Ed Klinkner



Residents of the Month



Oscar and Christine have been selected 'Residents of the Month' for September. They both were raised in very large, wholesome, hard working families. Oscar was born in the farming community of Hosmer, South Dakota and had twelve siblings. Everyone in the family helped on the family farm starting at a young age. The family endured many hardships on the farm; the great depression, the 1933 dustbowl, and the 120 degree summers of 1935 and 1936. In 1931 a hail-storm destroyed the crops and his dad had to hire out Oscar and his older siblings to other farmers. Oscar's school had one room and one teacher, he had to quit high school because he was needed on the farm.

Christine was born in the Columbia River town of Rainier, Oregon. She had eight siblings. Her father was a carpenter and her mother took care of the home. Her mother canned a thousand quarts of fruit, vegetables and salmon every year. Christine and her siblings helped with her father's business, making cedar fishnet floats called corks. She recalls that her mom always had the coffee on for company and the kids would play cricket and hide and seek outside until dark. She spent her school years in Rainier, then went to work at Evans Products Company in Coos Bay, Oregon.

Oscar was drafted on his twenty-first birthday and served in Europe for twenty-two months. His MOS was army ordinance (small arms repair). He was discharged Christmas Eve 1945 from Camp McCoy, Wisconsin. He then went to work at Evans Products Company in Coos Bay, Oregon. He met Christine by chance on a blind date through mutual friends at work. Shortly after, on November 11, 1946 they were married. In 1960 they moved to Corvallis where Oscar transferred to the Evans Products Company in Corvallis and Christine took care of their home.

In 1961 Oscar and Christine opened a Western Auto store in The Dalles, Oregon. Three years later they moved back to Corvallis and Oscar went on to be the sales manager for the battery separator division at Evans Products. They have two sons; Dan and Tom and three grandchildren. After retirement they both enjoyed being at home doing yard-work and gardening, having barbeques and playing cards and games with friends. Oscar's favorite place to visit is Silver Creek Falls and Christine just loves to be home. They also enjoy going for walks and watching television; Christine likes game shows and good wholesome movies and Oscar likes sports, especially the OSU Beavers. If you ask Oscar how he is doing today, he will probably say "It could be better, it could be worse, or it could be a lot worse." Christine's favorite words are from John 3:16. They are both very devoted to their Christian faith. Oscar likes the care and patience the hard working Timberhill Place staff give to him and Christine as well as the food. Christine likes their friends, staff, food, activities and the harmony and peace here at Timberhill Place.

Congratulations to Oscar and Christine for being selected as the residents of the month!

IT'S TIME FOR FOOTBALL

Every Friday this Fall
is Beaver Rally Day.
So be sure to wear your
ORANGE & BLACK
and then come watch
the games on Saturday
in the Friendship Room





Activity Highlights

Assisted Living Week



is September 7-13. The theme is 'The Magic of Music' and we have planned a musical activity for each day Monday through Friday.



Monday, September 8 at 2:00 Kathy Morris will be playing her harp for you in the Dining Room.

Tuesday, September 9 at 1:30 Slap Happy Drums will be here to get you involved in making music together, this will be in the Dining Room.

Wednesday, September 10 the New Horizons Band will be having a concert at 7:00 in the Dining Room.

Thursday, September 11 Lew McLaren will play his ukulele and sing for you at 10:00 in the Friendship Room.

We will be going to the Dahlia Farm near Stayton that afternoon. Be sure to sign up in the outing book.

On Friday, September 12 there will be an 'End of Summer Bash' in the Garden at 3:00; the Ancient Ways Marimba Band will be playing for your enjoyment.

Lunch Out to the Coast

Thursday, September 18

We will be dining at The Adobe in Yachats, The van will load at 10:00 and we will return to Corvallis by 5:00.

Gingerbread House Craft

Monday, September 22

at 2:00 in the Friendship Room, Dee Houchin will be assisting you in creating a Gingerbread Village to be displayed for Christmas.

100th Birthday Open House for Dora Davis

Sunday, September 28 at 2:00 in the Dining Room, Everyone is welcome to come help Dora celebrate this milestone birthday.

Current Events

Every Friday at 11:00 in the Friendship Room, Come join your friends and neighbors to discuss the local, national and world news.

New Residents



Mary Lou is now residing at Timberhill Place. She has moved here from Stoneybrook Retirement. Mary Lou was born and grew up in Florida. She worked for the government during WWII in Washington D.C. Later she lived in California where her children were all born. She has one son and two daughters. Her husband was a commercial airline pilot and the family was able to travel to many cities for sightseeing trips with him. Irene worked for several years as a telephone operator. She also enjoyed helping people and has done much volunteer work over the years. ***Welcome Mary Lou to Timberhill Place!***



Irene has recently moved to Timberhill Place. She previously lived in Florida for many years. Irene was born and grew up in Pennsylvania. She worked for thirty-nine years as a teacher and principal. Irene has been able to do a lot of traveling. Since she worked as a teacher she would spend her summers traveling with a friend who was also a teacher. Irene also lived and taught for a few years in Tokyo, Japan. Irene says that she has been to many of the countries of Europe, Asia and South America. We are glad that her travels have brought her to Timberhill Place. ***Welcome Irene!***

Chuckle...Chuckle...Chuckle

A retired gentleman in his late 60's was driving his pickup truck on a country road. As he passed by a driveway leading to a farmhouse he saw a sign that read: TALKING DOG FOR SALE... he stopped his truck and backed up to get a second look at the sign. Sure enough - he had read it correctly. Thinking something is crazy here, he drove up the driveway and knocked on the farm house door. " I don't know if somebody is pranking you but you have a sign on the road that says you have a talking dog for sale." the farmer nodded, "I do, he's out back, he'll talk your ear off." When the man went outside he was greeted by a German Shepherd that quickly queried, "Are you retired? Me too." the dog said - "I spent two terms in Iraq, one in Afghanistan, I complained so much they shipped me stateside to the port of Miami, the humidity about killed me, sniffing for drugs on cargo ships - finally I told myself that's it I'm done - retired." somewhat dazed by what he had just heard the gentleman said to the farmer, "how much do you want for that incredible dog?" "\$10" the farmer replied. - "\$10? Only \$10?" - "Yep \$10 dollars and he's yours!" "Why are you selling him for only \$10?" " I can't trust him - that dog lies - he has never been out of that backyard."

Trust - don't leave home without it.

September Days

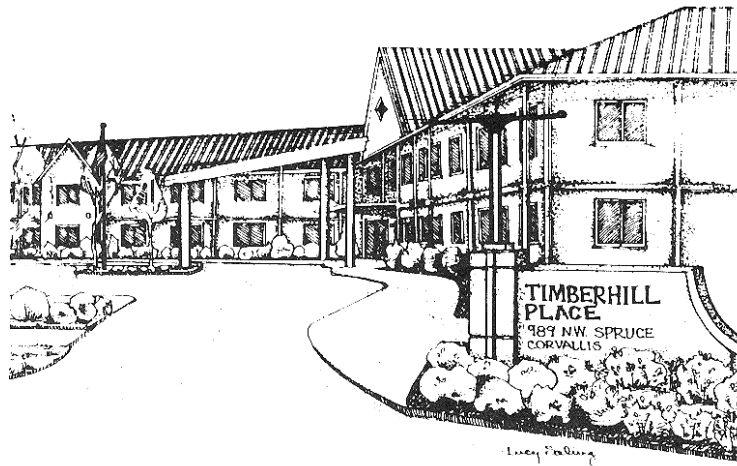
Mary Fink

*White clouds sail the September blue
And way up there on high
The swiftly flying blackbirds make
A polka-dotted sky.*

*A lazy breeze from out the west
Whispers softly through the trees,
Even heaven cannot hold
More perfect days than these.*



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 ~ tmbrpl@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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Corvallis, Oregon 97330*