

**A Valentine's Day Concert
Featuring National Fiddle Champion
Carol Ann Wheeler
Monday, February 14th
1:30 pm in the Party Room**



What is the difference between a fiddle and a violin, anyway? As it turns out, not much, except how music is played on it! Join us in celebrating Valentine's Day with fiddle champion Carol Ann Wheeler on **Monday, February 14th at 1:30 pm in the Party Room.**

Carol Ann Wheeler, former National Ladies Fiddle Champion, plays a variety of fiddle styles, including Irish, Scottish, Canadian, Texas, and Gypsy, as well as classical violin. She is proud to preserve America's heritage of old-time fiddle music and has written numerous instructional books on the topic. She has also recorded old time fiddle music with the Mel Bay Company. Guitarist Jeff Heberle adds the perfect accompaniment to the violin. Jim Toussaint plays the second violin/fiddle with Carol Ann and turns the dynamic duet into a trio with more styles, colorful harmonization, and songs.

Invite your friends, family, and neighbors to this toe-tappin' concert on Monday, February 14th at 1:30 pm. We'll see you there!

**Educational Travelogue:
Ferry Hopping in Alaska
Friday, February 11th
1:30 pm in the Party Room**

Get ready for breathtaking mountain vistas, chilling glaciers, and crystal waters as we join Norm and Pat Sandberg in Ferry Hopping in Alaska. The adventure begins on **Friday, February 11th at 1:30 pm in the Party Room.**

The Sandbergs, our guides for this excursion, will share photographs and stories from their recent adventures through the majestic panorama of the Inside Passage of Alaska on the State Ferry System. Experience the delightful Alaskan wildlife, including whales, seals, sea lions, orcas, and sea otters, as well as mountain goats, brown and black bears, puffins, kittiwakes and murre, a seabird native to arctic waters.

Norm and Pat Sandberg are retired and live in Orenco. Traveling has become a favorite pastime in their "golden years." Norm also enjoys growing Bonsai trees and photography. Pat is a quilter and is active in several quilt groups.

Grab your family, friends, and neighbors and hop aboard this Alaskan adventure on Friday, February 11th at 1:30 pm. All aboard!



**Party Room Closed for Renovations
February 4th-10th**

The Party Room will be closed February 4th-10th to replace the carpet. Normal Party Room activities have been scheduled in different locations or cancelled for that week. Be sure to check the calendar to find out where your favorite Party Room activity will be during the renovations!

**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

EXECUTIVE CHEF
Joel Thompson

MAINTENANCE COORDINATOR
Mike Janeway

HOUSEKEEPING SUPERVISOR
Rosa Vargas

BOOKKEEPER
Tim Helling

Staff Birthdays

♥ Susana V.	2/5
♥ Tina R.	2/6
♥ Alma F.	2/11
♥ Brandon S.	2/12
♥ Paul M.	2/19
♥ Natalie M.	2/20

Cornell Estates Welcomes...

Arden & Connie Sheets #109	Betty Schuepback #310
John King #131	Lois Minson #314
Wilma Wetherington #136	Lilly Cardinaux #333

February Birthdays

Harriet Federici	2/5	Ruth Brink	2/21
Thelma Rice	2/5	Betty Casparie	2/21
Dorothy Davis	2/12	Donna Hammack	2/21
Jackie Bafaro	2/12	Lydia Foreman	2/23
Bessie Loos	2/12	Shigeko Mukai	2/24
Holder Jones	2/19	Charles Lockhart	2/26
Irene Maslen	2/19	Marie Stifel	2/28
Lois Schleining	2/19		

**Birthday celebration on Wednesday, February 16th
at 1:30 pm in the Party Room**

Thank you!

We couldn't have done it without you! A special thank you to the following people:

Shirley Fortin & Ruth Brink for folding the January newsletters; Eldon McRoberts, Norma Raffety, Wilma Pieren for their quick bingo setup when the previous event ran late; June Ranf & Ava Hill for delivering the special welcome baskets to our new residents; Mildred Davis for recommending Naturalist and author James Davis; Barbara Waldow, Ellen Mann, Esther Chalmers, & Catherine Lair for being our first "Welcome Buddies."

Our Hillsboro Merchants

Thanks to this month's Resident Meeting sponsor:



222 E. Main Street
Open 8:30-5:30 M-Sat, 12-5:30 Sun

Over 50 local artisans
Longbottom Espresso
Beaverton Bakery
Pastries
Candy Basket Confections

**The Artful Garden
222 E. Main St.**

**Find unique,
handcrafted artwork
at this gallery for the
gardener.**

Continuing Education

OASIS Lecture: Your Brightest Winter Ever! Managing Seasonal Affective Disorder

**Friday, February 25th
1:30 pm in the Party Room**

Portland is famous for being green year round. But with that comes a downside: day after day of rainy winter weather. Chase away those winter blues with Julie A. Fast's presentation in managing Seasonal Affective Disorder on **Friday, February 25th at 1:30 pm in the Party Room.**

Seasonal Affective Disorder, also known as winter depression, affects as many as six of every 100 people in the United States. It's characterized by repeated depression during the change of seasons, particularly during the shortened, darker winter months. Treatments range from light therapy to cognitive behavioral therapy to antidepressant medications and supplements.

Cornell Estates is proud to partner with Portland OASIS which offers challenging programs in the arts, humanities, wellness, and technology and volunteer services. **So grab your neighbors, children, or friends to share in this fantastic opportunity on Friday, February 25th at 1:30 pm!**

Friends for Foster Kids

Join us at **1:30 pm on Friday, February 4th in the Sewing Room** (Room 139) as we put the finishing touches on quilts and letters for foster kids. We'll also bake cookies and enjoy friendly conversation. See you there!

Origami Class Monday, February 21st 2 pm in the Cascade Room



Back by popular demand! Join origami wizard Larry Wood on **Friday, February 21st at 2 pm in the Cascade Room.** This month, fold, twist, and transform a simple piece of paper into a jumping frog! This program endorsed by the Boost Your Memory club.

Encore Opportunities

Who Warms Your Heart this Valentine's Day?



Who brings a smile to your heart when you think of them? Sometimes it's our children, our grandchildren, our favorite friends, our pets. **Bring us a photograph of your special Valentine** with a little write-up about who they are and how they warm your heart **by February 9th** and we will add them to our Valentine's glass showcase in the Main Lobby.

Secret Valentines!

Brighten someone's day by being a part of Secret Valentine! **Starting on February 4th**, we will be coming around so you can pick a resident's name from our Valentine Basket! Choose from our assortment of cards for them, and then exchange Valentines at the Valentine Party on February 14th!

More fun ways to participate with Adelante Mujeres starting in February!



After our delightful visit to Adelante Mujeres in November, several residents asked us if we could visit again to help the pre-school children with their reading and crafts. And so, starting **Wednesday, February 9th**, we will be heading over to Adelante Mujeres **once a month** to help in the pre-school classroom. **Bus leaves at 9:00 am.** Sign up at the Front Desk.

Living Library Project Mooberry Elementary School

The children at Mooberry Elementary want to learn about you! They are studying different topics in class and they would like to hear from people who have experienced what they are learning about in their textbooks.

Check out the **"WANTED"** posters on the bulletin boards to see which topics they are studying. Sign up at the Front Desk if you would like to share your experiences on these topics. Our lives are richer when we share ourselves with each other!

Meetups @ Cornell

New! All About Horses Meetup
Friday, February 18th
1:30 pm in the Cascade Room



Francis Ford will join us on **Friday, February 18th at 1:30 pm in the Cascade Room** to discuss horses -- the care, breeding, and riding of these magnificent animals. Francis specializes in the history of horses, especially thoroughbreds and racehorses. She's excited to share her experiences and welcomes an open and entertaining exchange with residents about your experiences with, and your love of, horses.

Tickle your Brain Cells at Words Galore!
Thursday, February 17th
10:00 am in the Main Lobby

Words Galore! is a monthly meetup for residents who enjoy words. We play collaborative, group versions of games to unscramble letters, search for words in a puzzle, and link words together. Join us this month to fan your flare for words and tickle your brain cells. See you there!

New! Sewing Cottage Meetup
Thursday, February 24th
2:00 pm in Room 139

Come one, come all, to the first Sewing Cottage meetup on **Thursday, February 24th at 2:00 in the Sewing Room**. Bring your talent and know-how as we work on several community partner projects, including Quilts for Kids and costumes for the Mooberry spring musical.



School of
 Dental
 Health
 Science



Dental Smile Of the Month:
*A smile is a curve that sets every-
 thing straight. - Phyllis Diller*

Get going with the Riders Club!
Monday, February 28th
1:00 pm in the Main Lobby

Did you know that you can ride public transportation for free with a trained volunteer guide to destinations of your choosing? It's true! It's as easy as joining the Riders Club anytime on their monthly trips!

Watch for the green Ride Wise flyers for upcoming destinations and then sign up at the Front Desk. Recent trips included the Streets of Tanasbourne and cruising Cornell Street for local attractions. Or, share your destination ideas with the Activities Department, and see where the bus can take you.

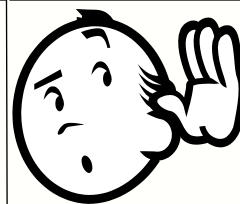
Riders Club – it's free, it's fun, and it's another way to get out and get going!



New! Language Lingo Meetup
Tuesday, February 22nd
10:00 am in the 3rd Floor Alcove

It seems like every generation has its own language. Even certain parts of the country use words and phrases that some of us just do NOT understand! Do you remember slang or 'hip' words from years gone by? Did you grow up in a region that uses its own unique phrases or words?

Come join us at **10:00 am on Tuesday, February 22nd in the 3rd Floor Alcove** and reminisce about your favorite old-time jargon!



Residents' Hearing
 Education Group

This month's Hearing Reminder:

*When speaking with a person with
 hearing loss, please slow down.
 Speak slowly and distinctly.*

Grand Days Out

Guide Dogs for the Blind Graduation Ceremony & Lunch at the Tollgate Inn Saturday, February 26th Bus leaves at 9:30 am



Since 1942, Guide Dogs for the Blind has paired more than 10,000 blind and visually-impaired individuals with man's best friend. On **Saturday, February 26th**, residents are invited on a day-trip to Boring, Oregon to attend a very special graduation ceremony to commemorate puppies and students beginning a new partnership.

Puppy raisers say goodbye to their graduating dogs, and the graduating class of students bid farewell to their teachers to return to their homes and families with new canine partners by their side.

Before the graduation, we will have a delicious, home-made style lunch at the Tollgate Inn, serving comfort food in a comfortable setting. After the graduation, we'll experience a behind-the-scenes tour of the Guide Dog center.

The **bus will depart at 9:00 am**. Expected time of return between 4:30 - 5:00 pm.

Herbert Hoover Museum & Lunch Thursday, February 24th Bus leaves at 10:00 am

Travel back in time to the 31st President of The United States! The Hoover-Minthorn House in Newberg is a museum created from the house of Herbert Hoover, who lived there from 1885 to 1891.

Built in 1881, the house was restored and opened to the public in 1955. It is filled with late 19th century period furnishings, including the actual bedroom furniture used by Hoover as a boy.

Afterwards, we'll head to nearby Huckabee's Family BBQ for lunch!

YOU'LL NEVER GUESS WHO:



Which Staff Member's son in the military has been posted in Iraq for the past 1.5 years?



Which Assisted Living resident's family ran a movie theatre in Washington and hob-nobbed with Western movie stars?



Which Retirement Resident had the good fortune to shake an astronaut's hand?

Join us at the February 2nd Residents' Meeting for these answers and interesting anecdotes!!

Annie Bloom's Books & Lunch Thursday, February 10th Bus leaves at 9:30 am

Here's an opportunity to visit quaint Multnomah Village in SW Portland on **Thursday, February 10th at 9:30 am**. Step through the doors of Annie Bloom's Books, a friendly neighborhood bookstore, as well as other specialty shops within walking distance.

Annie's first opened its doors in 1978 and is still proudly serving customers today! Along with a strong fiction section, they specialize in children's books, current events, travel, and cooking.

After a morning of browsing books and other shops, head to Otto and Anita's Schnitzel House for authentic Bavarian cuisine! Otto and Anita cook everything fresh to order, so you know you're getting a great culinary experience!

Celebrate Hillsboro! Shute Park and Recreation Center Tour & Izzie's for Lunch Thursday, February 3rd Bus leaves at 10:00 am

The Shute Park **Recreation Center** is a gem in our downtown Hillsboro community! On our visit to the Recreation Center on **Thursday, February 3rd at 10:00 am**, we will be treated to a guided tour that explores their water aerobics, adaptive yoga, and many other fitness opportunities specially designed for seniors and boomers. After the tour, we will travel to **Izzie's** across the street from the Center for a delicious lunch. Sign up at the Front Desk.



Encore Opportunities @ Cornell

*Engaging with each other
is good for our health ... at every age!*

Cornell Resident Projects

FRIENDLY VISITING on break in February 3pm
Cornell Estates' residents visit other Cornell Estates residents for a ½ hour of neighborly cheer.

LIBRARIANS ON WHEELS mobile library and sundry 2nd Tuesdays 3pm
Books and other goodies delivered door-to-door to Assisted Living residents.
This month: Tuesday, February 8th

****NEW** WELCOME BUDDIES**

Current residents are paired with new residents as "Welcome Buddies" for three months. If you would like to be a Welcome Buddy for a new resident, please sign up at the Front Desk.

Cornell Partnership Projects

MOOBERRY ELEMENTARY

SMART Reading Program Tuesdays bus leaves at 9:15 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! Sign up at the Front Desk.

Living Library project
Share your rich life experiences in Mooberry classrooms to complement school curriculum. Watch for monthly "Wanted" posters for current student topics, and then sign up at the Front Desk

PACIFIC UNIVERSITY

Weekly Dental Clinic Thursdays 8am-12noon (RM 322)
On-site dental clinic provided by Senior Dentistry students for preventative dental treatment (e.g. teeth cleaning) at a reduced rate. Sign up at the Front Desk.

ADELANTE MUJERES "Champions for Early Childhood Education"

Book Bags & Book Recordings Tuesdays 10am (PR & COL)
Assemble reading activity materials OR record children's books-on-tape for preschool children.

****NEW** Monthly visits to Adelante Mujeres** 2nd Wednesdays bus leaves at 9:00 am
One-hour visit each month to Adelante Mujeres pre-school to assist children with reading and crafts. Sign up at the Front Desk.
This month: Wednesday, February 9th

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

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

Simple Pleasures @ Cornell

Afternoon Matinees @ Cornell

An Affair to Remember (1957) **Thursday, February 3th** **1:30 pm** **Party Room**
Cary Grant, Deborah Kerr, and Richard Denning star in this classic romantic film. A couple falls in love and agrees to meet in six months at the Empire State Building - but will it happen?

Sleepless in Seattle (1993) **Monday, February 28st** **1:30 pm** **Party Room**
Inspired by *An Affair to Remember*, Tom Hanks is a recent widower whose son is determined to find his father a new partner. Also starring Meg Ryan, this movie is sure to warm your heart!

Meetups @ Cornell

Residents Sharing Interests, Exchanging Ideas

Afternoon Gratitude **Wednesday, February 2nd** **3pm (ELR)**
Residents share their favorite blessings in an uplifting roundtable discussion.

****NEW** All About Horses** **Friday, February 18th** **1:30 (CR)**
Learn from Frances Ford about breeding and raising thoroughbred horses. Discuss your life experiences with riding or raising racehorses. Sign up at the Front Desk.

Book Club **Monday, February 28th** **3pm (3FA)**
Residents who share a love of reading gather to discuss the books they are enjoying.

Conversational French **Fridays** **3pm (CR)**
Resident Thais Sanders and her assistants lead residents in a fun and friendly conversational French class. This month: Friday, February 4th, 11th, and 18th

Current Events **Mon, Wed, Fri each week** **10am (ELR)**
Residents share news and opinions on current events every week.

Hearing Education Group **Wednesday, February 16th** **10am (CR)**
Residents share information with each other and with others about life with hearing loss.

I Got the Music in Me! **Wednesday, February 23rd** **10am (PR)**
Residents join musician Tom Ball in the love of music. Bring your musical instrument if you have one.

****NEW** Language Lingo** **Tuesday, February 22nd** **10am (3FA)**
Reminisce about your favorite old-time words and phrases, and learn how people in different parts of the country say the same things in their own unique ways!

Out of the Kitchen and still love Cooking! **Wednesday, February 2nd** **10am (CR)**
Residents cook together, share recipes, and prepare meals for staff and residents.

Poetry Out Loud **Wednesday, February 2nd & 16th** **3pm (CR)**
Residents share their favorite poems through live readings and discussions.

Riders Club **Monday, February 28th** **1pm (ML)**
Residents travel in a group on public transportation with a trained volunteer escort to local destinations.
****Watch for Green Flyer with this month's destination****

****NEW** Sewing Cottage** **Thursday, February 24th** **2pm (Rm139)**
Residents work on sewing projects for our community partners, such as quilts for foster kids.

Words Galore **Thursday, February 17th** **10am (ML)**
Residents who love words come together for word games adapted for group play.

Snapshots

Writing Class



Adelante Mujeres

Book Recordings



Current Events



New Year's Eve Karaoke Party



Origami Class

