Monthly Health Lecture:
Heart Health with Darren Mitchell
Friday, February 6th
1:30pm in the Party Room

Did you know about 600,000 people die of heart disease in the United States every year? Or that it is the leading cause of death for both men and women? But, there are ways to help your heart and techniques to follow to improve your heart health. Join Dr. Darren Mitchell as he discusses heart conditions and heart health.

Heart disease is a very broad term that includes many conditions. Some of the most common heart conditions are coronary artery disease, hypertension, arrhythmias and palpitations, congestive heart failure, valvular heart disease, peripheral vascular or arterial disease, edema and diseases of the veins. There are many trusted sources to get more information about these conditions, such as the American Heart Association and the American College of Cardiology.

Dr. Mitchell attended Florida State University for his undergraduate, and attended Tulane University for his graduate school. He graduated with honors and emerged a Doctor of Medicine and a Master of Public Health. Dr. Mitchell received the Cardiovascular Young Investigator Award from the American Federation for Medical Research in 2003. In 2008, Dr. Mitchell joined the practice of Hillsboro Cardiology, P.C. and continues to attend scientific meetings focusing on the specialty of cardiology and stays abreast reading the leading cardiology journals; thereby, providing his patients with the most exceptional care available.

To learn more about heart conditions and heart health, please join us on Friday, February 6th at 1:30 pm in the Party Room.

Cornell Estates 2015 Ambassadors:
Bob Brooks & Arden Sheets

Bob Brooks
Bob grew up in Scoggins Valley, Oregon. He grew up in this area and moved around a little. He went to Gaston High School and graduated from Beaverton High School. He then joined the Navy and served our country from 1957-1959. He also worked at Tektronix, a local company, for over 15 years. He moved into Cornell Estates in 2001 and since then has made friends and enjoyed his time making this his home. He has always enjoyed building things and working with his hands.

More recently he has taken up sewing as a hobby and his projects are always innovative and beautiful. Bob has been described as being a great friend, patient, kind and thoughtful. He is also very helpful around the facility and especially with the church services. You may see him involved in activities such as the Spanish conversation class, Cornell College, Cornell Choir, and the music performances.

Arden Sheets
Arden was born in Topeka, Kansas, and was raised in diversified farming activities in Eastern Kansas. He received a B.S. degree from Kansas State University in Agricultural Science and a M.S. degree in Horticulture from Oregon State University.

Arden served in the U.S. Air Force as a Personnel Officer. He retired from the Air Force Reserve in 1991 with a rank of Lieutenant Colonel. He and his wife, Connie, have two sons, and have taken many adventures around the world. They have been to many different countries including China, India, Australia, New Zealand, Portugal, and Egypt.

This man also is a diehard Beaver fan and worked for the Oregon State University for many years doing research in agriculture. Arden has been described by his friends as helpful, friendly, and caring. His generous heart and gift of gardening has not gone unnoticed by the residents of Cornell.
Cornell Estates
Management Team

EXECUTIVE DIRECTOR
Charlene Torrey

MARKETING DIRECTOR
Cindy Lovell

RESIDENT CARE COORDINATOR
Clarise Brannon

ON-SITE REGISTERED NURSE
Anna Koning

COMMUNITY PROGRAMS DIRECTOR
Amanda Bigus

DIETARY MANAGER
Ron Gifford

MAINTENANCE COORDINATOR
David De La Torre

HOUSEKEEPING SUPERVISOR
Rosa Vargas

BOOKKEEPER
Tim Helling

Staff Birthdays

<table>
<thead>
<tr>
<th>Name</th>
<th>Date</th>
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<tbody>
<tr>
<td>Susana V.</td>
<td>2/5</td>
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<tr>
<td>Ann Marie Q.</td>
<td>2/10</td>
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<tr>
<td>Debi W.</td>
<td>2/10</td>
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<tr>
<td>Patty C.</td>
<td>2/17</td>
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<tr>
<td>Paul M.</td>
<td>2/19</td>
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</table>

February Birthdays

- Frank Colly: 2/4
- Gary Deveraux: 2/4
- Violet Aquino: 2/5
- Tamiko Gage: 2/7
- Phyllis Burrell: 2/9
- Bessie Loos: 2/12
- Robert Plumb: 2/15
- Arden Sheets: 2/17
- Frank Reding: 2/20
- LeRoy Sprecher: 2/21
- Shigek O Mukai: 2/24
- Roy Benson: 2/28

Birthday Party with the Senior Serenaders on Wednesday,
February 11th at 1:30 pm in the Party Room

Thank you!

We could not have done the following without you:

Welcome Bags: June Ranf

Newsletter Folding: Margo Stoneking, Margaret Anderson, Sue Colly

Assisting with Church: Bob Brooks

Assisting with Exercise: Eva Beeman

Library Maintenance: Anne Matthes

Special Thank You to Donna Detrick for cleaning up after a football game party!

Donating items for the National Day of Service: Arden Sheets, Ellen Mann, Elizabeth Simons, Margot & Jim Stoneking, Pat & Norm Edmisten, Anne Mathes

Special Thank You to all who helped contribute to the Service Project Welcome Boxes!
Coming Events

Sig Unander Presents: Theodore Roosevelt
Friday February 20th
1:30 pm in the Party Room

Theodore Roosevelt is credited with the famous quote, “Speak softly and carry a big stick”; this saying described his style of foreign policy. Theodore Roosevelt is a very rich and integral part of the history of the United States; he was an author, naturalist, soldier, explorer and historian. Join Sig Unander at Cornell Estates for a fun and educational lecture on Theodore Roosevelt.

Sig Unander is a historian and a dynamic presenter making all of his presentations memorable. The subjects Sig chooses to research and present draw interest from people because they are familiar, yet filled with new information about people who have defied odds and become heroes. This time, Sig has chosen to present about Theodore Roosevelt for many reasons. One reason is that Roosevelt was a very memorable person in the history of the United States.

Sig Unander is a fourth generation Oregonian and grew up in a family dedicated to the ideals of public involvement and community service. He has worked in many states in the United States and also help a staff position in the Oregon Legislature. He specializes in the publication of historical fine art, research, writing, and consulting.

So join us as we learn about Theodore Roosevelt from Sig Unander on Friday, February 20th at 1:30 p.m. in the Party Room.

Valentine’s Day Concert with the Columbia River Strings Duo
Friday, February 13th
2:00 pm in the Party Room

Celebrate Valentine’s Day with the soothing sounds of the Columbia River Strings Duo! A violin and cello will serenade you on the afternoon before Valentine’s Day. What a pleasant way to spend the afternoon!

The Columbia River Strings is based primarily in Portland, Oregon. They specialize in wedding ceremonies, engagement parties, receptions, and banquets. Their professionalism and premium talent gives them a great reputation in the area. They have a large repertoire of music to select from and enjoy customizing the music to fit the situation.

The Columbia River Strings Duo will be serenading us with the perfect mix of classical and love songs. So if you’re interested in listening to some fabulous music, please join us on Friday, February 13th at 2:00 pm in the Party Room.

Trip: Hillsboro High School Annual Senior Citizen Breakfast
Saturday, February 21st
Bus leaves at 8:00 am
Breakfast Price: Free!

Hillsboro High School is hosting a FREE breakfast for senior citizens, and you are invited!

Enjoy a hot meal and friendly conversation from a nice student at Hillsboro High School.

Sign up at the front desk to reserve your seat. The bus will be leaving at 8:00 am on Saturday, February 21st!

Now Accepting White Elephant Donations!

We are starting early this year! If you are doing some house cleaning, keep the White Elephant in mind. If you have items you would like to donate, please see Cindy Lovell, Marketing Director.
## Continuing Education

| Computer and Cell Phone Consultations | Presidents’ Day Trivia!  
Wednesday, February 18th  
1:30pm in the Party Room |
|---------------------------------------|--------------------------------------------------|
| Friday, February 6th  
3:00 pm - 4:00 pm |                                                      |

Do you have a problem with your computer, cell phone, printer or other device? With an abundance of technology available these days, it’s easy for something to go wrong.

Or maybe there is something you want to learn how to do on the computer or on your cell phone and you want someone to teach you.

Each month you will have a chance to sign up for a consultation with Diana or Kati from Community Programs. Sign up at the front desk for a 15 minute consultation between 3:00 and 4:00 on **Friday, February 6th**. You can have them come to your apartment or meet them in the Columbia Room.

If you have an urgent problem and would like help before or after February 6th, please do not hesitate to ask and we will arrange for someone to help you.

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| Arm Chair Travel  
Friday, February 6th  
3:00 pm in the Cascade Room | The More You Know  
Friday, February 20th  
3:00 pm in the Cascade Room |
|----------------------------|--------------------------------------------------|

This month, we will be traveling to the country of Wales! The best part about this trip: you don’t even have to pack a bag or leave the comfort of your own chair!

The country of Wales is a very interesting one that is actually part of the United Kingdom. Although that might be a well-known fact, I bet you didn’t know that Wales is believed to have more castles per square mile than anywhere else in the world! Or that the sheep population is four times that of the human population. So come join us on **Friday, February 6th at 3:00pm in the Cascade Room** and come learn more about the interesting country of Wales!

This month in The More You Know, we will be learning about the history of Valentine’s Day! Learn about how this interesting holiday was started, and why the world still celebrates it every year! You may learn something you didn’t know before! Join us on **Friday, February 20th at 3:00 pm in the Cascade Room**.

Presidents’ Day is on Monday, February 16, and was first established in 1885 in recognition of President George Washington. It is also still officially called “Washington’s Birthday” by the federal government. It is celebrated on the third Monday in February, but was originally on February 22nd, which was Washington’s actual day of birth.

In an attempt to create more three-day weekends for the nation’s workers, Presidents’ Day was moved as part of 1971’s Uniform Monday Holiday Act. While many states still have individual holidays to honor the birthdays of Washington, Lincoln, and other figures, Presidents’ Day is now popularly viewed as a day to celebrate all U.S. presidents, past and present.

Come and join us as we recognize Presidents’ Day on **Wednesday, February 18th at 1:30pm in the Party Room** by listening to interesting trivia about their lives and presidencies. For example, you will learn which president was the tallest and which was the shortest. You will also find out which presidents were even related to each other!
That’s Entertainment

Games with Forest Hills Lutheran School Students
Friday, February 27th
1:30 pm in the Party Room

The students from Forest Hills Lutheran School are coming back to Cornell Estates! They will be here on **Friday, February 27th at 1:30 in the Party Room**.

This time, we will be playing games with the students! The students will be teaching us games that they play in their classroom that are both fun and educational.

The students that would be visiting Cornell Estates are a part of a Multiage class. They are between kindergarten and 2nd grade and are learning more about being a light in a community.

They are really looking forward to meeting you! This cute bunch of kinds can’t wait to make a new friend with you!

Stan Lasley: Piano Player
Tuesday, February 24th
10:00 am in the Main Living Room

Join your neighbors in listening to this wonderful pianist! Mr. Lasley is committed to providing entertainment through piano songs. He has been playing the piano since he was three years old! He started playing with his grandfather and has continued his passion while growing up. He attended University of Portland and then Julliard.

Before moving back to the Portland area, he worked in Hollywood, playing for many movie stars. Having him play for us will be a real treat! So join us on **February 24th at 10:00 am in the Main Living Room**, to enjoy this amazing pianist!

Cornell Choir Meeting & Rehearsal
Monday, February 2nd
1:30 pm in the Party Room

Cornell Choir is back! Join us in the **Party Room** at **1:30 pm on Monday, February 2nd**, for a meeting about our Spring concert.

We will discuss theme ideas and come up with a list of possible songs. Choir rehearsals will begin on Monday, February 9th. Everyone is welcome to join the choir!

Meet Your Neighbor Party with Kim & Terry
Wednesday, February 25th
1:30 pm in the Party Room

Join your fellow neighbors for Kim and Terry’s latest show: “That’s Amore!” Don’t like the slow and sappy ones? That’s great! Not all of the songs are going to be slow and sappy!

Musical duo Kim and Terry will entertain you on **Wednesday, February 25th at 1:30 pm in the Party Room**. They will be sure to sing all of your favorite love songs so that you can fully enjoy hearing all the classics one more time! It is a guaranteed fun time and that they will sing songs that you will recognize and enjoy!
## Grand Days Out

### Trip: Lunch at Nonna Emilia  
**Thursday, February 19th**  
**Bus leaves at 10:30 am**  
**Cost: $8-15**  
Italian food has developed through centuries of social and political changes. It is noted for its diversity and abundance in taste while still being so simple, with many dishes only having a few ingredients. Italian food is probably the most popular food in the world! Wouldn’t you love to have some of the most popular food in the world? Join us on **Thursday, February 19th at 10:30am** for lunch at Nonna Emilia, a traditional Italian restaurant.

### Trip: Oregon History Museum and Lunch at the Museum Cafe  
**Thursday, February 5th**  
**Bus leaves at 10:30 am**  
**Lunch price: $10.00 - $15.00**  
Take a trip back in time by visiting the Oregon Historical Society and History Museum. The time-travel adventure begins at 10:30 pm on Thursday, February 5th. There will be a couple different exhibits on display for you to explore while you are there. Powering Oregon: 125 Years of PGE will be a main exhibit while you are there. Learn about PGE’s involvement in Oregon’s iconic 20th century events like the Lewis & Clark Exposition and the Portland Rose Festival. From Hydropower to wind power, discover PGE’s role in powering the state. Travel back to the streetcar era and look ahead to electric cars through PGE’s involvement in evolving transportation in Oregon.

### Trip: OMSI Kendall Planetarium  
**Thursday, February, 12th**  
**Bus leaves at 1:30 pm**  
**Cost: $5.75**  
The OMSI Kendall Planetarium is a unique environment that blends art, science, fantasy and fun. It is the largest and most technologically advanced planetarium in the Pacific Northwest. The Kendall Planetarium features educational and entertaining presentations on astronomy and space science. Join us on **Thursday, February 12th at 1:30pm** for our trip to see this amazing presentation of space and science. Imagine the ultimate space vacation! Discover our solar system through a new set of eyes—a family from another star system seeking the perfect vacation spot. Fly over the surface of Pluto, our best known Dwarf Planet. Dive over the ice cliffs of Miranda. Sail through the rings of Saturn. Feel the lightning storms of Jupiter. And walk on the surface of Mars. Which destination would you choose? A solar system journey for space travelers of all ages! Sign up at the Front Desk!

### Trip: Out to the Movies  
**Thursday, February 26th**  
**Bus leaves at 1:30 pm**  
The Cornell Estates bus will be taking you out to the movies! There are a variety of movies that will be coming out this month and we want to give you the opportunity to see one in the theater. Some options are: Wild, Into the Woods, Night at the Museum: Secret of the Tomb, and Annie. As we get closer to the **February 26th**, we will take a vote on which movie we will see. Sign up at the Front Desk!
Monte Watters is Back!
Tuesday, February 3rd
3:00 pm in the Main Living Room

Monte Watters is back! Join him in the Main Living Room on Tuesday, February 3rd, 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.

With his outgoing personality, Monte is a natural performer and delights in bringing joy to listeners of all ages.

Girl Scout Cookie Sale
Saturday, February 21st
10:00am to 1:00pm in the Main Living Room

Thin mints, samoas, tag alongs, oh my! Stop by the Main Living Room on Monday, February 21st to buy some of those delicious Girl Scout cookies or to just say hi to the girls! They will be here from 10:00 am – 1:00 pm, so be sure to get a box (or a couple boxes) before they are gone! Girl Scouting helps girls develop their full individual potential; relate to others with increasing understanding, skill, and respect; develop values to guide their actions and provide the foundation for sound decision-making; and contribute to the improvement of society through their abilities, leadership skills, and cooperation with others.

Super Bowl Party!
Sunday, February 1st
3:30 pm in the Party Room

Come and join us in the Party Room on Sunday, February 1st at 3:30 pm to watch the New England Patriots play against the Seattle Seahawks! We will have snacks like popcorn and other delicious treats. You are also welcome to bring your own snacks! Come root for your favorite team or just come enjoy the football atmosphere!

Thank You for Making the National Day of Service a Success!

Cornell Estates received an outstanding amount of support, donations, and volunteers for their service project. On Monday, January 19th, Cornell Estates residents assembled welcome boxes to donate to “Embrace Oregon” who gives these boxes to children entering foster care.

Children sometimes have to wait a substantial amount of time to be placed in a new home. These boxes provide them with entertainment while waiting and it is something they can call their own. This year Cornell assembled thirteen welcome boxes for Embrace Oregon. These boxes included a stuffed animal, coloring books, a flashlight, a pair of socks, hairbrushes, toothbrushes, toothpaste, and many more fun toys and activities. Most of these items were donated by Cornell Estates residents.

A HUGE thank you to everyone who donated and participated in our National Day of Service Project! We would not have been able to do it without you!

Word Game: Words in a Word

See how many words you can create from the letters in AFFECTION (example: coin, icon, once, fait, cent). Compare your list to ours in next month’s newsletter!

Most Popular Answers for January

Word: Celebration

Reel, brace, ion, tale, tire, tie, not, ice, tea, tin, bee, tab, art, bat, air, eel, bet, rot, ban, lean, bail, coin, acre, orca, boat, bear, lion, lent, coal, coat, rice.
Thank you!

To our current Encore Partners:

Richard Banham - Bible Study
Chet Bishop - Bible Study
Theresa Burns - Quilts for foster kids, Calling Bingo
Dorothy Eby - Senior Serenaders
Janice Haley - “The Card Lady”
Beverly Nighorn - Friendly Visiting
Becky Palfenier - Pretty Nails
Mike & Anne Popa - 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 in February with our Pacific University partners?

With school in full swing, there are many ways to get involved!

Speech Language Students
Speech-Language Pathology Back for 2nd semester!
Your Pacific University Speech Language Pathology students will be back on Friday, February 6th and Friday February 20th at 10:00 am in the Party Room. Thank you to all of the resident volunteers who take the time each month to assist these students in preparing for their career. Diana will hand out a reminder as to who your student is the day before they come and visit again.

Dental Clinic in Session Tuesdays, Feb. 3rd & 17th
The senior students’ Dental Clinic is open Tuesday, February 3rd and 17th, from 9:00 am - 4:00 pm.
The students are available for FREE services (dental screenings, oral cancer screenings, denture cleaning, assistance with brushing and flossing).
They can also provide preventative dental treatment at a discounted rate for your convenience. Sign up at the Front Desk and the students will come meet with you to set up an appointment.

This month in Hearing Health @ Cornell Estates:

Wednesdays are Hearing Awareness Day
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 Wednesday, February 4th.

Ear Wax Clinic
The Ear Wax Clinic is returning to Cornell Estates! This is the service for you if you are in need of getting your ears cleaned of ear wax.
Dr. Trent Westrick will be here on Thursday, February 12th from 9:00 am - 12:00pm. Sign up at the Front Desk for a 30 minute time slot. Service fee of $25 cash or check only.
### Meetups @ Cornell

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

<table>
<thead>
<tr>
<th>Event</th>
<th>Date/Time</th>
<th>Location</th>
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<tbody>
<tr>
<td><strong>Book Club</strong></td>
<td>Monday, February 23rd</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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<td><strong>Boost Your Memory</strong></td>
<td>Tuesday, February 17th</td>
<td>3:00 pm (CR)</td>
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<tr>
<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>
<td>10:00 am (COL)</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>
<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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<td><strong>Cornell College</strong></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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<td><strong>Cornell Community Garden</strong></td>
<td>On Break Until March</td>
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<td>Residents have created a garden together with assistance from master gardener Arden Sheets.</td>
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<tr>
<td><strong>Current Events</strong></td>
<td>Monday, Wednesday, Friday</td>
<td>Times Vary - see calendar</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>Monday, February 27th</td>
<td>3:00 pm (CR)</td>
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<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>Thursday, February 19th</td>
<td>7:00 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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<td><strong>Poetry Out Loud</strong></td>
<td>Wednesday, February 11th &amp; 25th</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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<td><strong>Read Aloud: Newsletter</strong></td>
<td>Tuesday, February 3rd</td>
<td>10:00 am (ML)</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, February 12th &amp; 26th</td>
<td>3:00 pm (ML)</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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<tr>
<td><strong>Stories for the Soul</strong></td>
<td>Mondays &amp; Wednesdays</td>
<td>Times Vary - See Calendar</td>
</tr>
<tr>
<td>Join this feel-good group that meets for stories that will warm your heart and brighten your day!</td>
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<tr>
<td><strong>Tea with Friends</strong></td>
<td>Tuesday, February 24th</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><strong>Water Color Class</strong></td>
<td>Wednesday, February 4th &amp; 18th</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><strong>Write Your Life Story</strong></td>
<td>Tuesdays</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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Residents Serving the Cornell Estates Community

Friendly Visiting Fridays @ 3:00 pm
Assistance with Events & Programs
Community Gardening
Food Committee

Lunch Tour Guides
Welcome Baskets
Welcome Buddies
Librarians

Residents Serving the Surrounding Community

Mooberry Elementary
SMART Reading Program Tuesdays
The bus leaves at 8:45 am

Pen Pals with 6th Graders Ongoing October 2014 - April 2015
Exchange monthly Pen Pal letters with 6th graders in Ms. Mito-Ahern’s class. Sign up at the Front Desk

Adelante Mujeres
Classroom Materials Tuesday, February 17th 10:00 am
Help our local teachers and assemble crafts for the preschool children and English students.

Girl Scout Troup #43119
Monthly opportunity for residents to help Girl Scouts with their latest badges.
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.

“As 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. Sign up at the Front Desk.

Pacific University On-Site Clinics

Dental Clinic  Tuesday, February 3rd & 17th  9:00 - 4:00 pm
On-site dental clinic provided by senior dentistry students for preventative dental treatment, e.g. free brushing and teeth cleaning at a reduced rate. Sign up at the Front Desk.

Ear Clinic  Thursday, February 12th  9:00 - 12:00 pm
Audiologist Dr. Trent Westrick provides convenient on-site ear wax management on the 2nd Thursday of every other month. Cost is $25 per appointment. Cash or check only! Sign up at the Front Desk.
Magic Moments @ Cornell

Top left: Cornell Estates 2015 Ambassadors: Bob Brooks and Arden Sheets
Middle left: Cornell Estates residents helping put together Welcome Boxes for the National Day of Service
Middle Right: Cornell Estates residents enjoying the Oregon Ducks Football game party
Bottom Left: Residents enjoying their tour at the local Fire Station
Bottom Right: Cornell Estates presenting the Hillsboro Fire Fighters with the contribution to the Toy & Joy Drive