

**Get a Flu Shot Reminder**

**Tuesday, October 5th**

**Available to residents 9-10 am**

**& the general public 10 am-12 pm**

With fall crisping the air, flu season is fast approaching. In a community environment like Cornell, it's especially important to protect ourselves as much as possible.

That's why we'll be hosting **Get A Flu Shot clinic on Tuesday, October 5<sup>th</sup> from 9am-12noon.** Get a Flu Shot will be giving the influenza and pneumonia shots and billing most insurances. The sign-up sheet is at the front desk for those residents who have not yet registered for a flu shot. The clinic will be open to the public from 10am to noon, leaving the 9 am hour reserved for our residents.



**Cornell Estates and OASIS Lecture**

**Why Is Peace So Elusive Between**

**The Israelis and Palestinians?**

**Wednesday, October 20th**

**1:30 pm in the Party Room**

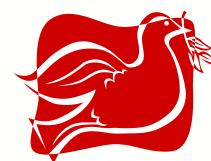


Why is peace in the Middle East so difficult to resolve? On **Wednesday, October 20<sup>th</sup> at 1:30pm in the Party Room** Cornell Estates Retirement and Assisted Living is teaming up with OASIS to present this lecture by Bob Horenstein about the elusive peace between Israel and Palestine.

This class will explore the many challenges confronting Israel and the Palestinians as they seek to end their conflict. Discussion will include the 2000 Camp David negotiations, Jewish settlements, terrorism, refugees, the Israeli disengagement from Gaza and the emergence of Hamas.

Bob serves as Director of the Jewish Federation's Community Relations Committee (CRC) which develops and articulates consensus positions concerning matters of public importance. The CRC seeks to promote mutual understanding among all groups in the greater community and to advance democratic pluralism, harmonious relationships, and respect for human dignity and individual rights across religious, racial, and ethnic lines.

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



**New After-Hours**

**Door Code**

**Effective**

**November 1st, 2010**



To ensure the security of Cornell Estates, the after-hours door code must be changed at least once a year. The new code will be effective beginning November 1st. We request the code be given to family members only if necessary and PLEASE do not give to anyone else. If you see people at the code door, instruct them to ring the bell.

# CORNELL ESTATES MANAGEMENT TEAM

EXECUTIVE DIRECTOR  
Debbie Van Dyne, RN

MARKETING DIRECTOR  
Landa Carlson

DIRECTOR OF  
HEALTH SERVICES  
Charlene Torrey

PERSONAL INDEPENDENT PROGRAM  
Tina Rogers, RN

LIFE ENRICHMENT COORDINATOR  
Debra Kidd

DIETARY MANAGER/  
EXECUTIVE CHEF  
Guy Toll

MAINTENANCE COORDINATOR  
Mike Janeway

HOUSEKEEPING SUPERVISOR  
Rosa Vargas

BOOKKEEPER  
Tim Helling

## Staff Birthdays

Kim W.	10/11
Burnie M.	10/14
Jonathan B.	10/16
Mary	
Margaret E.	10/18
Noreen P.	10/22
Brittary S.	10/29



## Cornell Estates Welcomes...

**Alice Etwiler #115      Jackie Bafaro #332**  
**Barbara Smith #155**

“Meet Your NEW Neighbor”

**Tuesday, October 13th at 2 pm in the Party Room**

## October Birthdays

Betty Tellhed	10/2	Edie Peterson	10/24
Millie Hinger	10/11	Mildred Harms	10/25
Florence Waters	10/19	Joan Huestes	10/25
June Stockton	10/23		

**Birthday Party at 1:30 pm in the Party Room**

## Cornell Estates Thanks ...

**Imagine White and Barbara Ives** for distributing Artist @ Cornell programs

**June Ranf** for assembling & delivering the Welcome Baskets

**David Small and Ava Hill** for delivering Welcome Baskets.



## Your Hillsboro Merchants

Thanks to this month's Resident Meeting sponsor:



**\*\*NEW LOCATION**  
as of November 1<sup>st</sup>\*\*

Active for Life  
448 S. 1<sup>st</sup> Avenue  
Hillsboro, OR 97123

**(503) 693-9380**

**Medical Supply Store for the  
West Portland Metro Area**

*Health and Medical Products for All Ages*

# Continuing Education @ Cornell



## Flower Arrangement Class

**Tuesday, October 26th**

**9:30 am in the  
Cascade Room**

Calling all flower lovers! Cornell Estates is excited to offer a flower arranging class on **Tuesday, October 26th at 9:30am in the Cascade Room.** Create beautiful bouquets and breathe in wonderful flower smells during this fun morning activity run by Diane Dahl.

Diane is a graduate from the Heritage School of Interior Design. She is involved with a variety of interior design projects in the community, both residential and commercial. She was a member of the Craft Warehouse design team for two years. Multi-talented, Diane has taught Japanese Cultural arts including calligraphy, flower arranging and the Japanese Tea Ceremony through Pacific Martial Arts of Portland for the past 10 years. Her mother, Emily DuPuis, has been a resident at Cornell Estates for 7 months.



## Minute to Win It

**Monday, October 25th**

**2:00 pm  
in the Cascade Room**

Test your luck in *Minute to Win It* on **Monday, October 25th at 2:00 pm.** The popular TV game show features 1-minute challenges to complete before a player can move to the next round. Players are granted 3 lives, and a life is deducted for failure to complete a challenge. After losing all 3 lives, the game ends.

Our *Minute to Win It* will test your critical thinking skills and on-your-feet problem solving as you compete for the grand prize. And if you'd rather watch than compete, we need you too. After all, what's a game show without an audience?

## New! Introduction to Astronomy Class

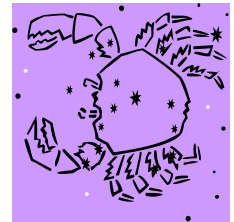


**Mondays in October**

**1:15 pm in the Cascade  
Room**

Did you find September's Night Sky presentation fascinating? Cornell Estates is pleased to announce a new series of classes for residents who are interested in learning more about Astronomy. Astronomer Bernie Kuehn will teach "Introduction to Astronomy" classes **beginning Monday, October 4th at 1:15 in the Cascade room.**

This four-week class will cover the topics of "Recognizing the Constellations", "The Latest Stuff about the Solar System", "Our Galactic Neighborhood," and the class's choice of topics.



**There is only room for 15 people in the class. The series of classes will be held on Monday, October 4th, October 11<sup>th</sup>, October 18<sup>th</sup> and October 25<sup>th</sup>.**

## Writing Class

**Tuesdays, September 28th-November 17th**

**9:30-11:30 am in the Cascade Room**

Are you looking to stimulate, improve, or discover your own imaginative writing talents? Cornell Estates is offering a creative writing program on **Tuesdays from 9:30 -11:30 am.** Write your life story or spin a tale of fiction under the direction of Morgan Brown. The class will provide unique approaches to creative writing and a great deal of writing, learning, and class time discussing your own and others' work.

Classes are **Tuesdays from 9:30am-11:30am in the Cascade Room** starting September 28th running through November 17. Cost is \$30. You may sit in a class to see if you would be interested. **Sign up and pay at the front desk.**

This class is endorsed by: Boost Your Memory Club



**Educational Travelogue**  
**Washington's Majestic Mountains**  
**Friday, October 8th**  
**1:30 pm in the Party Room**



Join veteran traveler Ed Korver on an expedition to three of the well-known Washington mountains: Mount Rainier, Mount Shuksan, and Mount Adams. The extraordinary photographic voyage begins on **Friday, October 8th at 1:30 pm in the Party Room.**

Experience the wonder of Mount Rainier, easily the most recognizable feature on the Seattle horizon. Marvel at the fields of wild flowers and breathtaking glacier vistas that Ed captured on film. In addition to being the tallest peak in Washington, Rainier also has the largest glaciers in the US south of Alaska. Thousands of hikers attempt the climb to the summit each year.

Travel on with Ed to Mount Shuksan. This majestic mountain peak is one of the most photographed mountains in the Cascade Range. It's also home to Sulphide Creek Falls, one of the tallest waterfalls in North America, and Picture Lake, a favorite destination for photographers and hikers alike!

Finally, finish Ed's tour with a trip to Mount Adams. Unlike its neighbors, Mount Adams is a dormant volcano. Like its neighbors, the mountain's wilderness area is home to dozens of hiking trails that guide visitors across its western slope.

Ed, a graphic arts teacher at Beaverton High School, has been shooting photography for over 42 years.

**Invite your friends and family to this magical adventure on Friday, October 8th, at 1:30 pm!**

# That's Entertainment!

**The Spinner of Tales**  
**Friday, October 15th**  
**1:30 pm in the Party Room**

"Once upon a time" there was a gifted storyteller who called herself the Spinner of Tales. It was said that she was magic, pure magic, and that her audiences never fell asleep during her bedtime stories! Pull up a chair as Cornell Estates presents Pearl Steinberg, Storyteller, on **Friday, October 15th at 1:30 pm in the Party Room.**

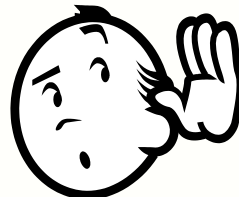
Pearl is a member of the National Storyteller Network and the Portland Story tellers Guild. She



specializes in ethnic & folk, legends and family stories and is a master at stimulating the imagination and creativity of her audiences. Since the early 1990's, she has been giving storytelling programs in various venues.

"Stories," Pearl says, "are my soul means of support."

**This event is free and open to the public. Please invite your friends and family to join us on Friday, October 15th at 1:30 pm.**



## Residents' Hearing Education Group

### **This month's Hearing Reminder:**

*When speaking with a person with hearing loss, don't be shy to ask us about our hearing loss. We're not embarrassed about it.*

# Grand Days Out

## Jewel Elk Wildlife Preserve & Fall Foliage

Thursday, October 21st  
10:00 am



Fall is here. Crisp nights, pumpkins turning orange, hillsides full of color as trees prepare for winter. Become part of the season with a trip to the Jewel Elk Wildlife Preserve on **Thursday, October 21st at 10 am.**

Located just outside Jewell, the drive to the elk preserve provides breathtaking views of forests covered in yellow, red, orange, and green. The wildlife preserve itself includes open pastures and meadows and is home for up to 200 Roosevelt Elk.



Birds, waterfowl and other woodland creatures abound in this protected park. Experience the joy

## CELEBRATE

Hillsboro!

Venetian Theatre

Thursday, October 28<sup>th</sup>

Bus leaves 10:45 am



Each month, we visit a Hillsboro business or organization to learn about and support what they do. This month, we will have a behind-the-scenes look at Hillsboro's historic Venetian Theatre, followed by a delicious lunch in their outstanding restaurant.



Originally two separate buildings built in the late 1800s, today the Venetian is a bar, movie theatre, concert hall, and live theatre facility.

## YOU'LL NEVER GUESS WHO:



Which Staff member comes from a long line of military "service brats?"



Which Assisted Living resident worked as a pre-school teacher for 11 years in the Hillsboro area?



Which Retirement resident handled the insurance coverage for all firemen and policemen serving the incorporated towns of Oregon?

Join us at the October 6th Residents' Meeting for these answers and interesting anecdotes!!

## Voter Assistance Available For the November Election

Monday, October 25th

8:30 - 11:00 am in the Party Room

Washington County Elections Division offers a **Voter Assistance Program** to better serve seniors in the county. The goal is to support the rights of these voters by providing alternative methods of voting which ensure privacy, independence, and the right to a secret ballot.

The **Voter Assistance Team** will come to Cornell Estates to assist registered voters on **Monday, October 25<sup>th</sup> at 8:30 am in the Party Room.** Each team is comprised of two registered voters with different political affiliations.

The Voter Assistance Team helps the voter by: reading the ballot and/or *Voters' Pamphlet*; helping update the voter's signature; and helps the voter mark his/her choice.

Assistance provided **will not** include making voting decisions for the voter. Residents should bring the ballot package at the time assistance is provided.



School of Dental  
Health  
Science



Dental Smile Of the Month:

*Smiling helps you live longer,*

*Laughing allows you to love longer.*



# Encore Opportunities @ Cornell

*Engaging in community and engaging with each other  
is good for our health ... at every age!*

## Cornell Resident Projects

### **FRIENDLY VISITING returns Oct 22nd!**

**Fridays 3pm**

Kick-off Party on Friday, October 22nd at 3pm in the Party Room to launch our next session of Friendly Visiting in which Cornell Estates' residents visit other Cornell Estates residents each week for a ½ hour of neighborly cheer. This session will run through January 28th.

### **LIBRARIANS ON WHEELS mobile library**

**2nd Tuesdays 3pm**

Door-to-door book cart service on Assisted Living floors. This month: Tuesday, October 12th

## Cornell Partnership Projects

### **MOOBERRY ELEMENTARY**

**SMART Reading Program starts October 19th** **Tuesdays** **bus leaves 8:45 am**

Read with Kindergarten children for 1 hour a week for the school year. Sign up at the Front Desk.

**Note: SMART Training** Tuesday, October 12<sup>th</sup> at 10:00 am in the Cascade Room

### **PACIFIC UNIVERSITY**

**Weekly Dental Clinic** **Tuesdays** **8am-12noon (Apt 101)**

Sign up at Front Desk for an appointment to receive preventative dental treatment (eg. teeth cleaning) at reduced rates from Senior Dentistry students.

**NEW** **Occupational Therapy Assessments** **Mondays, October 18<sup>th</sup> and October 25<sup>th</sup>**

Fifteen lucky residents will receive a **\*\*free\*\*** one-on-one Occupational Therapy (OT) assessment from a Pacific University student, as well as free help with a small household project of your choice (eg. cleaning out a closet, sorting through photographs). Sign up at the Front Desk.

### **ADELANTE MUJERES**

**Fridays 10am (CR and COL)**

**Champions for Early Childhood Education** **October 8<sup>th</sup>, October 15<sup>th</sup> and October 29<sup>th</sup>**

Assemble reading activity materials OR record children's books-on-tape for preschool children.

### **TEENS IN FOSTER CARE, Washington County Department of Human Services**

**Quilts for Foster Kids**

Cornell residents are invited to make and donate quilts for teens in foster care in our County.

## Door-to-door INFORMATION & REFERRAL

### **Delta Society "The Healing Power of Pets"**

**Wednesday, October 13<sup>th</sup> 1:30pm (PR)**

Linda Stanley and her dog will join us from the Delta Society to discuss the therapeutic benefits of pets.

### **Elders in Action**

**Wednesday, October 27<sup>th</sup> 1:30pm (PR)**

Leslie Foren will be with us to describe the services Elders in Action provides to help businesses and communities better serve the older customer.

# Simple Pleasures @ Cornell



## Afternoon Matinees @ Cornell

### *Roman Holiday*

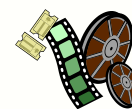
**Monday, October 11<sup>th</sup> at 1:30 in the Party Room**

Starring Gregory Peck and Audrey Hepburn. A bored and sheltered princess escapes her guardians and falls in love with an American newsman in Rome.

### *Arsenic and Old Lace*

**Friday, October 22<sup>nd</sup> at 1:30 pm in the Party Room**

Starring Cary Grant, Priscilla Lane, Jack Carson. A drama critic learns on his wedding day that his beloved maiden aunts are homicidal maniacs, and that insanity runs in his family.



## Meetups @ Cornell

*Sharing Interests, Exchanging Ideas*

Meetups are opportunities for residents with similar interests to meet and exchange ideas about their common interests.



### **Vision Exchange Group**

**1<sup>st</sup> Wednesday of each month**

**10 am (COL)**

Residents share helpful hints and strategies on life with vision loss.

This month: Wednesday, October 6<sup>th</sup>



### **Hearing Education Group**

**3<sup>rd</sup> Wednesday of each month**

**10 am (Rm 208)**

Residents provide education about life with hearing loss. This month: Wednesday, October 20<sup>th</sup>



### **Out of the Kitchen but still love Cooking!**

**2<sup>nd</sup> Wednesday of each month**

**10 am (CR)**

Residents cook together and share recipes. This month: Wednesday, October 13<sup>th</sup>



### **I Love Movies!**

**2<sup>nd</sup> Wednesday of each month**

**3 pm (COL)**

Residents discuss movie trivia and critique favorite films.

This month: Wednesday, October 13<sup>th</sup>. We will discuss the movie *Roman Holiday*.



### **Musicians at Heart!**

**4<sup>th</sup> Wednesday of each month**

**10 am (PR)**

Residents join together in the love of music. Bring your musical instrument if you have one.

This month: Wednesday, October 27<sup>th</sup>



**NEW**

### **Gratitude Club**

**1<sup>st</sup> Wednesday of each month**

**3 pm (CR)**

Residents share their favorite blessings in an uplifting roundtable discussion.

This month: Wednesday, October 6<sup>th</sup>



**NEW**

### **Riders Club**

**Wednesday, October 27<sup>th</sup>**

**3 pm (CR)**

Residents ride on public transportation together to group destinations with trained escort.



### **Book Club**

**last Monday of each month**

**3 pm (3FA)**

Residents who love reading talk about what they are reading!

This month: Monday, October 25<sup>th</sup>



### **Poetry Out Loud**

**1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> Monday each month**

**3 pm (CR)**

Residents share their favorite poems through live readings and discussions.

This month: Monday, October 4<sup>th</sup>, 11<sup>th</sup>, and 18<sup>th</sup>



### **Current Events**

**Monday, Wednesday & Friday each week**

**10:15 am (ELR)**

Residents share news and opinions on current events every week.



# Get Fit @ Cornell



**New! Balance Class**  
**Mondays in October**  
**10:45 am in the Party Room**

Join Jim Knapp's Balance Class on Mondays in October. Balance is an integral part of a healthy, active independent lifestyle. Balance "teaches your brain to quickly activate the right muscles at the right time."

A certified personal fitness trainer, Jim specializes in developing ongoing programs for seniors and patients with knee and hip replacements. Key benefits of his unique programs include:

- Reduced chance of falling
- Live a more active lifestyle
- Stay independent
- Keep up with your friends and family
- Walk confidently with a decreased fear of falling
- Enjoy a higher quality of life

With such great benefits, who wouldn't be excited about this new class? We'll see you **on Monday, October 11th, 18th, and 25th at 10:45 am in the Party Room** for a balance workout!



RETIREMENT & ASSISTED LIVING

1005 NE 17th Ave Hillsboro, OR 97124

(503) 640-2884

[www.cornell-estates.com](http://www.cornell-estates.com)

Adopt a Shelter Animal Month

