STAGES Performing Arts Youth Academy Presents: Summer Camp
Friday, August 11th
1:30 pm in the Party Room

Do you remember going to summer camp when you were a kid? Come reminisce about the good old days with STAGE Performing Arts Youth Academy as they put on a spectacular performance all about Summer Camp.

The instructors at STAGES encourage children to use their creativity and recognize the uniqueness of each child and young adult that comes through their doors. By offering an educational and uplifting program, STAGES shapes young lives in a positive direction.

Cornell Estates is proud to further the mission of STAGES of becoming an integral part of Hillsboro’s art and culture community by providing a place for the group to perform. Residents are always delighted by the talent and enthusiasm of the youth involved.

Join us on Friday, August 11th in the Party Room.

Trolley Talks
Presentation by Richard Thompson
Friday, August 25th
1:30 pm in the Party Room

Cornell Estates is proud to welcome Author and Historian Richard Thompson in his presentation that explores Oregon’s rich electric railway past. Trolley Talks takes you back in time with a look at Portland’s Streetcars, the Willamette Valley Railways and Portland’s Interurban Rail System. Richard Thompson has hundreds of pictures documenting the rise of railways in the Portland area. Come to this event to learn from someone who is both very passionate and knowledgeable of Portland’s Railways.

Richard Thompson has worked as an archivist, historical museum director, librarian and streetcar coordinator. His collection of railway photographs and memorabilia has served as a resource for six books. He has also contributed more than a dozen entries to the online Oregon Encyclopedia and appeared in the Oregon Public Documentary “Streetcar City.” He is a descendent of Willamette Valley millwrights and holds a Master’s Degree in history from the University of Oregon. He has been writing about Oregon’s railway history since 1979.
**Cornell Estates Welcomes...**
Bob & Marcia Hicks
228

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**Employee of the Month**

Genovena Alfaro

She has been working as a caregiver at Cornell Estates since 2006. Her dedication and efficiency are valued by the residents who nominated her for this award. Genovena is seen as someone always ready help, and someone who makes the residents as happy and comfortable as possible. She is our first Employee of the Month in this new series.

If you would like to nominate employee for next month, please fill out the recognition slips with your choice.

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**Thank You!**

We could not have done the following without you:

**Welcome Bags:** June Ranf

**Lunch Tour:** June Ranf

**Community Gardening:** Arden Sheets, Anne Matthes, Donna Detrick

**Newsletter Folding:** Margot Stoneking, Dorothy Carson, Lois Minson, Bob Plumb, Sue Colly, and Nancy Finster

**Assisting with Church:** Bob Brooks

**Assisting with Exercise:** Eva Beeman

**Assisting with Bingo:** Jeanne Fairley

**Library Maintenance:** Anne Matthes

**Cardstock Organizer:** Sue Colly

**Newsletter Proof Readers:** Cathy Carson & Art Ochsenbein

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**Staff Birthdays**

- **Katherine P.** 8/4
- **Lizbeth P.** 8/14
- **Robyn D.** 8/16
- **Evitalia H.** 8/21
- **Kaitlin M.** 8/29
- **Daniel C** 8/29

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**Happy Birthday**
August Events

Alpacas visiting Cornell Estates
Friday, August 4th
1:30 pm in the Party Room

This summer, Cornell Estates is delighted to welcome an alpaca to our community. The day will be filled with laughter as an alpaca walks around and greets each resident and community members. Be sure to bring cameras to capture these moments!

Research has shown that animals help humans by acting as social bridges, reducing blood pressure, directing thoughts outward, and serving as strong motivators for difficult tasks.

Please invite your family and friends to enjoy this special visit. Your grandchildren will love it!

Trip: Showtime at Shute Presents:
Johnny Limbo & the Lugnuts
Thursday, August 10th
Bus Leaves at 6:00 pm

For over 35 years, the Showtime at Shute Park concert series has been a summer highlight for the Hillsboro community. Cornell Estates is proud to be a sponsor again this year! The series starts July 6th and runs every Thursday from 6:30 - 8:30 pm through August 17th.

A wide variety of musical styles are represented over the summer, from country, salsa, R&B, blues, mariachi, and much more!

Showtime at Shute is held at historic Shute Park, which includes a built-in performance platform. With more than 13 acres, the park has plenty of space for concert goers to spread a blanket and enjoy the music. Best of all, admission to the concert series is free to the public.

This year, the bus will be taking you to Showtime at Shute on Thursday, August 10th for Johnny Limbo & the Lugnuts. Jamming for over 38 years, this band has become one of the most popular bands to perform the classic oldies hits in the Northwest.

If you would like to join your neighbors for a fun evening out, sign up at the front desk. The bus will leave at 6:00pm on Thursday, August 10th.

August Birthdays!

Burton Huggett 8/5
Joanne Ulrich 8/6
Vesta Sundstrom 8/18
Maxine Brown 8/22
Bob Brooks 8/30

Birthday Party with the Senior Serenaders August 9th at 1:30 pm in the Party Room
Continuing Education

History of Oregon
Wednesdays, August 16th & 30th
3:00 pm in the Party Room

Come to the party room to peer back into time and see some interesting presentations on different parts of Oregon history. Join us in this summer-long series of bi-weekly presentations on state history, landmarks, and people. Come to share your own stories of Oregon and hear others’ stories as well! Join us on Wednesdays, August 16th & 30th at 3:00 pm in the Party Room.

Book Club
Monday, August 28th
3:00 pm in the Library

Mysteries, romance, biographies and more! If you enjoy reading a good book, you should join us at the Book Club! We talk about the books we are each individually reading or listening to. Even if you aren’t currently reading anything, this is a good opportunity to hear about some good books that you may be interested in reading.

This fun and insightful monthly group is one you will surely want to join! Cornell Estates’ Book Club meets on the last Monday of every month in the Library.

Read Aloud Newsletter
Tuesday, August 1st
10:00 am in the Main Living Room

Did you know every month the newsletter is read out loud for all who want to listen? It’s a great resource for residents who have vision loss or anyone who has trouble reading the newsletter on your own.

It’s also a great way to get the inside scoop on all the upcoming events for the month.

Don’t miss it! The read aloud newsletter is always on the first Tuesday of the month. So, come on down to the Main Living Room on Tuesday, August 1st at 10:00 am to listen to the newsletter.

Boost Your Memory
Every Friday
3:00pm in the Cascade Room

Would you like to be challenged, learn something new, and gain more skills? Then come and join Boost Your Memory. Meet up with this group every week and join in on these lively and fun activities to stay focused and alert.

Come to the Cascade Room every Friday at 3:00pm.
That’s Entertainment

Movie Matinee!  
Every Monday  
1:30pm in the Cascade Room

This month we have some exciting movies heading your way. We will also be featuring popcorn at all of our movie showings. Enjoy a movie every Monday at 1:30 pm in the Cascade Room with fresh popcorn and our new TV! Do you have a movie that you would like us to play? Please let Karen know your movie of choice. See you in the Party Room on Mondays!

Music Sing-along with Jan Whittaker  
Thursdays, August 3rd & 17th  
3:00pm in the Main Lobby

Want to sing-along to some old favorites? Looking to have a good laugh? Experience both at our Sing-along with Jan Whittaker! Twice a month Jan plays the piano and encourages you to sing with her. We have all the music lyrics printed out, so you need to only bring your lovely voice.

If you would like to enjoy the afternoon singing along with friends, come down to the Main Lobby on Thursdays, August 3rd & 17th.

Luau Party  
with Dom Franco on Steel Guitar  
Thursday, August 24th  
3:00 pm in the Retirement Courtyard

Soak up the sun while enjoying the tropical sounds of the steel guitar at this Hawaiian style cocktail hour featuring Dom Franco. This will be a great opportunity for you to enjoy the weather and good company. We will have a signature cocktail for you to try that will be available in alcoholic and non-alcoholic versions, as well as fun tropical appetizers!

Dom Franco’s music will carry you away as you indulge in fresh pineapple and other Hawaiian treats. Participate in fun Luau games or just relax and enjoy the scene. Wear a lei or your favorite Hawaiian shirt to help get in the spirit!

Matthew Casey  
Friday, August 18th  
1:30 pm in the Main Lobby Room

Your favorite crooner is back at Cornell Estates and he is ready to serenade you once again!

Come to the Main Lobby on Friday, August 18th at 1:30 pm to hear Matthew Casey play your favorite Swing Hits! All you have to do is sit back and relax in the comfortable furniture in the Living Room as Matthew serenades you. What a delightful way to spend the afternoon!
Grand Days Out

Trip: Chinook Winds and Oregon Coast
Thursday, August 3rd
Bus Leaves at 9:00am

This trip is for gamblers and beach lovers alike! Come along with us, whether you want to try your hand at the slot machines or just enjoy the buffet and then take a relaxing walk along the beach. No gambling is required on this trip! However, if you are going to gamble – good luck!

Sign up at the front desk to reserve your seat for this exciting trip to Chinook Winds and the Oregon Coast in Lincoln City! The bus will leave at 9:00 am on Thursday, August 3rd.

Trip: Stub Stewart State Park & Picnic Lunch
Thursday, August 17th
Bus Leaves at 10:00am

We are having a day out at Stub Stewart State Park. Opened in 2007 and named for OPRD’s number one supporter, Loran L. “Stub” Stewart, who served nearly 40 years for the State. The park features amazing views, great walking paths and picnic tables. Sign up to have a picnic lunch out in a great nature park!

Trip to Tuesday Market
Tuesday, August 8th
Bus leaves at 6:00pm

The Hillsboro Tuesday Marketplace is a long-standing family tradition, and has become a tradition for Cornell Estates!

Join your neighbors in quaint downtown Hillsboro, where friends put on their old-fashioned grins and enjoy a weekly summertime stroll that stocks their garden baskets, tempts their taste buds with culinary delights, sets their toes tapping to live music and enjoy local art and crafts.

Trip: Lunch at Helvetian Restaurant & Scenic Drive around Helvetia
Thursday, August 31st
Bus Leaves at 10:30am
Bring $15.00

Enjoy a scenic drive to a fun restaurant! Helvetia Restaurant serves American comfort food executed with simplicity and consistency. Come enjoy a Jumbo Cheeseburger with a side of hand cut fries or golden onion rings. The ride to and from the restaurant will be filled with views of the wonderful countryside.

Bus leaves at 10:30 on Thursday, August 31st
Simple Pleasures

Community Gardening
Tuesdays, August 8th & 22nd
10:00 am in the Main Lobby

Our own greenhouse garden, located on the southeast side of the building, is always in need of volunteers. Spring is in full swing and our garden is full of flowers! Community Gardening is for anyone who wants to participate in the garden, whether they have experience or not!

Join Cornell’s gardeners on Tuesdays, August 8th & 22nd in the Main Lobby, before heading outside.

Word Game: Words in a Word

See how many words you can create from the letters in Performance (example: man, free)

Compare your list to ours in next month’s newsletter!

Most Popular answers from July (Competition)
To, it, on, no, me, pie, tot, nip, men, too, top, pet, ten, pit, tip, one, mop, ion, pin, ice, pine, poet, epic, toot, poem, mint, toon, tune, cite, temp, come, cone, once, icon, moon, time, note, into, incept, pectin, option, cotton, comet, mince, petite, motion, potion, incite, tiptoe, income, impotent, emotion, contempt.

TONGUE TWISTERS

Bean Bag Baseball
And Root Beer Floats
Wednesday, August 16th
1:30 pm in the Retirement Courtyard

In the mood for a little friendly competition? Head out to the Retirement Courtyard for Cornell Estates’ Bean Bag Baseball Tournament! The rules are simple to learn and the game is always fun to play.

Spectators are also needed! Come cheer on your fellow residents and enjoy a root beer float!

Wednesday, August 16th
1:30 pm in the Retirement side courtyard.

Ingenious iguanas improvising an intricate impromptu on impossibly-impractical instruments.
To our current Encore Partners:

Richard Banham - Bible Study
Chet Bishop - Bible Study
Harold Polluck - Senior Serenaders
Janice Haley - “The Card Lady”
Becky Palfenier - Pretty Nails
Les Payne - Sunday Church Services
Jan Whittaker - Sing along with Jan, Cornell Choir

Pen Pals with Elementary Students

Thank you to everyone who has participated with your lovely letters. We will be making a trip out soon to meet up with our buddies. Interested in becoming a pen pal talk to activities to sign up.

What’s happening with Pacific University in August

The Speech Language Pathology students are taking the summer off. Check back in the fall to participate.

Pacific University Dental Clinic

The dental clinic is on hiatus for the summer! Check back in the fall

Alzheimer's Support Group with Sandy Morehouse
Thursday, August 31st
2:30 pm in the Cascade Room

This support group is for family members, friends and anyone who needs a little help learning about Alzheimer’s Disease or other types of Dementia. Sandy Morehouse has lead past support groups on this topic.

This month in Hearing Health @ Cornell Estates:

First Wednesdays-- Free Hearing Assessments with Darin Scheurer, SmartStep Hearing. He will be here on Wednesday, August 2nd from 9:00am to 1:00pm. Sign up at the front desk.

Pacific University Ear Wax Clinic
The ear wax clinic is on hiatus for the summer! Check back in the fall
### Meetups @ Cornell

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

<table>
<thead>
<tr>
<th>Activity</th>
<th>Date/Time Details</th>
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<tbody>
<tr>
<td><strong>Book Club</strong></td>
<td>Monday, August 28th 10:00 am (LIB)</td>
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<tr>
<td>Residents who share a love of reading gather to discuss the books they are enjoying.</td>
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<tr>
<td><strong>Boost Your Memory</strong></td>
<td>Fridays 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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<tr>
<td><strong>Conversational Spanish</strong></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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<tr>
<td><strong>Cornell Choir</strong></td>
<td>Coming Back in Fall</td>
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<tr>
<td>Residents share their love of singing and vocal talents in this fun and friendly Cornell choir.</td>
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<tr>
<td><strong>Cornell College</strong></td>
<td>Mondays 10:00 am (CR)</td>
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<tr>
<td>Residents meet once a week to watch a half-hour college lecture followed by a discussion.</td>
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<tr>
<td><strong>Cornell Community Garden</strong></td>
<td>Tuesdays, August 8th &amp; 22nd 10:00 am (ML)</td>
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<tr>
<td>Residents have created a garden together with assistance from master gardener Arden Sheets.</td>
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<tr>
<td><strong>Happy Hour</strong></td>
<td>Thursday, August 10th 3:00 pm (PR)</td>
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<tr>
<td>Enjoy an hour of drinks, appetizers and socializing before supper.</td>
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<tr>
<td><strong>History of Oregon</strong></td>
<td>Wednesdays, August 16th &amp; 30th 3:00 pm (PR)</td>
</tr>
<tr>
<td>Come on by to see bi-weekly presentations on state history, landmarks, and people and share your own stories of Oregon history.</td>
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<tr>
<td><strong>Men’s Club</strong></td>
<td>Wednesday, August 2nd 3:00 pm (CR)</td>
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<tr>
<td>This a meet up for all of Cornell Estates’ guys to get together once a month.</td>
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<tr>
<td><strong>Orenco Photography Club</strong></td>
<td>Thursday, August 17th 6:30 pm (PR)</td>
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<tr>
<td>Local club invites residents to join monthly roundtables and discussions on photography</td>
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<tr>
<td><strong>Read Aloud</strong></td>
<td>Tuesday, August 1st 10:00 am (ML)</td>
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<tr>
<td>Residents gather together to hear different written materials read out loud; Newsletter, current events and stories for the soul.</td>
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<tr>
<td><strong>Sing-Along with Jan</strong></td>
<td>Thursday, August 3rd &amp; 17th 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>Tea with Friends</strong></td>
<td>Tuesday, August 29th 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>Wii Games</strong></td>
<td>Tuesdays 6:00 pm (PR)</td>
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<tr>
<td>Play sports such as golf, bowling, and tennis on the Nintendo Wii. All abilities welcome!</td>
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<tr>
<td><strong>Write Your Life Story</strong></td>
<td>Tuesdays 9:00 am (CR)</td>
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<tr>
<td>Meet with this writers’ group made up of residents and community members.</td>
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</tbody>
</table>
Poetry Corner!
A place for Cornell Estates residents to express themselves and share their written work or work they have enjoyed. **This poem was suggested my Maxine Brown**

Re-Cycled Teen Agers Take Note

There’s nothing whatever the matter with me, I’m as healthy as I can be. I have arthritis in both my knees And when I talk, I talk with a wheeze, My pulse is weak and my blood thin, But I’m awfully well for the shape I am in.

I have arch supports for both my feet Or I would not be able to go down the street, Sleeplessness I have at night, And in the morning I’m just not right. My memory is falling, my head’s in a spin, But I’m awfully well for the shape I’m in.

The moral is, as this tale I unfold, That re-cycled teens who are growing old, It’s much better to say, “I’m fine” with a grin Than to let anyone know the shape you are in.

Men’s Club
Wednesday, August 2nd
3:00 pm in the Cascade Room

Calling all men! The official men’s club of Cornell Estates meets on the first Wednesday of each month. Come and give your input and ideas of what you would like to see happen at Cornell.

Head to the meeting on **Wednesday, August 2nd at 3:00 pm in the Cascade Room**.

CORNELL ANNOUNCEMENTS:

- Deanna’s Saturday Walking Group is only going to be every other weekend from now on.
- The Blood Pressure Clinic will only be once a month going forward.

A Look Ahead to September...

- Trip to Horning’s Hideout for fishing & a picnic lunch
- A Visit from Mrs. Pittock to finish telling her life’s story
- Fall Prevention Health Lecture
- International Border Collie Dog Show
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.

**Pacific University Clinics**

**Dental Clinic**
The dental clinic is on hiatus for the summer! Check back in the fall.
On-site dental clinic provided by senior dentistry students for preventative dental treatment, e.g. free brushing, teeth cleaning at a reduced rate, and recommendations for better dental health.

**Ear Wax Clinic**
The ear wax clinic is on hiatus for the summer! Check back in the fall.
Audiologist Dr. Trent Westrick and Pacific University Audiology students provide convenient on-site ear wax management. NOW FREE OF CHARGE.
Magic Moments @ Cornell

**Going Clockwise**

**Top:** A group enjoying Unger Farms

**Middle Upper:** Rose Festival Queens Nancy F. & Jackie J.

**Middle Lower:** The Rose festival Court set up in the cars for the Fourth of July parade.

**Bottom Left:** The Retirement Princess Court with a Rose Princess.

**Bottom Right:** The Assisted Living Princess Court

**Middle Lower:** The Senior Rose Court heading to the Fourth of July Parade

**Middle Upper:** Barbara K., Carla M., & Priscilla L. at Unger Farms