Keeping the “Golden Years” Golden Health Lecture by Dr. Tursich
Friday, March 2nd
1:30 pm in the Party Room

“How to Keep the Golden Years Golden Even Though My Hair Has Turned Silver” is a presentation by Dr. Tom Tursich that is sure to be engaging, informative, and entertaining. The aging process is not easy. It is said that growing old is not for wimps. Life is like a roll of toilet paper; the closer you get to the end the faster it seems to go. Therefore those facing the aging process need to be given an occasional boost with a positive and upbeat message. This presentation is just that boost!
Dr. Tom Tursich practiced dentistry in Bozeman, Montana for over 30 years. Several years ago he sold that practice and entered the professional speaking industry. In essence he went from working in the trenches fighting tooth decay to now fighting truth decay. He is a member emeritus of the National Speakers Association. Recently he started speaking to senior groups and organizations since he had officially entered those golden years.

4th Annual Family Easter Egg Hunt
Saturday, March 31st
1:30 pm in the Retirement Courtyard

Everyone will want to hop on over to Cornell Estates for some “egg”cellent Easter events!
The fourth annual Family Easter Egg Hunt will be sure to not disappoint. There will be entertainment for all ages including small children. The event will feature an Easter Egg hunt, with special golden eggs hidden for a few lucky children to find. After the hunt enjoy crafts, music and refreshments. This year will feature the Easter Bunny and Jacob Schroeder from “Imagine Balloons.” Family and friends are welcome!

This event is open to the community, so feel free to invited anyone that would enjoy this event.
The egg hunt will begin at 1:30 pm on Saturday, March 31st, in the Retirement Courtyard. Please join us for both the Egg Hunt and fun Easter themed crafts!
Cornell Estates Welcomes...
Marlene Rogers 210
Shirley & Pete Parson 123
Cecile & James Hoeksema 139
Jerilynn Fowler 251

March Birthdays!

Dorothy Gabaig 3/5  Pat Grinnell 3/17
Jeanne Fairley 3/5  Chuck Missfeldt 3/18
Priscilla Lafollett 3/6  Marybeth Jordan 3/21
Blue Bozeman 3/9  Jay Eisenbeis 3/21
Josephine Fraser 3/11  Barbara Huey 3/21
Fran Whittaker 3/16  Madeline Turner 3/21
Helen Moeller 3/16  Jean Dietrich 3/22
Ruth Klein 3/30

Birthday Party with the Senior Serenaders March 21st at 1:30 pm in the Party Room

Thank You!

We could not have done the following without you:
Welcome Bags: Sue Colly & Jane Van Dyke
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

Damian B. 3/4
Daneena S. 3/4
James J. 3/18
Candice B 3/20
Carlene S. 3/23
Oscar R. 3/28

HAPPY BIRTHDAY!
Travelogue: National Parks of Utah
“Utah Rocks! And Mesa Verde is Pretty Cool Too.”
Presented Bob Kuest
Friday, March 16th
1:30 pm in the Party Room

There are a lot of rocks in eastern Utah. Arches, Canyonlands, Natural Bridges, and Capital Reef National Park were some the places Bob Kuest visited and photographed. While in the area, he also visited Newspaper Rock, and Mesa Verde National Park in western Colorado and the Four Corners area as well as the Golden Spike National Historic Site west of Brigham City, Utah. These parks offer not only scenic beauty but also lessons in history, geology, and archeology. Bob Kuest will share his experience in Utah through a slide show featuring all of his amazing photography.

Strength & Balance
Exercise Class lead by Deanne
Every Tuesday & Thursday
9:15 am in the Party Room

Strength & Balance is a low-impact class designed to help improve flexibility and balance while increasing muscular endurance. Strength exercise may include lifting hand-held weights, stretching resistive tubing and using your own body's resistance while also using your core muscles to improve balance and stability.

If you are just starting Deanne’s class, she is designing the Thursday class to be slightly shorter and more accessible to help anyone ease into the classes. You can do any of the moves in a seated position and Deanne brings all the equipment you may need. All you need is to bring a water bottle to join in on this fun and unique class!

Happy Hour
With Dom Franco on Steele Guitar
Friday, March 23rd
3:00 pm in the Party Room

Dom Franco is sure to entertain with a selection of Irish tunes and ballads preformed on his steel guitar. Join us at Happy Hour on Friday, March 23rd at 3:00pm
Continuing Education

Hillsboro Public Library: Presentation and Trivia!
Fridays, March 2nd, 16th & 30th
3:00pm in the Cascade 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, March 28th 1:30 pm in the Party Room.**

Boost Your Memory
Fridays, March 2nd, 16th & 30th
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, March 2nd, 16th & 30th 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 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**
Monday March 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*

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 March. 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, March 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 March 1st & 15th at 3:00 pm.

**Dining Music with Phil and his Accordion**
*Friday, March 23rd*
*11:30 am in the Dining Rooms*

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.

**March Birthday & St. Patrick’s Day Party**
*With the Senior Serenaders*
*Wednesday March 21st*
*1:30 pm in Party Room*

Get into the Irish spirit and celebrate all the Birthdays happening this month with The Senior Serenaders!

**Bean Bag Baseball**
*Thursday, March 29th*
*10:00 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, March 29th at 10:00 pm in the Party Room.**
Grand Days Out

Trip: Prime Time
Thursday, March 1st
Bus leaves at 11:00 am
Bring $15.00

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!

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

Trip: Grand Lodge & Ironwork Grill
Thursday, March 15th
Bus leaves at 9:00 am

The Grand Lodge draws vitality from the personalities and episodes of its past. Built in 1922 as the Masonic and Eastern Star Home, this architecturally stunning property was for 77 years a rest home for Masonic members and their offspring. In 1999, the last residents moved to a new modern Masonic facility immediately to the north.

The Grand Lodge's restaurant, Ironwork Grill, serves casual meals in a comfortable setting. Our resident chef offers options ranging from hearty steaks and fresh salads to pasta dishes and breakfast favorites. Menu offerings are inspired by his harvest of greens and other edibles from our onsite gardens. Have a look at the intricate iron scrollwork that gave the spot its name. Antique glass windows (discovered in the basement at our Olympic Club Hotel & Theater in Centralia, Washington) provide a view into the past.
## 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, March 10th & 24th  
1:00pm in the Cascade Room

**Movies**

Saturdays, March 3rd & 17th  
1:00pm in the Cascade Room

**Skipbo**

Every Saturday  
6:00pm in the Cascade Room

**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 Absolution (example: in, tab, salt)  
Compare your list to ours in next month’s newsletter!

**Most Popular answers from December**

(Reconciliation)

At, on, to or, in, ace, oat, lie, rat, ran, car, art, ate, cat, inn, ice, ear, one, ail, ale, tire, toon, once, oral, real, role, note, rice, tear, teal, tale, taco, lite, core, into, lint, nail, lone, conceal, oceanic, lantern, toenail, conceal, citrine, cartoon, cilantro, internal, ironical, reaction, location, clarinet, relation, cornelian, concretion, relocation., noncritical.

### Here’s a funny turn of phrase

Submitted by Dorothy Hermens

**If it’s petty**

Don’t sweat it.

**If it’s sweaty**

Don’t pet it!

Easter Sunday is coming up! Join us on Wednesday to help prepare the eggs for the Easter Egg hunt on Saturday! We will have plenty of children coming by so will need help to get ready for them.
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 March

The Speech Language Pathology Clinic

Speech Language Pathology Students will be back to continue their clinic Friday, March 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 twice this month on Tuesdays, March 6th & 20th 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, March 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, March 30th 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</th>
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<tbody>
<tr>
<td><strong>Book Club</strong></td>
<td>Tuesday, March 28th 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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<td><strong>Boost Your Memory</strong></td>
<td>Fridays, March 2nd, 16th &amp; 30th 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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<td><strong>Conversational Spanish</strong></td>
<td>Wednesdays 1:00 pm (COL)</td>
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<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, March 9th &amp; 23rd 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, March 7th 3:00 pm (CR)</td>
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<tr>
<td>This is 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, March 9th 6:30 pm (PR)</td>
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<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, March 6th 10:00 am (ML)</td>
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<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, March 1st &amp; 16th 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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<td><strong>Tea with Friends</strong></td>
<td>Wednesday, March 14th 2:00 pm (CR)</td>
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<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 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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**Poetry Corner!**

A place for Cornell Estates residents to express themselves and share their written work or work they have enjoyed. **This week we have two poems**

---

**Mischief**  
By Kristi Ward

Poised upon a point  
Expectant all around.  
Anxiously awaiting  
Each and every sound.

Little hands and little feet  
Dancing thru the day.  
Will he or won’t he  
Come a knockin today?

Quick of step & light of touch  
No more gentle soul to find.  
My baby boy a grinning  
mischief on his mind.

---

**My Betty**  
By Evelyn Steele

Such a glorious woman  
Her should breaths out Jesus  
What God has done with her  
Is just beyond understanding.

How does she “see” all things  
The good and the bad  
She always “gets it”  
Yet her words are so kind.

She forgives our faults  
Sees how they operate  
How we so grieve our Father  
Yet, and yet, she cares for us.

Her words reflect her heart  
Kind, understanding, forgiving  
An easy laugh a quiet chuckle  
Eyes reflecting kindness.

Our Betty is a gift from God  
She reflects His care and love.  
I will so miss her  
When she’s gone to heaven.

---

**Employee of the Month**

**Bernie**

Bernie Myers is a dishwasher in the kitchen.  
He has worked at Cornell Estates since 1990, over 28 years! We are proud to have him as an employee here.
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, March 6th & 20th 9:00am-3:00pm
On-site dental clinic provided by senior dentistry students for preventative dental treatment, e.g. free

Ear Wax Clinic  
Friday, March 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
Upper: We were happy to have the Portland Tap Connection back for the Valentine’s Day Show. They gave a great performance with amazing costumes changes and set designs.

Lower: We were proud to have the Matsiko World Orphan Choir perform at the beginning of last month. The children sang delightful songs and dance very passionately! We hope to have them again in their next tour.