Early Willamette Valley Settlers & Settlements
Friday, February 2nd
1:30 pm in the Party Room

French Canadians, Scots, Irish, English, their mixed race families, a sprinkling of American fur traders made the initial claims for land in the Willamette. Seasoned outdoorsmen, they knew that its terrain, climate, and soil held critical aspects for a good life.

Later, Oregon Trail emigrants came, expecting to find a second Eden dripping with milk and honey. The 2,100 mile/4-6 month trek tested all the courage and strength they could muster. Their grit and help of neighbors and strangers sustained them those first years in the Willamette Valley.

Presented by Sherry Johnston, Docent of the Oregon Historical Society.

Portland Tap Connection Valentine’s Day Show
Friday, February 9th
1:30 pm in the Party Room

Cornell Estates is excited to have back the wonderful Portland Tap Connection dancers for this seasonal showcase! All performances include twelve to twenty musical numbers featuring the Big Band sound of the 1940's as well as Broadway hits and patriotic songs. Costumes, props and audience participation add pizzazz to the show. This variety of musical numbers are full of energy and colorful costumes. Guaranteed to get your fingers snappin’ and your toes a-tappin’. The Portland Tap Connection has been entertaining Pacific Northwest
Cornell Estates Welcomes...

Marlene Rogers 210
Anna Monsantofils 309
Jean Sayer 238
Shirley & Pete Parson 123
Ken & Letha Mishler 136

February Birthdays!

Frank Colly 2/4  Arden Sheets 2/17
Bessie Loos 2/12  Frank Reding 2/20
Evelyn Wyatt 2/12  Corrine Ross 2/22
Bob Plumb 2/15  Roy Benson 2/28

Birthday Party with the Senior Serenaders February 14th 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
# February Events

| The Oregon Trail  
Friday, February 16th  
1:30 pm in the Party Room |
|------------------------|
| The story of people  
from the United States  
in the 1800’s seeking a  
second Eden in the untamed and undeveloped Oregon Country. They faced months of hardship, births, deaths, survival and defeat to reach the land that promised a better life.  

Who were they? What was the Oregon Trail really? Hear their stories. Learn the facts of this 30 year migration to the Pacific Ocean.  

Sherry Johnston, docent for the Oregon Historical Society, shares the many parts that made up the largest migration in American history. She shows artifacts and images to help imagine how it might have been. |

| Happy Hour  
With Matthew Casey on Piano  
Friday, February 23rd  
1:00 pm in the Party Room |
|------------------------|
| We have a special Friday Happy Hour heading your way in February. Join us for a 1:00pm performance with drinks and snacks to enjoy!  

Your favorite crooner is back at Cornell Estates and ready to serenade you once again! Matthew Casey will play some of your favorite Swing Hits!  

Spend an hour listening to great music and being with friends and loved ones! |

| Alzheimer's Support Group  
with Sandy Morehouse  
Thursday, February 22nd  
2:30 pm in the Cascade Room |
<table>
<thead>
<tr>
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</thead>
<tbody>
<tr>
<td>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.</td>
</tr>
</tbody>
</table>
Continuing Education

Hillsboro Public Library: Presentation and Trivia!
Wednesday, February 21st
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, February 21st 1:30 pm in the Party Room.

Boost Your Memory
Fridays, February 2nd & 16th
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 Fridays, February 2nd & 16th 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 16th President, Abraham Lincoln.

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 February 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.
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! We are also now including a Movie Matinee on selected Saturdays in February.
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, February 1st & 15th
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 February 1st & 15th at 3:00pm.

February Birthday & Valentines Day Party
With the Senior Serenaders
Wednesday February 14th
1:30 pm in Party Room

Celebrate all the Birthdays happening this month with singing! This will also be a Valentine’s Day party so feel free to bring any Valentine's to hand out to your friends and loved ones! Come to hear some wonderful songs and, of course, sing Happy Birthday.

Bean Bag Baseball
Thursday, February 22nd
10:30 am 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.
Thursday, February 22nd at 10:30 am in the Party Room.
Grand Days Out

Trip: Jackson Bottom Wetlands Preserve
Thursday, February 15th
Bus leaves at 1:00 pm

Located minutes south of downtown Hillsboro, Jackson Bottom Wetlands Preserve’s 635 acres are a quiet sanctuary for both people and wildlife. 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.

Winter migrating birds such as Northern Pintail, Ring-Necked Duck, Green-winged Teal, Canvasback and American Wigeon can be found in abundance. Birds of prey such as Bald Eagle, Red-Tailed Hawk, Red-shouldered hawk, Cooper’s Hawk, Peregrine Falcon, American Kestrel and Northern Harrier can be spotted this time of year. Wintering song birds such as Golden-crowned Sparrow frequent the feeders.

Trip: IHOP
Thursday, February 1st
Bus Leaves at 10:30 am
Bring $8.00-$10.00

Join us on a trip to the International House of Pancakes for brunch on Thursday, February 1st.

IHOP has been making people smile since 1958 by being known as a place people can enjoy their favorite breakfast meals any time of day. Come and enjoy a relaxed atmosphere with warm and friendly service.

Sign up at the front desk to come along!

A Reminder for Bus Protocol

- Sign up at the Front Desk. Make sure to include the address of your appointment.
- We have the Bus available for Medical Appointment on Mondays, Tuesday (mornings only) and Wednesdays. We can accommodate Errands only if it doesn’t conflict with the Medical appts.
- You must be in the lobby 15 minutes before departure time. Please check the book at the Front Desk for departure time.
- The bus CANNOT accommodate impromptu appointments or errands at this time, please sign up at least the day before you would like to go.
## 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, February 10th & 24th
- 1:00pm in the Cascade Room

**Movies**
- Saturdays, February 3rd & 17th
- 1:00pm in the Cascade Room

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

**Skipbo**
- Every Saturday
- 6:00pm in the Arts Center

**Bible Study with Fran**
- Every Saturday
- 2:00pm in the Columbia Room

### Word Game: Words in a Word

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

Most Popular answers from December (Congratulations)

On, is, go, to, us, art, can, air, cat, log, got, aunt, coil, clot, late, colors, cotton, granola, caution, closing, lunation, lunarian, astronaut, carnation, locations, nocturnal, agitators, consultant, antagonist, contagious, truncation, cartoonist, naturalist, nonsurgical, transacting, transaction strangulation, translocation.

### Tongue Twisters

**Denise sees the fleece, Denise sees the fleas.**

At least Denise could sneeze and feed and freeze the fleas.

### A Look Ahead to March...

- **March Birthday Party with the Senior Serenaders**
  - Wednesday, March 14th
- **Brian Scott on Piano**
  - Friday, March 18th
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

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 February

The Speech Language Pathology Clinic

Speech Language Pathology Students will be back to continue their clinic Friday, February 23rd. Your student will come to your apartment at 10:00 am. Feel free to stay in your apartment or go to any of the many alcoves and meeting room throughout the building. This clinic is a comprehensive, free of charge, rehabilitation clinic for all speech, language, swallowing, and memory concerns.

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 once this month on Tuesday, February 13th 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, February 7th 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, February 23rd from 1:00-3:00pm Sign up at the Front Desk!
<table>
<thead>
<tr>
<th>Event</th>
<th>Date/Details</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Book Club</strong></td>
<td>Monday, February 26th</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, February 2nd &amp; 16th</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, February 8th &amp; 22nd</td>
<td>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</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>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><strong>Happy Hour</strong></td>
<td>February 8th &amp; 23rd</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, February 7th</td>
<td>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, February 8th</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, February 6th</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>Thursdays, February 1st &amp; 15th</td>
<td>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, February 28th</td>
<td>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>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

Too Late?

It all seems, just too late.
  Time to rest.
  Time to wait.
This is transition into “old.”

I “want to” but...cant’
  Hard to realize…
This body waring out.
Living …is now, compromise.

We reminisce now,
  Talk of old days.
Of how it used to be…
  Gone now the old ways.

How very smart the youth are.
  Left in the dust I am.
And, just who is “Alexis?”
  That voice in a can!

Bitcoin is good they say.
Digital money you know.

And, “what on earth is it?” I say.
  “It’s money in my iPhone,” I crow!

Call the car people… “Uber For Grandma.”
  Or, perhaps Tesla has a car.
  I need a self driving car…
Yes, yes now I can go really far!

Well I saw the movie “I, Robot.”
Can I buy a robot with my iPhone?
Life is getting better than I thought!
  No time to rest these old bones!

I’ve no time to rest…
I refuse to transition into “old.”
  Just too much going on…
Perhaps I’m not as old as I’m told.

Employee of the Month

Rachel

Rachel Bates is a caregiver on the Assisted Living Side. She has been working at Cornell Estates for over 2 years. She is valued as a hardworking and diligent caregiver to her residents. The residents who nominated her would like her kindness towards them recognized and appreciated.
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**
Tuesday, February 13th 9:00am-3:00pm
On-site dental clinic provided by senior dentistry students for preventative dental treatment, e.g. free

**Ear Wax Clinic**
Friday, February 23rd 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:** Chuck M. and Pearl P. dance at a Happy Hour with Hans and his Accordion.

**Left Middle:** Chuck M. leads a conga line with Pearl P., Sophia J., Corrine R. and other residents following along.

**Left Bottom:** Elizabeth S. and Helen H. at the Washington County Museum enjoying the cut out picture.

**Right Upper:** Chuck M. and Helen H. dancing

**Right Bottom:** Chuck M. and Lunada S. dancing along to the accordion music at Happy Hour.