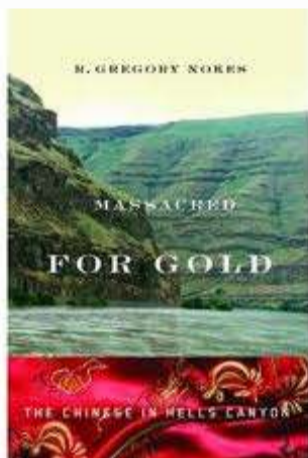


**Cornell Estates and OASIS Lecture
 Massacred for Gold:
 The Chinese at Hells Canyon
 Wednesday, March 23rd at 1:30 pm**

In 1887, 34 Chinese miners were mining for gold along the Snake River in northeastern Oregon. They were part of the Wild West gold rush, leaving their homes for a better life in remote northeastern Oregon.

Join West Linn author R. Gregory Nokes as he describes his personal journey to uncover their shocking murder and subsequent cover-up on **Wednesday, March 23rd at 1:30 pm in the Party Room.**



The story begins with the discovery of long-lost records hidden in an unused safe at the county clerk's office. Through Nokes' book, he meticulously tracks down the details of the crime, and how it could have remained lost to history for so long.

Nokes is a former reporter and editor for The Oregonian and the Associated Press. He retired in 2003 to begin a second career as an author and lecturer on the experience of immigrant Chinese laborers in the Pacific Northwest during the latter decades of the 19th century.

We encourage you to join us for this uniquely thrilling tale of murder, cover-ups, and intrigue. In fact, bring your friends and family, too!

**Celebrate St. Patrick's Day with Songs & History of the Irish Immigration!
 Tuesday, March 15th at 6:30 pm**



On **Tuesday, March 15th at 6:30 pm**, the Cornell bus will head to Hillsboro's Walters Cultural Center for a special St. Patrick's Day presentation by favorite presenter Jeni Foster. This event is free.

In *My Grandfather's Immigrant Eyes: Songs & History of Irish Emigration to America*, Jeni combines a historical narrative of the Irish people with her extensive knowledge of traditional Irish music, particularly Irish guitar. Sign up at the Front Desk for this free event!

**Celebrate American Red Cross Month!
 Resident Craft Auction
 Wednesday, March 30th at 1:30 pm**

Each week, the American Red Cross Volunteer Transportation bus turns up at Cornell Estates to drive residents to and from Mooberry Elementary for the SMART Reading program. And we want to say "Thank you!" to the American Red Cross for all the good work they do for our community!

On Wednesday, March 30th at 1:30pm, we will be holding a Resident Craft Auction in which residents are invited to auction their homemade crafts and goodies off to other residents. Bring your auction goods to the Community Events office by March 21st! All proceeds will go to the American Red Cross.

Thank you American Red Cross!



**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

COMMUNITY EVENTS COORDINATOR
Debra Kidd

EXECUTIVE CHEF
Joel Thompson

MAINTENANCE COORDINATOR
Mike Janeway

HOUSEKEEPING SUPERVISOR
Rosa Vargas

BOOKKEEPER
Tim Helling

Staff Birthdays



Landa C. 3/6
Behem C. 3/14
Marie C.L. 3/27
Kristina J. 3/27
Nikia F. 3/31



Cornell Estates Welcomes...

Lyle Thorgramson #153 Betty Schuepback #310
Albert Souvenir #190 Grace Swope #323

March Birthdays

Ellen Mann	3/7	Irene Ledbetter	3/16
Dorothy Crockett	3/8	Mary Stewart	3/16
Vanda Schreiner	3/10	Dell Spohn	3/24
Florence Hess	3/11	Shirley Fortin	3/29

**Birthday celebration on Wednesday, March 9th
at 1:30 pm in the Party Room**

Thank you!

We couldn't have done it without you! Thank you to residents and staff for being flexible during the Party Room Renovations. A special thank you to the following people:

Shirley Fortin, Regina Miner, Eva Beeman, Margaret Laverde, and Ruth Brink for folding the February newsletters; David Small, Vanda Schreiner, Regina Miner, and Ellen Mann for Friends for Foster Kids; June Ranf and Ava Hill for delivering the special welcome baskets to our new residents; Barbara Waldow, Ellen Mann, Esther Chalmers, and Catherine Lair for being "Welcome Buddies;" Arden Sheets for trimming our roses!

Our Hillsboro Merchants

Thanks to this month's Resident Meeting sponsor:



Rose Springs Center

Offering alternative health care options, including massage, reflexology, reiki, and much more.

Hours

Mon - Fri 9am - 7pm / Sat 9am - 2pm

Enjoy our
Gift Shop, too!

Continuing Education

Introduction to Astronomy Class Mondays in March & April 4th 1:30 pm in the Cascade Room

Back by popular demand, astronomer Bernie Keuhn will teach "Introduction to Astronomy" classes **beginning Monday, March 7th at 1:30** in the **Cascade Room**. Note that the last class is April 4th.

This four-week class will cover the topics of "Search for Other Worlds", "How Telescopes Work", "Spotting our Favorite Constellations" and "Hanna's Voorwep and Other Oddities."

There is room for only 15 people in the class. The series of classes will be held on Monday, March 7th, March 14th, March 21st and April 4th. Sign up at the Front Desk.

St. Patrick's Day Party Meet Your Neighbor Staff Artists at Cornell Thursday, March 17th at 2:00 pm

Celebrate St. Patrick's day with old and new neighbors on **Thursday, March 17th at 2:00 pm in the Party Room**. Explore the artistic talent of Cornell's staff as you tour their art exhibits. Ask questions or give rave reviews while enjoying snacks and, of course, green beer. Everyone's Irish on St. Patrick's day, so come by the Party Room!

Educational Travelogue: The Iditarod Friday, March 4th at 1:30 pm

Every year, dozens of people head to Alaska to pit their wits and survival skills against 1150 miles of the roughest, most beautiful terrain on Earth. It's the Iditarod, the "Last Great Race on Earth," and the rules are simple: pack your sled, grab your dog team, and get from Anchorage to Nome.

Want a closer look at this great race? Join us for Greg Bowman's presentation "The Iditarod" on **Friday, March 4th at 1:30 pm in the Party Room**. He's eager to share his knowledge and insight about this great race. **Don't forget to invite your friends and family to join us!**

Encore Opportunities

****NEW** Boy Scout Project Wednesday, March 30th at 6:30 pm**



Six members of Hillsboro Boy Scout Troop 585 will join us once a month in a community service project. These Boy Scouts are ages 16-17 and want to be of service to you, our residents. Let Cindy or Debra know if you have any suggestions for projects that the Scouts can help with.

Be a Friendly Reader to another resident

Some of our fellow residents have difficulty reading. These residents would like to invite you to read selected materials to them for ½ hour on Thursday afternoons in March at 2:00 pm. Sign up at the Front Desk if you would like to be a Friendly Reader or if you would like to have a Friendly Reader. This is a great way to celebrate the Cornell Estates spirit of fellowship and community!

Pacific University Intern: Linda Southall

Please welcome Linda Southall, a new intern joining us from Pacific University Masters of Healthcare Administration. She is a recent graduate of the program, as well as a registered nurse and school counselor. Linda will be with us March - May to learn about healthcare services in an Assisted Living community.

Another Bus Trip to Adelante Mujeres

On Wednesday, March 9th, we will be heading over to Adelante Mujeres again to help adult learners practice their English and to help the children with crafts in the pre-school classroom. Bus leaves at 9:00 am. Sign up at the Front Desk.

New Friendly Visiting Session

It's time to start up friendly visiting once again! Kick off the session on Friday, March 11th at 2:30 pm in the Party Room. Sign up at the Front Desk to be or receive a friendly visitor. Friendly visiting is at 3:00 pm on Friday for 1/2 hour.

Simple Pleasures @ Cornell

“Café Cornell”

Luncheon Tea just for you!

Wednesday, March 9th at 12 or 12:30 pm

The “Café Cornell” Residents Cooking Group invites staff and residents to a special “luncheon tea” on **Wednesday, March 9th in the Cascade Room**. We will be serving soup, dainty tea sandwiches, salad, delightful desserts, and, of course, tea!

We will have 2 sittings each for 8 people. The first sitting will be at 12:00 pm, the second at 12:30 pm. Sign up at the Front Desk. Ta-ta for now!

Celebrate our Creative Spirit!

Writers’ Reading Forum

Friday, March 25th at 1:30 pm

We have many writers among us- residents who have written their autobiography, short stories, poems, or other creative works. We know who you are! And we invite you to read your creative work for other residents at our first Writers’ Reading Forum on **Friday, March 25th at 1:30 pm in the Party Room**.

Readers who prefer to read favorite works by other authors are also invited to participate. Sign up to read at the Front Desk. Excerpts of 1-2 pages maximum, please.

NEW Reader’s Theatre

Wednesdays, March 2nd & 16th at 3:00 pm

Join us in the **Main Living Room at 3:00 pm on Wednesday, March 2nd and 16th** as we read together from short plays. No memorization, costumes, or blocking. The focus is on reading the text with expressive voices and gestures and, most of all, having fun! Whether you read or listen, it’s sure to be a unique experience.

NEW Everything Yarn!

Tuesdays, March 1st & 15th at 10:00 am

Do you knit or crochet, or are interested in starting? Join us for friendly tips, conversation and company while you work your yarn on the 1st and 3rd Tuesdays of each month. There’s plenty of yarn to go around, and even some extra needles!

Join the Sewing Cottage

Thursday, March 24th at 2:00 pm

If you enjoy helping people and sewing, stop on into the Sewing Center in **Room 139!** On the **4th Thursday at 2:00 pm**, join the Sewing Cottage to work on activity pillows for Alzheimer and dementia hospice clients. We would love to have you. Many hands make light (and happy!) work.

Expressive Art

Wednesdays, March 2nd & 22rd at 2:00 pm

We need your help to decorate the Community Events office! Create some bright, fun, expressive painting to hang on our walls! There’s no right or wrong way to be expressive, so don’t hesitate to drop by the **Cascade Room on Wednesday, March 2nd or 22nd at 2:00 pm**. And be sure to attend the unveiling on Tuesday, March 29th at 2:00 pm!



School of
Dental
Health
Science



Dental Smile Of the Month:
A smile is the light in the window of your face that tells people you’re at home.



Residents’ Hearing
Education Group

**This month’s
Hearing Reminder**

When speaking with a person with hearing loss, be expressive - hand gestures and facial expressions give clues about what you’re saying.

Grand Days Out

Music to Your Brain: How Music Improves Brain Function and Aging with dinner at the Venetian **Monday, March 28th at 5:00 pm**

Head to Hillsboro's Venetian Theatre on **Monday, March 28th at 5:00 pm** for a delicious dinner and a fascinating presentation about the links between music and aging. Dr. Larry Sherman is an OHSU neuroscientist and accomplished pianist who studies normal brain development and neurodegenerative diseases. He'll explore questions ranging from why humans enjoy making and listening to music, to how music practice might improve brain development and prevent some of the effects of aging on brain function.

The presentation combines musical performance, thought-provoking data, and lively discussion. Larry Sherman, PhD, is a senior scientist at the OHSU Brain Institute. Sign up at the Front Desk. This outing endorsed by Boost Your Memory.

Celebrate Hillsboro! **Rose Springs Center for the Healing Arts** **Thursday, March 10th at 1:00 pm**

Ooh-la-la! Don't miss the delightfully relaxing Celebrate Hillsboro! outing this month! On **Thursday, March 10th at 1:00 pm**, we will be visiting Rose Springs Center for the Healing Arts on nearby Elam Young Parkway. Early dinner is available that day for interested residents.

Each guest will receive a tour of the studios and gift shop, plus FREE healing and relaxation services, including a short dance lesson, free massages, free reflexology, free nutrition evaluations, and much, much more. Sign up at the Front Desk.

Hillsboro Symphony **Friday, March 4th at 7:15 pm**

Celebrate spring with the Hillsboro Symphony's concert, "Promise of Spring" on **Thursday, March 4th at 7:15 pm**. The program includes selections from Rossini, Haydn, Handle, and more. Sign up at the front desk.

YOU'LL NEVER GUESS WHO:



Which Staff Member majored in the History and Culture of the Ancient Near East in college?



Which Assisted Living resident worked for the Department of Agriculture for over 30 years?



Which Retirement Resident served as a pharmacist in the medical corps for 2 years?

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

Rice Northwest Museum of Rocks and Minerals **with lunch at the Helvetia Tavern** **Thursday, March 24th at 10:30 am**

Dive into the world of rocks and minerals at the Rice Museum on **Thursday, March 24th at 10:30 am**. Marvel at the largest opal-filled thunderegg in the world, crystallized gold bigger than your hand, dinosaur eggs and fossils, an extensive meteorite collection, and hundreds of other attractions. Wet your thirst with lunch at the Helvetia Tavern, famous for its delicious burger and home-made fries. Sign up at the front desk.

Mooberry Sing-along **Thursday, March 3rd at 1:00 pm**

All aboard for Mooberry Elementary on Thursday, March 3rd at 1:00 pm for an intergenerational sing-along with Mrs. Wall's kindergarten class. Mrs. Walls and the children have been practicing favorite sing-along songs just for you! Warm up your vocal chords and get ready for a toe-tappin good time! Sign up at the front desk.

Beauty and the Beast, Jr. **at the Hart Theatre** **Saturday, March 5th at 6:45 pm**

Re-live the Disney magic in this Children's production of Beauty and the Beast on Saturday, **March 5th at 6:45 pm**. Join Belle, Chip, and the loveable cast as they discover that appearances aren't always what they appear to be. Tickets are \$10. 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

Fridays

3pm

Cornell Estates' residents visit other Cornell Estates residents for a ½ hour of neighborly cheer. Sign up at the Front Desk. **Kick-Off for this Session: Friday, March 11th 2:30pm (PR)**

LIBRARIANS ON WHEELS mobile library

2nd Tuesdays

3pm

Books and other goodies delivered door-to-door to Assisted Living residents. This month: Tuesday, Mar. 8th

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.

****NEW**** FRIENDLY READERS

Cornell Estates' residents who have difficulty reading invite other residents to read selected materials. Sign up at the Front Desk if you would like to have a Reader or if you would like to be a Reader.

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 3rd graders in Miss Mito's class! Sign up at 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.

****NEW**** Intern from Masters of Healthcare Administration

March - May

Linda Southall, a recent graduate of the Master in Healthcare Administration program, will be with us as an intern from March to May. Please join us in giving her a warm welcome!

ADELANTE MUJERES "Champions for Early Childhood Education"

Book Bags & Book Recordings

on break in March

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

Monthly visits to Adelante Mujeres

2nd Wednesday

bus leaves at 9am

One-hour visit each month to Adelante Mujeres pre-school to converse with mothers and help children with reading and crafts. Sign up at the Front Desk. This month: Wednesday, March 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.

****NEW**** HILLSBORO BOY SCOUTS

Wednesday, March 30th

6:30pm (ELR)

Six Boy Scouts from Hillsboro Troop 585 will be at Cornell once a month to work on projects with interested residents. Sign up at the Front Desk

****NEW**** HOSPICE OF THE NORTHWEST

Thursday, March 24th

2pm (Rm 139)

Residents meet once a month to prepare "activity pillows" for Alzheimer's and dementia hospice clients.

That's Entertainment

Afternoon Matinees @ Cornell

Pay It Forward (2000)

Thursday, March 3rd

1:30 pm

Party Room

Starring Helen Hunt and Kevin Spacey, this movie is all about small ideas. Young Trevor McKinney has an intriguing assignment from his new social studies teacher: repay good deeds by doing new good deeds.

Invictus (2009)

Wednesday, March 16th

1:30 pm

Party Room

Join Morgan Freeman and Matt Damon in this inspiring story of post-apartheid South Africa. Torn by strife, Nelson Mandela dedicates the nation, and its rugby team, to winning the 1995 Rugby World Cup.

After Supper Games

Some residents enjoy getting together for fun, relaxed card games like Scrabble and Pinochle after supper or on the weekend. If you are one of those people, or would like to start up one of your favorite games, let Debra or Melissa know and they will put it on the calendar and in next month's newsletter. The more the merrier!

Music Singalong

Thursday, March 10th & 31st at 3:00 pm

Bring your voices and enthusiasm as Jan Whitiker leads two sing-alongs in March in the Main Living Room. Enjoy old time gospel songs on March 10th and old time favorites on the 31st. Mark your calendars and get ready to join Jan on the grand piano!

Snapshots



Origami Class

**Betty with
pre-schoolers
at Adelante
Mujeres**



**National Fiddle
Champion
Carol Ann
Wheeler gives
Valentine's Day
concert**