

Thank You!

Hillsboro Fire Fighters receive \$1750 donation to Toy & Joy program



Thanks to the efforts of countless volunteers, Debbie and Landa were thrilled to present members of the Hillsboro Firefighter's Random Acts with a check for \$1750.00 on Friday, December 10th. The donation is an annual contribution to the Toy and Joy Program, which provides toys for under-served children in the Hillsboro area.

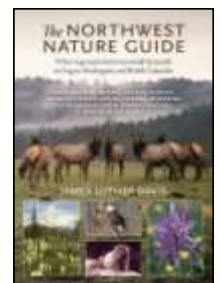
The donations came from a variety of fundraisers, including Cornell's 10th annual Christmas Marketplace Bazaar, held on Saturday, November 20th. All vendor fees, proceeds, and donations from the Christmas Marketplace benefited the Toy & Joy program.

Members of the Hillsboro Firefighter's Random Acts and their spouses also joined Cornell staff on Tuesday, November 30th, for the annual Bake Sale. Residents and staff kicked off the holiday season by purchasing baked goods while filling their hearts with a generous spirit of giving. All proceeds from the bake sale benefited the Toy & Joy program.

Both events require a tremendous effort from staff, residents, and volunteers. We can't thank you enough for all your help!

The Northwest Nature Guide: Wildlife Through the Year Wednesday, January 19th 1:30 pm in the Party Room

Calling amateur naturalists of all stripes - catch 12 months of nature's beauty at its peak! Cornell Estates is pleased to present author James Davis, Naturalist at Cornell Estates on **Wednesday, January 19th at 1:30 pm in the Party Room** to share information from his seasonal guide.



Let James Davis, author of The Northwest Nature Guide, get you in the right places at the right times to experience some of the most spectacular wildlife events in the Northwest. Wintering elk and eagles, migrating geese and swans, alpine wildflowers, tide pools and the insects in your own backyard are just a few of the 150 sites described in his book.

Invite your friends and family to join us for this special presentation on Wednesday, January 19th at 1:30 pm!

National Service Day is January 17th

National Service Day takes place on Martin Luther King, Jr. Day which is January 17th this year. Each year on this special commemorative day, Cornell Estates residents and staff join together to participate in a variety of Community Service options. By January 7th, look for details at the Front Desk and Activity Bulletin Boards.

We are tied together in the single garment of destiny, caught in an inescapable network of mutuality. . . For some strange reason I can never be what I ought to be until you are what you ought to be.

~ Rev. Dr. Martin Luther King, Jr.

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

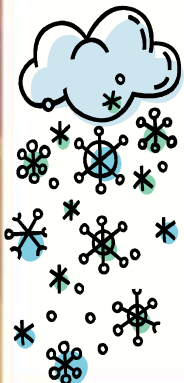
DIETARY MANAGER/
EXECUTIVE CHEF
Guy Toll

MAINTENANCE COORDINATOR
Mike Janeway

HOUSEKEEPING SUPERVISOR
Rosa Vargas

BOOKKEEPER
Tim Helling

Staff Birthdays



Genovena A. 1/2
Penny V. 1/8
Debra K. 1/9
Charlene T. 1/18
Taylor S. 1/20
Melissa K. 1/28
Felicity F. 1/28

Cornell Estates Welcomes...

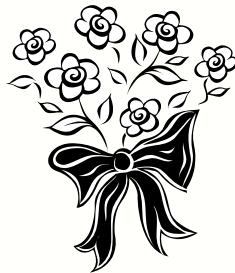
Sam Austin	#101	Leona Hutton	#144
Mary Stupfel	#120	Charles Lockhart	#219
Ray Frewing	#136	Peg Owens	#321

January Birthdays

Esther Chalmers	1/3	Raymond Frewing	1/20
Imogene White	1/3	Joyce Hollowell	1/24
EV Fulmer	1/5	Barbara Ives	1/28
Jane Doherty	1/17	Barbara Waldow	1/31

Birthday celebration with the Senior Serenaders!
Wednesday, January 12th at 1:30 pm in the Party Room

Thank you!



We couldn't do it without you! A special thank you to the following: Imogene White and Leona Hutton for handing out Couch Potato Santa programs; Shirley Fortin, Florence Hess, and Florence Prosa for assembling our December Newsletter; Betty Baruz for keeping our walkways free from the thousands of leaves; June Ranf, Ava Hill and David Small for delivering Welcome Baskets; Helen Fowser for help with Christmas decorations.

Thanks also to our Friendly Carolers for spreading Christmas fun and cheer through the halls on Christmas Eve: Ev Fulmer, Judy Hamm, Ethel Hiatt, Walter Jueneman, Doris Lindorff, Anne Matthes, Erma McMackin, Mary Stewart, Doris Weaver, and Irene Wolfe.

Your Hillsboro Merchants

Thanks to this month's Resident Meeting sponsor:

IHOP Hillsboro
849 NE 25th Avenue
Hillsboro, OR 97124
503-648-3226



Hours:
Sun-Thurs 6am-10 pm
Fri & Sat 6am-12am
www.ihop.com

Wonderful breakfasts, lunches, and dinners!

A whole menu geared toward our seniors,
including buy-one-get-one specials from 3-6pm Mondays-Fridays

Continuing Education @ Cornell



Origami Class
Friday, January 7th
2 pm in the
Cascade Room

Join local origami practitioner Larry Wood on **Friday, January 7th at 2 pm in the Cascade Room** and explore new ways to “boost” your brain function! Larry has been practicing origami for 20+ years and has used the art form in many settings throughout his career as a professional counselor. He strongly believes in the therapeutic benefits that come with learning new crafts. This program is endorsed by the Boost Your Memory Club!

Educational Travelogue: Utah Rocks!

Friday, January 14th
1:30 pm in the Party Room

Join local resident Bob Kuest on a rockin’ photographic odyssey to Utah and Colorado. Bob’s presentation will be held on **Friday, January 14th at 1:30 pm in the Party Room.**

Thanks to Bob and Lanora Kuest, we don’t have to drive to Utah and Colorado to see great rock formations! Their presentation includes excursions to Arches National Park, Canyonlands, Capital Reef National Parks, Newspaper Rock, Mesa Verde National Park, and the Four Corners.

Stand in 4 states at once, view rock carvings over 2000 years old, and view some of the finest natural stone architecture in the Southwest. End your tour at the Golden Spike National Historic Site, where the cross-continental railroad was officially joined in May 1869.



Grab your friends and family and hop aboard for this exciting southwest adventure on Friday, January 14th!

Writing Class
Tuesdays, January 4th-
March 28th
9:30-11:30 am
Cascade Room



Write your life story or spin a tale of fiction on **Tuesdays from 9:30 -11:30 am.** 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 January 4th and running through March 28th. Cost is \$30. You may sit in one 1 class to see if you would be interested. **Sign up and pay at the front desk.** This class endorsed by Boost Your Memory club.



Water Color Class
Thursday, January 13th
& 27th
10:00 am Cascade Room

Back by popular demand! Join local artist James F. Smith for a water color painting class on **Thursday, January 13th and January 27th at 10:00 am in the Cascade Room!**

The Golden Years of Broadway:
Rodgers and Hammerstein
Wednesday, January 26th
1:30pm in the Party Room

Oklahoma, The Sound of Music, South Pacific, Carousel, and The King and I dominated the 1940s and 50s on Broadway. Join Gordon Neal Herman to explore the careers of Richard Rogers & Oscar Hammerstein, the dynamic composer & lyricist duo behind these smash hits on **Wednesday, January 26th at 1:30 pm in the Party Room.**



Simple Pleasures

Afternoon Matinee & Special Kettle Corn



Friday, January 21st

1:30 pm in the Party Room



What better way to celebrate National Popcorn Day than with kettle corn! Join us for the movie **Pride & Prejudice**, on **Friday, January 21st at 1:30 pm** and enjoy a wide variety of kettle corn! Available flavors will include: chocolate, green apple and caramel, sweet and spicy, cotton candy, raspberry and cherry, and cheddar cheese.

New! Conversational French

Fridays, Jan. 28th -Feb. 18th

1:30 in the Cascade Room

Join our resident French Madame, Thais Sanders, and her trusty assistants for a beginners French conversation class for 4 weeks, starting **January 28th**. We will meet at **1:30 pm in the Cascade Room**. Come prepared to roll your rrrrrr's and practice your "bonjours" ... and, especially, to have good fun together! Quel plaisir! Sign up at the Front Desk.



Question Quest

Tuesday, January 4th

2:00 pm in the Party Room

In this knowledge adventure, residents will have the opportunity to participate in Question Quest, a "Jeopardy" like game where contestants answer the "answer" with a question. Join us for lots of fun as we test our knowledge! Questions Quest is endorsed by the Boost Your Memory club.



School of Dental Health Science



Dental Smile Of the Month:
Wear a scowl and have wrinkles.
Wear a smile and have friends.

That's Entertainment!

Wear Your Hat to Dinner!

Friday, January 21st

11:00 or 12:00 in the Dining Room



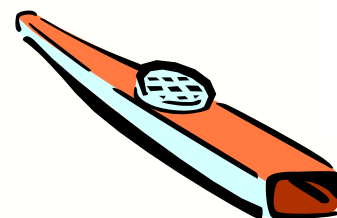
In honor of National Hat Day, wear a hat to dinner! Show off your favorite baseball cap, sun hat, or even a stocking cap. Shake off the winter blues in style!

National Kazoo Day & Friendly Visiting Party

Friday, January 28th

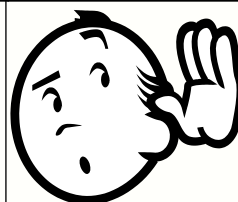
2:30 pm in the Party Room

Young, old, or in between: everyone loves Kazoos! Release your Kazoo passion at our Friendly Visiting Kazoo Day Party on **Friday, January 28th at 2:30 pm in the Party Room!**



The first kazoo was invented by Alabama Vest in Georgia and designed by Thaddeus Von Glegg, a German clockmaster. Commercial manufacturing began in western New York in 1912. They quickly caught on because they're easy to play and easy to carry. Just hum a tune, pull your kazoo out of your pocket, and you're ready to perform!

Kazoos will be available on Friday, Jan. 28th for the first 50 or so people who arrive in the dining rooms. Then join David Firth as we play and sing-along to our favorite tunes and celebrate a successful friendly visiting session. See you there!



Residents' Hearing Education Group

This month's Hearing Reminder:

When speaking with a person with hearing loss, please look at them so they can lip read.

Grand Days Out



**Lunch at IHOP
Thursday,
January 13th
Bus leaves at
10:00 am**

Celebrate Hillsboro with a visit to this month's sponsor: IHOP! Head out to IHOP for brunch on **Thursday, January 13th at 10:00 am.**

Founded in 1958 in California, the International House of Pancakes (IHOP) has become an iconic breakfast institution across the United States. Famous for its Chocolate Chip and Rooty Tooty Fresh 'n Fruity pancakes, this outing is sure to satisfy your taste buds!

**Portland Art Museum &
Lunch at the Old Spaghetti Factory
Thursday, January 6th
Bus leaves at 10:00 am**

Experience American and Pacific Northwest art at the Portland Art Museum on **Thursday, January 6th at 10:00 am.** Tour the Lee Kelly exhibit, including sculptures, paintings, and other artwork from this influential Northwest artist. And don't forget to see *Shoshone Falls on the Snake River*, a famous American painting that rarely leaves its home in Tuscan, Arizona.

Finally, refresh yourself with lunch on the waterfront at the delicious Old Spaghetti Factory. What could be better than great art and great food?

**Tour Bob's Red Mill Natural Foods World
Headquarters with Lunch
Thursday, January 27th
Bus leaves at 10:00 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!

YOU'LL NEVER GUESS WHO:



Which Staff member started their work career in a greeting card company?



Which Assisted Living resident was a street sweeper at the Bob Hope airport in Burbank, Alaska for 15 years?



Which Retirement resident specialized in business administration and was awarded the Kelly Girl "Employee of the Month" AFTER retiring?

Join us at the January 5th Residents' Meeting for these answers and interesting anecdotes!!

**Information about Free Telephones
Wednesday, January 26th
11:00 am - 3:00 pm Main Lobby**

Oregon residents may be eligible to receive a CapTel phone FREE of charge through the Oregon Telecommunication Devices Access Program (TDAP), which provides equipment to qualified individuals who have difficulty hearing over the phone.

Telephones will be on display in the Main Living Room on **Wednesday, January 26th from 11am-3pm.** Drop by to learn more about the program or to apply for a free CapTel phone!

Adelante Mujeres is back!

Building on two successful semesters, residents are once again invited to assemble materials for book bags (Party Room), or record books-on-tape (Columbia Room) for the pre-schoolers of Adelante Mujeres. This month, we will meet Tuesdays at 10am on January 4th and January 18th. **Sign up at the Front Desk.**

A heartfelt thank you to the 36 (!) residents who contributed last semester: Ginny Astrue, Betty Baruz, Norma Baxter, Joan Braner, Ruth Chave, Dorothy Davis, Shirley Davis, Emily Dupuis, Don Foelker, Shirley Fortin, Doris George, Donna Hammack, Florence Hess, Ethel Hiatt, Joan Huestis, Lesandra Joyner, Wilma Junkman, Bess Loos, Erma McMackin, Ellen Mann, Anne Matthes, Char Matthews, Regina Miner, Joyce Mohrman, Shigeko Mukai, Donna Muzzy, Francis Nelson, Florence Prosa, Pat Raymond, Vanda Schreiner, Elaine Smedstad, Janet Spellerberg, Marie Stifel, Dorothy Throckmorton, Irene Wolfe, Rita Wright.



Encore Opportunities @ Cornell

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

Cornell Resident Projects

FRIENDLY VISITING continues through Jan. 28th **Fridays** **3pm**

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

Note: Please join us for a wrap-up musical celebration for this session of Friendly Visiting on Friday, January 28th at 2:30pm 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, January 11th

****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 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! 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.

Note: Cornell Pen Pal letters are due by Friday, January 7th. Please hand in at Front Desk.

Living Library project

Cornell Estates residents share their life experiences in Mooberry classrooms to compliment school curriculum. Watch for monthly "**Wanted**" posters for the topics the students would like your life experiences on, and then sign up at the Front Desk

PACIFIC UNIVERSITY

Weekly Dental Clinic **Resumes Tuesday, January 25th** **8am-12noon (RM 322)**

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 **This Month: Tuesdays, Jan. 4th & Jan. 18th** **10am (PR & COL)**

Champions for Early Childhood Education

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

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.

Door-to-door INFORMATION & REFERRAL

FREE TELEPHONES Demonstration **Wednesday, January 26th** **11am – 3pm (ML)**

Join Cindy Campbell for information on receiving a free telephone if you have difficulty hearing over the phone. Cindy will have on display the many telephones available through the program.

Simple Pleasures @ Cornell



Afternoon Matinees @ Cornell

- 12 Angry Men (1957)** **Monday, January 10th** **1:30 pm** **Party Room**
Henry Fonda stars in this classic tale of a dissenting juror who slowly manages to convince his fellow jurors that a murder suspect is not guilty.
- Pride & Prejudice (1995)** **Friday, January 21st** **1:30 pm** **Party Room**
Handsome British actor Colin Firth is Mr. Darcy in Jane Austen's classic novel about the prejudice that occurred between the 19th century classes and the pride which would keep lovers apart.

Meetups @ Cornell

Sharing Interests, Exchanging Ideas

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

-  **Afternoon Gratitude** **1st Wed of each month** **3pm (ELR)**
Residents share their favorite blessings in an uplifting roundtable discussion.
This month: Wednesday, January 5th
-  **Book Club** **This Month: Monday, January 31st** **3pm (3FA)**
Perfect venue for residents who love talking about what they read!
-  ****NEW* Conversational French "Parlez-vous francais?" Fridays** **1:30pm (CR)**
Resident Thais Sanders and her assistants lead residents in a fun and friendly conversational French class. Sign up at the Front Desk. This month: Friday, January 28th
-  **Current Events** **Mon, Wed, Fri each week** **10:00 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, January 19th
-  **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, January 26th
-  **Out of the Kitchen and still love Cooking!** **Wednesday, Jan. 19th** **1:30 pm (CR)**
Residents cook together and share recipes.
-  **Poetry Out Loud** **2nd & 4th Wednesdays** **3pm (CR)**
Residents share their favorite poems through live readings and discussions.
This month: Wednesday, January 12th and January 26th
-  **Riders Club** **3rd Wed of each month** **9:30am (CR)**
Residents choose group outings to ride public transportation together with a trained volunteer.
This month: Wednesday, January 19th
-  **Vision Exchange Group** **1st Wed of each month** **10am (COL)**
Residents with low-vision share helpful hints and strategies for maximizing life with vision loss.
This month: Wednesday, January 5th
-  **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, January 18th

Snapshots

January Reflections on the 12 Days of Christmas

Last month, residents and staff surely decked our halls with the hustle and bustle of the season! Here are just a few snapshots of our joyful 12 Days of Christmas ...

- The NW Senior Theatre kicked off the holiday season with songs, skits, and lots of laughter. Their enthusiasm certainly launched our holiday season on a bright note!
- 7 residents added their nativity scenes to the lighted garlands, trees, and other holiday decorations.
- Owners Steve & Lena Seibold shared a glass of wine and holiday greetings with retired and assisted living residents at the annual Sights & Sounds holiday party.
- 18 residents celebrated December birthdays with ice cream and cookies, accompanied by old favorites from the Senior Serenaders.
- Anticipation ran high as guest judge Victoria Sheperd inspected residents' door decorations for the Annual Door Decoration contest. Prizes were awarded to 14 residents, including a People's Choice award and several honorable mentions.
- The Residents Cooking Group could be found at Hillsboro's Stratford Tea House on a "research" trip for the tea party they will be hosting for staff and residents in February.
- Cornell Pen Pals received their first batch of letters from the 3rd graders in Miss Mito's class.
- Rosa, our Housekeeping Supervisor and Landa, our Marketing Director, tried to remember their lines as the Cornell management team rehearsed for their presentation of "Couch Potato Santa" -- "our Christmas gift to our wonderful residents!"
- 30 residents munched popcorn as they explored the annual migration of emperor penguins to their summer breeding grounds in the afternoon matinee *March of the Penguins*.
- Watching the poetry group and the choir during the Christmas Pageant moved me to tears. What a joy to hear those voices! And what a blessing for us all to be participating together in song, laughter, and caring for one another. - Cindy Cosenzo, Age Celebration
- Carolers from Forest Grove High School could be found singing classic Christmas carols in the dining halls.
- Cindy and Dahlia led a jolly group of carolers, adorned with Santa Hats and reindeer antlers, up and down the halls of Cornell. Many a resident was serenaded with an enthusiastic version of "We Wish You a Merry Christmas" and "Good King Wenceslas." The Christmas spirit definitely filled the air!

Pen Pal Letter Recipients



Left: Bess Loos, Betty Tellhead, Dora Jean Allen, Shirley Davis, David Small, Ellen Mann, (missing from photo) Ginny Astrue, Anne Matthes, Shirley Bogar, Catharine Lair, and Elaine Smedstad.

Right: Landa Carlson, Rosa Vargas

Couch Potato Santa Rehearsal

