Pacific Lady  
Wednesday, August 26th  
1:30 pm in the Party Room

It was an age without GPS and the Internet, without high-tech monitoring and instantaneous reporting. It was also a time when women simply didn’t do such things.

None of this deterred Sharon Sites Adams. In June 1965 Adams made history as the first woman to sail solo from the mainland United States to Hawaii. Four years later Adams, alone and unobserved, finally sighted Point Arguello, California. This was after seventy-four days sailing a thirty-one-foot ketch from Japan, across the violent and unpredictable Pacific. She was the first woman to do so, setting another world record.

Cornell Estates is looking forward to giving you the opportunity to hear this adventurous story and meet the inspirational woman behind it. Sharon Adams will talk about everything from learning to sail to how it felt to be out on the Pacific alone to what it was like to make such historical achievements.

Join Sharon on Wednesday, August 26th at 1:30pm in the Party Room. You will be amazed by her story!

STAGES Performing Arts Youth Academy Presents:  
“Harmony High”  
Wednesday, August 19th  
1:30 pm in the Party Room

STAGES Performing Arts Youth Academy’s Stage Troupers are on their summer tour and are making a stop at Cornell Estates with their 2015 musical, “Harmony High!” The story emphasizes the importance of being true to who you are with the help of song and dance. The music and costumes are reminiscent of the 1950’s and will bring back fond memories of those school days.

Stage Troupers is a group of actors ranging from elementary through high school age boys and girls who perform a one act musical throughout the Tri-County area. Through the summer, Troupers perform a 30 minute musical at local fairs, markets, assisted living facilities, civic gatherings and summer day camps. The Troupers receive more invitations than they can accept each summer and Cornell Estates is honored to host them year after year!
### Cornell Estates Management Team

**EXECUTIVE DIRECTOR**  
Charlene Torrey

**MARKETING DIRECTOR**  
Cindy Lovell

**RESIDENTIAL CARE COORDINATOR**  
Luis Moran

**DIRECTOR OF HEALTH SERVICES**  
Susan Murphy, RN

**COMMUNITY PROGRAMS DIRECTOR**  
Amanda Bigus

**DIETARY MANAGER**  
Ron Gifford

**MAINTENANCE COORDINATOR**  
David De La Torre

**HOUSEKEEPING SUPERVISOR**  
Rosa Vargas

**BOOKKEEPER**  
Tim Helling

### August Birthdays

<table>
<thead>
<tr>
<th>Name</th>
<th>Birthday</th>
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<tbody>
<tr>
<td>Burton Huggett</td>
<td>8/5</td>
</tr>
<tr>
<td>Noreen Peene</td>
<td>8/6</td>
</tr>
<tr>
<td>Iona Fast</td>
<td>8/8</td>
</tr>
<tr>
<td>Ava Hill</td>
<td>8/11</td>
</tr>
<tr>
<td>Elaine Smedstad</td>
<td>8/16</td>
</tr>
<tr>
<td>Vesta Sundstrom</td>
<td>8/18</td>
</tr>
<tr>
<td>Maxine Brown</td>
<td>8/22</td>
</tr>
<tr>
<td>Annie Kolodziejczak</td>
<td>8/30</td>
</tr>
<tr>
<td>Bob Brooks</td>
<td>8/30</td>
</tr>
</tbody>
</table>

Birthday Party with the Senior Serenaders on Wednesday, August 12th at 1:30 pm in the Party Room

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### Staff Birthdays

<table>
<thead>
<tr>
<th>Name</th>
<th>Birthday</th>
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</thead>
<tbody>
<tr>
<td>Beronia V.</td>
<td>8/10</td>
</tr>
<tr>
<td>Robyn D.</td>
<td>8/16</td>
</tr>
<tr>
<td>Rosa V.</td>
<td>8/23</td>
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<tr>
<td>Guadalupe N.C.</td>
<td>8/23</td>
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</tbody>
</table>

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**Thank you!**

We could not have done the following without you:

**Welcome Bags:** June Ranf

**Newsletter Folding:** Sue Colly, Margot Stoneking, Shirley Fortin, Dorothy Carson, Elizabeth Simons

**Assisting with Church:** Bob Brooks

**Assisting with Exercise:** Eva Beeman

**Library Maintenance:** Anne Matthes

**Cleaning up after Bingo:** Florence Hess

**Community Gardening:** Arden Sheets, Anne Matthes, Pearl Pfaff, Pat Edmisten, Donna Detrick, Fran McComb

**Monthly C.A.R.E. Project:** Shig Mukai, Rose Boyd, Anne Matthes, Ellen Mann, Alice Sibley, Dee Sandness, Bessie Hodson, Bob Brooks
August Highlights

**Dom Franco**
**Patio Cocktail Hour**
**Friday, August 14th**
**1:30 pm in the Retirement Courtyard**

Soak up the sun while enjoying the tropical sounds of the steel guitar at this Hawaiian style cocktail hour featuring Dom Franco.

Dom Franco taught himself to play bass, keyboard, mandolin, violin and banjo; taking lessons only in steel guitar. He has about 200 songs he knows mostly by memory -- songs from the 1930s, 40s and 50s that many people knew when they were young. He will be sure to play your favorites!

Take advantage of Cornell’s patio and the beautiful weather that August brings. Kick back and relax with your neighbors, put an umbrella in your drink and tap your toes to the music. This is what summer is all about!

We will have a signature cocktail for you to try that will be available in alcoholic and non-alcoholic, as well as fun tropical appetizers!

Join the fun on **Friday, August 14th at 1:30pm in the Retirement Courtyard.** Feel free to wear a Hawaiian shirt if you have one!

**Cornell Choir Concert:**
**Disney Classics**
**Friday, August 28th**
**2:00 pm in the Party Room**

Take a trip down memory lane as the Cornell Choir sings all your favorite Disney Classics.

This concert will include songs from movies like Mary Poppins, Lady and the Tramp, Dumbo and much more!

The Cornell Choir has been working hard for the past couple of months learning new songs and perfecting old favorites.

Although this concert is all about the classics, the choir didn’t want to leave out one of the most popular songs with kids today. For this song, they enlisted the help of some friends to share the stage. Think you know what song they will be singing? Bring your grandchildren to the concert—they will be sure to know the words!

The Cornell Choir is made up of Cornell residents and community members and is accompanied by pianist, Jan Whittaker. If you are interested in joining the choir, please attend the weekly practices every Monday at 1:30 pm in the Party Room.

Join the Cornell Choir for a magical time on **Friday, August 28th at 2:00 pm in the Party Room.**

**Bean Bag Baseball**
**Wednesday, August 19th**
**3:00 pm in the Retirement Courtyard**

Last month, residents gathered for a friendly game of bean bag baseball! Both teams gave it their all and ended up in a tie after 7 innings.

The competition continues this month. Sign up at the front desk if you would like to be on a team.

If you don’t want to play we need you for the audience! Snacks and drinks provided.
## Continuing Education

### NEW! Cornell College Series

**The Old Testament**

*Every Monday starting August 3rd*

10:00 am in the Cascade Room

Cornell College is starting a brand new lecture series this month. For the next 24 weeks, we will be studying the Old Testament. Feel free to join us for one or all of these educational lectures.

These lectures by scripture expert Professor Amy-Jill Levine introduce you to the history, religion, and literature of ancient Israel as preserved in the Old Testament, or Hebrew Bible. Professor Levine brings biblical characters and passages to life and vividly reveals the magnificent artistry suffusing the Old Testament.

Cornell College meets every **Monday at 10:00 am in the Cascade Room.**

### C.A.R.E. Project

**Lift Urban Portland**

*Friday, August 21st*

1:30 pm in the Party Room

For our C.A.R.E. project this month, we will be creating letters and cards to send to the recipients on Lift Urban Portland.

Lift Urban Portland's mission is to reduce hunger and improve the lives of low-income residents of Northwest and Downtown Portland.

They collect and distribute food, maintain community gardens, and sponsor educational programs that encourage healthy life choices.

One of the services they offer is the delivery of food boxes to people who cannot physically travel to the food bank due to a disability, injury, or other inhibiting reason.

This vulnerable population oftentimes needs encouragement, and what better way than to send a positive note with their food box!

On **Friday, August 21st, head to the Party Room at 1:30 pm** to create your card or letter. It may seem like a small thing—but it will make a huge impact!

### The More You Know:

**Juniper Trees**

*Friday, August 21st*

3:00 pm in the Cascade Room

Did you know that Oregon has an abundance of juniper trees? Do you know what these trees look like—or what they can be used for?

Come find out about this unique tree at this month’s “The More You Know” on **Friday, August 21st at 3:00 pm in the Cascade Room.**

### Arm Chair Travel:

**Iceland**

*Friday, August 7th*

3:30 pm in the Cascade Room

Iceland is a country of sharp contrasts. A place where fire and ice co-exist. Where dark winters are offset by the summer’s midnight sun. A country where insular existence has spurred a rich and vibrant culture.

Join us on a trip to this fascinating country and see pictures of the beautiful sights on **Friday, August 7th at 3:00 pm in the Cascade Room.**

If you have traveled to Iceland, we would love to hear your stories!
Jewelry with Jani
Sign up at the Front Desk!
Friday, August 7th
1:30 pm in the Party Room

Sign up at the front desk for an opportunity to make your own necklace using different colors and styles of beads!

Instructor Jani will guide you step by step to help you create the look you want. This is a great way to learn something new and have fun while doing it!

Jani started making jewelry when she learned she would have to wear a medical ID bracelet every day. She started thinking of ways that she could make it fashionable. As a result she created Style MD—bracelets that can easily interchange with your medical ID. She got the inspiration to create necklaces to match. She has been making jewelry ever since!

Jani would like to share her talent with you. Come to the Party Room on Friday, August 7th at 1:30 pm. All supplies are included. Please sign up asap as space is limited!

Monte Watters
Tuesday, August 4th
3:00 pm in the Main Living Room

Monte Watters is back! Join him in the Main Living Room on Tuesday, August 4th, at 3:00 pm for an afternoon of delightful music on the piano!

Monte Watters has been playing the piano since early childhood. He comes from a musical family, and performed often with his parents and siblings throughout the Northwest.

Lemonade Social
Saturday, August 22nd
2:00 pm in the Retirement Courtyard

The courtyard is a great place to gather with friends and enjoy the simple things in life.

On Saturday, August 22nd at 2:00 pm we will have a social hour with lemonade and cookies. Come with a friend or meet some new ones!

Of course you don’t have to wait until then to enjoy the courtyard. The door is always unlocked so feel free to go outside and relax in the beautiful weather!

Supper Time Happy Hour
Every 1st & 3rd Thursday
Assisted Living: 3:00pm in the ELR
Retirement Living: 4:00pm in the ML

Join your neighbors for a happy hour before supper! Enjoy a beverage and some good conversation, maybe even meet a new friend. This is a great chance to get to know some of your fellow residents, so take advantage of the opportunity. Come enjoy and have some fun!

After the happy hour, move on into the dining room for your supper.

NEW! Cornell Theatre
Every Thursday starting August 6th
10:00 am in the Cascade Room

Join us for an all-new group—Cornell Theatre! As a group, you will choose a play, pick your role, practice each week, and then finally perform for your fellow residents, family and friends!

No experience required!
### Grand Days Out

| Trip: Tuesday Marketplace  
**Tuesday, August 4th**  
Bus leaves at 5:00 pm  
Cost: $5-$10 |
|---|
| If you missed the opportunity to go in July, you’re in luck! The Cornell bus is once again heading to the Tuesday Night Market.  
Take advantage of all the market has to offer. Whether you would like to shop for fresh produce or unique gifts, listen to live music, try a wide variety of dining options or just go to people watch, you are sure to have a great experience! And of course, don’t leave without treating yourself to some delicious ice cream!  
Hop on the bus and head to downtown Hillsboro on **Tuesday, August 4th at 5:00pm.** |

| Trip: Showtime at Shute  
**Thursday, August 13th**  
Bus Leaves at 6:00 pm |
|---|
| For 34 years, the Showtime at Shute Park concert series has been a summer highlight for the Hillsboro community.  
Cornell Estates is proud to be a sponsor again this year! The series starts July 9th and runs every Thursday from 6:30 - 8:30 pm through August 27th.  
A wide variety of musical styles are represented over the summer, from country, salsa, R&B, blues, mariachi, and much more!  
Showtime at Shute is held at historic Shute Park, which includes a built-in performance platform. With more than 13 acres, the park has plenty of space for concert-goers to spread a blanket and enjoy the music. Best of all, admission to the concert series is free to the public.  
This year, the bus will be taking you to Showtime at Shute on **Thursday, August 13th** for Curtis Salgado. Curtis Salgado is a local artist, growing up in Eugene, Oregon. He is an award winning vocalist, songwriter and harmonica icon and always gives a great performance.  
If you would like to join your neighbors for a fun evening out, sign up at the front desk. The bus will leave at **6:00 pm on Thursday, August 13th.** |

| Trip: Hagg Lake Barbeque  
**Thursday, August 27th**  
Bus leaves at 10:00 am  
*Image: Hagg Lake* |
|---|
| It’s that time of year again!  
Chef Ron will be cooking up all of your barbeque favorites.  
Hamburgers, corn on the cob, potato salad and fresh watermelon!  
Sit back, relax, and enjoy the view at Hagg Lake. Hagg Lake is located just 25 miles southwest of Portland. Resting at the base of Oregon's beautiful coastal range, Hagg Lake offers visitors the best of many outdoor recreational activities.  
Sign up at the front desk for this popular trip. Seats fill up fast! The bus will leave at **10:00 am on Thursday, August 27th.** |

| Trip: Spirit Mountain  
**Thursday, August 20th**  
Bus leaves at 9:15 am  
*Image: Spirit Mountain* |
|---|
| The Spirit Mountain trip is back by popular demand!  
Spirit Mountain is named the best casino in Oregon and is sure to have a game for everyone! Come on down and try your luck.  
If you work up an appetite, stop at the mouthwatering buffet for lunch or grab a burger at one of the delicious cafés.  
**The bus will leave at 9:15 on Thursday, August 20th.** |
Brain Teasers!

Hidden Meanings!

Explain the meaning in each box!

Look for the answers in next month’s newsletter!

Word Game: Words in a Word

See how many words you can create from the letters in SNEAKERS (example: sank, ear, etc.). Compare your list to ours in next month’s newsletter!

Most Popular answers from July (INDEPENDENCE):
Indeed, penne, decide, denied, diced, deep, needed, iced, nine, pine

Solve the following riddles:

1. What can travel around the world while staying in a corner?

2. What gets wetter and wetter the more it dries?

3. What is always coming but never arrives?
Thank you!  

To our current Encore Partners:

Richard Banham - Bible Study  
Chet Bishop - Bible Study  
Dorothy Eby - Senior Serenaders  
Janice Haley - “The Card Lady”  
Beverly Nighorn - Friendly Visiting  
Becky Palfenier - Pretty Nails  
Bobbie Rodriguez - Adelante Materials  
Les Payne - Sunday Church Services  
Bobbie Quillin - Wednesday Evening Games  
Josefina Salazar - Friendly Visiting  
Elizabeth Smith - Pretty Nails  
Tracie Wahlberg - Friendly Visiting, Crafts w/Wahlbergs  
Grant Wahlberg, age 14 - Friendly Visiting  
Ryan Wahlberg, age 11 - Friendly Visiting  
Jan Whittaker - Sing along with Jan, Cornell Choir

What’s Happening with Pacific University in August?

Speech Language Pathology Summer Assessment  
Thank you to the resident volunteers who assisted the Speech Language Pathology students with their summer assessments:  
Margot and Jim Stoneking, Beppy Hunter, Grace Swope, Pearl Pfaff, John Crockett, Ethel Hiatt, Sandy Pierce, and Anne Matthes

Opportunities to Volunteer Within Cornell Estates:

Community Gardening  
Folding Newsletters  
Friendly Visiting  
Welcome Buddies  
Welcome Baskets  
Library Maintenance  
Monthly C.A.R.E. Projects (Community Action Rejuvenates Everyone!)

This month in Hearing Health @ Cornell Estates:  

1st Wednesdays at 10:00 am -- Free Hearing Assessments with Darin Scheurer, Smart Step Hearing. Sign up at the Front Desk. The next appointments are on September 2nd as Darin will be on vacation in August.  

Pacific University Ear Wax Clinic  
Ear wax removal is $25.00. The clinic will resume in September.
# Meetups @ Cornell

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

<table>
<thead>
<tr>
<th>Activity</th>
<th>Schedule</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Book Club</td>
<td>Monday, August 31st</td>
<td>3:00 pm (LIB)</td>
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<tr>
<td>Residents who share a love of reading gather to discuss the books they are enjoying.</td>
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<tr>
<td>Boost Your Memory</td>
<td>Tuesday, August 18th</td>
<td>3:00 pm (CR)</td>
</tr>
<tr>
<td>Residents gather to tickle the brain cells with fun and stimulating memory exercises and games.</td>
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<tr>
<td>Conversational Spanish</td>
<td>Wednesdays</td>
<td>9:50 am (COL)</td>
</tr>
<tr>
<td>Residents work with an instructor to develop basic Spanish vocabulary and conversation skills.</td>
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<tr>
<td>Cornell Choir</td>
<td>Mondays</td>
<td>1:30 pm (PR)</td>
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<tr>
<td>Residents share their love of singing and vocal talents in this fun and friendly Cornell choir.</td>
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<tr>
<td>Cornell College</td>
<td>Mondays</td>
<td>10:00 am (CR)</td>
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<tr>
<td>Residents meet once a week to watch a half-hour college lecture followed by a discussion.</td>
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<tr>
<td>Cornell Community Garden</td>
<td>Tuesdays</td>
<td>10:00 am (ML)</td>
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<tr>
<td>Residents have created a garden together with assistance from master gardener Arden Sheets.</td>
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<tr>
<td>Cornell Theatre</td>
<td>Thursdays</td>
<td>10:00 am (CR)</td>
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<tr>
<td>Residents practice scripts and plays as they discover their dramatic side.</td>
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<tr>
<td>Current Events</td>
<td>Monday, Wednesday, Friday</td>
<td>Times Vary - see calendar</td>
</tr>
<tr>
<td>Residents share news and opinions on current events every week.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Food Committee</td>
<td>Friday, August 28th</td>
<td>3:00 pm (CR)</td>
</tr>
<tr>
<td>Residents can offer their opinions and suggestions to Chef Ron regarding meals at Cornell.</td>
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<tr>
<td>Orenco Photography Club</td>
<td>Thursday, August 13th</td>
<td>6:30 pm (PR)</td>
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<tr>
<td>Local club invites residents to join monthly roundtables and discussions on photography.</td>
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<tr>
<td>Poetry Out Loud</td>
<td>Wednesday, August 12th &amp; 26th</td>
<td>3:00 pm (3FA)</td>
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<tr>
<td>Residents share their favorite poems through live readings and discussions.</td>
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<tr>
<td>Read Aloud: Newsletter</td>
<td>Tuesday, August 4th</td>
<td>10:30 am (ML)</td>
</tr>
<tr>
<td>Residents gather together to read the Cornell newsletter out loud.</td>
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<tr>
<td>Sing-Along with Jan</td>
<td>Thursday, August 13th &amp; 27th</td>
<td>3:00 pm (ML)</td>
</tr>
<tr>
<td>Residents join Jan at the Grand Piano in the Main Lobby to sing their favorite songs!</td>
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<tr>
<td>Tea with Friends</td>
<td>Tuesday, August 25th</td>
<td>3:00 pm (CR)</td>
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<tr>
<td>Grab a cup of tea and join your friends for an afternoon of conversation and laughter.</td>
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<tr>
<td>Water Color Class</td>
<td>Wednesday, August 5th &amp; 19th</td>
<td>10:00 am (CR)</td>
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<tr>
<td>Join this fun class and express your artist side by learning to paint with water colors.</td>
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<tr>
<td>Write Your Life Story</td>
<td>On break for Summer</td>
<td>9:00 am (CR)</td>
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<tr>
<td>Local author Morgan Brown facilitates a writers’ group for residents and community members.</td>
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</tbody>
</table>
Mooberry Elementary

SMART Reading Program  Coming Fall 2015
Help students age kindergarten - second grade learn to read
Read with first grade children for 1 hour a week for the school year. Sign up at the Front Desk.

Pen Pals with 6th Graders  Coming Fall 2015
Exchange monthly Pen Pal letters with 6th graders in Ms. Mito-Ahern’s class.

Adelante Mujeres

Classroom Materials  Coming Fall 2015
Help our local teachers and assemble crafts for the preschool children and English students.

Spaghetti Dinner and Bingo Night  To Benefit the Hillsboro Firefighters Toy and Joy Fundraiser
Saturday, August 29th
5:30pm in the Assisted Dining Room

Early Registration:
Limited Seating!
$10.00 for Adults
$5.00 for children 8 & Under

At the Door (if available):
$12.00 for Adults
$7.00 for children 8 & Under

Bingo Cards: 3 for $5.00
Bring an unwrapped toy to receive an extra Bingo card for free!
Residents Serving the Surrounding Community

**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.

**Pacific University**

**Public Health Care**
Staff and residents assist Public Health Care students with their Practicum projects.

“**One Odd Job**”
Occupational Therapy students offer their assistance to residents every other month with odd jobs around the apartment.

**Speech-Language Pathology**
Residents serve as mentors to Speech-Language Pathology students to help the students learn how to provide speech and language enhancements in a natural setting.

**Occupational Therapy Students**
Residents meet with a student on a one on one basis to assist in conversational interviewing.

**School of Audiology**
Residents volunteer to work one-on-one with Audiology students on their hearing health curriculum assignments.

“**Ask a Pharmacist**”
Pacific University interns and local pharmacists will be available to give you a consultation on your prescriptions or answer any questions about medications you are taking.

**Pacific University On-Site Clinics**

**Dental Clinic**  **On break for summer**
On-site dental clinic provided by senior dentistry students for preventative dental treatment, e.g. free brushing and teeth cleaning at a reduced rate.

**Ear Clinic**  **Coming in September**
Audiologist Dr. Trent Westrick provides convenient on-site ear wax management on the 2nd Thursday of the month. Cost is $25 per appointment. Cash or check only!
Magic Moments @ Cornell

Top left: Margaret A. showing off her fleece pillow craft

Middle left: CJ G. and Burt H. enjoying some ice cream on the outing to Seaside!

Middle Right: Queen Elizabeth S. and Queen Vivian M. are ready to ride in the fourth of July parade!

Bottom: The 2015 Senior Rose Court riding in the Hillsboro Fourth of July Parade