

The devastating earthquake in Haiti, January 12th, is the topic of Cornell Estates' presentation on **Monday, February 1st at 1:30pm.** Area business woman, JoEtta Martes, just returned Sunday from a mission trip with Haiti Lifeline Ministries. Martes, along with 56 other work team members at the Lifeline Christian Mission, located in Grand Guave Haiti, escaped serious injuries during the 7.0 earthquake.

"Only one of the women was injured, which was amazing," said JoEtta. "We were both fortunate and blessed." Buildings around us were in ruins, but the mission compound escaped major damage except for parts of their security wall which crumbled, leaving them vulnerable.

Martes will share her insights, experiences and photos during and after the earthquake at Haiti's Center which serves as a church and school for about 250 village children. With small classrooms, large numbers of children and little or no supplies, the teachers struggle to teach even the basics. Now they must struggle with a lack of food, water, medical aid and diesel fuel. For this reason, Cornell Estates will be accepting donations for Haiti Lifeline Ministries.



**Monday, February 8th
at 10:00 a.m. to 3:00 p.m.**

If you still don't know what to get your sweetheart or that special someone in your life, well, back by popular demand, "Bruttles" and Bernard Candy will be at Cornell Estates on **Monday, February 8th in the Main Living Room** with mouth, watering candies .

Bernard Callebaut Chocolate will be featuring hand-made toffee and caramels covered with butter Belgian chocolate. Also available are Gourmet Butterfingers in five flavors.

Based in Spokane Valley, "Bruttles Candies" makes soft peanut butter brittle (with and without chocolate coating) that's used as a turn down treat in guest rooms at the Davenport Hotel. Bruttles has long been affiliated with the Davenport Hotel and sells its goods from the Hotel Candy Shoppe.

Trivia Note: In 1951, while working for another candy shop, a customer mentioned to Gerkenmeyer that she loved her peanut butter brittle but wished it wasn't so hard on her teeth. That's when Gerkenmeyer began experimenting with a soft brittle recipe.

CORNELL ESTATES MANAGEMENT TEAM

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Landa Carlson

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Charlene Torrey

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BOOKKEEPER
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PERSONAL INDEPENDENCE
PROGRAM COORDINATOR
LISA POWERS

**Thanks to Joy Steele, Rose
Enyearts' daughter for
editing our website.**

Cornell Estates Welcomes...



Gary & Mary Kay #139

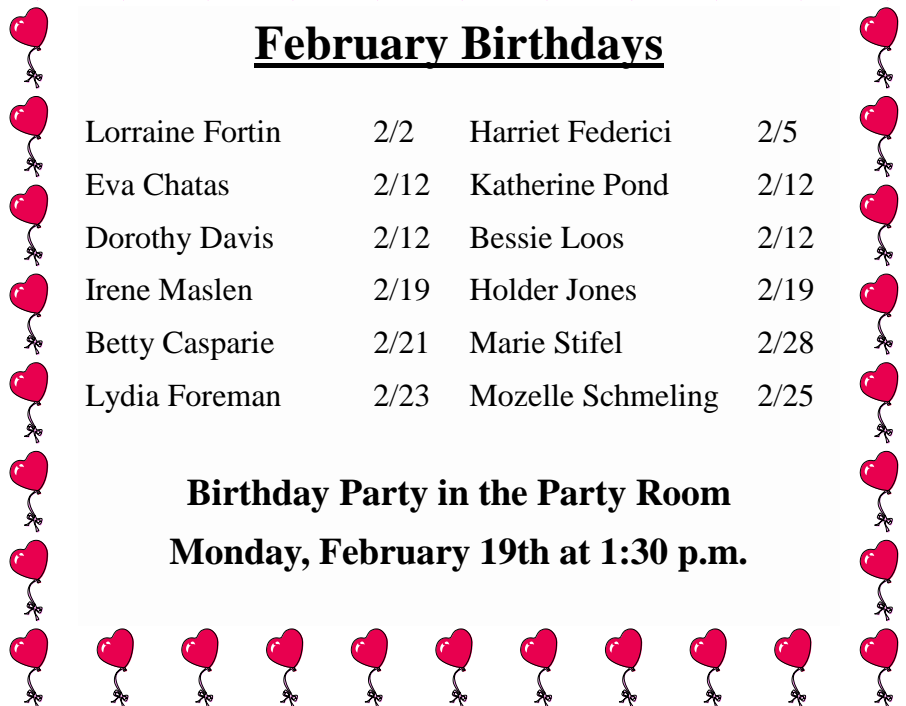
Emily DuPuis # 347

Bill Siddall #157

**“Meet Your Neighbor “ Party in the Party Room
Wednesday, February 17th at 2:00 p.m.**



February Birthdays



Lorraine Fortin	2/2	Harriet Federici	2/5
Eva Chatas	2/12	Katherine Pond	2/12
Dorothy Davis	2/12	Bessie Loos	2/12
Irene Maslen	2/19	Holder Jones	2/19
Betty Casparie	2/21	Marie Stifel	2/28
Lydia Foreman	2/23	Mozelle Schmeling	2/25

**Birthday Party in the Party Room
Monday, February 19th at 1:30 p.m.**

Staff Birthdays

Tina R.	2/6
Brandon S.	2/12
Paul M.	2/19
Natalie M.	2/20



**Special Thank You To
Cornell Estates Welcoming
Committee**

Bob Evans

Myrna Bagney

Doris Stumpff

Annie Basarich

Ava Hill



“Generations in Song”

Saturday, February 13th

at Liberty High School



Cornell Estates residents have been practicing weekly for their upcoming performance under the direction of Joyce White and music by Dorothy Eby.

“Generations in Song” will be performing in a collaborative concert with the Hillsboro Community Youth Choir, and the Intel Singers directed by Rob Archibald, on **Saturday, February 13th, at 3:00 p.m. at Liberty High School, 21950 Wagon Way in Hillsboro.** This concert will feature choirs with singers from ages 7 through 80 performing such numbers as “Button Up Your Overcoat”, “Toot, Toot Tootsie Goo’bye” and “Consider Yourself”.

Directed by Cindy Uecker, the Hillsboro Community Youth Choir and Cornell residents will also be performing at Cornell Estates on **Thursday, February 11th at 6:30 p.m. in the Party Room.**

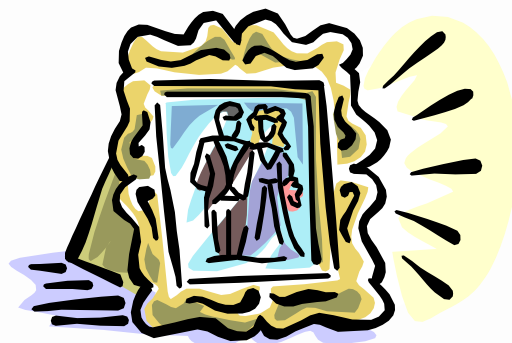
This concert is funded by a grant from the Cultural Coalition of Washington County for the purpose of a multigenerational celebration of music.

We encourage you to attend one or both performances. So invite your friends and family members. For more information, please ask Landa or Debra.



Valentine Quotes

- Life’s greatest happiness is to be convinced we are loved.
- I don’t pretend to know what love is for everyone, but I can tell you what it is for me; love is knowing all about someone, and still wanting to be with them more than any other person, love is trusting them to tell them everything about yourself including the things you might be ashamed of, love is feeling comfortable and safe with someone, but still getting weak knees when they walk into a room and smile at you.
- Love is the condition in which the happiness of another person is essential to your own.



“Name That Couple”

Match the names of the couples in the pictures located in the display case and guess how many candied hearts are in the vase by February 10th and get a prize. Forms with the names of the brides and grooms and the form for the candy in a vase is located at the front desk.

**The winners will be announced
at the Valentine party on
Friday, February 12th.**

Educational Travelogue Series

“San Diego: As Tourists”

Friday, February 26th



Bob Kuest will share his power point presentation, “SAN DIEGO: AS TOURISTS” on **Friday, February 26th at 1:30 p.m. in the party room.**

Bob’s wife, Lanora, grew up in the San Diego area so when she and Bob went back to visit it was always to see family, etc. However their last visit was strictly as tourists. Join Bob as he shares pictures touring such sights as the San Diego Zoo, Balboa Park, the Birch Aquarium, the Mission San Diego, the Maritime Museum ships along the waterfront and the Anza Borego desert.

After working for 35 years as an educator in the Beaverton School District, Bob is now able to continue his life-long hobby of photography. He works in digital photography and enjoys traveling and researching topics for new slide shows.

The Educational Travelogue is free and open to the public so invite your friends and family members.

February

Heart

Healthy

Month

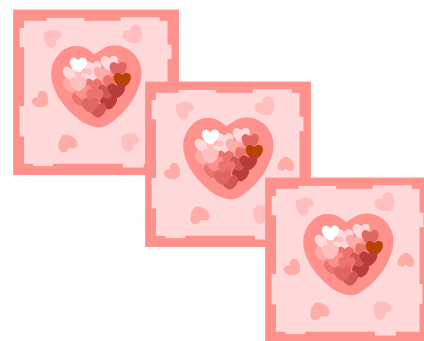
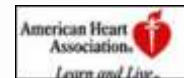


Get out your red sweater, skirt, dress or tie because **Friday, February 6th** is the day to wear red!

Perhaps you're thinking, "But Valentine's Day isn't for another week..." And you're right. On Feb. 6, millions will wear red for a *different* kind of heart. It's National Wear Red Day for women's heart health.

Although heart disease affects both men and women it is the **#ONE** killer of women. Go Red For Women celebrates the energy, passion and power we have as women to band together to wipe out heart disease and stroke.

Thanks to the participation of millions of people across the country, the color red and the red dress now stand for the ability all women have to improve their heart health and live stronger, longer lives.



Name that romantic tune at the Valentine Party on Friday, February 12th at 2:00 p.m. in the Party Room.



Presidents' Day February 15th

**George Washington
1789-1797**

On April 30, 1789, George Washington, standing on the balcony of Federal Hall on Wall Street in New York City, took his oath of office as the **first** President of the United States. *"As the first of every thing, in our situation will serve to establish a Precedent,"* he wrote James Madison, *"it is devoutly wished on my part, that these precedents may be fixed on true principles."*

Born in 1732 into a Virginia planter family, he learned the morals, manners, and body of knowledge requisite for an 18th century Virginia gentleman.

He pursued two intertwined interests: military arts and western expansion. At 16 he helped survey Shenandoah lands for Thomas, Lord Fairfax. Commissioned a lieutenant colonel in 1754, he fought the first skirmishes of what grew into the French and Indian War.

From 1759 to the outbreak of the American revolution, Washington managed his lands around Mount Vernon and served in the Virginia House of Burgesses. Married to a widow, Martha Dandridge Custis, he devoted himself to a busy and happy life. But like his fellow planters, Washington felt himself exploited by British merchants and hampered by British regulations.

In May 1775, Washington was elected Commander in Chief of the Continental Army. On July 3, 1775, at Cambridge, Massachusetts, he took command of his ill-trained troops and embarked upon a war that was to last six grueling years.

Washington enjoyed less than three years of retirement at Mount Vernon before he died on December 17, 1799. For months the Nation mourned him.



Cornell Estates 4th of July Float

Last year, Cornell celebrated 20 years of service by entering a "Cake" float in the Hillsboro 4th of July Rotary parade. We had so much fun building the float and very proud to present our Senior Rose Court to the Hillsboro community by way of a float that we are gearing up to do again this July, and we need your help.

We will host a contest for residents to submit their creative ideas in designing this year's float. All drawings and/or sketches can be submitted to the front desk from February 1st -15th. We will then pick three of the best designs for all residents to participate in a vote for the winning design from February 22nd -28th. The theme for the float will be in sync with the Rose Festival theme, "Rose Spirit."

For more details, please contact Debra, Landa or Debbie.



Question Quest Continues

Contest Dates:

3:00 p.m. in Party Room

- **Monday: Feb. 1st**
- **Monday: Feb. 8th**

Prizes for our finalists will be:
1st place of \$50 and title of **Question Quest Champion**;
2nd and 3rd place will receive \$25.



Engaging the Community...

Better Together

February is Heart Healthy



... Healthy Together!

“A strong sense of connection and community reduces the deleterious effects of disease.”

(The Tecumseh Study 1965-1969 and the Alameda County Study 1965-1994)

****NEW**** “**Librarians on Wheels**” library book cart service **Fridays at 3 p.m.**

Starting **Friday, February 12th**, we will be offering our “**Librarians on Wheels**” service once a week. Volunteers from Cornell Estates will take a library book cart door to door to resident apartments to see who may want to borrow a book or a magazine. This will be another friendly way to get to know each other. This is a pilot project so any helpful suggestions you may have will be welcome. If you would like to help deliver books, please sign up at the Front Desk. ** We will also be having a **Book Drive** to gather additional books for the Cornell Estates’ library, so if you would like to **donate** any books or magazines, please watch for the **Book Drive** promotional information coming soon near the Front Desk.**

****NEW**** **Transportation Project with Pacific University Occupational Therapy students**

The Pacific University Occupational Therapy students, in conjunction with Ride Connection, are developing a pilot community transportation project for older adults who do not feel comfortable navigating the public transit system on their own. Two occupational therapy students will escort a resident(s) on public transportation to two outings of your choice.

PEN PALS with Mooberry Elementary

WOW!!! We are now up to **10** Cornell Pen Pals exchanging letters with Miss Mito’s 3rd Grade class. The children are learning how to write paragraphs and stories in their class, and so this letter-writing practice is perfect to help them develop those skills. The children simply can’t wait to receive their next letters from their Cornell Pen Pals! If you would like to be a Pen Pal, sign up at the Front Desk, or let Debra, June, or Cindy know.

SMART Reading Program at Mooberry Elementary **Mondays** **Bus leaves 12:45 p.m.**

Each Monday, the Cornell SMART Readers head over to Mooberry Elementary for 1 hour to work one-on-one with two children each, helping to develop reading skills. If you would like to be a SMART Reader, sign up at the Front Desk, or advise Debra, June, or Cindy.

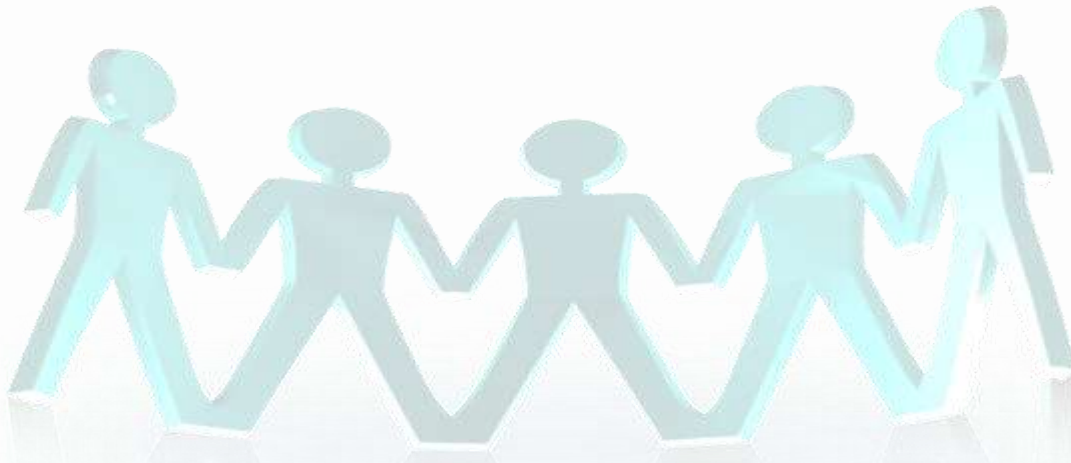
Please note: **NO SMART** February 1st (Staff Development Day) or February 15th (Presidents' Day)

FRIENDLY VISITING **Fridays** **3 - 3:30 p.m.**

We will be wrapping up this session of Friendly Visiting on **Fri, Jan 29th** with an **Appreciation Tea Party for all Visitors and Visitees** (just before regular **Friendly Visiting** begins at **3 p.m.**). We will take a one month break and then resume in March. If you would like to participate in the next session of this popular Visiting project, please watch for sign-up details in the March newsletter.

BUS TO HILLSBORO PUBLIC LIBRARY

The Cornell Estates bus is available to drive you to the beautiful Hillsboro Main Library on any Monday, Tuesday or Wednesday morning. Sign up at Front Desk and Paul will be glad to take you!



DOOR-TO-DOOR INFORMATION & REFERRAL

There are many community-based services available to senior community members, but there is often a lack of awareness of these services. Each month, Cornell Estates and AgeCelebration provide activities and presentations about these various community services.

This month: “*LIVING WITH VISION LOSS*” **Wed., Feb 10th** **10:00 a.m.**

James Schroeder, from the Oregon Commission for the Blind, will be here on **Wednesday, February 10th, at 10:00 a.m.** to provide information and resources about living with vision loss. Mr. Schroeder will share simple and effective methods for performing everyday tasks, how to increase use of functional vision, how to maximize remaining vision with the help of optical aids, proper lighting, and other techniques, as well as tips to getting around safely and keeping our environments free of tripping hazards. If you have low-vision, we hope you will join us. If you have friends and family with vision loss invite them to this presentation.

Upcoming Events

- March 5th: Hillsboro Symphony
- March 10th: Sheba, Medicare Assistance President
- March 12th: Artist @ Cornell Jim Smith
- March 13th: Beaverton Miniture Golf
- March 17th: Frank Sinatra
- March 19th: Environmental Threats to Healthy Aging
- March 26th: New Zealand Travelogue
- Date TBA: Movie Night



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