The Handwriting of the Presidents: From FDR to Trump
Lecture by Joyce Brizendine
Friday, October 6th
1:30 pm in the Party Room

Being President of the United States carries a heavy job description. Every President also brings individual personality characteristics that color the thought process and actions of this executive office.

For example, did you know that FDR’s handwriting exemplified the leadership traits of higher abstract thinking, initiative, and compassion?

Joyce Brizendine, Handwriting Analyst/Lecturer returns to Cornell Estates to profile Presidents from FDR to Trump. Come prepared to hear how personality traits depicted from handwriting has impacted their presidency, legacy, and ultimately our country.

Alpacas Visiting Cornell Estates
Friday, October 13th
1:30 pm in the Retirement Side Courtyard

This fall, 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 can 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!
Cornell Estates Welcomes...
Betty Lou Smith       211
Gary Tatone          159
Maxine Erdman       245
Marcelo Tse           330
Joy Hess               262
Garabed Yeghiaian & Jean Brady 202

October Birthdays!
Betty Tellhed        10/2
Peg Owens           10/5
Beppy Hunter       10/7
Betty Lillegard    10/23
Veronica Scouler 10/25
Joan Dummer        10/26
Marjorie Garrett 10/29
Jean Brady         10/30

Birthday Party with the Senior Serenaders October 11th at 1:30 pm in the Party Room

Thank You!
We could not have done the following without you:
Welcome Bags: Sue Colly & Elizabeth Simons
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

Staff Birthdays
Bryan R            10/2
Cindy L.          10/2
Karen F.         10/3
Melaine S.      10/6
Burnie M.     10/14
Mary Margaret 10/18
Maria A.       10/27
Sam J.          10/28
Miriam R.      10/28
## October Events

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
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<tbody>
<tr>
<td><strong>Fraud and Scams Prevention:</strong> With Julie Carrasco</td>
<td>Friday, October 27th</td>
<td>1:30 pm</td>
<td>Party Room</td>
</tr>
<tr>
<td><strong>Alzheimer's Support Group</strong> with Sandy Morehouse</td>
<td>Thursday, October 26th</td>
<td>2:30 pm</td>
<td>Cascade Room</td>
</tr>
<tr>
<td><strong>Trick or Treat</strong> At Cornell Estates</td>
<td>Tuesday, October 31st</td>
<td>6:00 pm - 7:30 pm</td>
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Do you get a call stating that you “won a trip” or you “owe IRS”? So, do you know if you are being scammed? Scammers will do anything to get what they want especially to senior citizens. If you would like to learn and know how to deal with these scammers and to prevent fraud. Please come to Cornell Estates on Friday, October 27th at 1:30 pm and listen to Julie Carrasco.

Julie Carrasco works in Hillsboro Police Department as the Crime Prevention Specialist. Julie will share with you about the important consumer information to educate and protect your family, friends and anyone else before they fall victim to scams and fraud. Join us for this important lecture.

For the fifth year in a row, Cornell Estates will open their doors for trick or treaters! Invite your family and friends to bring their kids trick or treating from 6:00 – 7:30 pm on Tuesday, October 31st. We will also be inviting children of staff, volunteers and community partners.

Those who wish to hand out candy will be given a pumpkin to hang on their door. Please let Karen know that you would like to participate as she will distribute the pumpkins. If you prefer not to be bothered, don’t worry! Only the doors with pumpkins will be knocked on.

We are excited to see all of the children in their cute, silly or spooky costumes! Happy Halloween!
Continuing Education

Hillsboro Public Library: Presentation and Trivia!
Wednesday, October 18th
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, October 18th 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.

**Come to the Cascade Room every Friday at 3:00pm.**

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Book Club
Monday, October 30th
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.**

Education Opportunities at Cornell Estates!

Take advantage of all the continuing education classes that Cornell has to offer. No need to sign up!

**Cornell College**
Mondays at 10:00 am
In the Cascade Room
Cornell College is a video lecture series. Participants watch a lecture and then discuss. The current topic is the National Parks.

**Boost Your Memory**
Fridays at 3:00 pm
In the Cascade Room
Boost Your Memory is a class that tests your brain skills and keeps your mind active through various puzzles, trivia and memory games.
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 Cascade Room on Mondays!

Music Sing-along with Jan Whittaker
Thursdays, October 5th & 19th
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, October 5th & 19th at 3:00pm.

Senior Tap Dancers
Friday, October 20th
1:30 pm in the Party Room

Let Portland Tap Connection bring you some chills and thrills with their Halloween show! These talented dancers will trick or treat you to all sorts of ghostly delights to celebrate Halloween. Be prepared to enjoy a unique holiday themed variety show that is not your typical song and dance. These ladies are full of energy and talent and will be sure to bring a smile to your face and put you in the Halloween spirit! Stop on by to see this amazing group on Friday, October 20th.

Halloween Happy Hour
Thursday, October 26th
3:00 pm in the Party Room

Come one, come all to Cornell Estates’ Halloween Happy Hour! Dress up as much as you would like! If you don’t want to wear a costume, that’s ok too. All are welcome. You will enjoy festive foods, music, decorations and games. At the end of the party we will announce the winners for the most creative costume. The fun will begin at 3:00 pm in the Party Room on Thursday, October 26th.
Grand Days Out

**Trip: Lunch at Primetime & Scenic Drive**
Thursday, October 5th
Bus leaves at 10:30 am

Join us on a trip to Prime Time Restaurant and Sports Bar! Primetime provides comfortable dining for the whole family, a triple header for any sport fan, an arcade room for the jocks (young and old), a perfect place to meet with friends. With a variety of made to order menu items it will have food that everyone will enjoy!

Sign up at the front desk to come along!

**Trip: Oregon Heritage Farm**
Thursday, October 12th
Bus leaves at 1:30 pm

Bring your basket and put on your flannel shirt and join us as we stop by one of our favorite local farms;

The Oregon Heritage Farms. Their specialty is apples – they have 10 varieties – but they have plenty of other produce and festive seasonal offerings. You will get a chance to take a tour of the apple orchard, sample some of their delicious apples, and browse the gift shop.

Don’t miss this fun seasonal trip. The bus leaves at 1:30 pm on Thursday, October 12th

**Trip: Quilt Barn Trail Tour**
Thursday, October 19th
Bus leaves at 1:30 pm

Westside Quilters Guild has established a quilt barn trail in Washington County. This trail will highlight our county's agricultural and historical heritage, promote area tourism, create public art, and showcase the art of quilting. Come along for the ride on the quilt barn trail! There will be no need to get off the bus, you will be able to sit back, relax, and see the quilt barns from your seat. At each of the quilt barns, we will stop the bus and learn about the history and meaning of each quilt, and if we are lucky the owners of the quilt barns may even hop on the bus and give us some more information! Reserve your seat on the bus today!

**Trip: Roloff Pumpkin Farm**
Thursday, October 26th
Bus leaves at 1:30 pm

To get into the fall season we will be visiting a pumpkin farm! Roloff Farms, in addition to a pumpkin farm, has several unique structures that were originally built as a utopian playland to entertain the now grown Roloff children. Over the years the original structures and equally fanciful new ones have become favorite tour attractions to the many people who visit the farm enjoy.

Sign up to come along to the wonderful outing and to grab your pumpkin for Halloween!
Simple Pleasures

Community Gardening
Tuesdays, October 10th & 24th
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 here 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, October 10th & 24th in the Main Lobby, before heading outside.

Bean Bag Baseball
Wednesday, October 25th
1:30 pm in the Party Room

In the mood for a little friendly competition? Head up to the Party Room 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.

Wednesday, October 25th 1:30 pm in the Party Room.

Word Game: Words in a Word

See how many words you can create from the letters in Cornucopia (example: up, cop, nap)

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

Most Popular answers from August (Preservation)

An, in, it, is, sit, pet, tip, rot, tan, toe, ate, ion, nip, pin, pot, sap, pea, pee, air, rat, nap, pen, ape, spa, rise, rest, rose, rise, soap, teen, tree, toes, stop, stir, rain, vote, vine, trio, east, ears, nape, open, poet, past, anti, neat, viper, tapes, tenor, siren, terse, verse, voter, veteran, trans, strip, pater, paver, piano, resin, riots, river, noise, irate, irons, opera, apron, overt, avert, eaten, aspen, arson, inept, privates, season, airport, notaries, restrain, proteins, trainer, entropies, renovates, reorients, ovaries, transpire, overrates, patronize, privateers, overpraise, evaporates, reservation

Roofs of mushrooms rarely mush too much.

TONGUE TWISTER
To our current Encore Partners:

Richard Banham - Bible Study
Chet Bishop - Bible Study
Harold Polluck - Senior Serenaders
Janice Haley - “The Card Lady”
Jan Whittaker - Sing along with Jan

What’s happening with Pacific University in October

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, October 20th 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 three times this month on Tuesdays, October 3rd, 17th, & 31st from 9am–5pm in the Dental Clinic Room on the 1st fl.

This month in Hearing Health @ Cornell Estates:

First Wednesdays-- Free Hearing Assessments with Darin Scheurer, SmartStep Hearing. He will be here on Wednesday, October 4th 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.
<table>
<thead>
<tr>
<th>Event</th>
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<tbody>
<tr>
<td><strong>Book Club</strong></td>
<td>Monday, October 30th</td>
<td>3:00 pm (LIB)</td>
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<tr>
<td>Residents who share a love of reading gather to discuss the books they are enjoying.</td>
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<tr>
<td><strong>Boost Your Memory</strong></td>
<td>Fridays</td>
<td>3:00 pm (CR)</td>
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<tr>
<td>Residents gather to tickle the brain cells with fun and stimulating memory exercises and games.</td>
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<tr>
<td><strong>Conversational Spanish</strong></td>
<td>Wednesdays</td>
<td>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 College</strong></td>
<td>Mondays</td>
<td>10:00 am (CR)</td>
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<tr>
<td>Residents meet once a week to watch a half-hour lecture followed by a discussion.</td>
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<tr>
<td><strong>Cornell Community Garden</strong></td>
<td>Tuesdays, October 10th &amp; 24th</td>
<td>10:00 am (ML)</td>
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<tr>
<td>Residents garden together with assistance from master gardener Arden Sheets.</td>
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<tr>
<td><strong>Happy Hour</strong></td>
<td>Thursdays, October 12th &amp; 25th</td>
<td>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>Men’s Club</strong></td>
<td>Wednesday, October 4th</td>
<td>3:00 pm (CR)</td>
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<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, October 12th</td>
<td>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, October 3rd</td>
<td>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, October 5th &amp; 19th</td>
<td>3:00 pm (ML)</td>
</tr>
<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, October 31st</td>
<td>3:00 pm (CR)</td>
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<tr>
<td>Grab a cup of tea and join your friends for an afternoon of conversation and laughter.</td>
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<tr>
<td><strong>Wii Games</strong></td>
<td>Tuesdays</td>
<td>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</td>
<td>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 Evelyn Steele**

**Reprieve**
Trees with moss hung branches  
Silent they are, watching  
A birds flits here and there,  
The air expectant.

The reward came late at night  
Great booming thunder.  
Rain hitting the roof…  
Staccato at first, then gushing, drumming.

Snug we were in the camper.  
Wind sneaking in open windows.  
Me and my blanket all tucked in  
Delight and awe all mixed in  
Trees and maiden fern, the moss  
You could feel their joy and relief.  
It permeated the forest.  
Relief from the many days of hot sun.  

Air  fresh and clean next morning.  
Hot coffee and oatmeal so good!  
Sunlight wafting in quietly  
Promsing a good day for swimming.  

Monday come in the next day.  
Work again in the city.  
But who cares anyway?  
The weekend come in a few more days!

---

Employee of the Month

**Laura**

Laura Rodriguez is September’s employee of the month! She has worked at Cornell Estates for over nine months and has been a terrific addition to the community! She has been a housekeeper for many years and came to work here with knowledge and enthusiasm to make Cornell a nicer place. Laura is someone the residents can always count on to help, and she has definitely been invaluable worker.

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CORNELL ANNOUNCEMENTS:

- **Chef Ron has 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.

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**A Look Ahead to November...**

Washington County Voter Assistance Program will be here to provide attestations and voter registration cards, collect ballots and answer any question you might have.

**Wednesday, November 1st 9:00am to Noon**
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, October 3rd, 17th & 31st 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

Left Upper: Chuck M. & Ruth K. dance along to Hans and his accordion during happy hour
Left Middle: Residents enjoying a musical performance held in the Main Lobby.
Right: Arden S. next to a eagle nest displayed at Jackson Botton visiting center.
Bottom: A group of residents enjoying an outing to Jackson Bottom Wetlands