

**Educational Travelogue:  
African Safari  
Friday, April 15<sup>th</sup>  
1:30 pm in the Party Room**



Throw away your umbrella, slip on your sandals, and hop aboard your private Land Cruiser for an African safari! Join local Hillsboro resident Gayle Darr and her three grandchildren on an unforgettable trip through Tanzania on **Friday, April 15<sup>th</sup>, at 1:30 pm in the Party Room.**

After landing in Kilimanjaro Airport, your tour begins in Arusha, Tanzania's second largest city. First, let's head out to the 8<sup>th</sup> wonder of the world: Ngorongoro Crater. Once a volcano, it's now a collapsed crater 2,000 feet deep and 10 miles wide. It's also teeming with wildlife, from lions and zebras to hippos, flamingos, and more. But breathe easy as you explore the basin: there are no crocodiles here!

Step into history as you travel on to Olduvai Gorge, considered the seat of humanity and the site of the oldest known species of pre-historic humans. Round out your safari in the Serengeti, home to 70 large mammal and 500 bird species. Most recognizable, however, are the lions. Once you've seen them up close, it's no surprise that Disney modeled The Lion King on these impressive animals!

These stories and pictures are waiting for you on Friday, April 15<sup>th</sup>, at 1:30 pm. We'll see you there!

**NW Senior Theatre  
Monday, April 18<sup>th</sup>**

**2:00 pm in the Party Room**

Back by popular demand, join the Northwest Senior Theatre company on **Monday, April 18th, at 2:00 pm in the Party Room.**

Entitled "Past-Present-Future," the show celebrates 20 years of variety shows from Broadway, movies, TV, and radio productions. Dances, stand-up comedy, skits, and musical scenes from Fiddler on the Roof, Carousel, South Pacific, and many more are all on tap. We'll see you on April 18th at 1:30 in the Party Room!

**Super Foods (and Snacks) For Seniors**

**Nutrition Workshop**

**Friday, April 29<sup>th</sup>**

**1:30 pm in the Party Room**

New herbal supplements, health foods, and diet guidelines are released every day. It's exhausting to keep up with it all, and who has the time? Luckily for you, we've invited Margaux Rathbun to discuss authentic, healthy foods and snacks for seniors on **Friday, April 29<sup>th</sup>, at 1:30 pm.**

Ms. Rathbun will separate fact from fiction in this popular workshop on what constitutes a healthy, authentic lifestyle. Fun and informative, attendees will receive valuable health information handouts after the presentation. That way you won't have to worry about remembering all of her great information!

Don't wait to discover your authentic, healthy lifestyle! Grab your neighbor and head over to the Party Room on Friday, April 29<sup>th</sup>, at 1:30 pm. We look forward to meeting you!



**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**



Todd M. 4/17  
Stephanie C. 4/17

**Cornell Estates Welcomes...**

<b>Janet Ketterhenry</b>	<b>#126</b>	<b>Corbin Willis</b>	<b>#296</b>
<b>Elisa Katz-Kaufman</b>	<b>#227</b>	<b>Dee Sandness</b>	<b>#344</b>

**April Birthdays**

Lili Cardinaux	4/1	Ron Muzzy	4/15
June Ranf	4/6	Margaret Laverde	4/17
Glenn Chalmers	4/7	Doris Weaver	4/21
Rita Wright	4/8	Theresa McRobert	4/23
Helen Hurley	4/10	Janet Kaetterhenry	4/26
Florence Prosa	4/10	Dolores Stratford	4/28
Jack Kinsey	4/11	Helen Jensen	4/29
Anne Matovich	4/15	Elden McRobert	4/30

**Birthday celebration on Monday, April 25<sup>th</sup>  
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:

Eva Beeman, Regina Miner and Shirley Fortin for folding the March newsletters; David Small for helping with Current Events; Eva Beeman and Bobbie Quillin for helping with the Birthday Party; 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!; Cindy Cosenzo for her donation of a lovely easel for the assisted living wing; Mary Newman for helping with St. Patrick's Day.

**Our Hillsboro Merchants**

Thanks to this month's Resident Meeting sponsor:

**The ARTFUL GARDEN LLC**  
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 Street  
Hillsboro, OR

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

## Continuing Education

### New Series! Planes, Trains, and Automobiles



### Model Train Presentation and Display Friday, April 22<sup>nd</sup> Display: 11:00 am – 4:00 pm Lecture: 1:30 pm at Cornell Estates

“It’s a bird! It’s a plane! It’s a – model train?” That’s right! Cornell is excited to launch its new Planes, Trains, and Automobiles lecture series in April. The first event is a combined presentation and lecture on model trains on Friday, April 22<sup>nd</sup>. Stop by the **Party Room** anytime between **11:00 am and 4:00 pm** to view the model trains on display, and be sure to catch the **presentation** by local aficionado Ned Loos at **1:30 pm!**

Ned is a lifelong modular train enthusiast, and a member of the Beaverton Modular Railroad Club. Along with the trains on display, he’ll show you how the trains run and discuss the various gauges and how to assemble a working railroad. And of course, no presentation would be complete without the history of our railroads and the different types of engines.

The Beaverton Modular Railroad Club is home to several modular train buffs like Ned. These model train lovers gather every Friday night to enjoy this unique hobby.

We invite all train spotters, friends, and family to join us for this fascinating presentation on Friday, April 22<sup>nd</sup>, at 1:30 pm. And stop by all day to view the model trains in action!

## Encore Opportunities

### Egg Drop Contest! Monday, April 11<sup>th</sup> 2:30 pm in the Retirement Courtyard (rain location: Party Room)

Calling all engineers, architects, inventors, and creative problem solvers!! Build a device to protect a raw egg from breaking when dropped from a 3rd floor balcony. The rules are simple:

- Egg cannot be hardboiled
- One chance to drop the contained egg




Bring your egg contraption to the **Retirement Dining Room Courtyard at 2:30 on Monday, April 11th!** (Rain location: Party Room)

### Boy Scouts Return! Wednesday, April 27<sup>th</sup> 6:30 pm in the East Living Room

The Boy Scouts from Hillsboro Troupe 585 will be returning to visit with residents on **Wednesday, April 27th, at 6:30 pm** in the **East Living Room**. These Boy Scouts are ages 14-17 and they want to be of service to Cornell Estates residents.

If you are interested in participating with the Boy Scouts, please sign up at the Front Desk.

### YOU’LL NEVER GUESS WHO:

-  Which Staff member enjoys rock-hounding on the weekends?
-  Which Assisted Living resident was a union contractor plasterer for over 10 years?
-  Which Retirement resident played in a Russian balalaika orchestra for 12 years?

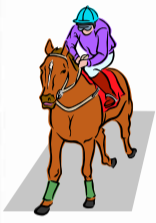
**Join us at the April 6<sup>th</sup> Residents’ Meeting for these answers and interesting anecdotes!!**

**Coming in May . . .**  
**New Lecture Series: *Dirty Jobs!***  
**Watch the May Newsletter for Details**

## Simple Pleasures

### All About Horses Meetup “What made Secretariat the Greatest Racehorse Ever?!”

**Friday, April 1st  
1:30 pm in the Party Room**



On Friday, April 1st, join Francis Ford in a special "All About Horses!" meetup to review and discuss the amazing history, lineage, and make-up of Secretariat, the 1973 U.S. Triple Crown Champion.

### Join the Sewing Cottage!

**Friday, April 15<sup>th</sup>  
10:00 am in Room 139**

If you love sewing, gather each month with fellow sewers to work on projects for our community partners! The Sewing Cottage is now working on school bags for pre-schoolers and shopping bags for their mothers, quilts for foster kids, and activity pillows for Alzheimer and dementia hospice clients.

### Read This if You Love Words!

Cornell has two meetups each month designed for the word-lovers and linguists among us! Join Cindy for **Words Galore! on Thursday, April 21st, at 10:00 am** in the Main Lobby and join Melissa for **Language Lingo on Tuesday, April 26th, at 10:00 am** in the Library.

For more information, check out the Meetups section (page 7) of this newsletter.



School of  
Dental  
Health  
Science



### Dental Smile Of the Month:

*My health plan doesn't cover dental, so I enrolled my teeth as 32 dependents, each needing a complete physical once a year.*

*~ Robert Brault*

## That's Entertainment!

### Amadeus Jones: a Musical Presentation

**Thursday, April 7<sup>th</sup>  
6:30 pm in the Party Room**

Are you looking for an excuse to clap your hands and enjoy some classical jazz, Irish ballads, or folk music? If so, grab your toe-tappin' shoes and head over to the **Party Room** to see Amadeus Jones on **Thursday, April 7<sup>th</sup>, at 6:30 pm.**



As its name implies, Amadeus Jones is a hodgepodge of musical styles. From grandfathers of jazz like “Bewitched” or W.C. Handy’s “St. Louis Blues” to an old Irish ballad like “Red is the Rose” or an American folk classic like “Ashokan Farewell,”

Amadeus Jones will set your hands to clapping and your toes to tapping. Their greatest inspiration and joy is to play these great songs to an appreciative audience.

The four members of the Hillsboro-based quartet first met through St. Matthew’s church before taking their act on the road. Nancy Hursh (vocals and piano), Rick Tinling (classical guitar), Cam Clitheroe (flute, harmonica, penny whistle and vocals) and Greg Clemmons (string bass) have been playing at parties, art galleries, weddings, and farmers’ markets for the past several years.



Residents' Hearing  
**This month's  
Hearing Reminder**

*When speaking with a person with a hearing loss, reduce or eliminate background noises, like a radio or television.*

## Grand Days Out

### **Sleighbells Gift Shop & Lunch at the House of Good Fortune Thursday, April 7<sup>th</sup>**

**Bus leaves at 10:15 am**

Delight your taste buds with lunch at the House of Good Fortune, one of Debbie's favorite local Chinese restaurants. The bus will leave **at 10:15 am on Thursday, April 7<sup>th</sup>**.

Afterwards, head to the Sleighbells Gift Shop for coffee, desserts, and shopping! The gift shop has lots of decorating items for all seasons, so reserve your seat on the bus today for this great adventure!



### **Celebrate Hillsboro! Tour of Costco Thursday, April 21<sup>st</sup> Bus leaves at 1:15 pm**

Did you know that the Hillsboro Costco is the **BIGGEST** Costco in the world?! Join us on **Thursday, April 21<sup>st</sup>**, for a behind-the-scenes tour of our local Costco, led by the Store Manager. There is much more to Costco than just the large-size grocery items!

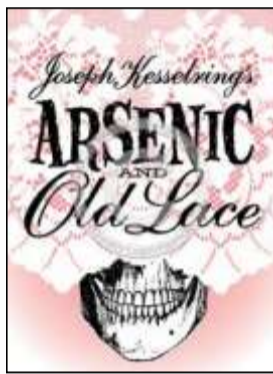
Come and learn about the hearing center, pharmacy, and the many other services that are available for us at this interesting business in our neighborhood. Sign up at the Front Desk. Bus leaves at 1:15 pm.

### **Annual Plant Sale Tualatin Valley Garden Club Saturday, April 30<sup>th</sup> Bus leaves at 1:30 pm**

Looking for a new flower to spice up your window-sill? How about some seeds to plant and nurture in your very own garden? You'll find everything you need, and more, at the Washington County Fairgrounds on **Saturday, April 30<sup>th</sup>**!

Members of the Tualatin Valley Garden Club will be on hand to answer questions and recommend new plants to bring spring into your home. Sign up at the front desk today! Bus leaves at 1:30 pm.

### **Arsenic and Old Lace at the Hart Theatre Saturday, April 9<sup>th</sup> Bus leaves at 6:15 pm**



Experience one of the most beloved theatre comedies of all time as the Hart Theatre presents "Arsenic and Old Lace" on **Saturday, April 9<sup>th</sup>, at 6:15 pm**.

Mortimer Brewster keeps audiences in stitches as he decides whether it's wise to marry the girl of his dreams

and bring her into a family of questionable repute.

How will she ever tolerate his brother Teddy, who is convinced he is Theodore Roosevelt and spends his days digging locks in the basement? Or his two sweet aunts who fill those locks with the bodies of the unfortunate lonely old bachelors who've been invited for a sip of elderberry wine laced with their own special (lethal) solution?

Come enjoy this smash hit that never disappoints audiences!

### **Woodburn Tulip Festival Thursday, April 14<sup>th</sup> Bus leaves at 10:00 am**



Celebrate spring at the 26th Annual Tulip Festival at Wooden Shoe Tulip Farm on **Thursday, April 14<sup>th</sup>, at 10:00 am**! Explore over 40 acres of bright tulips and daffodils planted in shapes to dazzle the senses!

Enjoy a picnic lunch from our kitchens or shop at the Tulip café. Stroll the farm equipment display, the country store, or the gift shop. What a great way to kick off another glorious spring season!



## Encore Opportunities @ Cornell

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

### Cornell Resident Projects

#### FRIENDLY VISITING

Fridays

3:00 pm

Cornell Estates residents visit other Cornell Estates residents for a ½ hour of neighborly cheer. Sign up at the Front Desk.

#### LIBRARIANS ON WHEELS mobile library

2nd Tuesdays

3:00 pm

Books and other goodies delivered door-to-door to Assisted Living residents. This month: Tuesday, Apr. 12<sup>th</sup>

#### WELCOME BUDDIES

Current residents are paired with new residents as “Welcome Buddies. Sign up at the Front Desk.

#### FRIENDLY READERS

Thursdays

2:00 pm

Cornell Estates residents invite other residents to read selected reading materials aloud to them. 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 3rd graders in Miss Mito’s class! Sign up at 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

1<sup>st</sup> & 3<sup>rd</sup> Tuesdays

10am (PR & COL)

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

This month: Tuesday, April 5<sup>th</sup> & 19<sup>th</sup>

##### Monthly visits to Adelante Mujeres

2<sup>nd</sup> 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, April 13<sup>th</sup>

#### 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.

#### HILLSBORO BOY SCOUTS

Wednesday, April 27<sup>th</sup>

6:30pm (ELR)

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

#### HOSPICE OF THE NORTHWEST

Thursday, April 28<sup>th</sup>

2pm (RM139)

Residents meet once a month to prepare “activity aprons” for Alzheimer's and dementia hospice clients.

# Simple Pleasures @ Cornell

## Meetups @ Cornell

*Residents Sharing Interests, Exchanging Ideas*

<b>All About Horses</b>	<b>Friday, April 1<sup>st</sup></b>	<b>1:30 pm (PR)</b>
<b>“What made Secretariat the Greatest Racehorse Ever!”</b>		
Learn from Frances Ford about the history of this amazing racehorse!		
<b>An Afternoon of Gratitude</b>	<b>Thursday, April 7<sup>th</sup></b>	<b>3:00 pm (ELR)</b>
Residents share their favorite blessings in an uplifting roundtable discussion.		
<b>Book Club</b>	<b>Monday, April 25<sup>th</sup></b>	<b>3:00 pm (3FA)</b>
Residents who share a love of reading gather to discuss the books they are enjoying.		
<b>Conversational French</b>	<b>Tuesdays each week</b>	<b>1:30 pm (CR)</b>
Resident Thais Sanders leads residents in a fun and friendly conversational French class.		
<b>Current Events</b>	<b>Mon, Wed, Fri each week</b>	<b>10:00 am (ELR)</b>
Residents share news and opinions on current events every week.		
<b>Everything Yarn!</b>	<b>Tuesday, April 12<sup>th</sup></b>	<b>10:00 am (ML)</b>
Residents who enjoy knitting, crocheting, and other yarn crafts gather to work on projects.		
<b>Hearing Education Group</b>	<b>Wednesday, April 20<sup>th</sup></b>	<b>10:00 am (CR)</b>
Residents share information with each other and with others about life with hearing loss.		
<b>I Got the Music in Me!</b>	<b>Wednesday, April 27<sup>th</sup></b>	<b>10:00 am (PR)</b>
Residents join musician Tom Ball in the love of music. Bring your musical instrument if you have one.		
<b>Language Lingo, past and present</b>	<b>Tuesday, April 26<sup>th</sup></b>	<b>10:00 am (LIB)</b>
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!		
<b>“Café Cornell” Residents Cooking Group</b>	<b>Wednesday, April 6<sup>th</sup></b>	<b>10:00 am (CR)</b>
Residents cook together, share recipes, and prepare meals for staff and residents.		
<b>Poetry Out Loud</b>	<b>Wednesday, April 13<sup>th</sup> &amp; 27<sup>th</sup></b>	<b>3:00 pm (CR)</b>
Residents share their favorite poems through live readings and discussions.		
<b>Sewing Cottage</b>	<b>Thursday, April 15<sup>th</sup></b>	<b>10:00 am (Rm139)</b>
Residents work on sewing projects for our community partners.		
<b>Words Galore</b>	<b>Thursday, April 21<sup>st</sup></b>	<b>10:00 am (ML)</b>
Residents who love words come together for word games adapted for group play.		

## That's Entertainment

### Afternoon Matinees @ Cornell

*Catch Me if You Can (2002)*

Friday, April 8<sup>th</sup>

1:30 pm

Party Room

Based on the true story of Frank Abalone Jr. An FBI agent (Tom Hanks) tracks down and catches a young con artist (Leonardo DiCaprio) who successfully impersonated an airline pilot, doctor, assistant attorney general and history professor, cashing more than \$2.5 million in fraudulent checks in 26 countries.

*Up in the Air (2009)*

Wednesday, April 27<sup>th</sup>

1:30 pm

Party Room

Join George Clooney in a funny film about a corporate downsizer who spends 320 days a year on an airplane! What will happen when his new assistant threatens to terminate his flying days, just when he's met the frequent-flier woman of his dreams?

## Snapshots

### Local Author Signs Book



### Writer's Reading Forum



### Rice Museum



### Butterfly Floral Project

