Mother’s Day Concert with the Encore Women’s Vocal Ensemble!
Tuesday, May 12th
7:00 pm in the Party Room

“Mother’s hold their child’s hand for a moment and their hearts for a lifetime.”

Mother’s Day is a time to honor and appreciate the most special women in our lives (or YOU!), and who better to help us celebrate than the Encore Women’s Vocal Ensemble!

Artistic Director, Melinda Beyers, leads the ensemble with the belief that music has a nurturing power for themselves and the community. Encore strives for excellence in choral sound and performance; so you’re in for a treat!

Based in Portland Oregon, the Encore Women’s Ensemble is a group made up of members with diverse ages and singing experience. Their music is made up of many different eras and genres, ranging from Latin works to Broadway musicals and modern pieces with everything in between.

Invite your families and friends to join you for a spectacular evening of music on Tuesday, May 12th at 7:00 pm in the Party Room.

After the concert, enjoy a reception of tea and cookies.

Happy Mother’s Day!
Cornell Estates Management Team

EXECUTIVE DIRECTOR
Charlene Torrey

MARKETING DIRECTOR
Cindy Lovell

RESIDENT CARE COORDINATOR
Clarise Brannon

DIRECTOR OF HEALTH SERVICES
Anna Koning, RN

COMMUNITY PROGRAMS DIRECTOR
Amanda Bigus

DIETARY MANAGER
Ron Gifford

MAINTENANCE COORDINATOR
David De La Torre

HOUSEKEEPING SUPERVISOR
Rosa Vargas

BOOKKEEPER
Tim Helling

May Birthdays

Rose Paton 5/10
Sherrie Roper 5/15
Elizabeth Simons 5/15
Anne Matthes 5/16
Rose Boyd 5/21
George Prusynski 5/26

Birthday Party with Tempo 2 on Wednesday, May 13th 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:
Sue Colly, Margot Stoneking, Lois Minson
Filling Eggs for the Easter Egg Hunt:
Pat Raymond, Lois Minson, and Sue Colly
Assisting with Church: Bob Brooks
Assisting with Exercise: Eva Beeman
Library Maintenance: Anne Matthes
Adelante Materials:
Florence Prosa, Florence Hess, Dee Sandness, Pat Raymond, Dorothy Carson, Margaret Anderson, Shig Mukai, and Carolyn Wirtz
Helping pass out cake at the Birthday Party:
George Prusynski and Eva Beeman
Community Gardening:
Arden Sheets, Anne Matthes, Pearl Pfaff, Pat Edmisten, Donna Detrick

Staff Birthdays

<table>
<thead>
<tr>
<th>Name</th>
<th>Date</th>
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<tbody>
<tr>
<td>Tashi L.</td>
<td>5/12</td>
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<tr>
<td>Kylie S.</td>
<td>5/12</td>
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<td>Daniel G.</td>
<td>5/14</td>
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<td>Cindy C.</td>
<td>5/21</td>
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<td>Kathleen F.</td>
<td>5/24</td>
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<td>Sean J.</td>
<td>5/31</td>
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Rose Festival and Parent’s Day Brunch

Cornell Estates Senior Rose Court
Voting: May 11th - 17th

It is time to kick off the Rose Festival season with our very own Cornell Estates Senior Rose Court! Beginning Monday, May 11th, residents will vote for their choice for Senior Rose Queen.

There will be one queen to represent the Assisted Living community and one queen to represent the Retirement community. The two runners up for each community will serve as our Rose Princess Court.

The voting box will be placed at the Front Desk from May 11th through May 17th. The forms require the name of the nominee and why you chose that person.

The ladies who are crowned Queen and Princesses will help represent Cornell Estates in the Hillsboro 4th of July parade.

Voting guidelines:
- Each resident may vote for one person
- Staff members are not eligible
- Past queens/princesses are not eligible

The 2015 Court will be announced at the Parents’ Day Brunch on Saturday, May 30th.

Former Senior Rose Queens & Princesses

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<thead>
<tr>
<th>Retirement</th>
<th>Assisted</th>
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<tbody>
<tr>
<td>Ava H.</td>
<td>June R.</td>
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<td>Rose B.</td>
<td>Donna D.</td>
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<td>Ellen M.</td>
<td>Anne M.</td>
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<td>Shig M.</td>
<td>Margaret A</td>
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<td>Eva B.</td>
<td>Helen H.</td>
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<td>Sue C.</td>
<td>Janet K.</td>
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<td>Shirley F.</td>
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<td>Dolores S.</td>
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<td>Barbara I.</td>
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<td>Shirley B.</td>
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<td>Jayne R.</td>
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<td>Sherry R.</td>
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<td>Joan A.</td>
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<td>Esther C.</td>
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<td>Esther F.</td>
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<td></td>
<td>Tamiko G.</td>
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Parent’s Day Brunch
& Rose Princess Crowning
Saturday, May 30th

Assisted Living at 11:00 am
Retirement at 12:00 pm

Join us for our annual Parent’s Day Brunch on Saturday, May 30th, to honor our parents and grandparents at 11:00 am in our Assisted Living dining room and 12:00 pm in our Retirement Living dining room.

Chef Ron Gifford and his staff are preparing a mouth watering buffet featuring: Painted Hills prime rib with horseradish cream, salmon wellington with fresh tarragon and hollandaise, and chicken roulade with prosciutto, provolone, fresh basil and a wild mushroom sauce.

Side dishes include roasted heirloom potatoes, pancetta wrapped asparagus, and honey glazed carrots.

Desserts include fresh three berry tart with mascarpone cream and triple chocolate cheesecake.

During the brunch, owner Tricia Seabold will announce and crown our 2015 Senior Rose Court Princesses.

Guest tickets may be purchased at the Front Desk no later than Friday, May 23rd. Guest tickets are $15.00 for adults (age 11 and up), $7.50 for children (ages 7 - 10), and free for children 6 years and younger. No charge for Cornell Estates residents.

Invite your friends and family to join us for a family celebration filled with great food and lots of fun!! You won’t want to miss it!
Continuing Education

Washington County Mobile Museum:
Lewis and Clark
Friday, May 22nd
1:30 pm in the Party Room

When Lewis and Clark first pushed their boats into the Missouri River in May of 1804, the corps of discovery was launched. In this interactive mobile museum, you will examine the famous pair’s methods of travel and tools of navigation. You will discover flora, fauna, and learn about the Native Americans that Lewis and Clark encountered on this historic trek across America.

The Washington County Mobile museum offers informative presentations on major topics of local history taught by experienced and professional educators. With this program, The Washington County Museum can bring history to life at Cornell Estates! With a kit of artifacts right from the museum’s collection, presenters can demonstrate how the objects were used in context to the lives of people who used them.

Don’t miss this opportunity to surround yourself with the rich history of the Lewis and Clark Expedition on Friday, May 22nd at 1:30 pm in the Party Room.

Taking the Right Steps:
Fall Prevention with Legacy Health
Wednesday, May 27th
1:30 pm in the Party Room

According to the Center for Disease Control and Prevention, falls are a major threat to the health and independence of older adults, people aged 65 and older. Each year in the United States, nearly one third of older adults experience a fall. Falls prevention is important due to the serious risk of injury or death as well as the economic burden they can cause. Join Legacy Health on Wednesday, May 27th at 1:30pm in the Party Room to learn what you can do to prevent falls and reduce your risk.

This presentation is presented on behalf of the Legacy Emanuel Medical Center, “Trauma Nurses Talk Tough” program. They firmly believe that offering effective fall prevention education in our community can reduce falls and help older adults live better and longer lives.

Arm Chair Travel:
The Island of Tasmania
Friday, May 15th
3:00 pm in the Cascade Room

This month we will be travelling to the Australian Island of Tasmania. From the comfort of your armchair, we will learn about this fascinating island.

An interesting fact about Tasmania is that it has 18 national parks taking up over a third of the land of the island. Tasmania is also very well known for it’s wonderful wine and food, a rich history, and a relaxed island lifestyle. Sounds like a fun place to visit!

Join us on Friday, May 15th at 3:00pm in the Cascade Room to learn about this amazing island!

The More You Know:
Cinco de Mayo
Friday, May 1st
3:00 pm in the Cascade Room

This month we are going to be learning about the celebration of Cinco de Mayo. This holiday originally commemorates the Mexican army’s 1862 victory over France at the Battle of Puebla, but in the United States it has evolved into a celebration of Mexican culture and heritage.

So come join us on Friday, May 1st at 3:00 pm in the Cascade Room to learn more about this fun celebration!
# What’s Happening?

## Chinese Brush Painting
**Friday, May 1st**  
*1:30 pm in the Cascade Room*

Learn and explore the fundamentals of Chinese brush painting with an emphasis on enjoyment and relaxed concentration with this exciting new art class! Professional painter and instructor, Cindy Lommasson will guide you with easy to follow, step-by-step examples, along with a brief discussion of the history and philosophy of the art form. Subjects will include bamboo, flowers, and dragonflies. No previous art experience is necessary.

Cindy Lommasson is a Portland, Oregon painter and instructor in the art of Chinese brush painting, in the xieyi, or spontaneous, style.

She holds a bachelor’s degree in Art from Portland State University. She is a workshop instructor at Sitka Center for Art and Ecology at the Oregon Coast, and the Oregon Society of Artists in Portland. Her work has been exhibited in the Visual Arts Showcase, All Around Oregon, All Oregon Art Annual and the Cascade Aids Project Auction, among others, and is included in many private collections.

![Chinese Brush Painting](image)

Pictured above is one of Cindy’s original pieces of art and is similar to what you complete in the class. **Please sign up at the front desk!**

## Supper Time Happy Hour
**Thursday, May 14th**

- **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 in to the dining room for your supper.

## Rose Festival History and Highlights
**Friday, April 29th**  
*1:30 pm in the Cascade Room*

Come find out how Cornell Estates celebrates the Rose Festival including how we select our own princesses, the meaning behind the Royal Rosarians at our Queen’s Coronation, and the exciting opportunity for our princesses to ride in the Hillsboro Fourth of July parade.

Also included will be some fun facts and trivia about the Rose Festival in Portland. For example, did you know that the Rose Festival was first started to put Portland on the map and brand it “the summer capital of the world?” Come find out more on **Friday, April 29th at 1:30 pm in the Cascade Room.**

## Voter’s Assistance
**Friday, May 15th**  
*9:00 am - 12:00 pm in the Columbia Room*

The Washington County Voter Assistance Team helps the voter by reading the ballot and/or Voters’ Pamphlet; helping update the voter’s signature and helps the voter mark his/her choice. Each team is comprised of two registered voters with different political affiliations.
# Grand Days Out

## Let’s Go Out to the Theatre!
**“Belles on Their Toes”**  
*At Hart Theatre*  
**Saturday, May 2nd**  
**Bus leaves at 1:30 pm**  
**Cost: $5.00**

You are invited to see Stages Performing Arts Youth Academy in their upcoming performance, “Belles on Their Toes,” at Hart Theatre. Come see this talented cast as they put forth their best performance of the classic sequel to “Cheaper by the Dozen.”

## Northwest Senior Theatre  
**Thursday, May 21st**  
**Bus leaves at 12:45 pm**  
**Cost: $5.00**

The NW Senior Theatre is at it again with their Spring performance! The theme this year is “colorful memories.” Spring and color just go together. Hear some old favorites and soon to be new favorites!

## Trip: Audubon Society and Wildlife Care Center  
**Thursday, May 7th**  
**Bus leaves at 9:30 a.m.**

The Audubon Society of Portland promotes the understanding, enjoyment and protection of native birds, other wildlife, and their habitats.

On this outing, you will visit the Wildlife Care Center at the Audubon Society where you will have the opportunity to meet real animals that are not releasable to the wild, watch wildlife surgeries through the observational windows and check out interactive displays.

The Wildlife Care Center is the oldest and busiest wildlife rehabilitation facility in Oregon. They treat about 3,000 animals for release back into the wild and respond to more than 12,000 wildlife related inquiries each year.

Grab your seat on the bus for this educational trip by signing up at the front desk. The bus will leave at 9:30 am on Thursday, May 7th.

## Trip: International Rose Test Garden And Picnic at Washington Park  
**Thursday, May 28th**  
**Bus leaves at 10:00 am**

Take a minute to stop and smell the roses at Portland’s famous International Rose Test Garden. Take in the beautiful view of colorful roses, green grass and spectacular views of the city. Portland’s connection with roses goes all the way back to 1888 when Georgiana Pittock invited her friends and neighbors to exhibit their roses in a tent set up in her garden.

After a stroll by the rose bushes, enjoy a picnic lunch in Washington Park. Make sure to get your seat on the bus for this lovely day out. Sign up at the front desk. The bus will leave at 10:00 am on Thursday, May 28th.

## Trip: Schreiner’s Iris Gardens And Lunch at Shari’s  
**Thursday, May 14th**  
**Bus leaves at 10:00 am**  
**Lunch Cost: $5-$10.00**

Schreiner’s Iris Garden invites you take to take a stroll through the fields during their peak blooming season. You will see thousands of Iris in bloom, from the deepest black to pure white, deep brick red to azure blue, glowing copper to velvety purple. The spectacle of row after row, field after field of brilliantly blooming flowers brightens the spirits and ignites the imagination.

Today, Oregon is the largest grower of Iris in the United States.

Before heading to the garden, stop at Shari’s restaurant for a delicious lunch.

The bus leaves at 10:00 am on Thursday, May 14th.
**Simple Pleasures**

**National Day of Prayer**  
**Thursday, May 7th**  
1:30 pm in the Party Room

National Day of Prayer is an annual observance held on the first Thursday of May, inviting people of all faiths to pray for the nation.

The theme for 2015 is “Lord, Hear Our Cry,” emphasizing the need for individuals, corporately and individually, to place their faith in the unfailing character of their Creator, who is sovereign over all governments, authorities, and men.

We invite you to join us, along with millions of Americans on **Thursday, May 7th at 1:30 pm in the Party Room** at Cornell Estates’ own National Day of Prayer Ceremony, led by Pastor Bryan Astring of Helvetia Church.

Cornell Estates residents will lead us in prayer for our nation, military, education and much more.

Please let Amanda in Community Programs know if you are interested in reading a scripture during the program.

**Spring Flower Craft**  
**Saturday, May 9th**  
2:00 pm in the Party Room

Our craft with the St. Matthew’s volunteers has been rescheduled for the month of May! They are a youth group from St. Matthews church would love for you to join them for a fun flower craft.

Come to the **Party Room on Saturday, May 9th at 2:00 pm** to make a simple spring craft to take home with you.

This friendly group is looking forward to meeting you!

**Brain Games!**

**Can you solve the following riddle?**

I multiply, but never breed; live on air, but never breathe; devour much, but never eat. I’m often measured by my heat.

**What am I?**

Check next month’s newsletter for the answer and a new riddle!

**C.A.R.E. Project:**  
**Goodie Bags for Foster Parents**  
**Wednesday, May 20th**  
1:30 pm in the Cascade Room

For our C.A.R.E. project this month, we will be completing a project for the DHS Foster Parent Appreciation event. The Department of Human Services depends on foster parents to do the day-to-day parenting for these children until they can either return safely to their own homes or until an alternate permanent plan is found.

In Oregon alone, there are over 8000 children in foster care, so you can imagine how important foster parents are in these children’s lives. The DHS in Washington County is hosting a Foster Parent Appreciation Event and has asked for our help!

Cornell Estates will be putting together goodie bags for the parents that attend the Appreciation Event hosted by the Washington County DHS. When the parents receive these goodie bags, they will find a personalized note from one of our residents. If you are interested in helping assemble the goodie bags, meet in the **Cascade Room at 1:30 p.m. on Wednesday, May 20th**.
NEW! Cornell Estates is partnering with Willamette Eye Care to offer Vision Services for our residents and staff!

Dr. McKenzie, OD, will be at Cornell Estates on Monday, May 18th from 9:00 am—12:00 pm in the Columbia Room to offer FREE vision screenings.

The vision screenings are private and will only take about 3 minutes. The purpose of the screening is to determine whether you are in need of an eye exam.

If it is determined that you need an eye exam, you can sign up for an appointment. Dr. McKenzie will then be back at Cornell Estates at a later date to complete the eye exams.

Willamette Eye Care Services will work with your insurance to pay for the eye exams.

Come get your free vision screening and find out how you can receive a free pair of prescription glasses.

We are looking forward to this exciting new partnership that will bring more services to Cornell Estates!

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 Wednesday, May 6th

Ear Wax Clinic
Stay tuned to find out when the Ear Clinic will be back at Cornell.
### 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>Book Club</td>
<td>Monday, May 25th 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>Boost Your Memory</td>
<td>Tuesday, May 19th 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>Conversational Spanish</td>
<td>Wednesdays 9:50 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>Cornell Choir</td>
<td>Mondays 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>Cornell College</td>
<td>Mondays 10:00 am (CR)</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>Cornell Community Garden</td>
<td>Tuesdays 10:00 am (ML)</td>
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<td>Residents have created a garden together with assistance from master gardener Arden Sheets.</td>
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<td>Current Events</td>
<td>Monday, Wednesday, Friday 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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<td>Food Committee</td>
<td>Coming in June 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>Orenco Photography Club</td>
<td>Thursday, May 7th 6:30 pm (PR)</td>
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<td>Local club invites residents to join monthly roundtables and discussions on photography</td>
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<td>Poetry Out Loud</td>
<td>Wednesday, May 13th &amp; 27th 3:00 pm (3FA)</td>
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<td>Residents share their favorite poems through live readings and discussions.</td>
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<td>Read Aloud: Newsletter</td>
<td>Tuesday, May 5th 10:00 am (ML)</td>
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<td>Residents gather together to read the Cornell newsletter out loud.</td>
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<td>Scrabble Nights</td>
<td>Tuesdays 6:30 pm (COL)</td>
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<td>Residents gather together to play Scrabble and test their spelling skills.</td>
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<tr>
<td>Sing-Along with Jan</td>
<td>Thursday, May 7th &amp; 21st 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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<td>Tea with Friends</td>
<td>Tuesday, May 26th 3:00 pm (CR)</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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<td>Water Color Class</td>
<td>Wednesday, May 6th &amp; 20th 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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<td>Write Your Life Story</td>
<td>Tuesdays 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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Out and About with your 2015 Cornell Ambassadors!

Our Ambassadors represent what we stand for here at Cornell Estates; fullness of life and community engagement. Each month, keep your eyes peeled for ambassador sightings at events both at Cornell and out in the Community!

This month, Retirement Living Ambassador, Arden Sheets, has been spending a lot of time in our gardens to make sure they are ready for summer. On any given day you are likely to find him in the greenhouse with his hands in potting soil. Arden invites residents to help with the garden during the weekly community gardening club on Tuesdays at 10:00 am.

Assisted Living Ambassador, Bob Brooks, has been spotted at numerous events including the presentation by the Oregon Historical Society and Boost Your Memory. Bob is very active at Cornell and you will often find him out and about on a beautiful day!

Stay tuned to find out what your ambassadors are up to!

---

Mooberry Elementary

SMART Reading Program

Tuesdays

The bus leaves at 8:45 am

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

Ongoing October 2014 - May 2015

Exchange monthly Pen Pal letters with 6th graders in Ms. Mito-Ahern’s class. Sign up at the Front Desk

Friday, May 15th: Pen Pal Meet-up at Mooberry! Cornell Estates residents will go visit Mrs. Ahern’s 6th grade class and complete an activity with their pen pal! After a whole school year of getting to know each other through letters, it’s finally time to meet. The bus will leave at 12:50 pm.

Adelante Mujeres

Classroom Materials

Tuesday, May 19th

10:00 am

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. Date TBD

**Pacific University On-Site Clinics**

**Dental Clinic**  On break for summer  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**  Next Clinic in June  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: June R. with her granddaughter at the Cornell Estates Easter Egg Hunt
Middle left: Vivian M. and Peg O. at the Wooden Shoe Tulip Festival in Woodburn, OR.
Middle Right: Grace S. admiring the flowers at the Lloyd Baron Rhododendron Garden
Bottom left: The talented balloon artist in action at the Cornell Estates Easter Egg Hunt.
Bottom Right: Cornell Estates Executive Director, Charlene Torrey, and family pose with the Easter bunny at the Easter Egg Hunt.