

Cornell Estates and OASIS Lecture

Polar Bears: “Between a Rock and a Hard Place”

**Friday, December 10th
1:30 pm in the Party Room**

Polar bears have been everything from a spokesbear for Coca-Cola to the symbol of the 1988 Calgary Olympic Winter Games. Most recently, the polar bear has become the icon for the Global Climate Change movement. Find out more about the fascinating Polar Bear as Dr. David Shepherdson presents *Polar Bears: Between a Rock and a Hard Place* on **Friday, December 10th, at 1:30 pm** in the Party Room.



Shepherdson will discuss some of the challenges of keeping polar bears in zoo environments, the status of polar bears in the wild, and the likely consequences for polar bears (and other wildlife) if climate change is not slowed by changes in our own behavior.

Dr. Shepherdson is a widely published expert on animal behavior. Currently based at the Oregon Zoo, his co-authored book on zoo enrichment programs is the definitive text in the field. He has also conducted research on polar bears in zoos for a number of years and has been lucky enough to observe polar bears in the wild on a number of occasions, meeting many of the people that spend their lives studying them.

Cornell Estates is proud to partner with OASIS Portland which offers challenging programs in the arts, humanities, wellness, and technology and volunteer services. **Invite your friends and family to join us for this exciting adventure on Friday, December 10th, at 1:30 pm!**



**Holiday Sights & Sounds
Monday, December 6th
4:00 pm in the Dining Room**

Back by popular demand, owners Steve & Lina Seabold invite you to join them to kick off the holiday season! Join us on **Monday, December 6th, at 4:00 pm** in the dining room for music, warmth, and holiday cheer.

Soloist Terry Goldman, trumpeter Scott Mather, and pianist Janet Harmon will provide a cheerful backdrop of Christmas music as we honor you, our residents. We look forward to seeing all of you at our holiday kick off!

**Christmas Door Decorating Contest
December 13th at 10:00 am**

The rules are simple:

- Choose any theme
- Decorate only the door and/or door jam
- No decorations in the hallways
- Decoration must be completed by Dec. 12th



Victoria Shepard will once again serve as our volunteer judge. Victoria recently visited Cornell as our Artist in Residence and is looking forward to viewing your artistry. She will be here from 10:00am-12:00 pm on Monday, December 13th, to judge your art.

All residents are encouraged to walk through the halls and vote for your favorite decoration for the People’s Choice award. Ballots are available at the front desk and must be received by December 13th.

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
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DIETARY MANAGER/
EXECUTIVE CHEF
Guy Toll

MAINTENANCE COORDINATOR
Mike Janeway

HOUSEKEEPING SUPERVISOR
Rosa Vargas

BOOKKEEPER
Tim Helling

Staff Birthdays



Rachel W. 12/3
Ann Marie Q. 12/10
Mike J. 12/14
Kathryn S. 12/20
Tim H. 12/25
Katja S. 12/27
Regina H. 12/28

Cornell Estates Welcomes...

Bob & Ruth Rice #139 **Kitty Fletcher #207**

December Birthdays

Joan Anderson	12/1	Doris Lindorff	12/14
Lee DeAngelis	12/1	Annie Basarich	12/15
Darlene Hormann	12/1	Vesta Grant	12/16
Frances Nelson	12/1	Irene Wolfe	12/17
Helen Fowser	12/4	Carol Gulstrom	12/19
Eva Beeman	12/9	Margaret Larsen	12/20
Elsie Reynolds	12/11	Paul Chamberlin	12/26
Janet Spellerberg	12/13	Del Werner	12/26
Helen Dolezal	12/14	Ed Roediger	12/31

Birthday celebration with the Senior Serenaders!
Wednesday, December 8th at 1:30 pm in the Party Room



Thank you!



Thank you to all our residents, family, and friends who are so wonderfully supportive of our bazaar for the Hillsboro Firefighter Toy and Joy Program. A special thank you to Mildred Davis, June Ranf, David Small, Shirley Bogar, Mary Kay, Bob Brooks, Shirley Fortin, Florence Hess, Vanda Schreiner, Helen Fowser, Florence Prosa, Jackie Cofell, Bessie Hodson, Catherine Lair, and Ginny Astrue for helping make our bazaar so successful. We are fortunate to have you helping us!

Your Hillsboro Merchants

Thanks to this month's Resident Meeting sponsor:

Jacobsen's
Books & MORE

211 E. Main Street
Hillsboro, OR 97123
503-681-8243

www.jacobsensbooks.com

We are a family-owned business, having fun selling books, increasing literacy and the love of reading in children and adults!

Used books for sale or trade.

New books, gifts and local handmade items.

Continuing Education @ Cornell



Flower Design Class
Wednesday, December 8th
2:30 pm in the Cascade Room

Calling all flower enthusiasts! Join Kim Megordan on **Wednesday, December 8th, at 2:30 pm** in the Cascade Room.

Megordan is a member of the Portland Rose Society and grows her own rose blossoms. She says, "I believe flowers and hugs are the best things to share." The class will be held on Wednesday, December 8th, at 2:30 in the Cascade Room. See you there!

Water Color Class
Thursday, December 2nd, and
Thursday, December 16th
10:00 am in the Cascade Room

Join local artist James F. Smith for a water color painting class on **Thursday, December 2nd and Thursday, December 26th, at 10:00 am in the Cascade Room.**

Smith began painting utilizing how-to books. He has since studied with Jim Westall, E. John Robinson, Harold Walkup, Katherine Friday and Florence Thurman. A second generation artist, Smith owned and operated the Paint 'n Place in Hillsboro with his mother, the late Stella Dralle. Disabled twice by brain surgeries in 1976 and again in 1992, Smith firmly believes success in art is a matter of tenacity rather than purely talent.

He began showing and demonstrating his work at the Washington County Fair in 1968 and has also exhibited at numerous galleries on the Coast and in the Portland area. When not painting, you will find him teaching classes at Cornell Estates, the Walters Center and the Sequoia Gallery.



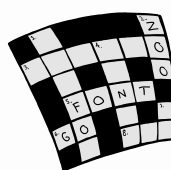
Encore Opportunities @ Cornell

New Meetup: Words Galore!

Tuesday, December 21st
1:30 pm in the Cascade Room

If you love words and word games, like crossword puzzles, cryptograms, Boggle, Scattergories, Pictionary, Hangman, and others, then join us once a month to fan your flare for words! We'll adapt some of our old favorite word games for group play. We

will meet on the third Tuesday of each month at **1:30 pm in the Cascade Room, starting Tuesday, December 21st.** This meetup is endorsed by the Boost Your Memory Club.



Friendly Caroling
Christmas Eve at 2:00pm!

What better way to spread cheer to fellow residents and staff than to deck the halls with sounds of caroling! Instead of our Friday afternoon Friendly Visiting on December 24th, all residents are invited to join in apartment-to-apartment Friendly Caroling, led by Cindy and Dahlia. Christmas Carolers, let's meet in the Main Living Room at 2:00pm! A booklet of the words to our favorite carols will be provided. Don't worry, we will have a pitch pipe to keep us all on key! We look forward to joining you in a musical Merry Christmas!



**What I'm grateful for
this Holiday Season**

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 the gift of life itself.

We want to hear what blessings are on your mind this Holiday Season. Drop us a note in the Thank You baskets at the Front Desk or one of the two Service Desks and let us know "**What I'm grateful for this Holiday Season ...**" We will post resident and staff notes of gratitude around the building to inspire each of us throughout the holidays. Gratitude is contagious, gratitude wants to give!

That's Entertainment!



A Christmas Pageant:
Play: Couch Potato Santa
Poetry: Jest 'fore Christmas
Singing: Christmas Carols

**Wednesday, December 22nd
2:30 pm in the Party Room**

We invite you to join us for the one-time performance of *Couch Potato Santa* on **Wednesday, December 22nd, at 2:30 pm in the Party Room.**

Santa has been lying on the couch watching TV for many weeks refusing to work, eat or shower and Mrs. Claus is a bit annoyed with his behavior. Find out what is bothering Santa.

The Poetry Out Loud group will recite a humorous Christmas poem following the play and Dorothy Eby will then lead the audience in an old-fashion Christmas sing-a-long

Join us for this rollicking Christmas pageant!

Northwest Senior Theatre Presents:
"It's Jingle Time!"
Thursday, December 2nd
2:00 pm in the Party Room



We are pleased to welcome back Northwest Senior Theatre for their 20th season! "It's Jingle Time!" is a collection of holiday skits and songs, some old, some new. Highlights include: Christmas on Broadway, Jingle Bells, Christmas Forever, We Are Santa's Elves, Jack Benny Goes Shopping, Silver Bells, I Saw Mommy Kissing Santa Claus, and Christmas Waltz.

The Northwest Senior Theatre is a group of experienced (55 and older) performers. They are singers, dancers, actors, musicians and production folks who still thoroughly enjoy performing. They develop two new professional-quality musical variety shows each year, complete with costumes, scenery, choreography and of course, lots of music. So come smile, hum, and laugh at "It's Jingle Time!" on December 2nd at 2:00 pm!

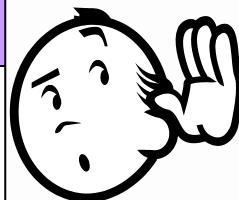


New Year's Eve Party
Friday, December 31st
1:30 pm Party Room



Ring in the New Year with friends and family at our annual New Year's Eve Party on Friday, **December 31st at 1:30 pm in the Party Room.** Sip some Champaign, nibble on hors d'oeuvres, or dance the afternoon away with a loved one. Best of all, step up to the microphone for our very own karaoke night! Sing along to old favorites with friends as we welcome in 2011!

Laughter Corner



**Residents' Hearing
Education Group**

This month's Hearing Reminder:

When speaking with a person with a hearing loss, if at first we don't hear your question, try asking it in a different way.

Grand Days Out



“Bright Beginnings” Friday, December 3rd Bus leaves at 7:15 pm

Calling all music lovers! Join us for a trip to the Hillsboro Symphony on **Friday, December 3rd!** The bus leaves at **7:15 pm** for this fantastic concert.

“Bright Beginnings” will feature:

- Peer Gynt-Suite 1 Edvard Greig
- Unfinished Symphony #8 F. Schubert
- La Belle Helene (Overture) J. Offenbach
- Sleigh Ride Leroy Anderson

The Hillsboro Symphony Orchestra consists of dedicated members who graciously give of their time and talents. Members take great pride in knowing they are enriching the lives of their community by exposing them to a wonderful culture of music.

Pittock Mansion & Lunch at Sweet Tomatoes Thursday, December 16th Bus leaves at 10:00 am

Hop aboard the Cornell bus for lunch on the town, followed by a tour of historic Pittock Mansion on **Thursday, December 16th, at 10 am!**

Our day out begins at Sweet Tomatoes, an all-you can eat buffet crammed with delicious dishes! Afterwards, we'll head out to historic Pittock Mansion. Dressed in holiday garlands, bows, ribbons, and more, this historical treat is one you won't want to pass up!



Zoo Lights

**Thursday, December 16th
Bus leaves at 6:30 pm**

See the Oregon Zoo transformed into a winter wonderland, aglow with a million lights on **Thursday, December 16th, at 6:30 pm!**

In this timeless Portland tradition, more than 200 animated animals swing through trees, jump across lawns, hide in bushes and appear in places where they're least expected.

Displays include swinging monkeys, leaping frogs, flying bats, diving penguins and a perfect-for-photos light sculpture featuring a dozen animals.



Tour Bob's Red Mill Natural Foods World Headquarters with Lunch Thursday, December 9th Bus leaves at 9:00 am

Hop aboard for a one-hour tour of Bob's Red Mill World Headquarters factory in Milwaukie. With a wide variety of whole grain products, from flours and hot cereals to baking mixes and grains, Bob's Red Mill has “whole grain foods for every meal of the day.”

Savor lunch afterwards at the Red Mill Visitor Center from-scratch deli and bakery and enjoy a true agri-tourism experience!



School of
Dental
Health



Dental Smile Of the Month:
*Only brush and floss the ones
you want to keep.*



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 December 24th and December 31st.

**Join us instead for Friendly Door-to-Door Caroling on December 24th from 2pm-3pm
and for New Year's Eve Karaoke on December 31st at 1:30pm in the Party Room.**

LIBRARIANS ON WHEELS mobile library

2nd Tuesdays

3pm

Door-to-door book cart service on Assisted Living floors. This month: Tuesday, December 14th

Cornell Partnership Projects

MOOBERRY ELEMENTARY

SMART Reading Program

Tuesdays

bus leaves 9:15 am

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

SMART Training December 21st from 9:30am – 10:30am at Cornell Estates (CR).

Note: no SMART December 21 or December 28 as Mooberry will be closed for Winter Break.

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

On break-resumes Tuesday, January 25th

8am-12noon

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

ADELANTE MUJERES

on break for the Holidays

Champions for Early Childhood Education

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

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 & REFERRAL

No presentations scheduled this month due to the busy holiday season.

Simple Pleasures @ Cornell



Afternoon Matinees @ Cornell

- The Great Santini (1979)*** **Tuesday, December 7th** **1:30 pm** **Party Room**
 Robert Duvall and Michael O'Keefe star in this tale of a young man approaching manhood who struggles to win the approval of his demanding father, an aggressively competitive, but frustrated marine pilot.
- March of the Penguins (2005)*** **Friday, December 17th** **1:30 pm** **Party Room**
 Winner of the 2005 Academy Award for Best Documentary, and narrated by Morgan Freeman, this film is a touching tribute to one of the most miraculous migrations: the march of the emperor penguins.

Meetups @ Cornell

Sharing Interests, Exchanging Ideas

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

-  **Afternoon Gratitude** **On Break until January** **3pm (ELR)**
 Residents share their favorite blessings in an uplifting roundtable discussion.
-  **Alcove Parties** **On Break until January**
 Weekly informal come-as-you-are gatherings of near-located residents. Different floor each week.
-  **Book Club** **4th Mon of each month** **3pm (3FA)**
 Perfect venue for residents who love reading and talking about what they read!
 This month: Monday, December 27th
-  **Current Events** **Mon, Wed, Fri each week** **10:15 am (ELR)**
 Residents share news and opinions on current events every week.
-  **Hearing Education Group** **3rd Wed of each month** **10am (CR)**
 Residents share information with each other and with others about life with hearing loss.
 This month: Wednesday, December 15th
-  **I Got the Music in Me!** **4th 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, December 22nd
-  **Out of the Kitchen and still love Cooking!** **Special this Month** **10am (CR)**
 Residents cook together and share recipes. Join us this month on a “research project” by having **lunch at the Stratford Tea House** in downtown Hillsboro. **Bus leaves 11:15am on Wed. Dec. 15th.**
-  **Poetry Out Loud** **Wednesdays** **3pm (CR)**
 Residents share their favorite poems through live readings and discussions.
 This month: Wednesday, December 1st, 8th, 15th, 29th
-  **Riders Club** **On Break until January** **9:30am (CR)**
 Residents choose group outings to ride public transportation together with a trained volunteer.
-  **Therapeutic Gardening** **On Break**
 Residents help plant, weed, and water the planters.
-  **Vision Exchange Group** **On Break until January** **10am (COL)**
 Residents with low-vision share helpful hints and strategies for maximizing life with vision loss.
-  ****NEW** Words Galore** **3rd Tuesday of each month** **1:30pm (CR)**
 Residents who love words come together for word games adapted for group play.
 This month: Tuesday, December 21st

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 November 20th, 2010, these were just a few of the many pursuits you were engaged in at the Annual Christmas Marketplace Bazaar:

- 6 residents were singing Christmas Carols in the Front Lobby
- 2 residents were selling raffle tickets
- 4 residents were manning craft tables
- 150 residents were enjoying harp music in the dining room
- 150 residents were shopping at the Bazaar

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

Veterans' Day



Adelante Mujeres



Craft Table at Bazaar



Raffle Station at Bazaar



Christmas Carolers



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