

**Educational Travelogue:
Dublin and Galway, Ireland
Monday, July 18th
1:30 pm in the Party Room**



Are you ready for a summer vacation? Then join Skip and Sandy Farmer on **Monday, July 18th, at 1:30 pm in the Party Room** as they lead us on a mini-vacation to Dublin and Galway, Ireland. The

presentation will include a series of photographs set to music along with commentary about the people and places that we will meet on our journey.

Dublin is the heart of The Republic of Ireland, with history dating back nearly 1,000 years. Walk alongside the Farmers as they discover Dublin's vibrant culture, from its first Viking settlers to its beautiful Georgian architecture and the famous Book of Kells.

From Dublin, let's travel on to Galway, located on the western coast of Ireland. As we walk along its streets we might catch snatches of Gaelic; nearly ten percent of its population speaks Irish. If we are lucky, we might also hear traditional Irish music, dancing, and songs, perhaps at the Irish language theatre.

Skip and Sandy Farmer have traveled extensively for the last 15 years. For 11 of those years, Sandy has brought their travels back to life with her knack of capturing the moment. It doesn't matter what country that moment is in, her photography brings the flavor of the experience back to the present. Skip and Sandy's stories, along with the captivating photographs, make you feel like you've just been there.

Please join us on Monday, July 18th, at 1:30 pm!

**New Lecture Series!
Sports Corner presents:
Golf: A Game for a Lifetime
Friday, July 15th
1:30 pm in the Party Room**

On **Friday, July 15th, at 1:30 pm in the Party Room**, Cornell Estates is pleased to present "Golf: a Game for a Lifetime" with golf pro Craig Griswold. He will describe the many lessons he has learned on how to modify our game as our bodies mature so we can enjoy this great sport for a lifetime.

Craig will share his lifelong experiences with competing at golf and teaching at a variety of golf clubs including his current position at The Reserve Vineyards and Golf Club in Aloha. He grew up in Lake Oswego and spent most of his summer hours as a youth playing, practicing, and trying to improve his game.



He played four years for the University of Oregon and was named Honorable Mention All-American twice while making First Team All American in 1972. He tied for the Pac 8 Championship in 1970 and beat Craig Stadler by one stroke to win the Pac 8 Championship in 1972.

This presentation is the next edition in Cornell Estates' ongoing "This is Sports Corner!" It is free and open to the public.

Join us at the 18th tee in the Party Room at 1:30 pm on Friday, July 15th.



**CORNELL ESTATES
MANAGEMENT TEAM**

EXECUTIVE DIRECTOR

Debbie Van Dyne, RN

MARKETING DIRECTOR

Landa Carlson

DIRECTOR OF

HEALTH SERVICES

Charlene Torrey

DIRECTOR OF

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Tina Rogers, RN

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MAINTENANCE COORDINATOR

Mike Janeway

HOUSEKEEPING SUPERVISOR

Rosa Vargas

BOOKKEEPER

Tim Helling

Staff Birthdays



Nicole B. 7/14
Evan K. 7/14
Jessie V. 7/21
Dina M. 7/30

Cornell Estates Welcomes...

Nancy Peerenboom #189 Shirley Gonnason #227
Harriet Laske #251 Margaret Anderson #346

July Birthdays

Grace Swope	7/1	Ethel Hiatt	7/14
Betty Baruz	7/1	Mary Kay	7/15
Robert Hinger	7/4	Mary Stupfel	7/17
Amy Slatta	7/8	Doris George	7/19
Woody Besson	7/8	Donna Muzzy	7/21
Lois Minson	7/13	Charlotte Matthews	7/23

**Birthday celebration on Friday, July 8th
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:

Leona Hutton and Janet Kaetterhenry for distributing programs during the Coronation; Arden Sheets and the Garden Club for making our outside areas so beautiful; Annie Basarich for making six of her wonderful lap quilts for the Foster children; Eva Beeman and David Small for taking on Stretch, Flex & Energize and Joan Braner for leading a Current Events group while Melissa was away; Anne Matthes for her beautiful penmanship on our reader boards; Peggy Day for organizing the Sewing Cottage; Peg Owens and Florence Prosa for making mushroom décor for the garden; Bobbie Quillen for calling bingo.

Our Hillsboro Merchants

Thanks to this month's Resident Meeting sponsor:



Fresh Local Sustainable

With over 39 restaurants in Washington and Oregon, find a warm restaurant and hot meal waiting for you at your local Burgerville.

Nearest location :

2401 NE Cornell Road, Hillsboro

Burgerville turns 50 in August!

Come celebrate with us at Hillsboro Burgerville!

Continuing Education

AARP Driver Safety Program

Thursday, July 7th & Friday, July 8th

8:30 am - 12:30 pm in the Party Room

In early July, Cornell Estates will be hosting the AARP's Driver Safety Program. This 8-hour driver safety workshop for drivers age 50 and older will be held over two days: **Thursday, July 7th, and Friday, July 8th, from 8:30 am - 12:30 pm each day in the Party Room.**

Why take a driver safety refresher course? Cars have changed -- so have traffic rules, driving conditions, and the roads we drive on every day. This course is an excellent way to brush up on driving skills to stay safe!

The AARP Driver Safety Program has offered this classroom course in communities around the country since 1979. It is the nation's first and largest course for drivers age 50 and older. The program has helped millions of drivers protect their safety on today's roads.

This workshop is open to the public. There is a \$12 registration fee for AARP members, and \$14 for non-members. Most auto insurance companies provide discounts for completing this course, so check with your insurance company.

To register for the AARP Driver Safety Program, sign up at the Front Desk.



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

A woman's voice is often harder to hear than a man's, because of its pitch. A woman might try to lower the pitch of her voice when talking to the hard-of-hearing to see if that helps.

Simple Pleasures

NEW! The Woodsmen

Friday, July 15th

3:00 pm in the Arts Center

If you love woodworking, please join us at 3:00 pm on the last Friday of every month in the Arts Center! We will have a honey-do list of wood projects that need doing around Cornell Estates and we would love your help with them. Hope to see you on **Friday, July 15th, at 3:00 pm!**

NEW! Cornell Choir

Monday, July 25th

1:30 pm in the Party Room



Do you love to sing? Join our first meeting of the Cornell Choir on **Monday, July 25th, at 1:30 pm!** We will decide what kinds of music we want to sing and how often we would like to practice. Experience is not necessary; we just want your enthusiasm! See you there!

NEW! Reading Aloud

Thursdays

2:00 pm in the Main Living Room

Great news! According to research, the best brain workout is reading out loud! Words have to travel from the page to your eyes, then send information to your brain, then your brain has to decode it and send a message to your mouth to say it aloud. What a workout. Bring your favorite prose or poem and join us **Thursdays at 2:00 pm in the Main Living Room!**

Yum Yum Group

Monday, July 11th

2:00 pm in the Cascade Room

The Residents Cooking Club is changing its name to the Yum Yum Group. We would like to extend a delicious welcome to all residents who love food, recipes, cooking, and restaurants. We get together once a month to discuss all these delicious things and plan projects around food and cooking. Hope you can join us this month on **Monday, July 11th, at 2:00 pm in the Cascade Room!**

Grand Days Out

Hillsboro 4th of July Parade

Monday, July 4th

Bus leaves at 9:30 am

Happy Fourth of July! Get ready to tap your toes and clap your hands as we head into downtown Hillsboro on **Monday, July 4th**, to watch the annual Hillsboro Fourth of July Parade at the Walters Center in the shade. They will provide water and refreshments.



This year's theme is "Music We Love," so you can expect plenty of bands! Marvel at the beautiful horses and old cars as we celebrate our nation's independence. And do not forget to wave to our own Rose Court princesses as they drive by in their convertibles! Sign up at the Front Desk.

Helvetia Vineyard & Picnic Lunch

Thursday, July 7th

Bus leaves at 9:30 am



In March, John Pratt launched our *Dirty Jobs* lecture series with a presentation on the art of wine-making. On **Thursday, July 7th**, we will get a backstage tour of the vineyard itself!

Located just north of Highway 26, Helvetia Vineyards is in the West Hills of Portland. Its 70 acres are covered in forest, Christmas trees, and, of course, vineyards! John will take us on a private tour of the vineyards and the visitor's center, which is a 100-year-old farmhouse.

Afterwards, we will enjoy a picnic lunch while marveling at the valley's beauty around us. The valley is on the slopes of the Tualatin Mountains, which includes Council Crest and the peak upon which Pittock Mansion was built. Sign up at the Front Desk for this marvelous opportunity!

Mark Your Calendars

COMING IN AUGUST

Friday, August 5th

OASIS Lecture: The Middle East

Friday, August 12th

Educational Travelogue: Israel

Thursday, August 27th

Vintage Car Show to raise funds for our homeless veterans

Shuttle to Washington County Fair

Thursday, July 28th

Beginning at 10:00 am

Celebrate summer with our annual trip to the Washington County Fair on **Thursday, July 28th**! Admission is free to the fair and to most exhibits. The Cornell bus will be shuttling residents between the Fair and Cornell every two hours beginning at **10:00 am**. Sign up at the Front Desk!

Lloyd Baron Rhododendron Gardens

Thursday, July 21st

Bus leaves at 1:30 pm

What could be more perfect on a summer's afternoon than strolling through 1.5 acres of rhododendron gardens at nearby Rood Bridge Park? Soak up the splendor of the gardens on **Thursday, July 21st**, as we pass beautiful pools and picturesque pavilions. Sign up at the Front Desk for this perfect afternoon adventure!

YOU'LL NEVER GUESS WHO:



Which Staff member's love of math led them to study Accounting in Business School?



Which Assisted Living resident handmade rosaries for every member of their family?



Which Retirement resident had the privilege of walking the Great Wall of China in 1945?

Join us at the July 6th Residents' Meeting for these answers and interesting anecdotes!!

Celebrating Our Encore Partners

Encore Partners are wonderful contributors from our surrounding community who participate alongside Cornell Estates residents in our many Encore Opportunities @ Cornell.

Welcome!

To our new Encore Partners:

Tracy Wahlberg	Donna Detrick
Grant Wahlberg, age 10	Andrea Zdarantan
Ryan Wahlberg, age 7	Stelian Zdarantan
Sierra Smith, age 12	Julian Zdarantan, age 6
Josefina Salazar	

Encore Partner of the Month: Evelo Carlisle



Evelo Carlisle was born in Ontonagon, Michigan and has lived all over the country as her father was part of the ministry. On arriving in Oregon, Evelo's family settled in Lincoln Beach and then Lincoln City on the coast.

Now, Evelo lives in Hillsboro with her brother and sister-in-law. Evelo's hobbies are reading, walking, bike riding, crossword puzzles, and jigsaw puzzles (as the 2nd floor puzzlers already know!). Evelo has recently taken up scarf-making and is enjoying this new hobby.

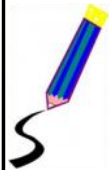
Her favorite thing to do is reading her Bible. What does Evelo like best about being an Encore Partner? "I love visiting with the residents; they are like grandparents to me." Thank you, Evelo, for your joyful and kind way, and for all you do for us at Cornell Estates!

Ugly Tie Contest a Success!

Thank you to everyone who participated in our Ugly Tie Day! We saw some crazy ties, some classy ones, and some ugly ones! Our winners for the contest were Bob Brooks, Leonard Shiach, Edgar Hess, David Small, Gordon Johnson and Julian Smith. Congratulations!

Our Encore Partners are offering classes for Cornell Estates residents

Sign up at the Front Desk!



10-year-old Grant is offering Drawing Classes



12-year-old Sierra is offering Piano Classes



Josefina Salazar is offering Introduction to Spanish classes

Thank You!

To our current Encore Partners:

Becky Palfenier - Pretty Nails

Evelo Carlisle - Bingo, Adelante Mujeres,
Librarians on Wheels

Francis Ford - All About Horses, All About
American Bulldogs

Gail Stinnet - Parent's Day Brunch and Peonies

Jan Hale - "The Card Lady"

Kelly McCormick, Willoughby Hearing - 2nd
Monday Hearing Services

June Carpenter - Book Club

Peggy Day - Sewing Center



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, July 12th

WELCOME BUDDIES

Current residents mentor new residents at Cornell Estates. Sign up at the Front Desk.

FRIENDLY READERS

Thursdays

2:00 pm

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

on break for summer

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

Pen Pals with 3rd Graders

on break for summer

Exchange monthly Pen Pal letters with 3rd graders in Miss Mito's class! Sign up at Front Desk.

PACIFIC UNIVERSITY

Weekly Dental Clinic

on break for summer

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"

Adelante Conversation

Wednesdays

10:00 am (1FA)

One-on-one conversation each week this summer with the women of Adelante Mujeres to help them practice their English skills. At Cornell Estates in the 1st Floor Alcove. Sign up at the Front Desk.

Book Bags & Book Recordings

on break for summer

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

Monthly visits to Adelante Mujeres

on break for summer

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.

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

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

HILLSBORO BOY SCOUTS

on break for summer

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

HOSPICE OF THE NORTHWEST

Friday, July 15th

10:00 am (RM 139)

In the July Sewing Cottage, Cornell Estates' residents will be working on "activity pillows" for Alzheimer's and dementia hospice clients.

Meetups @ Cornell

*Opportunities for residents with shared interests
to meet and participate together*

Afternoon Gratitude Residents share their favorite blessings and inspirations in an uplifting roundtable discussion.	Tuesdays	3:00 pm (ML)
Book Club Residents who share a love of reading gather to discuss the books they are enjoying.	Monday, July 25th	3:00 pm (3FA)
Boost Your Memory Residents gather to tickle the brain cells with fun and stimulating memory exercises and games.	on break in July	
Conversational French Resident Thais Sanders leads residents in a fun and friendly conversational French class.	Wednesdays	3:00 pm (CR)
Cornell Night Owls Residents who enjoy getting together for social time after supper, gather in the Main Lobby for group conversation, games, or other activities that the group selects.	Wednesdays	6:30 pm (ML)
Current Events Residents share news and opinions on current events every week.	Mon, Wed, Fri each week	10:00 am (ELR)
Everything Yarn! Residents who enjoy knitting, crocheting, and other yarn crafts gather to work on projects.	Tuesday, July 5th & 19th	10:00 am (ML)
Hearing Education Group Residents share information with each other and with others about life with hearing loss.	Thursday, July 14th	10:00 am (CR)
Language Lingo, past and present 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!	Tuesday, July 26th	10:00 am (LIB)
Poetry Out Loud Residents share their favorite poems through live readings and discussions.	Wednesday, July 13th & 27th	3:00 pm (CR)
Project: Green Thumb Community Garden Residents have created a garden together with assistance from master gardeners.	Tuesdays	10:00 am (ML)
Read Aloud Readers According to research, the best brain workout is reading out loud! Bring your favorite prose or poem and join us as we take turns reading aloud together.	Thursdays	2:00 pm (ML)
Sewing Cottage In the July Sewing Cottage, Cornell Estates' residents will be working on "activity pillows" for Alzheimer's and dementia hospice clients.	Friday, July 15th	10:00 am (Rm139)
Sing-a-long with Jan Residents join Jan at the Grand Piano in the Main Lobby to sing their favorite songs!	Thursday, July 14th & 28th	3:00 pm (ML)
Stimulate Your Brain with Joan Join resident Joan Braner in lively discussions about topics of interest.	Tuesdays & Thursdays	10:00 am (COL)
The Woodsmen! Residents who love woodworking come together to work on wood projects needed around Cornell.	Friday, July 15th	3:00 pm (AC)
Words Galore: Wheel of Fortune Residents who love words come together for word games adapted for group play.	Thursday, July 28th	10:00 am (ML)
Yum Yum Group Residents who love food, recipes, cooking, and restaurants get together to discuss these delicious things.	Monday, July 11th	2:00 pm (CR)

Magic Moments @ Cornell

Afternoon Matinees @ Cornell

The American President (1995)

Monday, July 4th

1:30 pm

Party Room

Join Michael Douglas and Annette Bening in this wonderful look at romance in the Oval Office. Andrew Shepherd is approaching the end of his blockbuster first term as President of the United States. His re-election is a done deal until he meets Sydney Ellen Wade, an environment lobbyist, and sparks begin to fly. Will Shepherd win his re-election and fall in love while running the United States? Come to the Party Room on Monday, July 4th, at 1:30 pm to find out!

Ed and Edith Roediger celebrate their 74th wedding anniversary!

Intel Choir Entertains at Cornell



Congratulations to our 2011 Senior Rose Court Queens and Princesses!

