Holiday Sights and Sounds
With The Up Front Band
Friday, December 1st
4:00pm in the Assisted Dining Room
5:00pm in the Retirement Dining Room

Kick off the Holiday season at Cornell Estates! We invite you to join us on Friday, December 1st at 4:00pm or 5:00pm in the dining room for music, warmth, and holiday cheer. Feel free to dress up for the occasion! Formal dress is encouraged, but please come as you are if you don’t want to dress up.

Enjoy special appetizers made by Chef Ron, drinks served by your loyal staff, and holiday music from The Up Front Band! You won’t want to miss this event!

Carolers and Recitals
At Cornell Estates

This time of year is filled with music and Cornell Estates is lucky enough to host many talented musicians. Keep an eye out for piano and violin recitals by students as well as caroling Cub Scouts and fellow residents!

The Portland Japanese Gardens: The History, Education & Virtual Tour
Friday, December 8th
1:30 pm in the Party Room

With rain and snow coming, visiting parks has become a lot less enjoyable until spring arrives. In the meantime, Cornell Estates is not going to let that stop them from experiencing all the Portland Japanese Garden has to offer. They will be bringing the peace and serenity of the garden here with a special presentation from a knowledgeable garden guide from the Portland Japanese Garden Speaker Bureau.

The guide will fascinate you with the history of the Portland Japanese Garden as well as the history and a description of the five garden styles; the Strolling Pond Garden, Natural Garden, Flat Garden, Sand and Stone Garden, and Tea Garden. You will also see beautiful pictures of the garden as the guide takes you on a virtual tour.
Cornell Estates Welcomes...

Sophia Johnson    240
Helen May Jerde   280
Kristi Ward       294
Marlene Rogers    210
Paul Weaver       259

December Birthdays!

Eva Beeman        12/9
Dorothy Sterrett  12/9
Janet Spellerberg 12/13
Alma Lou Stubbert  12/13
Irene Wolfe       12/17
Shryl Anderson    12/17
Pat Lindholm      12/18
Donna Detrick     12/28
Jean Smith        12/29

Birthday Party with the Senior Serenaders December 20th 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: June Martin

Staff Birthdays

Angie G.          12/7
Don H.            12/17
Tim H.            12/25
Ofelia S.         12/25
Katja S.          12/27
Alex D.           12/28
December Events

New Year’s Eve Party!
With Gordon Herman
Sunday, December 31st
At 1:30 pm in the Party Room

This year Cornell Estates is going to kick off the New Year with a bang!

Feel free to dress up for the occasion! Formal dress is encouraged, but please come as you are if you don’t want to dress up. We will provide New Year’s props such as beads, noise makers and hats. This is not just your typical party, so come help us toast to the New Year with champagne or sparkling cider!

You won't want to miss this party as we continue our tradition of announcing the Cornell Estates Ambassadors for the upcoming year! You will find out which of our wonderful residents of Cornell Estates will be receiving this honor. Both Ambassadors will serve as a spokesperson for Cornell Estates over the next year. We look forward to seeing you all there!

Alzheimer's Support Group
with Sandy Morehouse
Thursday, December 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 others to listen to. Sandy has lead past support groups on this topic.

Annual Door Decorating Contest
Judging on Monday, December 18th
10:00 am—12:00 pm

The rules are simple:
• Choose any theme
• Decorate only the door and/or door jam
• No decorations in the hallways
• Do not use real pine or candles
• Decoration must be completed by Dec. 18th

All residents are encouraged to walk through the halls and vote for your favorite door decoration for the People’s Choice award. Ballots are available at the Front Desk and must be received by December 18th.

If you would like help with your door decoration, please let Karen know so we can set up volunteers.

Happy Hour with Brian Scott
Saturday, December 16th
3:00 pm in the Party Room

Happy Hour is on a Saturday this month! Companying our weekend Happy Hour, we have a special piano performance by Brian Scott.
Boost Your Memory
Fridays, December 8th, 15th & 22nd
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 on Fridays and join in on these lively and fun activities to stay focused and alert.

Come to the Cascade Room Fridays, December 8th, 15th & 22nd at 3:00pm.

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.

Book Club
Tuesday December 26th
3:00pm in the Library
If you enjoy reading a good book, you should join us at the Book Club! We talk about the books we are each reading.

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, December 13th at 1:30 pm in the Party Room.
**That’s Entertainment**

| Movie Matinee!  
Every Monday  
1:30pm in the Cascade Room | Music Sing-along with Jan Whittaker  
Thursdays, December 7th & 21st  
3:00pm in the Main Lobby |
| --- | --- |
| ![Movie Matinee Icon](image)  
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 December. 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 Icon](image)  
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 December 7th & 21st at 3:00pm.** |

| Stroke Lecture:  
By Dr. Friedman  
Friday, December 22nd  
1:30 pm in the Party Room | Bean Bag Baseball & Popcorn  
December 29th  
1:30 pm in the Party Room |
| --- | --- |
| ![Stroke Lecture Icon](image)  
Join us for a lecture on how to recognize symptoms and signs of a stroke as well as the ways strokes are treated. Dr. Friedman is the Director of the Stroke Center at Tuality Hospital and has worked there for over 14 years.  
Come to this lecture by the knowledgeable Dr. Friedman on **Friday, December 22nd at 1:30 pm in the Party Room.** | ![Bean Bag Baseball & Popcorn Icon](image)  
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 and popcorn will be served! Come cheer on your fellow residents.  
**Wednesday, December 29th 1:30 pm in the Party Room.** |
<table>
<thead>
<tr>
<th>Trip: Krispy Kreme</th>
<th>Trip: Pittock Mansion</th>
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<tbody>
<tr>
<td>Thursday, December 7th</td>
<td>Thursday, December 14th</td>
</tr>
<tr>
<td>Bus leaves at 9:00 am</td>
<td>Bus leaves at 1:00 pm</td>
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</table>

Join us on an exciting trip to our local Krispy Kreme Doughnuts to not only enjoy the wares, but to watch how they make their delicious creations! Their Original Glazed Doughnut is best eaten warm and what better way to enjoy them than right off the line.

**Sign up at the front desk!**

<table>
<thead>
<tr>
<th>Trip: Christmas Light Tour</th>
<th>Trip: Scenic Drive</th>
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<tbody>
<tr>
<td>Around Hillsboro</td>
<td>Thursday, December 28th</td>
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<tr>
<td>Thursday, December 21st</td>
<td>Bus leaves at 10:00 am</td>
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It's the most wonderful time of the year! Neighborhoods are full of colorful, glittering lights to celebrate the upcoming holiday. The bus will take you on a ride around town to find the most decorated neighborhoods. Look for Santa and his reindeer up on the rooftop! See if you can pick out your favorite houses along the way.

Explore Pittock Mansion decorated for the holidays! Built in 1914 for one of Oregon’s influential families, Pittock Mansion is filled with rich history and remarkable stories. For the holiday season the mansion holds even more delights. Enjoy the wonders of the season at Pittock Mansion’s annual holiday display, a Portland tradition for over 50 years.

Join us on a trip to the Portland historical landmark on **December 14th**

**Sign up at the Front Desk if you’d like to go on this Scenic Ride!**
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**

Bingo
Saturdays, December 9th & 23rd
1:00pm in the Cascade Room

**Movies**
Saturdays, December 2nd, 16th & 30th
1:00pm in the Cascade Room

**Knit & Stitch Club**
Every Saturday
2:00pm in the Main Lobby

**Skip Bo**
Every Saturday
6:30pm in the Cascade Room

**Bible Study with Fran**
Every Saturday
3:00pm in the Activity Center

Word Game: Words in a Word

See how many words you can create from the letters in **Capricornus** (example: or, rip, cop)
Compare your list to ours in next month’s newsletter!

Most Popular answers from November (Scorpio)
Is, or, so, sir, cop, sop, rip, sip, coos, poor, crop, scoop, crisp, coops.

This is a funny story submitted by Dorothy Hermens from Liguorian Magazine

My husband and I were curious why our five-year-old son referred to Jesus as “Jesus Christmas.” Finally we asked him why he thought Jesus’ last name was Christmas. He quickly replied, “Well, why wouldn’t it be? His mommy’s name is Mary Christmas!”

The answer to last month’s riddle submitted by Dorothy Hermens was TOBACCO

A Look Ahead to January...

- Trip to Washington Square Mall & Cheesecake Factory
  Thursday, January 4th
- Dining Music w/Phil & his accordion
  Friday, January 26th
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

Thank you to all the residents who have donated your time with the students. This is an invaluable experience for many of these students and we can not continue this without your support.

The clinic will be on Friday, December 1st at 10:00am. The students will head to your room and will meet with you in your room or the Columbia Room for individual assessments.

Pacific University Dental Clinic

The dental clinic is back on hiatus for December check back next year.

This month in Hearing Health @ Cornell Estates:

First Wednesdays-- Free Hearing Assessments with Darin Scheurer, SmartStep Hearing. He will be here on Wednesday, December 6th 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, December 1st 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/Time Details</th>
<th>Location/Time</th>
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<tbody>
<tr>
<td><strong>Book Club</strong></td>
<td>Tuesday, December 26th 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, December 8th, 15th &amp; 22nd 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 1:00 pm (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 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>On Hiatus until Spring</td>
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<td>Residents garden together with assistance from master gardener Arden Sheets.</td>
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<td><strong>Happy Hour</strong></td>
<td>Friday, December 15th 3:00 pm (PR)</td>
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<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, December 6th 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, December 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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<td><strong>Read Aloud</strong></td>
<td>Tuesday, December 5th 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>Thursdays, December 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><strong>Tea with Friends</strong></td>
<td>Wednesday, December 27th 2:00 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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</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 Bessie Loos

When I’m tired I think I’ll sleep before I hit the bed.  
When I finally put my head down, I lie wide awake instead.  
I don’t count sheep.  
They need their sleep.  
So, do the shepherd and his dog.  
I make up rhymes and in no time, I am sleeping like a log.

Employee of the Month

Carlene

Carlene Sirianni has worked as caregiver for Cornell Estate’s Assisted Living for over 3 years. She is a patient and helpful caregiver and many of her residents feel she is deserved of this honor. Carlene is a great leader on the Assisted Living side and is always ready to receive responsibilities. If you would like to nominate an employee, please fill out the ballots.
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**
Taking a break in December. On hiatus until January.
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, December 1st 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:** Residents listening to our Veteran’s Day Speaker: James Fishback  
**Left Middle:** Veteran Residents in the front rows at the Veteran’s Day Salute  
**Left Bottom:** The Cub Scout Troop presented the flags for the Veteran’s Day Salute.  
**Right Upper:** Beppy H. with Ruby the horse.  
**Right Bottom:** Betty Lou S. and Blue B.  
**Right Bottom:** Cynthia P., Harriett S., Barbara K., and Dorothy C. at Ruby the Miniature Therapy Horse event.