Border Collie International Dog Show
Friday, September 22nd
1:30 pm in the Party Room

Faster than a speeding bullet and able to leap for Frisbees with a single bound, it’s the Border Collie International Performing Canine Team! Cornell Estates is excited to welcome back Greg Gustufson and his team of talented Border Collies. You’ll be amazed at how much these dogs love to play football, basketball, and soccer. They also perform skits!

On Friday, September 22nd, international champions, Teddy, Macabee, Rerun, and Myra will run flip and leap for your enjoyment at Cornell Estates. All four of these dogs are rescued Border Collies, taken in and trained by the team to compete in the world Frisbee championships.

Based in Falls City, Oregon, Greg Gustufson re-trains rescued Border Collies to perform athletic stunts. He is incredibly proud of his dogs and is looking forward to sharing their extraordinary talents with you! The dogs will be showing off their skills in the Party Room, so come early and get your seat.

This is one event you won’t want to miss!

A Visit from Mrs. Pittock:
“The Last 10 Years”
Friday, September 8th
1:30 pm in the Party Room

Cornell Estates is pleased to welcome back Georgiana Pittock and her chauffeur, H. Hawkinson, for an afternoon of history!

A few months ago, Mrs. Pittock’s visit included stories from her early life, like how she came to Oregon on a wagon train, how she met Mr. Henry Lewis Pittock, had 9 children and established both the Portland Rose Society and the Portland Rose Festival. Cornell residents were so fascinated by Mrs. Pittock that they just had to invite her back this year to talk about her last ten years.

Come hear about the 1908 Rose Festival, visits to Seaside, the building of the Pittock mansion, the adoption of her nieces, the employment of Herman Hawkinson, her chauffeur, Mrs. Pittock's stroke and the effects of World War I.

Mrs. Pittock will be portrayed by Mary Hutchens along with her husband Mike Hutchens as Mrs. Pittock’s chauffeur, H. Hawkinson. Mary and Mike Hutchens have been telling the story of the Pittock family since 2007 and have put on countless performances.
Cornell Estates Welcomes...
Gail Luchs 132
Sydney Matney 316
Bob & Marcia Hicks 228
Bev Beam 156
Maxine Erdman 245
Jim Fisher 127

September Birthdays!

Phyllis Reed 9/2
Loretta Sloan 9/2
Pearl Pfaff 9/3
Chuck Moeller 9/4
Sydney Matney 9/8
Robert Dressler 9/9
Hazel Seagren 9/10
Shirley McGregor 9/16
Ed Ulrich 9/18
Helen Huffman 9/22

Birthday Party with the Senior Serenaders September 13th at 1:30 pm in the Party Room

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, 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: Art Ochsenbein
September Events

**Flu Shot Clinic**  
**Thursday, September 7th**  
**9am –12pm in the Party Room**

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 **Thursday, September 7th, from 9:00 am - 12:00 pm in the Party Room**.

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!

**Taking the Right Steps:**  
**Fall Prevention with Legacy Health**  
**Friday, September 15th**  
**1:30 pm in the Party Room**

According to the Center for Disease Control and Prevention 2012, falls are a major threat to the health and independence of older people, people aged 65 and older. Each year in the United States, nearly one third of older adults experience a fall. Fall prevention is important due to the serious risk of injury or death as well as the economic burden they can cause. Join Legacy Health at Cornell Estates 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.

So join us on **Friday, September 15th at 1:30 pm** in our Party Room for this informative program.

**Alzheimer’s Support Group**  
**with Sandy Morehouse**  
**Thursday, September 28th**  
**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. Lead by Sandy Morehouse, this is a chance for anyone to drop in to receive support and people to listen to. Sandy has lead past support groups on this topic.
<table>
<thead>
<tr>
<th>Continuing Education</th>
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| **Hillsboro Public Library:**  
**Presentation and Trivia!**  
**Wednesday, September 20th**  
**1:30 pm in the Party Room** |

Join the Hillsboro Public Library for a fun afternoon of trivia. A representative from the library will be hosting.

The Hillsboro Public Library enriches and strengthens our community by supporting the pursuit of connection, inspiration, and lifelong learning. That’s why they have decided to bring this program to Cornell Estates. Residents can form teams to help answer trivia questions. You will also get the chance to learn more about the library and what they do throughout the community.

Join us on **Wednesday, September 20th at 1:30 pm in the Party Room.**

| **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.

| **History of Oregon**  
**Wednesdays, September 13th & 27th**  
**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, September 13th & 27th at 3:00 pm in the Party Room.**

| **Book Club**  
**Monday, September 25th**  
**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.**
<table>
<thead>
<tr>
<th>Event</th>
<th>Details</th>
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<tbody>
<tr>
<td><strong>That’s Entertainment</strong></td>
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<tr>
<td><strong>Movie Matinee!</strong></td>
<td>Every Monday 1:30pm in the Cascade Room</td>
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<tr>
<td>This month we have some exciting movies</td>
<td>heading your way. We will also be featuring popcorn at all of our</td>
</tr>
<tr>
<td>heading your way. We will also be</td>
<td>movie showings. Enjoy a movie every Monday at 1:30 pm in the Cascade</td>
</tr>
<tr>
<td>featuring popcorn at all of our movie</td>
<td>Room with fresh popcorn and our new TV! Do you have a movie that you</td>
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<tr>
<td>showings. Enjoy a movie every Monday</td>
<td>would like us to play? Please let Karen know your movie of choice.</td>
</tr>
<tr>
<td>Monday at 1:30 pm in the Cascade Room</td>
<td>See you in the Cascade Room on Mondays!</td>
</tr>
<tr>
<td><strong>Music Sing-along with Jan Whittaker</strong></td>
<td>Thursdays, September 7th &amp; 21st 3:00pm in the Main Lobby</td>
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<tr>
<td>Want to sing-along to some old favorites?</td>
<td>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, September 7th &amp; 21st at 3:00pm.</td>
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<tr>
<td><strong>Senior Square Dancers</strong></td>
<td>Friday, September 29th 1:30 pm in the Party Room</td>
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<tr>
<td>We have a crew of square dancers and a</td>
<td>caller to show off at Cornell Estates. This Western American type of</td>
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<tr>
<td>caller to show off at Cornell Estates. This</td>
<td>folk dance consists of at least one square of eight dancers with four</td>
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<tr>
<td>Western American type of folk dance</td>
<td>couples and a caller who announces dance moves to the beat. Hillsboro’s</td>
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<tr>
<td>consists of at least one square of eight</td>
<td>Square Dance Club, the Sunset Promenaders, hold dances regularly and</td>
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<tr>
<td>dancers with four couples and a caller who</td>
<td>often meet up with other clubs to have larger dances. Stop on by to</td>
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<tr>
<td>announces dance moves to the beat. Hillsboro</td>
<td>see this amazing group on Friday, September 29th.</td>
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<tr>
<td><strong>Gordon Herman</strong></td>
<td>Wine &amp; Cheese Hour</td>
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<tr>
<td><strong>Wine &amp; Cheese Hour</strong></td>
<td>Thursday, September 28th 3:00 pm in the Party Room</td>
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<tr>
<td>Come join us for a delightful afternoon</td>
<td>filled with wine, cheese and music! Gordon Herman is a classically</td>
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<tr>
<td>filled with wine, cheese and music!</td>
<td>trained pianist who plays jazz, and, in his younger years, played in</td>
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<tr>
<td><strong>Gordon Herman</strong></td>
<td>a heavy metal progressive rock band. In his performance career, he has</td>
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<tr>
<td><strong>Wine &amp; Cheese Hour</strong></td>
<td>led jazz rock and fusion bands and even did a short stint in a country</td>
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<tr>
<td><strong>Gordon Herman</strong></td>
<td>band. He currently leads two jazz trios and works as a soloist. This</td>
</tr>
<tr>
<td><strong>Wine &amp; Cheese Hour</strong></td>
<td>wine and cheese happy hour is one not to miss!</td>
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</tbody>
</table>
# Grand Days Out

**Trip: Brunch at Elmer’s & Scenic Drive**  
**Thursday, September 21st**  
**Bus leaves at 10:30 am**

Founded in 1960 by Walt and Dorothy Elmer, Elmer’s has always strived to provide quality food ingredients, gracious service and the clean surroundings that make you feel at home. Walt, Dorothy and their three sons worked hard to bring home-style cooking to those of us lucky enough to live in the Northwest! Today, they continue to honor their values. As a group of locally-owned restaurants, Elmer’s takes pride in their communities, source local, farm-fresh ingredients, and are proud to have the most wonderful, loyal Guests. They invite you to make them your home for breakfast, lunch or dinner and on **Thursday, September 21st** you will have that opportunity. Join your fellow residents out to brunch! The bus leaves at **10:30 am**.

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**Trip: Jackson Bottom Wetlands & Picnic Lunch**  
**Thursday, September 28th**  
**Bus leaves at 10:30 am**

Located minutes south of downtown Hillsboro, Jackson Bottom Wetlands Preserve’s 635 acres are a quiet sanctuary for both people and wildlife. Over 150 species of birds are sighted annually at Jackson Bottom, including nesting Bald Eagles, Great Blue Herons, and thousands of Tundra Swans and Northern Pintails, making Jackson Bottom a haven for bird watchers. The Preserve is home to deer, otters, beavers, and thousands of other species. Providing interpretive education on wetlands and wildlife, panoramic views, natural resources management, trails and recreation, Jackson Bottom Wetlands Preserve is a treasure for the entire region.

Chef Ron is packing us a picnic lunch to enjoy by the wetlands and there is plenty of tables to enjoy them on! Sign up to come on this trip on **Thursday, September 28th**.
Simple Pleasures

Community Gardening
Tuesdays, September 5th & 19th
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. The fall harvest is starting and upkeep is needed to keep the garden thriving. If you noticed, Arden has already started selling some of the crops. Community Gardening is for anyone who wants to participate in the garden, whether they have experience or not!

Join Cornell’s gardeners on Tuesdays, September 5th & 19th in the Main Lobby, before heading outside.

Word Game: Words in a Word

See how many words you can create from the letters in Preservation (example: in, sat, serve)

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

Most Popular answers from August (Performance)

Am, me, foe, ace, can, fop, eon, era, for, car, ape, fan, ear, arm, cap, man, men map, form, cafè, fern, fame, camp, afro, came, fear, come, acre, corn, crop, pecan, near, earn, emme, face, morn, mean, farm, cram, cone, acne, apron, acorn, creep, opera, armor, peace, ocean, farmer, cameo, encore, romper, fencer, cornea, creamer, career, rancor, freeman, compare, forename, emperor, profane, reaper, romance.

TONGUE TWISTERS

There was a fisherman named Fisher who fished for some fish in a fissure.

Till a fish with a grin, pulled the fisherman in.

Now they're fishing the fissure for Fisher.
Celebrating Our ENCORE Partners

ENCORE Partners are wonderful contributors from our surrounding community who participate alongside Cornell Estates residents in our many ENCORE Community Opportunities.

To our current Encore Partners:

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

What’s happening with Pacific University in September

The Speech Language Pathology Clinic

Cornell Estates is happy to welcome back the Speech Language Pathology Students. This clinic is a comprehensive, free of charge rehabilitation clinic for all speech, language, swallowing, and memory concerns.

The clinic will start on Friday, September 29th at 10:00am. We will start in the Party Room to meet with the students then they will head to your room or the Columbia Room for individual assessments.

Pacific University Dental Clinic

The dental clinic is back in session! Sign up at the front desk for a free assessment or cleaning. The dental students will be here twice a month on Tuesdays, September 5th & 19th from 9am – 5pm in the Dental Clinic Room on the 1st fl.

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.

This month in Hearing Health @ Cornell Estates:

First Wednesdays-- Free Hearing Assessments with Darin Scheurer, SmartStep Hearing. He will be here on Wednesday, September 6th from 9:00am to 1:00pm. Sign up at the front desk.

Pacific University Ear Wax Clinic
The ear wax clinic is still on hiatus! Check back next month.
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, September 25th 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>Boost Your Memory</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>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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<tr>
<td>Cornell College</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>Cornell Community Garden</td>
<td>Tuesdays, September 5th &amp; 19th 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>Happy Hour</td>
<td>Thursday, September 14th &amp; 28th 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>History of Oregon</td>
<td>Wednesdays, September 13th &amp; 27th 3:00 pm (PR)</td>
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<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>Men’s Club</td>
<td>Wednesday, September 6th 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>Orenco Photography Club</td>
<td>Thursday, September 7th 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>Read Aloud</td>
<td>Tuesday, September 6th 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>Sing-Along with Jan</td>
<td>Thursday, September 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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<tr>
<td>Tea with Friends</td>
<td>Tuesday, September 26th 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>Wii Games</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>Write Your Life Story</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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</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 written by MaryBeth Jordan

Generations
Grampa. Now I see you’re right
About what we talked about the night
Now you’re gone, my best friend
I wonder how it all will end
I learned a lot of words I didn’t know
When I was young; “wild oat to sow”
I have learned a lot I cannot explain
Why the world I live in displays such pain
I am sure that you would say
It hasn’t changed a lot today-

About the words you spoke of back when
I hadn’t learned these words back then
Like injustice, bigotry, corrupt, assassination
Child abuse, drug traffic, addictions,
Sexual abuse, environmental pollution, PTSD
Oppression, abortion clinics, learning disabilities,
All of these and many more than these
But one word Grampa I need to keep is
“Hope”

Employee of the Month

Rechelle
Rechelle is a server for both the independent and assisted living dining rooms. As a new employee, she has shown great enthusiasm as a cheerful and helpful server for our community. Rechelle has past experience working in similar communities and has shown that her skills are valued at Cornell Estates. Resident’s nominated Rechelle because of the way she anticipates their needs and always has a smile.

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

Cornell Announcements:
• Chef Ron has just introduced an additional menu to order from 11am to 5pm
This can be ordered instead of, in addition to or outside of your normally scheduled meal service. These meals will be subject to availability and must be full orders. Please allow extra cooking time when ordering. Any additional questions? Feel free to ask Ron or any of the servers.

A Look Ahead to October...
• Trip to Heritage Farm
• Trip to Roloff Pumpkin Farm
• Crime Prevention Lecture by the Hillsboro Police Department
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**  Tuesdays, September 5th & 19th  9:00am-5:00pm
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 still on hiatus! Check back in next month.
Audiologist Dr. Trent Westrick and Pacific University Audiology students provide convenient on-site ear wax management.  NOW FREE OF CHARGE
Magic Moments @ Cornell

Pictures on the Left:
These beautiful pictures of our garden were taken by Helen Huffman along with a portrait of Arden, who makes our wonderful garden possible.

Right Upper: A group of residents enjoying a beach day.
Right Middle: Everyone enjoying the Luau with drinks, snacks, and music.
Right Lower: Stella C., Frank R., Bob B., Sandy P., and Harriett S. at the Luau sporting some leis.