December 2015

Holiday Sights and Sounds
Friday, December 4th
4:00pm in the Assisted Dining Room
5:00pm in the Retirement Dining Room

Kick off the Holiday season at Cornell Estates! We invite you to join us on **Friday, December 4th at 4:00pm or 5:00pm in the dining room** for music, warmth, and holiday cheer.

Enjoy special appetizers made by Chef Ron, drinks served by your loyal staff, and holiday music from the Standard Time Duo!

You won't want to miss this special supper as we continue our new tradition of announcing the Cornell Estates Ambassadors for the second year in a row. You will find out which of our wonderful men of Cornell Estates will be receiving this honor. Both Ambassadors will serve as a spokesperson for Cornell Estates over the next year. We look forward to seeing you all there!

8th Annual Bake Sale
Saturday, December 5th
9:00am-3:00pm in the Main Living Rm

Cornell Estates will hold their annual bake sale to benefit the Firefighters Toy and Joy Fundraiser.

Come on down to the Main Living Room to choose from a wide array of baked goods made by Cornell Estates staff and the firefighter’s and their spouses.

The funds raised from this sale will be combined with the funds raised from the Holiday Bazaar and presented to the Hillsboro Firefighters at the January resident’s meeting.

Bells of the Cascades:
Holiday Ringers
Wednesday, December 23rd
1:30 pm in the Party Room

What better way to ring in the season than with the actual ringing of bells? The holidays are full of the same old Christmas songs, but imagine Carol of the Bells or Jingle Bells actually performed on bells! With this unique performance, the sounds of the season will fill the room at Cornell Estates by the hands of this talented group of ringers.

During the performance, the Holiday Ringers will take time to teach the audience a thing or two about the art of hand bells and will give everyone an opportunity to play a song right along with them without leaving your seat.

Bells of the Cascades is an auditioned, community performance ensemble mastering a diverse repertoire of hand bell music with artistry, skill, humor and excellence. Now under the baton of Dr. David York, the group continues to live into their vision of elevating the art of hand bell ringing through performance and education. The Holiday Ringers are composed of fifteen ringers, affiliated with Bells of the Cascades.

They play in an ensemble of five ringers.
Cornell Estates Management Team

EXECUTIVE DIRECTOR
Charlene Torrey

MARKETING DIRECTOR
Cindy Lovell

DIRECTOR OF HEALTH SERVICES
Dawn Enderle, RN

RESIDENTIAL CARE COORDINATOR
Luis Moran

COMMUNITY PROGRAMS DIRECTOR
Amanda Bigus

DIETARY MANAGER
Ron Gifford

MAINTENANCE COORDINATOR
David De La Torre

HOUSEKEEPING SUPERVISOR
Rosa Vargas

BOOKKEEPER
Tim Helling

Staff Birthdays

Brianna B. 12/5
Emily L. 12/6
Don H. 12/17
Tania R. 12/18
Kathy S. 12/20
Tim H. 12/25
Katja G. 12/27

CORNELL ESTATES WELCOMES...

Al and Arlene Judah  Apt 107
Carol Whitfield  Apt 245
Doris McCollum  Apt 211
Germaine Kaufman  Apt 205
Alton Ashford  Apt 290
Ruth Stanley  Apt 157

December Birthdays

Joan Anderson  12/1
Dorothy Sterrett  12/9
Eva Beeman  12/9
Janet Spellerberg  12/13
Doris Lindorff  12/14
Irene Wolfe  12/17
Donna Detrick  12/28
Marie Jones  12/28

Birthday Party on Wednesday, December 9th at 1:30 pm in the Party Room with the Senior Serenaders

Thank you!

We could not have done the following without you:

Welcome Bags: June Ranf
Newsletter Folding: Dorothy Carson and Arden Sheets
Assisting with Church: Bob Brooks and Burt Huggett
Assisting with Exercise: Eva Beeman
Library Maintenance: Anne Matthes
Cleaning up after Bingo: Florence Hess
Sorting Cards in the Arts Center: Sue Colly
Helping Set-up for Exercise: Betty Tellhed
Donating the Newspaper for Current Events: Ethel Hiatt

Special Thank you to Donna Detrick for sharing her American Queen Adventure during our monthly Arm Chair Travel Series.
December Highlights

The Alzheimer’s Association: Understanding and Responding to Dementia Related Behavior
Friday, December 4th
1:30 pm in the Party Room

Behavior is a powerful form of communication and is one of the primary ways for people with dementia to communicate their needs and feelings as the ability to use language is lost.

However, some behaviors can present real challenges for caregivers to manage. Join us on Friday, December 4th at 1:30 pm in the Party Room to learn to decode behavioral messages, identify common behavior triggers, and learn strategies to help intervene with some of the most common behavioral challenges of Alzheimer’s disease.

This is the third course in a series of Alzheimer’s education classes at Cornell Estates. A representative from the Alzheimer’s Association will lead the class and be available for questions.

The Alzheimer's Association is the world's leading voluntary health organization in Alzheimer's care, support and research. Their mission is to eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health.

Annual Door Decorating Contest
Judging on Friday, December 18th
10:00 am—12:00 pm

The rules are simple:

- Choose any theme
- Decorate only the door and/or door jam
- No decorations in the hallways
- Do not use real pine
- Decoration must be completed by Dec. 18th

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 18th.

If you would like help with your door decoration, please sign up for a 15 minute time slot on Tuesday, December 8th between 10:00 and 12:00pm.

Have fun!

Thank you to everyone who assisted with our Christmas Marketplace Bazaar!

Together, so far we have raised almost $3,000 to contribute to the Hillsboro Firefighters Toy and Joy Fundraiser.

The total amount raised will be announced after the funds from the bake sale and donation jar have been added in.

Special Thank-You’s:
Raffle Ticket Sales: Sandy P., Donna D., Sue C., Elizabeth S., Margaret A., Annie K., Esther C., Lois M., Pat E., Margot S., June R.
Greeter: 2015 Ambassador Arden Sheets
Selling Handmade Cards: Peg Owens
Volunteers: Ryan Wahlberg, Santa Bill, Girl Scouts

Thank You
Continuing Education

The Portland Japanese Gardens: The History, Education & Virtual Tour
Wednesday, December 16th 1:30 pm in the Party Room

The Portland Japanese Garden is currently closed to the public as they are completing construction for their cultural expansion project that will be completed in spring of 2017. In the meantime, Cornell Estates is not going to let that stop them from experiencing all the garden has to offer. They will be bringing the peace and serenity of the garden here with a special presentation from a knowledgeable garden guide from the Portland Japanese Garden Speaker Bureau.

The guide will fascinate you with the history of the Portland Japanese Garden as well as the history and a description of the five garden styles; the Strolling Pond Garden, Natural Garden, Flat Garden, Sand and Stone Garden, and Tea Garden. You will also see beautiful pictures of the garden as the guide takes you on a virtual tour.

2015 Highlights
Thursday, December 31st 6:00 pm in the Party Room

As 2015 comes to a close, let’s take a look at all that has happened in the past year.

Come see pictures of all the events, trips and highlights from 2015 on the big screen.

This event will be sure to take you on a trip down memory lane and maybe even give you some ideas for what you want to be sure to do in the coming year.

Join your neighbors to take one more look at 2015 before we ring in the New Year!

The More You Know: Boxing Day
Wednesday, December 2nd 3:00 pm in the Cascade Room

Boxing Day is a holiday traditionally celebrated the day following Christmas Day, when servants and tradesmen would receive gifts, known as a "Christmas box", from their bosses or employers.

Today, Boxing Day is the bank holiday that generally takes place on December 26th.

Come learn some fun facts and history about this Holiday on Wednesday, December 2nd at 3:00 pm in the Cascade Room.

Arm Chair Travel: Cindy Lovell’s Trip to Springfield, IL
Friday, December 11th 3:00 pm in the Party Room

Back in September, Cornell Estates Marketing Director, Cindy Lovell, took a trip to Springfield, Illinois. While there, she visited the Lincoln Museum, took a day trip to St. Louis, attended a car show and more!

Come see pictures and hear stories of her exciting trip!
Holiday Entertainment

**Cornell Estates’ Old Hollywood New Years Eve Party!**
**Thursday, December 31st 2:00 pm in the Party Room**

Glamour, movie stars, red carpets, and champagne!

Let’s countdown to 2016 in style. Join your neighbors for this Old Hollywood themed New Years Eve Party filled with music, fun and refreshments. If you want to dress the part, wear your black and white formal wear!

You won’t want to miss this fabulous party to ring in the New Year!

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**Rose City Flute Choir**
**Thursday, December 10th 7:30 pm in the Party Room**

Everywhere you turn, there are brass quintets, orchestra performances, and carolers celebrating the holiday season. Join us at Cornell Estates Retirement & Assisted living on December 10th at 7:30 pm for a different kind of holiday musical adventure: The Rose City Flute Choir.

A community flute ensemble, the Rose City Flute Choir is made up of approximately 20 flutists playing everything from a piccolo to a contrabass flute. Together, these instruments produce a range of six full octaves.

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**Tualatin Valley Harmony Masters**
**Tuesday, December 8th 6:45 pm in the Party Room**

Join the Tualatin Valley Harmony Masters for a barbershop tour of your favorite Christmas carols on Tuesday, December 8th, at 6:45 pm in the Party Room.

This Christmas, the Tualatin Valley Harmony Masters are celebrating their 41st year of barbershop quartet mastery with traditional carols. This performance promises to entertain and take you back to the days before radios and TV specials! Tight harmonies, quick wit, and songs of old will help you celebrate this holiday season in a new way.

If you’ve never heard a men’s barbershop chorus perform, you’re in for a real treat! Barbershop music is one of the few musical styles created right here in the United States. Barbershop singing is four part harmony with individual parts sung unaccompanied by instruments to produce a unique musical style that produces “ringing” chords.

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**Cornell Choir Christmas Concert & Hot Chocolate Social**
**Friday, December 18th 2:00 pm in the Party Room**

You may think that the holiday season has just begun, but the Cornell Choir has been singing Christmas songs for months! Why, you ask? They have been preparing for their annual Christmas Concert!

You are invited to join them as they sing songs of the season. Then, for a special treat, stick around after the concert for a hot chocolate social!

The Cornell Choir is one of the many activities that residents can participate in at Cornell Estates. Community members are also welcome to join as well. Meet weekly to rehearse for 3 different themed concerts each year including the annual Christmas Concert. The choir is accompanied by talented pianist Jan Whittaker.
Grand Days Out

Trip: Loch Lolly Christmas Tree Farm
Thursday, December 3rd
Bus leaves at 1:30 pm

Nestled in the foothills of the Northern Oregon Coast Range lies a magical Christmas Tree Farm. Loch Lolly Christmas Forest comes to life every holiday season when family and friends come to find the perfect Christmas tree.

You don't have to be searching for a Christmas tree though to see the view that this farm has to offer. Twenty-eight acres of Christmas Trees next to a beautiful lake await you.

Hop on the bus for a chance to view the scenery and check out the farms' gift shop. Maybe even take some time to enjoy some hot chocolate as the December weather is sure to be a bit chilly. Sign up at the front desk for this fun seasonal trip!

Trip: Supper at Old Spaghetti Factory and Christmas Light Ride
Thursday, December 17th
Bus leaves at 4:00 pm
Supper Cost: $10—$15

It's the most wonderful time of the year! Neighborhoods are full of colorful, glittering lights to celebrate the upcoming holiday. The bus will take you on a ride around town to find the most decorated neighborhoods. Look for Santa and his reindeer up on the rooftop! See if you can pick out your favorite houses along the way.

Before the ride, enjoy a stop at the Old Spaghetti Factory for Supper. This family favorite restaurant will create the perfect ambiance to start your evening. Pick from a selection of delicious Italian food that is made from scratch using all fresh ingredients.

Join your neighbors for this fun evening out and get into the warmth of the season! The bus will leave at 4:00 pm on Thursday, December 17th.

Trip: Westside Community & Youth Orchestra Winter Concert:
“The Bells of Christmas”
Wednesday, December 9th
Bus leaves at 6:30 pm
Cost: FREE

The Cornell Estates bus is taking you out to the theatre! Come watch the Westside Community & Youth Orchestra and special guests The Liberty High School Choir at their annual Winter Concert, “The Bells of Christmas.” From traditional carols to upbeat tunes, the Orchestra will be sure to play something you will enjoy. Be delighted during songs from How the Grinch Stole Christmas, and amazed during songs like the Halleluiah Chorus.

The best part of the trip is that the concert is free! Enjoy an evening out with no cost to you.

The Westside Community & Youth Orchestra was founded in October 2007 by Rob Archibald to fill a need that the Intel Singers had for a small orchestra to accompany it in concerts. Originally named the Intel Orchestra, over time, the orchestra grew to include Intel employees, family members and friends from many occupations and backgrounds joined together by a common love for music.

Trip: Christmas Carol Tour
Thursday, December 24th
Bus leaves at 1:30 pm

We are so fortunate to be able to have so many talented groups come to Cornell Estates and fill the halls with music during the holidays. And since we know there is no better way to spread cheer, we would like to give others the gift of music, too!

So, we’ve decided to take the bus out on a Christmas Carol Tour. During the tour we will stop at a few designated locations such as Kaiser Permanente, Insomnia Coffee Co. and more to sing a couple Christmas Carols! Enjoy hot chocolate on the bus as we drive around to each location.

We need your voices! Sign up at the front desk. The bus leaves at 1:30 pm on Christmas Eve!
Wrap and Chat  
Saturday, December 19th  
10:00 am in the Cascade Room

Do you have presents that need to be wrapped or need help wrapping them?

Join us on Saturday, December 19th at 10:00 am in the Cascade Room as we gather to wrap gifts while we chat!

We will provide the wrapping paper, scissors, and tape. Just bring your items that need wrapping. If you just want to stop in and pick up some wrapping paper, that works too!

Christmas Crafts:  
Candy Cane Wreaths and Fleece Pillows  
Friday, December 11th  
1:30 pm in the Cascade Room

Tis’ the season to make some festive crafts to decorate your apartment! You will have the option to choose between a candy cane wreath or a peppermint fleece pillow.

Each craft is easy to assemble and all materials will be supplied. Just come and have a good time bringing out your creative side!

- Fleece Pillow:
- Candy Cane Wreath:

Christmas Riddles

Look for the answers in next month’s newsletter!

7. Santa’s Favorite Number
Santa has a favorite number.  
It is larger than 18 and smaller than 37.  
The sum of the digits is 7.  
It is an odd number.  
What is Santa’s favorite number?

8. Christmas Gifts
Carla is getting 2 gifts from her brother Harry. She has asked for a teddy bear, ball, doll or book.  
How many different combinations could Harry give her, e.g. a ball and doll would be one combination.

Word Game: Words in a Word
See how many words you can create from the letters in PEPPERMINT (example: enter, met, mine). Compare your list to ours in next month’s newsletter!

Most Popular answers from November (GRATITUDE):

Attire, tread, tiger, rated, urged, trade, tired, duet, treat, trait, gate, grated, tear, tier, great, rage, irate, edit, guide, ride, read, idea, tart, dear
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 December?

Speech Language Pathology

Students will be back on Friday, December 4th. Please meet your student in the Party Room at 10:00 am. Thank you for volunteering to help these students with their future careers!

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:

First Wednesdays-- Free Hearing Assessments with Darin Scheurer, Smart Step Hearing. Sign up at the Front Desk. The next appointments are on Wednesday, December 2nd

Pacific University Ear Wax Clinic
On break until January
# Meetups @ Cornell

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

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<tr>
<th>Activity</th>
<th>Date/Time</th>
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<tr>
<td><strong>Book Club</strong></td>
<td>Monday, December 28th</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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<td><strong>Boost Your Memory</strong></td>
<td>Tuesday, December 15th</td>
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<td>Residents gather to tickle the brain cells with fun and stimulating memory exercises and games.</td>
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<td><strong>Conversational Spanish</strong></td>
<td>Wednesdays</td>
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<tr>
<td>Residents work with an instructor to develop basic Spanish vocabulary and conversation skills.</td>
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<td><strong>Cornell Choir</strong></td>
<td>Mondays</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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<td><strong>Cornell College</strong></td>
<td>Mondays</td>
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<td>Residents meet once a week to watch a half-hour college lecture followed by a discussion.</td>
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<td><strong>Cornell Community Garden</strong></td>
<td>On break for Winter</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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<td><strong>Fireside Chat</strong></td>
<td>Tuesdays</td>
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<tr>
<td>Residents share news and opinions on current events every week.</td>
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<tr>
<td><strong>Food Committee</strong></td>
<td>Friday, December 18th</td>
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<tr>
<td>Residents can offer their opinions and suggestions to Chef Ron regarding meals at Cornell.</td>
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<td><strong>Orenco Photography Club</strong></td>
<td>On break until January</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><strong>Poetry Out Loud</strong></td>
<td>Wednesday, December 9th &amp; 23rd</td>
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<tr>
<td>Residents share their favorite poems through live readings and discussions.</td>
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<td><strong>Read Aloud: Newsletter</strong></td>
<td>Tuesday, December 1st</td>
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<tr>
<td>Residents gather together to read the Cornell newsletter out loud.</td>
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<tr>
<td><strong>Sing-Along with Jan</strong></td>
<td>Thursday, December 10th &amp; 24th</td>
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<tr>
<td>Residents join Jan at the Grand Piano in the Main Lobby to sing their favorite songs!</td>
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<td><strong>Tea with Friends</strong></td>
<td>Tuesday, December 29th</td>
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<td>Grab a cup of tea and join your friends for an afternoon of conversation and laughter.</td>
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<tr>
<td><strong>Water Color Class</strong></td>
<td>Wednesday, December 2nd &amp; 16th</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><strong>Write Your Life Story</strong></td>
<td>Tuesdays</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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Do You Have It?

Would the party who has the book, “Walk With Me,” autobiography of Cornell Estates resident, Roy Benson, please identify themselves.

It belongs to the Cornell Estates library and has been missing since May. If you are finished reading it, please contact Amanda Bigus, Community Programs Director to return the book. There have been several requests for the book and we want to be sure everyone has a chance to read it! Thank you!

Mooberry Elementary

SMART Reading Program

Every Tuesday at 12:30 pm *Still looking for volunteers!*

Help students age kindergarten - second grade learn to read
Read with first grade children for 1 hour a week for the school year. Volunteers Needed.

Pen Pals with 6th Graders

October 2015 - May 2016 *Still Looking for Volunteers!*

Mrs. Ahern’s 6th grade class is looking for Pen Pals for the 2015/2016 school year. You will be paired up with a child to write back and forth with throughout the year. It is a great opportunity to hear life through the perspective of a 6th grader!

Adelante Mujeres

Classroom Materials

December 15th 10:00 am PR

Help our local teachers and assemble crafts for the preschool children and English students.
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**

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<tr>
<th>Clinic</th>
<th>Days</th>
<th>Time</th>
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<tr>
<td><strong>Dental Clinic</strong></td>
<td><strong>Tuesdays</strong></td>
<td>9:00am—4:00pm</td>
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<tr>
<td>On-site dental clinic provided by senior dentistry students for preventative dental treatment, e.g. free brushing and teeth cleaning at a reduced rate.</td>
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<tr>
<td><strong>Ear Clinic</strong></td>
<td><strong>On break until January</strong></td>
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<tr>
<td>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!</td>
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Magic Moments @ Cornell

Top left: Donna D. greets everyone with a smile at the raffle ticket table during the Christmas Bazaar!

Middle left: Olga N. gets a chance to sit on Santa’s lap during the Christmas Bazaar

Middle: Dorothy C. takes a break from shopping to snap a picture with Santa and Mrs. Claus

Middle right: All the kids were excited to sit on Mrs. Claus’ lap, especially Exec. Director Charlene Torrey’s granddaughter!

Bottom left: Boy Scout Troup 855 conducts the Color Guard Ceremony at our Annual Veteran’s Day Salute

Bottom right: Roy A. is escorted in to the Veterans Day Salute by both of his Son-in-laws who are also Veterans