National Day of Prayer
Thursday, May 3rd
1:30 p.m. in the Party Room

As the 2018 National Day of Prayer in May approaches, thousands of individuals, churches, and communities will be working to rally millions of Christians to once again join together in prayer. Cornell Estates is proud to welcome back Pastor Bryan Astring as the officiator of our event. He will lead us in song and prayer, with additional prayers being read by residents. Scripture tells us again and again that our fervent prayer is effective. That our loving God responds to His children’s earnest pleas in mighty ways that avail much, and ultimately determine the course of history.

At this crucial time for our nation, we can do nothing more important than pray.

Join us as we pray with Americans for the nation coast to coast on Thursday, May 3rd 1:30 pm in the Party Room.

A Royal Visit from the Rose Festival Princesses
Friday, May 11th
1:30 p.m. in the Party Room

Lay down the red carpet, royalty is coming! Cornell Estates is pleased to welcome back the Rose Festival Court for the 15th year in a row. The presence of the princesses always creates a stir of excitement in the building, and this year the 2018 court will be no different.

The arrival of the princesses kicks off the array of Rose Festival events that happen at Cornell Estates every year. In addition to meeting the original princesses, residents nominate princesses of their very own.

Cornell Estates can’t wait to kick-off another great year of Rose Festival events! Join us on Friday, May 11th at 1:30 pm to get to know more about each of these young women and spend time in the presence of royalty! Cake and punch will be served.
Cornell Estates Welcomes...

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<thead>
<tr>
<th>Name</th>
<th>Room</th>
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<tbody>
<tr>
<td>Peggy Berg</td>
<td>115</td>
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<tr>
<td>Cecile &amp; Jim Hoeksema</td>
<td>139</td>
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<tr>
<td>Agnes Alverson</td>
<td>254</td>
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<tr>
<td>Gail Plowe</td>
<td>210</td>
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<tr>
<td>Virginia Kennedy</td>
<td>136</td>
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May Birthdays!

<table>
<thead>
<tr>
<th>Name</th>
<th>Date</th>
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<tbody>
<tr>
<td>Marcelo Tse</td>
<td>5/9</td>
</tr>
<tr>
<td>Dorothy Hermens</td>
<td>5/9</td>
</tr>
<tr>
<td>Anne Matthes</td>
<td>5/16</td>
</tr>
<tr>
<td>Bev Beam</td>
<td>5/17</td>
</tr>
<tr>
<td>June Martin</td>
<td>5/24</td>
</tr>
<tr>
<td>Charles Krug</td>
<td>5/28</td>
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<tr>
<td>Maxine Erdman</td>
<td>5/31</td>
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</table>

Birthday Party with the Senior Serenaders May 9th 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, 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

Please welcome Sierra Rice into activities. You may recognize her from her work in the PIP department; she will now also be helping out in activities.
Travelogue: National Parks of Utah
Presented Bob Kuest
Friday, May 4th
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 of 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.

Alzheimer's Support Group
with Sandy Morehouse
Thursday, May 31st
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 listen to other people’s experiences with this disease. Sandy has lead past support groups on this topic.

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 handheld weights, stretching resistive tubing and using your own body's resistance while also using your core muscles to improve balance and stability. In this class you will execute gentle bending, pulling, pushing, and rotational movements.

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 with modifications demonstrated for all fitness levels. You will experience improvement in your flexibility, balance and muscular endurance.

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 classes! This is a great class with fun music and friendly people. Come join us and make new friends!
Continuing Education

**Hillsboro Public Library:**
**Presentation and Trivia!**
**Wednesday, May 16th**
**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, May 16th 1:30 pm in the Party Room.**

**Boost Your Memory**
**Fridays, May 4th & 18th**
**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, May 4th & 18th 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 Events that Changed the World.

**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 May 28th**
**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

Mother’s Day Tea with Jan
Saturday, May 12th
1:30 pm in the Party Room

Whether you are celebrating your own journey through motherhood, showing pride as a grandmother, join us to celebrate the women in this important role. Make sure to invite your family and friends to celebrate this special day with tea and cupcakes, a piano performance by Jan Whittaker, and good company.

Happy Hour with Hans & his Accordion
Friday May 25th
3:00 pm in Party Room

Come to this lively event featuring Cornell Estates’ own Hans Friedrichs preforming on the accordion. Drinks & snacks are served.

Dining Music with Phil and his Accordion
Friday, May 25th
11:30 am in the Dining Rooms

Entertainment for this lunch is Phil and his accordion for an accompaniment that you will love! He will be playing for both dining rooms.

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! See you in the Cascade Room on Mondays!

Music Sing-along with Jan Whittaker
Thursday, May 17th
3:00pm in the Party Room

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 only need to bring your lovely voice.

If you would like to enjoy the afternoon singing along with friends, come down to the Party Room on May 17th at 3:00pm.

Bean Bag Baseball
Wednesday, May 23rd
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, May 23rd at 1:30 pm in the Party Room
Grand Days Out

Trip: Cracker Barrel
Thursday, May 10th
Bus leaves at 11:00am
Bring $10.00-$15.00

Cracker Barrel Old Country Store provides a friendly home-away-from-home in its old country store and restaurant in Beaverton, OR. Guests enjoy real home-style food and shopping that’s reminiscent of America’s country heritage...all at a fair price.

Sign up to come along!

Trip: Lloyd Baron Rhododendron Garden
Thursday, May 24th
Bus leaves at 1:30pm

Enjoy an afternoon stroll through the Lloyd Baron Rhododendron Garden. This beautiful public garden is a thank you for Lloyd Baron’s vision and dreams which led to the creation of the rhododendron garden. His gifts of time, effort, and generosity have allowed the garden to continue to grow for today's generation and the ones of the future.

After your stroll, enjoy cookies and lemonade on one of the many picnic benches at Rood Bridge Park. Sign up at the front desk!

Trip: NW Senior Theatre
“Love is ON the Air”
Thursday, May 17th
Bus leaves at 1:00pm
Bring $5.00 Cash for Admission

This springtime showcase features love songs: traditional love, love gone wrong, love-in-the-making, love of performing, community love, love of friends, foolish love, love of dancing, and lost love. The show will full of fun songs! The Northwest Senior Theater is a group of experienced (55 and older) performers who love to entertain.

Trip: Spirit Mountain
Thursday, May 31st
Bus Leaves at 9:00am

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 weekend activities that Cornell has to offer. No need to sign up!

<table>
<thead>
<tr>
<th>Activity</th>
<th>Date/Month</th>
<th>Time</th>
<th>Location</th>
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<tbody>
<tr>
<td>Bingo</td>
<td>Saturdays, May 5th &amp; 19th</td>
<td>1:00pm</td>
<td>Cascade Room</td>
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<tr>
<td>Movies</td>
<td>Saturday, May 26th</td>
<td>1:00pm</td>
<td>Cascade Room</td>
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<tr>
<td>Skipbo</td>
<td>Every Saturday</td>
<td>6:30pm</td>
<td>Cascade Room</td>
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<tr>
<td>Bible Study with Fran</td>
<td>Every Saturday</td>
<td>2:00pm</td>
<td>Columbia Room</td>
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<tr>
<td>Community Gardening</td>
<td>Wednesdays, May 2nd, 16th &amp; 30th</td>
<td>10:00 am</td>
<td>Main Lobby</td>
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</table>

Our own greenhouse garden, located on the southeast side of the building, is always in need of volunteers. Spring is in full swing and our garden is full of flowers! Community Gardening is for anyone who wants to participate in the garden, whether they have experience or not!

### Word Game: Words in a Word

See how many words you can create from the letters in Pageantry (example: at, age, ant).

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

Most Popular answers from April *(Unforgettable)*

Or, get, bot, fee, fog, fun, ate, bar, fat, bun, age, fun, bagel, angle, angel, agent, beret, baron, tugboat, nebular, tenable, eternal, elegant, boatful, funeral, grateful, gauntlet, rebuttal, unfetter, begotten, fourteen, fortunate, entourage, refutable, turntable, outgeneral.

### Tongue Twisters

**Buzzy Bees**

**Bragging**

**Garden Gophers**

**Golfing**
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.

Employee of the Month

Ofelia

Ofelia Spinn has been a housekeeper at Cornell Estates for a year now. She is a friendly and quickly adapting housekeeper. The residents appreciate the extra steps she takes to help accommodate for them.

What’s happening with Pacific University in May

The Speech Language Pathology students are taking the summer off. Check back in the fall to participate. Thank you to all of the resident who volunteered your time with these students in preparing for their career.

Pacific University Dental Clinic

The dental clinic is on hiatus for the summer! Check back in the fall

This month in Hearing Health @ Cornell Estates:

First Wednesdays-- Free Hearing Assessments with Darin Scheurer, SmartStep Hearing. He will be here on Wednesday, May 2nd 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, May 25th from 1:00-3:00pm Sign up at the Front Desk!

To our current Encore Partners:

Richard Banham - Bible Study
Chet Bishop - Bible Study
Louise Fowler - Senior Serenaders
Janice Haley - “The Card Lady”
Jan Whittaker - Sing along with Jan
LDS Sisters - Bingo, Event Set up
<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
<th>Time</th>
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<tbody>
<tr>
<td>Blood Pressure Clinic</td>
<td>Tuesdays</td>
<td>11:00 am (ML)</td>
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<tr>
<td>Come get your Blood Pressure checked at this weekly clinic.</td>
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<td>Book Club</td>
<td>Tuesday, May 28th</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>Boost Your Memory</td>
<td>Fridays, May 4th &amp; 18th</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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<td>Conversational Spanish</td>
<td>Wednesdays</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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<td>Cornell College</td>
<td>Mondays</td>
<td>10:00 am (CR)</td>
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<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>Wednesdays, May 2nd, 16th &amp; 30th</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>Happy Hour</td>
<td>Fridays, May 11th &amp; 25th</td>
<td>3:00 pm (PR)</td>
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<td>Enjoy an hour of drinks, and socializing before supper.</td>
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<td>Orenco Photography Club</td>
<td>Thursday, May 10th</td>
<td>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>Read Aloud</td>
<td>Tuesday, May 1st</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>Sing-Along with Jan</td>
<td>Thursday, May 17th</td>
<td>3:00 pm (PR)</td>
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<tr>
<td>Residents join Jan at the Grand Piano in the Party Room to sing their favorite songs!</td>
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<tr>
<td>Tea with Friends</td>
<td>Wednesday, May 30th</td>
<td>2:00 pm (CR)</td>
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<tr>
<td>Grab a cup of tea and join your friends for conversation and laughter.</td>
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<tr>
<td>Writers Group</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 week we have two poems: June Ranf & Evelyn Steele

It’s A Great Life
By June Ranf

How did I get to the writing class?
This is how it came to pass.
I decided to come to Cornell Estates.
It was there I met my writing mates.

They were patient and kind so I decided to stay.
I polished my spelling and followed their way.
I wrote my life story...not great but not bad.
I was really surprised at the fun had.

I’m hoping my kids read it, they’ll find themselves in it.
They took up my time almost every minute.
They’ve gone their own way and done pretty well.
And left me here with a story to tell.

I’m still at the table sharing stories with friends.
It’s okay with me if it never ends.
You’re part of my story, a good lasting part.
I carry you always within my heart.

Good Grief! I’m not a poet and I know it.
Did I just write a poem?

A Party
By Evelyn Steele

Outside my window there’s a tree.
Big it is, large and full.
It’s blooming… snowballs.
Pink, flowering… snowballs.

Her leaves have not come just yet.
Her branches are, lovely, flowing.
Black they are...yet… graceful.
Touched , here and there with moss.

Waiting, I’ve been, all year long.
Frothy, pale, pink snowballs.
Clumping about in bunches.
Floating, yet attached, to the branches.

Spring rains gently falling.
Blossoms and branches weighted.
The tree, a pink umbrella.
Petals blessed by tiny, rainy, droplets.

“They’re back” she calls.
I’m here to love on you.”
Spreading her arms wide,
Laden now with lovely pink petals.

“Take heart and lift your eyes,
I’ve come again, faithfully.”
Blossoms of hope and love.
“Showers of pink magic just for you.”

The truth of her message
Calms, again, my soul.
God faithful, has blessed me again.
Touched the tree and gladdened my heart.

One day, soon coming,
There will be showers of pink.
Pink petals drifting down…
Like snow, will cover the ground.

She is a party, she is.
My beautiful pink tree.
Confetti-snow all around.
Now… tiny green leaves I see.

Did you ever hear the sound?
The sounds of little leaves singing?
Bright, green leaves leafing out…
Singing, in tiny wee voices?

The green has come.
Each little one, all brand new.
Look up, look up… listen…
Tiny green leaves clapping their hands.

“A party, a party. Come and play”
Pink on the ground,
Green in the air,
Spring at last I’ve found…’tis here, ‘tis 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
The dental clinic is hiatus for the summer! Check back in the fall.
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, May 25th 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:** Sue C. got a beautiful butterfly face paint

**Left Middle:** The Easter Bunny and Pat G.

**Left Lower:** Sandy P. enjoying the Easter Egg Hunt with a lovely balloon corsage

**Right Upper:** Betty Lou and her granddaughter with matching “tattoos”

**Right Lower:** Carla M. with her grandchildren posing with the Easter Bunny