Ruby the Miniature Therapy Horse
Friday, November 3rd
1:30 pm in the Party Room

Cornell Estates is welcoming Ruby, a miniature horse, to spend the afternoon with the residents and community members. Ruby is from VFM Miniature Horse Farm which is owned and run by Linda and Gerald Van-Fleet with help by their daughter Katie Hansen. VFM Miniature Horse Farm is located in Hillsboro, OR and has been breeding and showing miniature horses since 1993.

Miniature therapy horses are just like full-sized horses in terms of personality, preferences and intelligence but are more accessible to those who need the support. While a large horse can be intimidating, a miniature horse is easier to trust and befriend. Anywhere that people could use the kind of pick-me-up bestowed by a calm, empathetic, 2.5-foot tall, stuffed animal-like creature, these horses are visiting. Miniature horses very existence makes the world a happier place.

Veterans Day Salute
Friday, November 10th
1:30 pm in the Party Room

Cornell Estates is home to many brave men and women who have served in the Armed Forces. Join us on Friday, November 10th at 1:30 pm as we host our annual Veterans Day Salute to honor them and all veterans.

Pastor Bryan from Helvetia Church will be serving as our Master of Ceremonies and also in attendance will be Chaplin Lynn Ham from the American Legion Post #6. Boy Scout Troup 855 will act as our honor guard and representatives from the David Hill Chapter of the Daughters of the American Revolution will donate U.S. flag pins for our veterans. We are proud to be in such good company as we honor our veterans at Cornell Estates.
Cornell Estates Welcomes...

Dee Friel 201
Pat Lindholm 347
Sharlot La Madrid 189
Elaine Logan 214
Marlene Rogers 210

November Birthdays!

Shirley Bogar 11/1
Jane Van Dyke 11/3
Dale Fink 11/5
Sandy Pierce 11/6
Norma Orr 11/10
Feli Friedrich 11/15

Dorothy Carson 11/16
Roxanne Rhoades 11/22
Dee Larsen 11/25
Gail Luchs 11/28
Sarah MacKay 11/29

Birthday Party with the Senior Serenaders November 8th 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

Millie T. 11/9
Laura R. 11/13
Emme D. 11/18
November Events

Voter Assistance Team
Wednesday, November 1st
9:00 am in the Columbia Room

Next election is on November 7th. Washington County Voter Assistance Program will be here to provide voter registration cards, collect ballots and answer any question you might have. Feel free to bring any of your voting questions or concerns to them! The team is bringing an official Ballot Drop Box for anyone to drop a completed return ballot with no postage needed. The Voter Assistance Program is a Washington County Elections free nonpartisan program with only one goal: to assist voters that need help voting.

Wednesday, November 1st 9:00 am to Noon

Alzheimer's Support Group
with Sandy Morehouse
Thursday, November 30th
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.

Taking the Right Steps:
Fall Prevention with Legacy Health
Friday, November 17th
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, November 17th at 1:30 pm in our Party Room for this informative program.
## Continuing Education

### Hillsboro Public Library: Presentation and Trivia!
**Wednesday, November 15th**
**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, November 15th at 1:30 pm in the Party Room.**

### Book Club
**Monday, November 27th**
**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 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.

**Adult Coloring**
**Thursday & Saturdays**
**10:00am in the Cascade Room**

Coloring is an effective activity to reduce anxiety and increase mindfulness. Stop by this fun group; we provide coloring sheets, markers and pencils.
### That’s Entertainment

<table>
<thead>
<tr>
<th>Movie Matinee!</th>
<th>Music Sing-along with Jan Whittaker</th>
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</thead>
<tbody>
<tr>
<td>Every Monday</td>
<td>Thursdays, November 2nd &amp; 16th</td>
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<tr>
<td>1:30pm in the Cascade Room</td>
<td>3:00pm in the Main Lobby</td>
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</table>

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! We are also now including a Movie Matinee on selected Saturdays in November. 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!**

<table>
<thead>
<tr>
<th>Dining Music with Phil and his Accordion</th>
<th>Bean Bag Baseball</th>
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</thead>
<tbody>
<tr>
<td>Friday, November 24th</td>
<td>Wednesday, November 22nd</td>
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<tr>
<td>1:30 pm in the Party Room</td>
<td>1:30 pm in the Party Room</td>
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</tbody>
</table>

Joining us as entertainment for lunch, is Phil and his accordion for an accompaniment that you will love! He will be playing for both dining rooms.

### A Look Ahead to December...

- Sights and Sounds with Matthew Casey  
  **Friday, December 1st**

- Portland's Japanese Garden Presentation  
  **Friday, December 8th**

- Trip to Pittock Mansion Thursday,  
  **December 14th**

- **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 November 2nd & 16th at 3:00pm.**

- **Bean Bag Baseball**  
  **Wednesday, November 22nd  
  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, November 22nd 1:30 pm in the Party Room.**
Grand Days Out

Trip: Exotic Bird & Reptile Expo  
Saturday, November 4th  
Bus leaves at 1:30 pm  
Bring $8.00

Come experience a show like no other and socialize with hundreds of animal enthusiasts! With over a hundred vendors, there will be plenty to see and do. This a fresh and unique experience that will be great for animal lovers! You can learn and have in life experiences with many types of birds and reptiles.

Sign up to join us on this special weekend trip to the Washington County Expo Center!

Trip: N.W. Senior Theatre  
“It’s Christmas Time”  
Thursday, November 16th  
Bus leaves at 1:00 pm  
Bring $5.00

Holiday Gala: "It's Christmas Time"  
The 2017 Holiday Musical Variety Show features holiday songs that may be old favorites, and some that will be new to you: Including "Christmas is a Comin", "If it Doesn't Snow on Christmas", "Mistletoe and Wine", "Little Drummer Boy", "Do You Hear What I Hear", and many more! Expect lot's of dancing and merriment as we help you start your holiday season. The NW Senior Theater is a group of experienced (55 and older) performers who love to entertain.

Trip: Bowling  
Thursday, November 9th  
Bus leaves at 9:45 am  
Bring $5.00

Come with us to a day at Four Seasons Bowling Center. A fun time at the lanes is just what everyone needs.

Bring $5.00 to bowl, shoe rental is free!

Sign up to join the fun!

Trip: Spirit Mountain Casino  
Thursday, November 30th  
Bus leaves at 9:00 am

Spirit Mountain Casino is Oregon’s premier gaming destination. Located in Grand Ronde, Oregon, in scenic Polk County. Serious players and novices alike will find the best games of skill and chance the Northwest has to offer. Choose from a variety of table games, slots, keno games, and bingo, or try your hand in the poker room.

Sign up at the front desk to come along
Simple Pleasures

Weekend Leisure at Cornell Estates!

Take advantage of all the new weekend activities that Cornell has to offer. No need to sign up!

**Bingo**
Saturdays, November 11th & 25th
1:00pm in the Party Room

**Movies**
Saturdays, November 4th & 18th
1:00pm in the Cascade Room

**Knit & Stitch Club**
Every Saturday
1:00pm in the Main Lobby

**Skipbo**
Every Saturday
5:30pm in the Cascade Room

---

Word Game: Words in a Word

See how many words you can create from the letters in *Scorpio* (example: or, rip, cop)

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

Most Popular answers from October *(Cornucopia)*

Acorn, apron, capon, cocoa, coupon, croon, coin, arc, air, coop, crop, nip, iron, cup, ion, nor, icon, nap, on, pain, panic, piano, pan, pin, oar, poor, rap, run, up, raccoon ruin, urn.

A Riddle submitted by Dorothy Hermens

3/4 if a cross • a circle complete • two semi-circles with a perpendicular meet • a triangle that stands on two feet • two semicircles • and a circle complete

Can you solve this riddle? Look for the answer next month.

---

TONGUE TWISTER

Ten tricky two-toed turkeys trotted on the table

---

Bake Sale
Sunday, November 19th
10:00am to 3:00pm in the Main Lobby

Cornell Estates will hold their annual bake sale to benefit the Firefighters Toy and Joy Fundraiser. Come on down to the Main Lobby to choose from a wide array of baked goods made by Cornell Estates staff and the firefighter’s and their spouses.

If you would like to participate, please place your baked goods individually on paper plates and in plastic bags.

The funds raised from this sale will be combined with the funds raised from throughout Holiday Season and presented to the Hillsboro Firefighters at the January 2018 resident’s meeting.

Stop by to support this great cause!
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.

Thank you 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
LDS Sisters - Bingo, Event Set up, and Pretty nails

What’s happening with Pacific University in November

The Speech Language Pathology Clinic

Cornell Estates is happy 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 be on Friday, November 17th 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 this month on Tuesdays, November 14th & 28th 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, November 1st from 9:00am to 1:00pm. Sign up at the front desk.

Pacific University Ear Wax Clinic
The ear wax clinic is back! The clinic will be here on Friday, November 3rd from 1:00-3:00pm. Sign up at the Front Desk!
## Meetups @ Cornell

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

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Book Club</td>
<td>Monday, November 27th</td>
<td>3:00 pm (LIB)</td>
<td>LIB</td>
</tr>
<tr>
<td>Residents who share a love of reading gather to discuss the books they are enjoying.</td>
<td></td>
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<tr>
<td>Boost Your Memory</td>
<td>Fridays</td>
<td>3:00 pm (CR)</td>
<td>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</td>
<td>10:00 am (COL)</td>
<td>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</td>
<td>10:00 am (CR)</td>
<td>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>Cornell Community Garden</td>
<td>On Hiatus until Spring</td>
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<tr>
<td>Residents garden together with assistance from master gardener Arden Sheets.</td>
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<tr>
<td>Happy Hour</td>
<td>Thursday, November 9th</td>
<td>3:00 pm (PR)</td>
<td>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>Men’s Club</td>
<td>Wednesday, November 1st</td>
<td>3:00 pm (CR)</td>
<td>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, November 9th</td>
<td>6:30 pm (PR)</td>
<td>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, November 7th</td>
<td>10:00 am (ML)</td>
<td>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, November 2nd &amp; 16th</td>
<td>3:00 pm (ML)</td>
<td>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>Tea with Friends</td>
<td>Wednesday, November 28th</td>
<td>2:00 pm (CR)</td>
<td>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</td>
<td>6:00 pm (PR)</td>
<td>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</td>
<td>9:00 am (CR)</td>
<td>CR</td>
</tr>
<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 written by Evelyn Steele

Music

Music melts my soul.
Lays bare my heart.
God seems so near,
When I hear music

It touches me all at once.
Melts away my anxieties.
Limp and relaxed...
His hands holding my heart.

All is well when,
The music...
Like pale pink cotton
Embraces my heart.

Remember David
The kid with a harp
Stilling the madness,
Soothing that king, Saul

Been going on for years,
The gift of music.
How can I say it...
What music does to heal.

Another one of His gifts,
A miracle, really.
Bypassing all fear
Going straight to the heart

So you breath out pain...
Relax in the arms of music.
Renewing strength within,
Music, Gods gift to us.

---

CORNELL ANNOUNCEMENTS:

- **Activities on Saturday:** We have introduced more activates on Saturdays, including Adult Coloring, Movies or Bingo and the card game Skipbo. The activities will be resident lead, but Karen will set up and prep these activities on Friday for you to enjoy on Saturday!

- **Columbia Room Computer:** Please remember to be courteous to the next person to use the computer. Never turn off the computer, please do not unplug any wires or disconnect anything, and do not leave your internet tabs open. This will help the next user’s experience greatly.

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Employee of the Month

Tashi

Tashi Lhazon is a dining room server and employee of the month for October! She has worked at Cornell Estates for over 18 years and is a beloved figure in the community. Tashi was nominated because she always serves coffee a smile and often greats each of the residents by name. She is cheerful employee that everyone is glad to see honored with this title.
Residents Serving the Surrounding Community

Kids in Foster Care
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, November 14th & 28th at 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
Friday, November 3rd from 1:00-3:00pm
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:** Blue B., Betty Lou S., Peg O., and Jean S. enjoying the Halloween Party

**Left Upper Middle:** Shirley M., Sue C., Elizabeth S., Dee F., and Joan D. dressed for the party

**Left Lower Middle:** Guests, Bob P. and Pat Grinnell.

**Left Portraits:** Carla M. & Dorothy C.

**Right Upper:** Donna D. & Sue C.

**Right Bottom:** Elizabeth S.