

Educational Travelogue
Tanzania: Through the Eyes of
Professional Safari Guide
Friday, December 2nd
1:30 pm in the Party Room



While visiting the United States as a special guest of Hillsboro residents Jim and Gayle Darr, African Safari Guide Gerion Kavishe will share his experiences and insights of Tanzania, his

beloved homeland, in this month's travelogue. This program will be held on **Friday, December 2nd, at 1:30 pm in the Party Room.**

Kavishe, who recently received his PhD, will discuss Tanzania's geography including: the highest peak of Mount Kilimanjaro, the deepest depths of Lake Tanganyika, the vast plains of the Serengeti, the massive Selous Game Reserve, and Ngorongoro Crater, which is considered the 8th wonder of the world.

Alongside Kavishe, we will explore African traditions and taboos including the local Maasi and two other primitive tribes. An expert on Tanzania's flora and fauna, Kavishe will explain the migration of more than one and a half million wildebeest, the nocturnal movements of the predators that stalk them, as well other wildlife.

Gerion Kavishe is an employee of Ranger Safari, one of the country's oldest and most respected tour operators located in the heart of Arusha, Tanzania. Kavishe served as the Darrs' tour guide while on African Safari and is excited to share his homeland with us.

Holiday Sights & Sounds

Monday, December 5th
4:00 pm in the Dining Room

Kick off the holiday season at Cornell Estates! Owners Harry and Trisha Seabold invite you to join us on **Monday, December 5th, at 4:00 pm** in the dining room for music, warmth, and holiday cheer.

Soloist Terry Goldman, trumpeter Scott Mather, and pianist Janet Harmon will provide a cheerful backdrop of Christmas music as we honor you, our residents. We look forward to seeing all of you at our holiday kick off!



"A Christmas Carol"

At the Venetian
Thursday, December 8th at 5:15 pm

All aboard as Bag and Baggage presents "A Christmas Carol" by Charles Dickens, at the Venetian Theatre and Bistro on **Thursday, December 8th, at 5:15 pm!** Tickets are \$12.60 each with a minimum group of 10 residents.



Enjoy a delectable dinner at the Venetian followed by "A Christmas Carol" unlike anything you've ever seen!

It's the night before Christmas and Charles Dickens is struck by a powerful inspiration: To write a story that will remind everyone of the meaning of Christmas.

Join Dickens in his London study as he argues, cajoles and struggles with the characters themselves, all while writing the world's most beloved holiday tale!

**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

Michele Fritzler

DIETARY MANAGER

Ron Gifford

MAINTENANCE COORDINATOR

Mike Janeway

HOUSEKEEPING SUPERVISOR

Rosa Vargas

BOOKKEEPER

Tim Helling

Staff Birthdays



Jasmine J.	12/1
Rachel W.	12/3
Ann Marie Q.	12/10
Ashley S.	12/12
Mike J.	12/14
Dorothy C.	12/17
Kathryn S.	12/20
Tim H.	12/25
Katja S.	12/27
Jordan D.	12/28

Cornell Estates Welcomes...

Lou Mackenzie #107	Lloyd & Deloris Larsen #128
Carol Voelz #140	Jean Mapes #111
Fay Robinson #208	Dale & Agnes Leistico #328

December Birthdays

Darlene Horman 12/1	Annie Basarich 12/15
Frances Nelson 12/1	Vesta Grant 12/16
Joan Anderson 12/1	Irene Wolfe 12/17
Eva Beeman 12/9	CJ Gulstrom 12/19
Janet Spellerberg 12/13	Margaret Larsen 12/20
Doris Lindorff 12/14	Ed Roediger 12/31
Helen Dolezal 12/14	

Birthday celebration on Wednesday, December 14th,
at 1:30 pm in the Party Room

Thank you!

We could not have done it without you! Thank you to:

Veteran's Day Programs: **Shigeko Mukai, Alice Etwiler, and Shirley Fortin**; Artist @ Cornell Programs: **Alice Etwiler, Jackie Cofell, and Shigeko Mukai**; Dinner Hosts: **Ray Frewing and Arden Sheets**; Folding the Newsletter: **Regina Miner, Ev Fulmer, and Erma McMackin**; Welcome Baskets: **June Ranf and Ava Hill**; Girl Scout Tour of the Sewing Center: **David Small**; **Everyone** who said a cherry hello to the Girl Scouts and tried a slice of their home-made pie!

A special thank you to everyone who assisted with the Christmas Bazaar by decorating, mailing flyers, volunteering at the event, donating crafts, and, of course, attending. We could not support the Hillsboro Firefighter's Toy & Joy program every year without your support. **THANK YOU!**

Celebrate Hillsboro!



Noodles & Company

NOODLES, SALADS, & SANDWICHES from around the world

7216 NE Cornell Road, Hillsboro
Cornell & Butler Road
(503) 648-4783

The best dishes from Asia, the Mediterranean, and America - prepared to your liking, the *Noodles* way.

Continuing Education

Music Matters Presents: Rose City Flute Choir Saturday, December 10th at 2:00 pm in the Party Room

Everywhere you turn, there are brass quintets, orchestra performances, and carolers celebrating the holiday season. Join us on **Saturday, December 10th, at 2:00 pm** for a different kind of holiday musical adventure: The Rose City Flute Choir.



This year, the Rose City Flute Choir will present traditional holiday favorites and some special arrangements. A community flute ensemble, the Rose City Flute Choir is made up of approximately 20 flutists playing everything from a piccolo to a bass flute.

Together, these instruments produce a range of 5 full octaves. One of the most popular features of their concerts is the instrument demonstration where they introduce each of the types of instruments and

let the audience hear what the different types of instruments sound like individually.

Founded in 1986 by Treese Kjeldsen, the Rose City Flute Choir meets weekly to rehearse and perform quality flute ensemble music. Its musicians come from all walks of life: professional flutists, educators, homemakers, business professionals, computer specialists, doctors, nurses, retail employees, and retirees.

Upcoming Cornell Estates Lecture Series

Artist @ Cornell

Educational presentations by local artists in a wide variety of mediums. Next presentation: March 2012.

Behind the Scenes

A glimpse into the many gadgets and devices in our modern world, how they work, and how they are made. Next presentation: March 2012.

A Healthier You!

Educational health seminars with healthful and helpful tips. Next presentation: February 2012.

Music Matters

Interactive programs demonstrating the powerful connection between music, our brains, and healthy aging. Next presentation: History of Elvis on Wednesday, January 18th, at 1:30 pm.

Planes Trains and Automobiles

All things vehicular! Next presentation: Flying private jets with pilot Scott Powell in January 2012.

Sports Corner!

For all the sports buffs at Cornell Estates, seasonal offerings on what's happening in the world of sports. Next presentation: February 2012.

Travelogues

Interesting travels by local individuals presented each month. Next presentation: The Southesast US with Bob Kuest in January 2012.

Holiday Events

NW Senior Theatre presents:
“Deck the Halls & All That Jazz”
Friday, December 9th
2:00 pm in the Party Room

Get ready to tap your toes and laugh out loud as the Northwest Senior Theatre troop presents “Deck the Halls & All That Jazz” on **Friday, December 9th, at 2:00 pm!** Everyone is welcome as we ring in the holidays with good cheer.



An annual favorite with their audiences, the NW Senior Theatre troupe brings you a Holiday Variety Show featuring some of your favorite songs like "Merry Christmas", "Let It Snow", a jazzy "Jingle Bells", "Have Yourself A Merry Christmas" and new ones like "Zat You Santa Claus" and "Sparklejollytinklejingle." They will also mix in some new songs fresh from Broadway, beautiful costumes, dances, and skits!

The Northwest Senior Theater (NWST) is a group of experienced performers. They are singers, dancers, actors, musicians and production folks who still thoroughly enjoy performing despite being 55...and older. They develop two new professional-quality musical variety shows each year, complete with costumes, scenery, choreography and, of course, lots of music.

Please join us for this joyful holiday experience!

Christmas Door Decorating Concert
With Guest Judge Victoria Shepard
Monday, December 5th at 10:00 am

The rules are simple:



- Choose any theme
- Decorate only the door and/or door jam
- No decorations in the hallways
- Decoration must be completed by Dec. 5th

Back by popular demand, Victoria Shepard will once again serve as our volunteer judge. Victoria is looking forward to viewing your artistry. She will be here from **10:00 am-12:00 pm on Monday, December 5th**, to judge your art.

All residents are encouraged to walk through the halls and vote for your favorite decoration for the People’s Choice award. Ballots are available at the front desk and must be received by December 5th.

Cornell Choir Presents:
A Christmas Sing-Along
Friday, December 16th
2:00 pm in the Party Room

Join our very own Cornell Choir as we celebrate the season in song on **Friday, December 16th, at 2:00 pm in the Party Room!** You are more than just an audience - we need you to sing with us!

The choir will be presenting some beautiful holiday pieces, and then asking the audience to sing along on a few favorites. We will have song lyrics for you - just bring your holiday cheer!



Happy Holidays from the Cornell Choir!

Holiday Events

**Holiday Greeting Party
With Jan the Card Lady
Wednesday, December 7th
10:00 am in the Party Room**

A monthly favorite, Jan the Card Lady will be here on **Wednesday, December 7th, at 10:00 am** just outside the **Party Room** for a special treat! Not only will she be offering a variety of free cards, as always, but we will be there to help you write out those greetings - envelopes and all!



If you haven't been able to send cards for any reason, let us help you this year. It doesn't just feel good to receive a holiday greeting - it feels great to send them, too! Just bring your address books, and we'll help you with the rest. See you there!

**Salvation Army Carolers
Sunday, December 18th
1:30 pm Through the Halls**

Deck the Halls with Christmas cheer! Open your doors to the Salvation Army Carolers as they stroll through our halls on **Sunday, December 18th, starting at 1:30 pm**. These lovely carolers will bring glad tidings and sounds of great joy!

Suppertime Entertainers

Cherry Wolf Piano Students
Wednesday, December 6th

Susan Todd Piano Students
Tuesday, December 13th

Kathy Larsen Music Students
Friday, December 16th

Westside Singers
Monday, December 19th



**New Year's
Formal Dress Party
Friday, December 30th
2:00 pm in the Party Room**



Celebrate New Year's Eve in style! Come dressed to the nines or come just as you are for champagne and hors d'oeuvres on **Friday, December 30th, at 2:00 pm in the Party Room**.

Be amongst the first to make a toast to 2012. Enjoy "The Voice" of Frank Sinatra, as presented by John English as we ring in the New Year! After the appetizers, show off your fancy attire in our dining rooms for a delicious supper by Chef Ron.

**Holiday Trivia
Wednesday, December 21st
1:30 pm in the Cascade Room**

Sponsored by Boost Your Memory and Language Lingo, join us for some Holiday Trivia! We will meet in the **Cascade Room on Wednesday, December 21st, at 1:30 pm**.



See how quickly we can "Name That Christmas Carol," and other such games. Test your seasonal knowledge while you visit with us!

Quote of the Month

"Wouldn't you just LOVE to live here, Kayla?"

~ A nine-year-old Girl Scout
to her friend during a recent visit to Cornell

Afternoon Entertainers

Kim & Terry Campbell
Monday, December 19th

The Burke Family Strings
Friday, December 23rd

Grand Days Out

Oregon Chorale Presents:

Handel's Messiah

Friday, December 23rd

Bus leaves at 6:45 pm

Experience Handel's *Messiah* live at St. Matthew's church on **Friday, December 23rd**. Join the Oregon Chorale, the Portland Chamber Orchestra, and the Hillsboro Youth Choir for an exhilarating rendition of Handel's most popular masterpiece.

Tickets are \$15 each with a minimum group of 10 residents. Sign up at the Front Desk.

Jewell Meadows Wildlife Refuge &

Lunch at Camp 18 Restaurant

Thursday, December 15th

Bus leaves at 10:30 am

Take a break from Christmas shopping and head to Camp 18 Restaurant and the Jewell Meadows Wildlife Refuge on **Thursday, December 15th**.

First, we'll stop for lunch at Camp 18 to enjoy a warm drink and lunch next to the fireplace. For those who are fascinated with logging history and machinery, there's plenty to explore at Camp 18, along with treasures from the gift shop.

After lunch we will head to the Jewell Meadows Wildlife Area, a winter habitat and supplemental feeding area for Roosevelt elk. The main meadow is a year-round refuge with no hunting or public access. What a great way to take a break from the holiday rush!

Christmas Raceway Lights & Dinner at the Old Spaghetti Factory

Thursday, December 22nd

Bus leaves at 4:00 pm

Ready for a night full of great food and beautiful lighted displays? Then reserve your spot for dinner at the Old Spaghetti Factory and the Portland Raceway Winter Wonderland on **Thursday, December 22nd**.

We will begin our evening in downtown Portland on the river enjoying a delicious dinner before heading to the light display at the Portland International Raceway. Marvel at the light statues from the warmth of the bus while sipping hot cocoa. See you there!

Sleighbells Gift Shop &

Lunch at House of Good Fortune

Thursday, December 1st

Bus leaves at 10:45 am

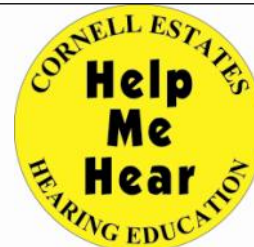
Delight your taste buds with lunch at the House of Good Fortune, one of Debbie's favorite local Chinese restaurants. The bus will leave at **10:45 am on Thursday, December 1st**.

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!

Residents' Hearing

Education Group

This month's Hearing Reminder



*A person with hearing loss works up to 10 times harder during a communication exchange than a normal hearing person.
Hearing loss is hard work.*



**School of
Dental
Health Science**



Dental Smile Of the Month:

It's never too late to take care of our teeth.

Simple Pleasure

Yum Yum Group:

Tasting Trip to Noodles & Company

Wednesday, December 28th

Bus leaves at 1:45 pm



The Cornell Estates Yum Yum Group invites you to join us for a FREE tasting session at Noodles & Company

in Hillsboro on **Wednesday, December 28th**. The bus leaves at **1:45 pm**.

Noodles & Company will treat us to a variety of tastings from their unique menu of choices - noodles, salads, sandwiches from Asia, the Mediterranean and America. The free tastings of their delicious entrées will be topped off with a complementary dessert.

Space for this special dine-out trip is limited to 8 people, so sign up now at the Front Desk to reserve your spot.

Monthly Veterans Talk with the VFW

3rd Saturdays

10:00 am in the Main Living Room

Begins Saturday, December 17th

George Anderson and other volunteers from the Veterans of Foreign Wars (VFW) will be visiting on the 3rd Saturday of every month at 10:00 am to bring together Cornell Estates Veterans for a monthly friendly gathering and camaraderie.

The VFW volunteers will be celebrating Veterans' birthdays each month, so if you are a Veteran and are enjoying a birthday in December, make sure to join this friendly group of volunteers in the **Main Living Room on Saturday, December 17th, at 10:00 am** for some appreciation and good cheer.

Methodist Friendship Circle

2nd Wednesdays

10:00 am in the Cascade Room

Begins Wednesday, December 14th

The Hillsboro United Methodist Women of Cornell Estates will be getting together for a share, prayer, and care time the 2nd Wednesday each month at 10:00 am .

Join us on **Wednesday, December 14th, at 10:00 am in the Cascade Room** for our first gathering for friendship and fun. Come! Let's have some good fellowship together.

Everything Yarn!: Knitting Dish Cloths

Tuesday, December 6th

10:00 am in the Main Living Room

You are invited to December's Everything Yarn! Our wonderfully talented Theresa Burns, will be leading a special Everything Yarn! group on **Tuesday, December 6th, at 10:00 am in the Main Living Room**. to help us get back into the joy of knitting!



We will be knitting our own dishcloths which are fun and easy to make, and are terrific Christmas gifts for friends and family. Knitted dishcloths are known to last longer than shop-bought cloths.

Halloween Party

Costume Contest Winners

Thank you to everyone who made our Halloween Party so much fun! So many of you and your guests came out and showed us your spirit! The costumes were great, and it was hard to choose winners, but here they are!

Residents: Bob Brooks, Florence Prosa, Grace Swope

Encore Partners: Julian Zdarantan, Ryan Wahlberg, Grant Wahlberg, and Abbey (CJ's granddaughter)

Employees: Marian, Courtney, Sally

Encore Opportunities

Mooberry After-School Homework Club Volunteers Wanted!

Tuesdays or Thursdays

2:45 - 3:45 pm

The Mooberry Homework Club is looking for volunteers to help the students with their reading and other homework. The Homework Club also has a time for silent reading, but would love to have the kids read out loud to adults too.

Residents can volunteer from 2:45 - 3:45 pm on either Tuesdays or Thursdays. Please sign up at the Front Desk if you are interested.

Thank You from the Mooberry Mustangs



Thank you to over 20 residents who gather once a month in the Party Room to assist Mooberry elementary school teachers by assembling classroom materials.

The teachers are so appreciative of your hard work and can't thank you enough! It saves them so much time at the end of the school day (and during their evenings!).

Thank you to: Betty Baruz, Shirley Fortin, Jayne Ritenour, Helen Dolezal, Doris Weaver, Janet Spellerberg, Lessandra Joyner, Ev Fulmer, Pat Raymond, Erma McMackin, Vesta Grant, Doris George, Donna Hammack, Florence Prosa, Ruth Chave, Shigeko Mukai, Peg Owens, Bess Loos, Margaret Anderson, Emily Dupuis, Dee Sandness, and Ellen Mann.

Thank you also to Frances Nelson and Elaine Smedstad who have also helped to assemble Mooberry classroom materials on their own in their apartments. If you would like to help out with the classroom materials individually in your apartment, please sign up at the Front Desk.

THREE GREAT WAYS TO SUPPORT FOSTER KIDS IN OUR COMMUNITY THIS HOLIDAY SEASON!

Quilting Materials Wish List

The Cornell Estates quilters are requesting donations of materials for making Quilts for the Foster Kids on Santa's list this year. The wish list includes:

- old sheets in good shape for use as quilt backing
- old blankets, fleece, or flannel in good shape for use as quilt stuffing
- cotton material of various patterns for quilt tops
- store-bought batting for the insides of the quilts.

Any and all donations of quilting materials will be greatly appreciated. **Please drop your donations off at the Community Programs office on the 2nd floor.**

Christmas Party Gifts & Wrapping Paper

The Foster Kids and their Foster Families are being treated to a Christmas party by the Children's Welfare Department staff. Our donations of gifts, toys, and gift wrapping paper would be greatly appreciated to help the kids enjoy a wonderful celebration. For many of these children, any gifts they receive at this party will be the only gifts they receive this Christmas.

You may drop off your donations in the Foster Kids Gift Donation Box (located outside the Community Programs office on the 2nd floor). Thank you for your generosity.

Bus Trip: Gift-Wrapping Presents

Wednesday, December 21st

Bus leaves at 1: 45 pm

We are invited to help wrap the Christmas gifts which will be handed out at the Foster Kids party. Our gift-wrapping session will be for 1 hour on **Wednesday, December 21st**, at the Children's Welfare Department. We will have a special room set aside just for us, with plenty of chairs and room for accessibility. Sign up at the Front Desk!

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.

Thank You!

To our current Encore Partners:

Theresa Burns - Quilts for foster kids, Adelante & Mooberry classroom materials, Everything Yarn

Evelo Carlisle - Bingo, Adelante Mujeres, Librarians on Wheels

June Carpenter - Book Club

Peggy Day - Sewing Center

Donna Detrick - Friendly Visiting, Current Events Evening Edition

Jan Hale - "The Card Lady"

Kelly McCormick, Willoughby Hearing - 2nd Monday Hearing Services

Becky Palfenier - Pretty Nails

Debbie Pearson - Adelante & Mooberry classroom materials, Cornell College

Bobbie Quillin - Wednesday evening games

Josefina Salazar - Friendly Visiting

Sierra Smith, age 12 - teaching piano

Gail Stinnet - Parents' Day Brunch and Peonies

Tracy Wahlberg - Friendly Visiting

Grant Wahlberg, age 10 - Friendly Visiting, teaching drawing

From the Pacific University



School of Dental Health Science

December Dental Clinic News

The Pacific University Student Dental Clinic is now offering FREE dental screenings, brushing, and flossing for all Cornell Estates residents and staff.

It's all part of the students' initiative to raise awareness about how important our oral health is to the overall health of our bodies. Don't wait to take advantage of this great offer. Sign up at the Front Desk.

Information for Denture Wearers

Denture wearers should have a yearly exam by a dental professional to screen for cancer and infection. Dentures should be left out of the mouth for at least 1 hour per day to allow tissues to breathe.

Yearly exams can be scheduled free of charge at the Cornell Estates Student Dental Clinic. Sign up for a free exam at the Front Desk.

Current Encore Partners Continued

Ryan Wahlberg, age 7 - Friendly Visiting

Jan Whittaker - Sing along with Jan, Cornell Choir

Andrea Zdarantan - assisting Arden in the Garden

Julian Zdarantan, age 6 - assisting Arden in the Garden



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: Tues., Dec. 13th.

WELCOME BUDDIES

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

WELCOME BASKETS

Residents prepare and deliver welcome baskets to new residents.

FRIENDLY READERS

Thursdays

2:00 pm

Cornell Estates' residents 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 8:35 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

ongoing throughout the school year

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

Classroom Materials

4th Tuesday, December 27th

10:00 am (PR)

Assemble classroom materials to assist elementary school teachers and students.

PACIFIC UNIVERSITY

Weekly Dental Clinic

on break until January

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.

Pharmacy Students

Every 2nd Tuesday

Students shadowing staff and residents learn about life in a Retirement & Assisted Living community

ADELANTE MUJERES "Champions for Early Childhood Education"

Classroom Materials

3rd Tuesday, December 20th

10:00 am (PR)

Help teachers and assemble crafts for the preschool children to use at school.

Monthly visits to Adelante Mujeres

on break until January

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 children and teens in foster care in our County.

Magic Moments @ Cornell

Veterans' Day Guests 2011



**Artist Reception for
Mary Stupfel Kelley**



Left: 2011 Christmas Bazaar



Bottom Left: Greyhound Pet Therapy



**Bottom Right: All About Flutes with
Morgan Brown, Oregon Symphony**

