“From a Name to a Number”
The Story of a Holocaust Survivor
Friday, September 18th
1:30 pm in the Party Room

When you hear the word Holocaust, the images that most likely come to mind are dark and horrific. Alter Wiener is a holocaust survivor who strives to turn his story of fear and hate into one of hope and love.

Alter has been able to touch many lives with his story, and Cornell Estates is pleased to be able to welcome him into their facility as a special guest speaker.

Alter Wiener is one of the very few Holocaust survivors still living and he currently resides in Portland, Oregon. He moved to Oregon in 2000 and has since shared his story with more than 850 audiences.

His autobiography, “From a Name to a Number,” is one of the highest ranked books on Amazon. The book is a testimony to an unfolding tragedy taking place in WWII. It has a message of what prejudice can lead to and how tolerance is imperative.
## Cornell Estates Management Team

**EXECUTIVE DIRECTOR**  
Charlene Torrey

**MARKETING DIRECTOR**  
Cindy Lovell

**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

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## September Birthdays

<table>
<thead>
<tr>
<th>Name</th>
<th>Date</th>
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</thead>
<tbody>
<tr>
<td>Loretta Sloan</td>
<td>9/2</td>
</tr>
<tr>
<td>Pearl Pfaff</td>
<td>9/3</td>
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<tr>
<td>Rosann Prusynski</td>
<td>9/3</td>
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<tr>
<td>Jim Pavis</td>
<td>9/5</td>
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<tr>
<td>Ginny Astrue</td>
<td>9/6</td>
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<tr>
<td>Hazel Seagren</td>
<td>9/10</td>
</tr>
<tr>
<td>Dee Sandness</td>
<td>9/14</td>
</tr>
<tr>
<td>Shirley Weathers</td>
<td>9/23</td>
</tr>
</tbody>
</table>

**Birthday Party on Wednesday,**  
**September 9th at 1:30 pm in the Party Room**

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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, Pat Hackelman, Grace Swope and Lois Minson

**Assisting with Church:** Bob Brooks and Burt Huggett

**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

**Organizing Cards in the Art Center:** Sue Colly

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<table>
<thead>
<tr>
<th>Staff Birthdays</th>
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<tbody>
<tr>
<td>Sally D.</td>
<td>9/3</td>
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<tr>
<td>Ana R.</td>
<td>9/5</td>
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<tr>
<td>Renee W.</td>
<td>9/10</td>
</tr>
<tr>
<td>David D.</td>
<td>9/11</td>
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<tr>
<td>Maria M.</td>
<td>9/12</td>
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</tbody>
</table>
September Highlights

Kim and Terry’s South of the Border Show!
Wednesday, September 23rd
1:30 pm in the Party Room

Let’s head south of the border with everyone’s favorite duo, Kim and Terry!

This husband and wife combo know how to put on a great show complete with music, props and witty banter.

Join them on Wednesday, September 23rd at 1:30 pm in the Party Room for a fiesta! Enjoy chips, salsa and guacamole and maybe a margarita or two (non-alcoholic will be available)!

Alzheimer’s Association: Effective Communication Strategies
Thursday, September 24th
10:00 am in the Cascade Room

Communication is more than just talking and listening – it’s also about sending and receiving messages through attitude, tone of voice, facial expressions and body language. As people with Alzheimer’s disease and other dementias progress in their journey and the ability to use words is lost, families need new ways to connect.

Join a representative from the Alzheimer’s Association at Cornell Estates to explore how communication takes place when someone has Alzheimer’s, learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you connect and communicate at each stage of the disease.

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.

Friends and family members are invited to join this free class on Thursday, September 24th at 10:00 am in the Cascade Room.

Tomato 101 with Master Gardener Arden Sheets
Tuesday, September 8th
3:00 pm in the Cascade Room

Have you seen all of the tomatoes growing in the courtyards at Cornell Estates?

Well, September is the time when they are ripe for the picking, and Master Gardener and Cornell Resident, Arden Sheets, is offering a chance to sample a variety of tomatoes.

Arden will also talk about the different varieties, how they are grown, and how to care for tomato plants.

Arden will also be available to answer any questions you may have about tomatoes.
## Continuing Education

<table>
<thead>
<tr>
<th>Event</th>
<th>Date/Time</th>
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<tbody>
<tr>
<td><strong>Flu Shot Clinic</strong>&lt;br&gt;Wednesday, September 9th&lt;br&gt;9:00 am—12:00 pm</td>
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<tr>
<td>With autumn in the air, it’s time to get ready for cold and flu season. The first and most important step to protecting against the flu is to get a yearly flu shot as early in the flu season as possible. That’s why we’ll be hosting a Flu Shot clinic on <strong>Wednesday, September 9th, from 9:00 am -12:00 pm in the Party Room.</strong>&lt;br&gt;The flu shot providers will bill most insurances, including Medicaid. There will be a short form to fill out for billing purposes. There’s no need to make an appointment, but please do mark your calendars!</td>
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<tr>
<td><strong>C.A.R.E. Project</strong>&lt;br&gt;Wednesday, September 16th&lt;br&gt;1:30 pm in the Party Room</td>
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<tr>
<td>This month, we are going to dedicate our C.A.R.E. project to raising money for the “Walk to End Alzheimer’s.”&lt;br&gt;The Alzheimer’s Association is the largest nonprofit voluntary health organization dedicated to the prevention, cure and living with Alzheimer’s disease. The funds raised through Walk to End Alzheimer’s benefit the care, support and research efforts of the Alzheimer’s Association.&lt;br&gt;A donor-supported organization, the Alzheimer's Association allocates its funds in an ethical and responsible manner.&lt;br&gt;Throughout the month, we will have a donation collection box at the front desk for you to place your donations.&lt;br&gt;On <strong>Wednesday, September 16th, join us in the Party Room at 1:30pm</strong> to find out more about what the money being raised will support and those that are willing and able will then take a walk around the building to show support in Cornell’s own symbolic walk to end Alzheimer’s!</td>
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<td><strong>Tech Talk with John Lucas:</strong>&lt;br&gt;Smart Phones&lt;br&gt;Wednesday, September 30th&lt;br&gt;1:30 pm in the Party Room</td>
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<tr>
<td>Have you ever tried to use a smartphone and felt anything but smart? Do you want to make the jump to a smartphone, but are afraid you will have no idea how to use it?&lt;br&gt;Technology expert, John Lucas will explain the pros and cons to buying a smart phone, talk about the different types of smart phones and how to use them and offer advice on great plans for older adults.</td>
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<tr>
<td><strong>The More You Know:</strong>&lt;br&gt;Labor Day&lt;br&gt;Friday, September 18th&lt;br&gt;3:00 pm in the Cascade Room</td>
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<tr>
<td><strong>Labor Day</strong> is a holiday celebrated on the first Monday in September. It is a celebration of the American labor movement and is dedicated to the social and economic achievements of workers.&lt;br&gt;To learn more, come to the Cascade Room on <strong>Friday, September 18th at 3:00 pm.</strong></td>
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<td><strong>Arm Chair Travel:</strong>&lt;br&gt;Finland&lt;br&gt;Friday, September 4th&lt;br&gt;3:00 pm in the Cascade Room</td>
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<tr>
<td>There are lots of fascinating features to the Northern European nation of Finland.&lt;br&gt;Join us on a trip to this country and see pictures of the beautiful sights on <strong>Friday, September 4th at 3:00 pm in the Cascade Room.</strong>&lt;br&gt;If you have traveled to Finland, we would love to hear your stories!</td>
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</table>
## Simple Pleasures

<table>
<thead>
<tr>
<th>Event</th>
<th>Details</th>
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<tbody>
<tr>
<td><strong>Michael Baker</strong>&lt;br&gt;On the Guitar!  &lt;br&gt;Friday, September 4th&lt;br&gt;1:30 pm in the Party Room</td>
<td>There seems to be an abundance of piano players that walk through Cornell’s doors and every single one brings talent and enjoyment to our residents. But with all these talented pianists, we sometimes forget about the beautiful music that comes from the guitar. On <strong>Friday, September 4th at 1:30 pm in the Party Room</strong>, guitarist Michael Baker will delight your ears with a variety of music. Michael is a solo guitarist from Vancouver, Washington. He has been passionate about music since before he was 10 years old. He can sing and perform songs from the early 1900’s to the 30’s, 40’s and 50’s so you will be sure to hear something familiar.</td>
</tr>
<tr>
<td><strong>Music Request Hour</strong>&lt;br&gt;Wednesday September 16th &amp; 30th&lt;br&gt;3:00 pm in the Party Room</td>
<td>Music is a universal language that brings us together. Cornell is excited to bring you a music request hour for you to hear all of your favorite songs. Come with a list of songs you want to hear or request any song that comes to your mind! Most songs are accompanied with a video or pictures that will spark your memory and take you back in time.</td>
</tr>
<tr>
<td><strong>Fused Glass Pendants</strong>&lt;br&gt;Tuesday, September 16th&lt;br&gt;2:30 pm in the Cascade Room</td>
<td>The class you’ve been waiting for is finally here! Diane Stephenson is back to teach her fused glass pendant class. Each participant will receive a glass tile to work with—piling on smaller fragments of glass to create a beautiful piece of jewelry. Once you have completed your design, Diane will fuse the glass together and return your masterpiece. The result is amazing every time! The September class will feature owl themed pendants. <strong>Sign up at the front desk as space in this class is limited and will fill up quick!</strong></td>
</tr>
<tr>
<td><strong>NEW! Cornell Theatre</strong>&lt;br&gt;Every Thursday&lt;br&gt;10:00 am in the Party Room</td>
<td>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 is necessary and you don’t even have to memorize your lines. A script will be provided for you to read from. There are lots of other pieces to a play as well—so if acting isn’t your thing, we also need volunteers to help with costumes, make-up and set design! Cornell Theatre meets every <strong>Thursday at 10:00 am in the Party Room</strong>. Join your neighbors for this fun group. You may even find a new passion!</td>
</tr>
</tbody>
</table>
Trip: Swan Island Dahlias and Picnic  
Thursday, September 3rd  
Bus leaves at 9:30 am

It’s the perfect time of the year to see the dahlias in bloom and with over 40 acres of beautiful dahlias at their farm, Swan Island Dahlias is the place to be!

You can stroll through the fields of endless dahlias, or if you’re not up for the walk you can browse the display gardens.

You can take some fresh cut flowers home with you or check out the gift shop for a fun souvenir.

The farm has lots of picnic tables available and a picnic lunch will be provided for you to enjoy among the blooms.

Sign up at the front desk. The bus will leave at **9:30 am on Thursday, September 3rd.**

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Trip: Mt. Angel Oktoberfest  
Thursday, September 17th  
Bus leaves at 10:00 am  
Cost: $5.00

Grab your lederhosen and join us for an Oktoberfest celebration in Mt. Angel.

This year, our annual visit will be **Thursday, September 17th.**

Thursday is Senior day at Oktoberfest and admission is only $5.00!

The small community was settled by German pioneers in the 1800s and is reminiscent of the rich Bavarian countryside.

Oregon's oldest and best-loved Oktoberfest began in 1966 as a traditional harvest festival to celebrate the bounty of the earth and the goodness of creation.

And don’t worry, you don’t need to be German to enjoy all that Oregon’s largest festival has to offer. With music, snacks, crafts and goods, there is fun to be had by everyone!

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Trip: Oregon Heritage & Unger Farms  
Thursday, September 24th  
Bus leaves at 1:30 pm

Oregon has so much to offer this time of year, and a good portion of the bounty of our land is right here in our own backyard! Bring your basket and flannel and join us as we stop by two local favorites: Heritage Farms and Unger Farms.

Our first stop is the Oregon Heritage Farms, local and family owned for over 25 years! Their specialty is apples—they have 10 varieties—but they have plenty of other produce and festive seasonal offerings.

After we get our fill of apples, we will swing by Unger Farms to enjoy the view of the pond from their lovely deck and see what their farm store has to offer.

Sign up at the front desk to join us on **Thursday, September 24th! The bus will leave at 1:30 pm.**

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Trip: Cruise Inn Country Diner  
And NW Alpaca Farm  
Saturday, September 12th  
Bus leaves at 10:30 am

The Paca Paradise Ranch is home to a large Huacaya herd - which is a type of alpaca. On this outing you will get the chance to meet these unique animals, as well as learn about the different types and breeds of alpacas.

Before heading to the ranch, you will stop for lunch at the Cruise In Country Diner, just outside of Hillsboro. This 50’s and 60’s themed diner will make you feel like you’ve gone back in time. With quality food at great prices, you can’t go wrong. You have to try their homemade fries!
Brain Teasers!

Hidden Meanings!

Answers:
1. Check Up
2. Going on a diet
3. Long time no see
4. Man overboard
5. Scatter Brained
6. Tricycle
7. Holy Cow!
8. GI overseas
9. H2O
10. 1 in a million
11. Touch Down
12. Split Decision

Look for a new set of brain teasers in next month’s newsletter!

Word Game: Words in a Word

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

Most Popular answers from August (SNEAKERS):
Erase, snake, seek, earn, ark, ask, rake, see, ear

Solve the following riddles:
(Answers)
1. What can travel around the world while staying in a corner? (A: Stamp)
2. What gets wetter and wetter the more it dries? (A: Towel)
3. What is always coming but never arrives? (A: Tomorrow)
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 September?

Speech Language Pathology
Sign up at the front desk to volunteer to be paired with a Speech Language Pathology student for the 2015/2016 school year. You will meet with the same student each month to assist your student with assessments and other simple tasks. This is a great opportunity to get to know a college student and help them in their future career!

The first meeting will be on Friday, October 2nd at 10:00 am in the Party Room.

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.

Pacific University Ear Wax Clinic
September 18th from 1:00 pm—4:00 pm Ear wax removal is $25.00.
## Meetups @ Cornell

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

<table>
<thead>
<tr>
<th>Activity</th>
<th>Date/Time</th>
<th>Location/Notes</th>
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</thead>
<tbody>
<tr>
<td><strong>Book Club</strong></td>
<td>Monday, September 28th 3:00 pm (LIB)</td>
<td>Residents who share a love of reading gather to discuss the books they are enjoying.</td>
</tr>
<tr>
<td><strong>Boost Your Memory</strong></td>
<td>Tuesday, September 22nd 3:00 pm (CR)</td>
<td>Residents gather to tickle the brain cells with fun and stimulating memory exercises and games.</td>
</tr>
<tr>
<td><strong>Conversational Spanish</strong></td>
<td>Wednesdays 9:50 am (COL)</td>
<td>Residents work with an instructor to develop basic Spanish vocabulary and conversation skills.</td>
</tr>
<tr>
<td><strong>Cornell Choir</strong></td>
<td>Mondays 1:30 pm (PR)</td>
<td>Residents share their love of singing and vocal talents in this fun and friendly Cornell choir.</td>
</tr>
<tr>
<td><strong>Cornell College</strong></td>
<td>Mondays 10:00 am (CR)</td>
<td>Residents meet once a week to watch a half-hour college lecture followed by a discussion.</td>
</tr>
<tr>
<td><strong>Cornell Community Garden</strong></td>
<td>Tuesdays 10:00 am (ML)</td>
<td>Residents have created a garden together with assistance from master gardener Arden Sheets.</td>
</tr>
<tr>
<td><strong>Cornell Theatre</strong></td>
<td>Thursdays 10:00 am (CR)</td>
<td>Residents practice scripts and plays as they discover their dramatic side.</td>
</tr>
<tr>
<td><strong>Current Events</strong></td>
<td>Monday, Wednesday, Friday Times Vary - see calendar</td>
<td>Residents share news and opinions on current events every week.</td>
</tr>
<tr>
<td><strong>Food Committee</strong></td>
<td>Friday, September 25th 3:00 pm (CR)</td>
<td>Residents can offer their opinions and suggestions to Chef Ron regarding meals at Cornell.</td>
</tr>
<tr>
<td><strong>Orenco Photography Club</strong></td>
<td>Thursday, September 10th 6:30 pm (PR)</td>
<td>Local club invites residents to join monthly roundtables and discussions on photography.</td>
</tr>
<tr>
<td><strong>Poetry Out Loud</strong></td>
<td>Wednesday, September 9th &amp; 23rd 3:00 pm (3FA)</td>
<td>Residents share their favorite poems through live readings and discussions.</td>
</tr>
<tr>
<td><strong>Read Aloud: Newsletter</strong></td>
<td>Tuesday, September 1st 3:00 pm (ML)</td>
<td>Residents gather together to read the Cornell newsletter out loud.</td>
</tr>
<tr>
<td><strong>Sing-Along with Jan</strong></td>
<td>Thursday, September 10th &amp; 24th 3:00 pm (ML)</td>
<td>Residents join Jan at the Grand Piano in the Main Lobby to sing their favorite songs!</td>
</tr>
<tr>
<td><strong>Tea with Friends</strong></td>
<td>Tuesday, September 29th 3:00 pm (CR)</td>
<td>Grab a cup of tea and join your friends for an afternoon of conversation and laughter.</td>
</tr>
<tr>
<td><strong>Water Color Class</strong></td>
<td>Wednesday, September 2nd &amp; 16th 10:00 am (CR)</td>
<td>Join this fun class and express your artist side by learning to paint with water colors.</td>
</tr>
<tr>
<td><strong>Write Your Life Story</strong></td>
<td>On break for Summer 9:00 am (CR)</td>
<td>Local author Morgan Brown facilitates a writers’ group for residents and community members.</td>
</tr>
</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. Volunteers Needed.

Sign up at the Front Desk.

Pen Pals with 6th Graders Coming Fall 2015
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!
If you are interested, please sign up at the front desk. After everyone has signed up and the pairs are assigned, you will receive a letter from your student.

Adelante Mujeres

Classroom Materials October 20th 10:00 am PR
Help our local teachers and assemble crafts for the preschool children and English students.

English Conversation October 22nd 1:30 pm CR
Meet the women of Adelante Mujeres and get to know them by helping them practice their English with simple conversational questions.
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**  
  Tuesday, September 8th & September 22nd  
  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**  
  Friday, September 18th  
  1:00 pm - 4:00 pm  
  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:** Cornell Estates Ambassador Arden S. with State Representative Susan McLain

**Middle left:** Special guest, Sharon Adams (The first woman to sail solo across the Pacific Ocean) autographing her book, Pacific Lady for Cornell Estates’ library—check it out!

**Middle Right:** The talented Stage Troupers gave a fantastic performance with their summer musical at Cornell Estates

**Bottom Left:** Sharon Adams “Pacific Lady”

**Bottom Right:** Frank & Sue C. and Noreen P. on an outing at Smith Berry Barn