



**10th Annual Christmas Bazaar**  
**Saturday, November 20th**  
**10:00 am-3:00 pm**

Crisp fall mornings and golden trees mean that fall is here to stay. Winter and the Christmas season are not far behind. At Cornell Estates, we're gearing up for the winter with the Hillsboro Firefighter's Random Acts campaign for the 10th annual Christmas Marketplace Bazaar on **Saturday, November 20th, from**



**10am to 3pm.** The annual bake sale will be held on Tuesday, November 30th, from 10am to noon.

Now in its 10th year, the annual Christmas bazaar is a fundraiser for the Hillsboro Fire Fighters Toy & Joy program. Over thirty local crafters, artists, seamstresses and other vendors will be on hand with their hand-crafted gifts, holiday décor, home-sewn items, jewelry, floral arrangements, and more.

Enjoy wonderful holiday harp music from 11am to 1:00 pm by Oregon Symphony Harpist Jenny Linder. What a great way to support the Hillsboro Fire Fighters Toy & Joy Program and complete your Christmas shopping at the same time!

**Invite your friends, family, and neighbors to join us on Saturday, November 20th, for the Christmas Bazaar and Tuesday, November 30th at the Bake Sale.**

**We need your help to exceed our goal of donating \$2500 for children in the Hillsboro area and to kick start this holiday season with the spirit of giving and friendship!**



**Annual Bake Sale**

**Tuesday, November 30th**  
**10:00 am-12:00 pm**

**Front Lobby**

Members of the Hillsboro Firefighters Random Acts and their spouses will also join Cornell Staff on **Tuesday, November 30th, from 10am to 12pm in Cornell's front lobby** for a bake sale. Fill your tummies with delicious baked goods while you fill a deserving charity with love.



The Random Acts program was created by dedicated Hillsboro firefighters and other city employees who believe their commitment to their local community goes beyond their daily jobs.

**What I'm grateful for this Thanksgiving ...**

When we pause for reflection, we remember how much we have to be grateful for: the many treasures and mysteries that life has given us, and for the gift of life itself.

We want to hear what blessings are on your

*Be Thankful*

mind this Thanksgiving season. Drop us a note in the Harvest Bucket at the Front Desk and let us know "What I'm grateful for this Thanksgiving ..." by **Friday, November 12th**. We will post residents' notes of gratitude around the building to inspire each of us throughout the holidays. Gratitude is contagious, gratitude wants to give!



## CORNELL ESTATES MANAGEMENT TEAM

EXECUTIVE DIRECTOR  
Debbie Van Dyne, RN

MARKETING DIRECTOR  
Landa Carlson

DIRECTOR OF  
HEALTH SERVICES  
Charlene Torrey

DIRECTOR OF  
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

Mary Newman 11/3  
Theresa Burns 11/3  
Ron Gifford 11/14



## Cornell Estates Welcomes...

<b>Mary Stupfel</b>	<b>#120</b>	<b>Thais Sanders</b>	<b>#201</b>
<b>Leona Hutton</b>	<b>#144</b>	<b>Joyce Darr</b>	<b>#216</b>
<b>Joan Braner</b>	<b>#159</b>	<b>Peg Owens</b>	<b>#321</b>

“Meet Your Neighbor”

**Monday, November 29<sup>th</sup> at 1:30pm in the Party Room**



# November Birthdays



Shirley Bogar	11/1	Walter Self	11/15
Alice Etwiler	11/2	Erma McMackin	11/16
Betty Palin	11/2	Joyce Mohran	11/16
George Reynolds	11/5	Mabel Harris	11/20
Ruth Ann Chave	11/10	Shirley Davis	11/24
Edith Roediger	11/11	Sylvia Rosato	11/28
John Crockett	11/12	Louise Byers	11/29
Bessie Hodson	11/12	Sarah Mackay	11/29
Verlin Clark	11/14	Julian Smith	11/29
Bill Siddall	11/14		

**Birthday celebration with the Senior Serenaders!**  
**Wednesday, November 11<sup>th</sup> at 1:30 pm in the Party Room**

## Your Hillsboro Merchants

Thanks to this month's Resident Meeting sponsor:

### Hillsboro Community Senior Center



**750 SE 8<sup>th</sup> Avenue**  
**Hillsboro, OR 97123**  
**503-648-3823**

Monday - Friday  
8:30 a.m. - 5:00 p.m.

Community recreation programs and activities which benefit participants ages 50 and better, including daily lunches, a variety of classes, educational workshops, trips and tours, special events and volunteer opportunities.

# Continuing Education @ Cornell

## **Educational Travelogue: A Chilcotin Wilderness Adventure Friday, November 12<sup>th</sup> 1:30 pm in the Party Room**

It was a cool September morning on Knewstub Lake in the remote Chilcotin Wilderness of British Columbia. Raindrops and fog clung to the lake's surface, and the gentle purr of an outboard motor was the only sound. Step aboard this small boat and travel into the Canadian wilderness with Jim and Landa Carlson on **Friday, November 12<sup>th</sup> at 1:30 pm in the Party Room.**

Jim and Landa began planning their wilderness excursion last year. Together with friends Larry and Nancy Shorthill, they drove to Anahim Lake in British Columbia. After spending one last night at the Dew Duck Inn, the four friends said "Good-bye!" to civilization as they climbed aboard a float plane. A 45-minute flight into the heart of the wilderness brought them to Goose Lake, a beautiful getaway reachable only by horse or airplane. Inside the lodge, which was crafted of massive logs from the nearby forest, were all the amenities that they could ask for, including hot food, hot showers and flush toilets!

During the next several days, Jim and Larry headed deeper into the wilderness in pursuit of the Canadian moose, *Alces alces*. Meanwhile, the ladies displayed their fishing expertise by catching the 18-20 inch rainbow trout for which Moose Lake is famous. Jim says, "If ever you had to hide behind a tree to bait your hook, to keep the fish away, that was the place. The fishing and catching was fast and furious and the chef served baked trout for dinner two nights in a row!"



Unfortunately, Jim and Larry weren't able to provide the lodge with any meat for several days. Out of frustration, Jim planned a trip by float plane to even more remote Knewstub Lake where he would be without hot food, hot showers or flush toilets! And oh! A black bear had just made its entrance into the spike camp close to the cabin.



Stay tuned for the rest of the story. Jim and Landa will share their adventurous trip on Friday, November 12th at 1:30pm in the Party Room. Enjoy the slide presentation of the beautiful flora and fauna as well as the characters of Moose Lake Lodge. The audience will even be able to taste a piece of the delicious moose polish sausage. **Come join the fun and invite a friend!**

## **Build Your Own Terrarium Wednesday, November 17th 2:30 pm in the Cascade Room**



Chase the winter gloom away with your very own terrarium! Join Debra on **Wednesday, November 17th at 2:30 pm in the Cascade Room** and create your own piece of plant heaven!

Similar to an aquarium, terrariums are small enclosed areas for keeping plants. Typically terrariums are created to simulate dry habitats like deserts or savannahs. Many of these habitats make great homes for reptiles, amphibians, spiders, or other insects.

Other terrariums create a peaceful woodland feeling by including green leafy plants or violets. Often found on desks, terrariums are a great way to bring a little bit of nature into your life. Get ready to dig in and create your own terrarium on **Wednesday, November 17th!**

# That's Entertainment!

## Couch Potato Santa

Wednesday, December 15<sup>th</sup>

1:30 pm in the Party Room

Rehearsals begin Monday, November 8<sup>th</sup>

Calling all actors and actresses! Get ready to tread the boards in Cornell Estate's Christmas play: Couch Potato Santa! Rehearsals begin the week of November 8th.

Santa has been lying on the couch watching TV for many weeks. He refuses to work, eat or shower.



Mrs. Claus is a bit annoyed with his behavior. She tries to get him off the couch, but to no avail. She resorts to sending squads of elves, reindeer, kids, and a psychiatrist into the

living room, hoping to cheer him up. They all finally get Santa to say what is bothering him. He makes a deal with Mrs. Claus, gets off the couch, and he goes back to work. Christmas is saved.

The first rehearsal will be held on **Monday, November 8th, at 1:30 pm in the Party Room.** Come to this rehearsal to learn more about getting involved in the play!

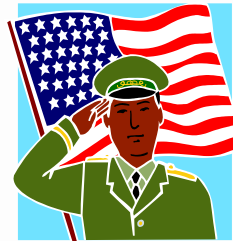
# Replenish the Soul @ Cornell

## Cornell Estates Veterans Day Salute

Featuring: Colonel Scott Powell

Thursday, November 11<sup>th</sup>

1:30 pm in the Party Room



On Thursday, November 11<sup>th</sup> at 1:30 pm we will be hosting our annual Veterans Day salute for all residents who have served in the armed forces. The ceremony will include guest speaker Colonel Scott Powell (retired).

During his 30 year history in the armed forces, Col. Powell accumulated over 4,000 flying hours in 8 different aircraft. These include his missions in Vietnam and Okinawa as well as a distinguished 24-year career in the Oregon Air National Guard. He currently runs a 300 acre farm in the Willamette Valley and flies in the Northwest Air Shows each year in a variety of retired "Warbirds."

We also pleased to welcome representatives from the Daughters of the American Revolution, who have generously donated U.S. flag pins for our veterans, as well as representatives from the Washington County American Legion Post #2. They will join us to conduct the Post Everlasting ceremony. The Veterans Day Salute would not be complete without the local Boy Scouts from Troop 855 as our honor guard and of course you, our residents.

## Laughter Corner



In a democracy it's your vote that counts; in feudalism, it's your Count that votes.

Remember, seniors are worth a fortune . . .

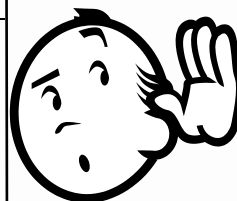
With silver in their hair

Gold in their teeth

Stones in their kidneys

Lead in their feet

And gas in their stomachs.



Residents' Hearing Education Group

**This month's Hearing Reminder:**

*When speaking with a person with a hearing loss, no need to shout. Just enunciate clearly.*

# Grand Days Out

## *Secretariat*

**Thursday, November 4<sup>th</sup>**

**Bus leaves at 12:30 pm**

By popular demand, hop aboard the Cornell Bus to see *Secretariat* at the movie theatre on **Thursday, November 4<sup>th</sup>**. The bus will leave for the theatre at **12:30 pm**.



Starring Diane Lane and John Malkovich, *Secretariat* chronicles the spectacular journey of the 1973 Triple Crown winner. Penny Chenery, a housewife with little knowledge of horse-racing, fosters one of the greatest race horses of all time. As *Secretariat* blasts out of the gates to leave his competition in the dust, the whole world watches in amazement, and a legend is born.

Sign up at the Front Desk. Tickets are \$7.25.

# News & Updates

## **Pen Pals are back!**



The children of Miss Mito's new 3rd grade class at Mooberry Elementary are looking for Pen Pals to help them practice their paragraph writing skills this school year. The Pen Pal program was a big hit last year for the students and for the 10 Cornell Estates residents who participated. The children were so touched by the connection they felt through simple letters from residents each month!

If you would like to exchange a monthly Pen Pal letter with a child who is 7-8 years of age, your participation will be greatly appreciated. To be a Pen Pal, please sign up at the Front Desk.

## **Out of the Kitchen and Still Love Cooking!**

If cooking has always been a passion of yours, here's a chance to connect with like-minded residents. We'll watch cooking shows together, share recipes, discuss cooking tips, and prepare lunch for interested staff members. Hope you can join us on the 1<sup>st</sup> Wednesday of each month at 10 am in the Cascade Room.



## YOU'LL NEVER GUESS WHO:



Which Staff member got lost between Rock Springs, Wyoming and Boise, Idaho?



Which Assisted Living resident roller skated once a week with her spouse and 5 children?



Which Retirement resident spent 18 months in the hospital just 6 weeks after getting married?

**Join us at the November 3<sup>rd</sup> Residents' Meeting for these answers and interesting anecdotes!!**

## **Congratulations to Mooberry Elementary for improved reading and math scores!**



Our community partner Mooberry Elementary made huge improvements in their reading and math scores last year! The improvement is thanks to the hard work and commitment of the students, their families and teachers, as well as the support and participation from Cornell Estates residents, Intel employees, and many other community members. May this year be another great year for the children! Go Mooberry Mustangs!

## **Afternoon Gratitude**

Take a refreshing pause for gratitude in the afternoon once a month with residents and staff. Join our group on the 1<sup>st</sup>



Wednesday of each month at 3pm and talk about what you feel grateful for. Silent participants are also welcome and may feel inspired by others' reflections. This month, we meet on Wednesday, November 3<sup>rd</sup> at 3pm in the East Living Room.

Pacific University  
Oregon



School of  
Dental  
Health



Dental Smile Of the Month:  
*If you see a friend without a smile,  
give him one of yours.*



# Encore Opportunities @ Cornell

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

## Cornell Resident Projects

### FRIENDLY VISITING

**Fridays 3pm**

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

Note: No Friendly Visiting on Friday, November 26th.

### LIBRARIANS ON WHEELS mobile library

**2nd Tuesdays 3pm**

Door-to-door book cart service on Assisted Living floors. This month: Tuesday, November 9th

## Cornell Partnership Projects

### MOOBERRY ELEMENTARY

#### SMART Reading Program

**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.

#### Pen Pals with 3rd Graders

Exchange monthly Pen Pal letters with the 3rd graders in Miss Mito's class! The children are learning to write paragraphs and stories this year, so your letters help them practice these developing skills. Sign up at the Front Desk.

### 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.

#### Intern from Masters of Healthcare Administration program

We invite you to chat with our intern, Dahlia Cadiz, as she participates with us through the end of January. Dahlia is learning about the Operations side of running a Retirement and Assisted Living community. Your input and perspectives are greatly appreciated.

### ADELANTE MUJERES

#### Champions for Early Childhood Education

**Fridays 10am (CR and COL)  
November 5th and November 12th**

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

**Note: Cornell Estates' bus trip to visit Adelante Mujeres on Monday, November 22<sup>nd</sup>. Bus leaves 8:30am.**

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

#### 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 & RETRIEVAL

### Guide Dogs for the Blind

**Wednesday, November 17th 1:30pm (PR)**

Jeanie Gretz and her dog will join us from Guide Dogs for the Blind to discuss the services offered to individuals and our communities by their organization.

# Simple Pleasures @ Cornell



## Afternoon Matinees @ Cornell

***Falling in Love (1984)***

**Friday, November 5<sup>nd</sup>**

**1:15 pm**

**Party Room**

Robert deNiro and Meryl Streep star in this tale of two married strangers whose chance meeting and ensuing friendship lead to a forbidden love affair.

***Nell (1994)***

**Monday, November 15<sup>th</sup>**

**1:30 pm**

**Party Room**

When two doctors discover Nell who lives alone in a remote backwoods area of North Carolina, they are

## Meetups @ Cornell

### *Sharing Interests, Exchanging Ideas*

Meetups are opportunities for residents with similar interests exchange ideas about those common interests.

### **Afternoon Gratitude**

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

**3pm (ELR)**

Residents share their favorite blessings in an uplifting roundtable discussion.

This month: Wednesday, November 3<sup>rd</sup>



### **Book Club**

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

**3pm (3FA)**

Perfect venue for residents who love reading and talking about what they read!

This month: Monday, November 22<sup>nd</sup>



### **Current Events**

**Mon, Wed, Fri each week**

**10:15 am (ELR)**

Residents share news and opinions on current events every week.



### **Hearing Education Group**

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

**10am (CR)**

Residents share information with each other and with others about life with hearing loss.

This month: Wednesday, November 17<sup>th</sup>



### **Music 'Round the Campfire!**

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

**10am (PR)**

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

This month: Wednesday, November 24<sup>th</sup>



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

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

**10am (CR)**

Residents share recipes, watch cooking shows, and treat staff to a special lunch of culinary delights every other month. This month: Wednesday, November 10<sup>th</sup>



### **Poetry Out Loud**

**Mondays**

**3pm (CR)**

Residents share their favorite poems through live readings and discussions.

This month: Monday, November 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 29<sup>th</sup>



### **Riders Club**

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

**9:30am (CR)**

Residents choose group outings to ride public transportation together with a trained volunteer.

This month: Wednesday, November 19<sup>th</sup>



### **Vision Exchange Group**

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

**10am (COL)**

Residents with low-vision share helpful hints and strategies for maximizing life with vision loss.

This month: Wednesday, November 3<sup>rd</sup>



### **Therapeutic Gardening**

**On Break**

Residents help plant, weed, and water the planters.



# Snapshots

Cornell Estates is a busy place for you, our residents! It's difficult to keep up with all your skills and interests, but our staff sure does try!

On October 12, 2010 at 10:00 am, these were just a few of the many pursuits you were engaged in:

- 8 residents were in training for the Start Making a Reader Today (SMART) reading program at Mooberry Elementary.
- 8 residents were enjoying the Creative Writing class.
- 8 residents were sewing personalized name tags on 27 Quilts for Foster Kids.
- 4 residents were receiving preventative dental care provided for free by the Pacific University students, either in the Dental Clinic or in the privacy of the residents' apartments.
- 5 residents in the Therapeutic Gardening meetup were discussing "What's in Bloom?" in fall and winter.

And that's just one snapshot of life at Cornell Estates! Here are a few more snapshots from last month:

*Mount Angel Oktoberfest*

*Washington County Quilt Exhibit*



## *R*eminders

### **Christmas Door Decorating Contest December 10th**

As you're out and about this holiday season, remember that Cornell hosts its own Christmas door decorating contest every year. So keep an eye out for cute decorations, and look to the next edition for more details!

## *T*hank *Y*ous

### **Audio Books Donated to Library**

Thank you to Susan Spindel, Joan Anderson's daughter, for donating audio books on tape to the library. Your kind donation is very much appreciated!

Visit our library to check out the latest books on tape.

## *F*inal *T*houghts

### **Wanted: Large Print Books!**

Our library is always looking for large print book donations. If you can help us out, please let one of our staff know!

