



**Cornell Estates & Oasis
Lecture Series**
Stars & Stripes:
The History of American
Marching Bands

Friday, July 2nd @ 1:30pm

Gordon Neal Herman Pianist, Composer and Musicologist will be on hand at Cornell Estates to present the history of American marching bands on **Friday, July 2nd in the party room.** He will cover the American Marching Band's rise to popular music status in the early 1900's. Such figures as John Phillip Sousa and Arthur Pryor will be covered along with musical examples.

Herman is a classically trained pianist who plays jazz professionally. He has led several different jazz groups, toured and recorded with a jazz quintet for 10 years. As a composer, Gordon has written music for wind ensembles, string quartets, and voice, and has worked with several local theater companies as a music director and sound designer composing music for several theater productions.

Gordon has been very active in the arts and education. He was the Fine Arts Program Director for a public broadcasting station and the booking manager for a ballet company. He has taught music history, both classical and jazz, at several colleges including Linfield College and Marylhurst University as well as classes for OASIS programs.

Cornell Estates is proud to partner with OASIS Portland which offers challenging programs in the arts, humanities, wellness, and technology and volunteer services.



**View the Hillsboro
4th of July Parade
In Comfort!**

The Hillsboro Kiwanis 4th of July parade will be held on **Saturday, July 3rd at 10am.** Cornell Estates' 2010 Senior Rose Court will be "riding in style" in two convertible cars in the parade.

Residents who would like to see the parade in its entirety have the opportunity of taking part in the viewers' stand at the Walters Cultural Center. The center will provide coffee and cookies during the parade. Those wishing to go to the Walters Cultural Center on parade day will need to sign up at the front desk. **Cornell Estates' bus will leave at 9:15am.**



Western Week

July 19th-July 23rd

Bring out your inner cowboy this week by participating in the western theme activities.

We will be showing some of your favorite western movies, testing your knowledge of the old west through trivia games, puzzles, and discussions. On Friday, July 23rd the menu is an ole' fashion Bar-B-que.

We are encouraging all residents to wear their favorite western garb including hats, holsters, and plaid shirts to dinner as well as to the lecture in the afternoon by Rich Slatta, resident Amy Slatta's son!

It's sure to be a rootin' tootin' time!!

CORNELL ESTATES MANAGEMENT TEAM

EXECUTIVE DIRECTOR
Debbie Van Dyne, RN

MARKETING DIRECTOR
Landa Carlson

DIRECTOR OF
HEALTH SERVICES AND
PERSONAL INDEPENDENT PROGRAM
Charlene Torrey

LIFE ENRICHMENT COORDINATOR
Debra Kidd

DIETARY MANAGER/
EXECUTIVE CHEF
Guy Toll

MAINTENANCE COORDINATOR
Mike Janeway

HOUSEKEEPING SUPERVISOR
Rosa Vargas

BOOKKEEPER
Tim Helling

Staff Birthdays

Nicole B. 7/14
Jessie V. 7/21



Cornell Estates Welcomes...

David Bodtker #126 Bea Austin #163

Lasandra Joyner #263 Audrey Steinhoff #273

Mildred Harms #267

“Meet Your Neighbor”

Monday July 26th at 2pm

Retirement Courtyard



July Birthdays

Robert H. 7/4	Amy S. 7/8
Woody B. 7/8	Ethel H. 7/14
Mary K. 7/15	Doris G. 7/19
Donna M. 7/21	Charlotte M. 7/23

Birthday Party

**Wednesday, July 14th
at 2pm, in the Party Room**

Thank You  *For helping out!*

- Imogene White & Del Werner for handing out Coronation Programs.
- June Ranf, Myrna Bagne, & Doris Stumpff for delivering welcome baskets to our newest residents.
- Frances Nelson who helps edit the monthly newsletter.
- All residents involved with folding and delivering the newsletter!



Elden and Theresa McRobert celebrate

70th Wedding Anniversary

Elden and Theresa McRobert celebrated their 70th Wedding Anniversary on May 24th, 2010.

The couple met while working in a daffodil field in 1937 and were married in 1940 at St Anthony's Catholic Church in Forest Grove. They lived in Gales Creek until Elden was sent overseas to serve in WWII. They were reunited on Christmas Eve 1945.

A majority of their married life was spent on a 30 acre farm 4 miles south of Hillsboro where they raised their family and grew strawberries and filberts. In 1980 Elden retired from the U.S. Soil Conservation Service after assisting in the installation of over a million square feet of drainage tile throughout this area.

Both Elden and Theresa have served with St. Vincent de Paul Society for almost 40 years. St Matthew School's "McRobert Field" is named in honor of all the time and energy



"A Fast Ride with America's Cowboys"

By Author Richard Slatta

Friday, July 23rd
at 1:30pm

Party Room

Richard W. Slatta, son of resident Amy Slatta, is an author and professor of history at North Carolina State University in Raleigh, and will speak at Cornell Estates Retirement and Assisted Living. His illustrated lecture, titled "A Fast Ride with America's Cowboys," examines the cowboy in history and popular culture from the 19th century through the present.

The audience will see the cowboy at work and play and explore the dangers and challenges that he faced. The lecture features historical photographs as well as paintings by Charlie Russell, Frederic Remington, and others.

Professor Slatta is a published writer: *Cowboy: The Illustrated History* (2006), *The Mythical West* (2001), *Comparing Cowboys and Frontiers* (1997), *The Cowboy Encyclopedia* (1994), and *Cowboys of the Americas* (1990). His writing has won awards from the American Library Association, *Library Journal*, the National Cowboy and Western Heritage Museum, and the American Cowboy Culture Association.

Invite your family and friends for this unique look into the life and times of an American cowboy!



Motorcycle Mama Jane Doherty!

Approximately 11:00am on Sunday, June 25th, the roar of motorcycles was heard by all, seven "hogs" drove in. Willie handed Jane a t-shirt which now made her an honorary Alky Angel as well as the invitation to the summer barbecue. Then each guy got off his cycle, gave Jane a hug and introduced himself. The guys helped her get on to the cycle and moved her back to the "shotgun" seat. Jane & Willie leading the parade of 8 cycles rode to Burgerville, turned left and rode all around the Hillsboro airport and back to Cornell. It was such a special day for Jane; it was a special day for all of us!!

Educational Travelogue

Northern European Getaway to Belgium, Luxembourg and Holland

Friday, July 30th

1:30pm, Party Room

Come hear all about touring in the land famous for various great cheeses and yummy chocolates! On Friday, July 30th at 1:30pm Cornell Estates has invited Morgan Brown recently back from her tour of northern Europe. During the power point presentation, she will explore beautiful Brussels with its museums, parks and stores in the inner city--as well as view the European Union Headquarters affectionately known as "Manhattan".



Using Brussels as the "home base", Brown takes the audience to see medieval Bruges—"The Venice of the North" with stately canals lined with various structures

dating back to the 1200's. Because of the extensive use of canals in the oldest part of Bruges, car use is restricted therefore many pictures are taken from the actual network of canals.

The next day trip is to nearby Flanders to Ghent, home of one of the oldest town squares dating back to the times when Guilds ruled the world of commerce.



There is also the Count of Flanders' Castle and the City Cathedral to admire. Next is Antwerp and then Maastricht, the southernmost city in the Netherlands and a strategic gateway to Aachen, home of Charlemagne's Imperial Cathedral and the seat of the Frankish Empire in 800 A.D.

Morgan is an accomplished musician and performs on Flute and Piccolo (as well as Alto Flute, Bass Flute, C and F Recorders, etc.) on a regular basis with the Hillsboro Symphony and Willamette Falls Symphony. She also sings in the Tualatin-based Voices of Hope Choir and performs with Impromptu Consort (Recorders & Voice & Juggling), the Belles Anges Duo, and the Just Us Duo (Flute & Guitar). Besides often dashing off to a rehearsal or Concert Morgan enjoys spending time with her husband, Bill, as well as their many dogs and cats.

Is America A Christian Nation?

Thursday, July 1st, 1:30pm

East Living Room

Cornell Estates will be showing "Is America A Christian Nation?". This program was first broadcast by InTouch Ministries featuring David Barton Founder and President of Wall-Builders, a national pro-family organization that presents America's forgotten history and heroes, with an emphasis on our moral, religious and constitutional heritage.

David is the author of numerous best-selling books, with the subjects being drawn largely from his massive library of tens of thousands of original writings from the Founding Era. His exhaustive research has rendered him an expert in historical and constitutional issues and he serves as a consultant to state and federal legislators.



Wells Fargo History Museum Thursday, July 15th

The Pony Express is 150 years old, and Wells Fargo took over direct management in 1861. In commemoration of these events, the museum is presenting a special exhibit with fun and interesting activities. Cornell Estates residents will visit the Wells Fargo History Museum on Thursday, July 15th. The bus will leave at 9:30am.

This museum explores the roles both Wells Fargo and Oregon played in each others' history from the Cal-Oregon Stageline, to riverboats of gold on the Columbia River, to banking and express for Oregon's communities. The exhibits include an authentic 19th century stagecoach, an interactive telegraph, a life-size reproduction of a turn of the century bank and an authentic treasure box used to carry gold across the country.

**Sign up at the Front Desk, bus leaves at 9am!
We will be going out for lunch.**



Presents: Choral Reading Recital
Wednesday, July 28th at 1:30pm
in Party Room

The Poetry Out Loud club will be performing a "Choral Reading" on **Wednesday, July 28th at 1:30pm** in the party room. Choral reading is an interpretive reading of poetry by a group of voices. Participants will read individual lines or stanzas alone, in pairs or in unison. Choral reading is well-suited to rhymes, poetry, and lyrics. Reading aloud effectively and fluently is a difficult skill taking time to practice to improve. The Choral troupe has taken a lot of time to practice and polish their performance of some of your favorite poems including "The Spider and The Fly," "Casey At the Bat," "How Do I Love Thee," and many more.

Please join us in supporting the hard-working efforts of these talented residents who wish to share their love of poetry through this unique venue.



Movie & Popcorn!

Thursday, July 22nd

1:30pm in Party Room

Seven Brides for Seven Brothers

Adam Pontipee is shopping for a wife, not only a beautiful woman, but one that can cook and clean. He does find, Millie, the headstrong cook at the local inn. For her, it's love at first sight. Adam's new life and a trip into town themselves inspires the six brothers to find wives of their own. Adam and Millie each have differing views on how best to achieve the brothers' collective wish. As the six unmarried brothers strive to achieve their goal, Adam may lose his in taking his wife for granted.



Educational Lecture

"Daily Rituals to Optimize your Health without Spending a Fortune"

Monday, July 12th 1:30pm Party Room

Disease is on the rise and so is the cost of health-care. Did you know that you can look and feel your best without spending a lot of money? Join Dr. Kelley Reis as she shares how you can reach and maintain optimal health, as well as fight illness and disease, with some very basic and affordable practices. These rituals nourish and support the natural processes of the body, enhance the immune system and help eliminate disease-causing toxins.

Dr. Kelley Reis is a graduate from the National College of Naturopathic Medicine in Portland, Oregon. She opened The Natural Medicine Center in downtown Hillsboro in 2005. Her philosophy is strongly based in the principles of naturopathy: to identify and treat the cause of disease, not just the symptoms.

Her naturopathic practice has a broad scope in family medicine as she treats many acute and chronic conditions that affect us all. In addition, she offers women's health services, as well as alternative and adjunctive treatments for cancer, including supporting patients through conventional cancer treatments. Dr. Reis believes in partnering with her patients to educate them on how they can improve their health and life on all levels.

This program is free and open to the public so invite your friends and family.



Bean Bag Toss is back!

And much more!

Each Wednesday residents have the opportunity to play Bean Bag Toss, Lawn Horseshoes, or Ring Toss in the Retirement dining courtyard (weather permitting.)

Playtimes will be from 10am-10:45am. Everyone is encouraged to join in the fun!





Cindy Cosenzo

Engaging the Community... Healthy Together

“We are fundamentally social beings. The key to it all is to form strong social ties that are meaningful and satisfying, both to you and to those around you, near and far.”

YOU’LL NEVER GUESS WHO ...

Can you guess which Assisted Living resident did medical transcription in hospitals for 43 years?

Which staff member contributed a hand-written verse to Bible Across America?

Which retirement resident has collected over 300 vintage dolls?

MONTHLY UPDATE

LIBRARIANS ON WHEELS library book cart service

Tuesday, July 13th 3pm

Starting in July on the 2nd Tuesday of each month, Cornell Estates residents will once again be delivering library books directly to Assisted Living residents’ apartment doors. We offer a wide selection of books, magazines, and books-on-CD pulled from the Cornell Estates library to assist residents who may prefer home delivery library service.

Adelante, Cornell Estates!!! (Forward Ho, Cornell Estates!!!)

Thank you to the 17 Cornell Estates residents who volunteered their time and talents in April and May to create reading-assistance materials for the Adelante Mujeres “**Champions for Education**” program. To assist pre-schoolers and their parents learning English-as-a-Second Language, Cornell Estates residents crafted over 75 different activity elements for book bags and recorded over 25 books-on-tape. A heartfelt thank you to residents: Alice Bortnem, Dorothy Crockett, Shirley Davis, Emily DuPuis, Shirley Fortin, Pearl Haydeck, Iona Fast, Florence Hess, Ethel Hiatt, Joyce Hallowell, Mavis Joyce, Bessie Loos, Anne Matthes, Joyce Morhman, Donna Muzzy, Mary Stewart, and Rita Wright.

Summer break for partnership with Pacific University College of Health Professions

This is the first school year that Cornell Estates partnered with Pacific University and we got off to a great start thanks to the enthusiastic participation of Cornell Estates residents and staff. Residents Vanda Schreiner, Margaret Larsen, Janet Spellerberg, and Nick Krevanko volunteered their time riding the public transportation system with Occupational Therapy students for a pilot Transportation Companion project. Fifteen Cornell residents attended the Oral Health Care workshop provided by School of Dentistry students, and caregiving staff participated in the students’ Oral Health Care capstone training program for Cornell Estates. To quote a famous line from Casablanca, “*I think this is the beginning of a beautiful friendship.*”

ONGOING COMMUNITY ENGAGEMENT OPPORTUNITIES

ALCOVE PARTIES

Wednesdays 3pm

Weekly informal come-as-you-are gatherings of near-located residents, different floor each week.

FRIENDLY VISITING

Fridays 3pm

Cornell Estates residents visit Cornell Estates residents for a ½ hour of neighborly cheer.

LIBRARIANS ON WHEELS library book cart service

2nd Tuesdays 3pm

Door-to-door book cart service offered each month on all Assisted Living floors at Cornell Estates.

PEN PALS with Miss Mito's 3rd Grade Class

on break for summer

SMART Reading Program at Mooberry Elementary

on break for summer

RUNNING TOTAL OF QUILTS DONATED ...

53

Since November 2009, Cornell Residents have been making beautiful quilts and donating them to the Family Bridge Homeless Shelter to provide support for homeless families in Hillsboro.

AgeCelebration *presents* ... Door-to-Door INFORMATION & REFERRAL

There are many community-based services available to older community members, but most local residents are unaware of these wonderful services. Each month, Cornell Estates and AgeCelebration provide information and presentations about these various community services.

This month's featured community-service:

211info

Wednesday, July 28th 10am

Did you know that the FCC has designated **2-1-1** as the national dialing code for community information? Did you know that here in Washington County, we have a **211info** service which you can call for information on any services in your community, from healthcare to housing assistance to animal shelters, and much more!! On **July 28th**, Cindy Cosenzo of AgeCelebration will provide a video presentation and Q&A session about this extremely helpful, but little known, **211info** community service.

***this month's health quote from: Cacioppo, J.T. & Patrick, W. Loneliness: Human Nature and the Need for Social Connection. New York: W.W. Norton & Company, 2008.*



The History of Stone Carving

Presented by:

Vancouver Granite Works, Inc.

Monday, July 19th

1:30pm in the Party Room

Join us on **Monday, July 19th at 1:30pm** in the party room as we learn how ancient civilizations used stone carving, we will explore the history of major stone monuments in the U.S., and find out what local civic and public carving projects are underway.

Vancouver Granite Works opened its doors for business in 1921. In the mid-1960s, M.L. Fuerstenberg began working for then-owner, George Mielke. M.L. and his wife, Gert, later took over operations from Mielke. In 1974, their son—current-owner Bruce Fuerstenberg—joined them in the business as well. At the end of 1986, M.L. and Gert retired and Bruce and his wife, Vicki, took over the business.

The family participates in a number of organizations within the Memorial Industry. Bruce, Vicki and Joey (their son) Fuerstenberg have each earned the designation of Certified Memorialist (CM) from the association of Monument Builders of North America (MBNA) of which they are members.



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