19th Annual Queen’s Coronation
Monday, June 11th
1:30pm in the Party Room

The pageantry and enchantment of the Portland Rose Festival will come to Cornell Estates! Portland’s Royal Rosarians will take part in the coronation of our Assisted Living and Retirement Living 2018 Senior Rose Court.

Dressed in their distinctive white suits, straw hats, and gloves, the Royal Rosarians will escort each of the former Cornell Estates’ courts and the 2018 court into the Party Room. Cornell Estates has a longstanding tradition of crowning their own Rose Festival queens.

The festivities will conclude with the traditional rose dedication ceremony featuring the history of the rose and special blessings by the Rosarian chaplain. A Queen’s reception with cake and punch will follow the ceremony. Please invite your family and friends all are welcome!

The Westernaires Line Dancers
Friday, June 22nd
1:30 pm in the Party Room

People will be lining up for The Westernaires line dancing performance at Cornell Estates! This group of energetic senior women put on a great show as they line dance to upbeat music. Whether it’s Western, the Cha-Cha, or the Conga, you’ll be sure to have lots of fun! These women will delight you with their wit and leave you with a smile.

The Westernaires offer free lessons for anyone who is interested in joining. They perform around the area at senior centers, retirement homes, and various events.
Cornell Estates Welcomes...

Jim Colegrove 267
Marlene Rogers 111
Claudia Hall 119
Paul Huseman 158
Mark Bonham 230

June Birthdays!

Marion Fisher 6/1 Marcia Hicks 6/25
Esther Flamme 6/4 Sally Ford 6/26
Jackie Swietzer 6/5 Margot Stoneking 6/26
Dean Saylor 6/6
Dee Friel 6/9
Jim Stoneking 6/11
Elaine Logan 6/14

Birthday Party with the Senior Serenaders June 13th at 1:30 pm in the Party Room

Thank You!

We could not have done the following without you:

Welcome Bags: Pearl Pfaff & Jane Van Dyke
Community Gardening: Arden Sheets, Anne Matthes, Donna Detrick
Newsletter Folding: Margot Stoneking, 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

Staff Birthdays

Cristina R. 6/1
Mikayla R. 6/20

Happy Birthday!
June Events

Alzheimer's Support Group
with Sandy Morehouse
Thursday, June 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 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!

Trip to Tuesday Market
Tuesday, June 19th
Bus loads at 5:45pm

Kicking off the summer season, we will be heading to the Tuesday Market. The Hillsboro Tuesday Marketplace is a long-standing family tradition, and has become a tradition for Cornell Estates!

Join your neighbors in quaint downtown Hillsboro, where friends put on their old-fashioned grins and enjoy a weekly summer-time stroll that stocks their garden baskets, tempts their taste buds with culinary delights, sets their toes tapping to live music and enjoy local art and crafts. Sign up at the front desk!
Travelogue: Atlanta & Key West
Presented Bob Kuest
Friday, June 1st
1:30 pm in the Party Room

Our next travelogue will be on Atlanta and Key West. Atlanta is a big city in Georgia; Key West is a small town and island in Florida. Bob Kuest will share his experience in Atlanta & Key West through a slide show featuring all of his amazing photography.

Boost Your Memory
Fridays, June 8th & 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 every week and join in on these lively and fun activities to stay focused and alert.

Come to the Cascade Room Fridays, June 8th & 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 Events that Changed History.

Adult Coloring
Thursday & Saturdays
10:00am in the Cascade Room
Coloring is a effective activity to reduce anxiety and increase mindfulness. Stop by this fun group; we provide coloring sheets, markers and pencils.

Book Club
Monday, June 25th
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

<table>
<thead>
<tr>
<th>Intel Singers</th>
<th>Music Sing-along with Jan Whittaker</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Friday, June 8th</strong></td>
<td><strong>Thursday, June 7th &amp; 21st</strong></td>
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<tr>
<td><strong>1:30pm in the Party Room</strong></td>
<td><strong>3:00pm in the Party Room</strong></td>
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</table>

Cornell Estates is excited to welcome back the Intel Singers, a non-auditioned choir comprised of Intel employees and their families. Their ranks are filled with Oregon employees working in all aspects of Intel’s business including chip and hardware design, manufacturing, marketing, legal and more. Intel Singers focuses on the performance of a wide variety of choral music.

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 June 7th & 21st at 3:00pm**.

<table>
<thead>
<tr>
<th>Happy Hour with Hans &amp; his Accordion</th>
<th>Bean Bag Baseball</th>
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</thead>
<tbody>
<tr>
<td><strong>Friday June 15th</strong></td>
<td><strong>Wednesday, June 20th</strong></td>
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<tr>
<td><strong>3:00 pm in Party Room</strong></td>
<td><strong>1:30 pm in the Party Room</strong></td>
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</table>

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

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.

<table>
<thead>
<tr>
<th>Movie Matinee!</th>
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<tbody>
<tr>
<td><strong>Every Monday</strong></td>
<td></td>
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<tr>
<td><strong>1:30pm in the Cascade Room</strong></td>
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</table>

Enjoy a movie every Monday at 1:30 pm in the Cascade Room with fresh popcorn! See you in the Cascade Room on Mondays!
### Grand Days Out

**Trip: Sesame Donuts**  
**Thursday, June 7th**  
**Bus loads at 9:15am**

June is National Donut Month so we’re heading out to enjoy some delicious local donuts! Sesame Donuts is rated as one of the best donut shops in the Portland area. They are known for their unique donuts and pastries.

**Trip: IHOP**  
**Thursday, June 14th**  
**Bus Leaves at 9:30pm**

In honor of Father’s day, we will be having a brunch out at the International House of Pancakes. Invite family along, or just treat yourself to a stack of pancakes. Sign up at the front desk. The bus will leave at 9:00am on Thursday, June 14th.

**Trip: Assistance League Thrift Shop**  
**Thursday, June 14th**  
**Bus loads at 1:15pm**

This thrift store is entirely volunteer staffed and all of their proceeds stay in the local community. Programs benefit children, students and victims of violence. You’ll find just your style at Assistance League Thrift Shop. They have men’s and women’s apparel, as well as jewelry, scarfs ties, shoes, and handbags. You can have the look you want at a fraction of the price. Need a gift or something for your own home? Check out their beautiful selection of home decor. Don’t forget to take a peek into the Bargain Room!

**Trip: Unger Farms**  
**Thursday, June 21st**  
**Bus loads at 1:15pm**

**Unger Farms, Inc.** Unger Farms is a family owned and operated berry farm in Cornelius, Oregon bringing the freshest, best quality berries to our community.

For the past couple years, we have been able to visit their farm store and enjoy the peace and quiet their beautiful patio has to offer overlooking the scenic pond.

Come along to spend an afternoon at Unger Farms! You won’t want to miss this opportunity to support our local farmers.

The bus leaves at **1:15pm on Thursday, June 21st** Sign up at the front desk.

**Trip: Tea’s Me Tea Room**  
**Thursday, June 28th**  
**Bus loads at 1:15pm**  
**Bring $11.00 or more**

Join us for an afternoon out at Tea’s me Tea Room. Each reservation of $11.00 includes a pot of tea, fresh fruit and two fresh scones served with English Clotted Cream and handmade English Lemon Curd and Jam. They offers a wide variety of fine tea, tisanes, herbal tea and chai.
## 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><strong>BINGO</strong></th>
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<tbody>
<tr>
<td>Bingo</td>
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<tr>
<td>Saturdays, June 9th &amp; 23rd</td>
<td>1:00pm in the Cascade Room</td>
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<table>
<thead>
<tr>
<th><strong>Movies</strong></th>
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<tbody>
<tr>
<td>Saturdays, June 16th &amp; 30th</td>
<td>1:00pm in the Cascade Room</td>
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<table>
<thead>
<tr>
<th><strong>Skipbo</strong></th>
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<tbody>
<tr>
<td>Every Saturday</td>
<td>6:30pm in the Arts Center</td>
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<table>
<thead>
<tr>
<th><strong>Bible Study with Fran</strong></th>
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</thead>
<tbody>
<tr>
<td>Every Saturday</td>
<td>2:00pm in the Columbia Room</td>
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</table>

### Community Gardening

**Wednesdays, June 6th & 20th**

10:00 am Meet in the Main Lobby

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!

### Planting of the Roses

**Monday, June 18th**

1:30 pm in the Retirement Side Courtyard

We will be welcoming back the Portland Royal Rosarians to plant and dedicate a rose bush in honor of our Rose Festival Queens.

Come enjoy this ceremony in the sun or under the awning in the **Retirement Side Courtyard on Monday, June 18th**.

### Word Game: Words in a Word

See how many words you can create from the letters in Scatter (example: at, age, ant) Compare your list to ours in next month’s newsletter!

**Most Popular answers from May (Pageantry)**

Era, eat, tan, peg, are, yap, yep, gay, ate, gap, tear, tape, neat, pyre, earn, gate, gape, repay, agape, pagan, prate, yearn, range, anger, great, garnet, gyrate, pantry, parent, pageant.

### Yoga: Intro Class

**Wednesday, June 13th**

9:15am in the Party Room

We are excited to introduce a new exercise class to try out! We will have Russell Roberts lead us through an hour-long beginners Yoga Class. **See you in the Party Room on Wednesday, June 13th at 9:15am!**
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

Emme

Emme Deplois is a Front Desk Receptionist. She has worked at Cornell Estates for over a year and a half. She also makes the newsletter each month. To nominate someone, please fill out one of the slips with the name of the employee & experience you had.

What’s happening with Pacific University in June

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, June 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, June 29th 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
Becky Kennedy– Community Gardens
### Meetups @ Cornell

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

<table>
<thead>
<tr>
<th>Event</th>
<th>Date/Time Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blood Pressure Clinic</td>
<td>Tuesdays, 11:00 am (ML)</td>
</tr>
<tr>
<td></td>
<td>Come get your Blood Pressure checked at this weekly clinic.</td>
</tr>
<tr>
<td>Book Club</td>
<td>Monday, June 25th, 3:00 pm (LIB)</td>
</tr>
<tr>
<td></td>
<td>Residents who share a love of reading gather to discuss the books they are enjoying.</td>
</tr>
<tr>
<td>Boost Your Memory</td>
<td>Fridays, June 8th &amp; 22nd, 3:00 pm (CR)</td>
</tr>
<tr>
<td></td>
<td>Residents gather to tickle the brain cells with fun and stimulating memory exercises and games.</td>
</tr>
<tr>
<td>Conversational Spanish</td>
<td>Wednesdays, 1:00 pm (COL)</td>
</tr>
<tr>
<td></td>
<td>Residents work with an instructor to develop basic Spanish vocabulary and conversation skills.</td>
</tr>
<tr>
<td>Cornell College</td>
<td>Mondays, 10:00 am (CR)</td>
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<tr>
<td></td>
<td>Residents meet once a week to watch a half-hour lecture followed by a discussion.</td>
</tr>
<tr>
<td>Cornell Community Garden</td>
<td>Wednesdays, June 6th &amp; 20th, 10:00 am (ML)</td>
</tr>
<tr>
<td></td>
<td>Residents garden together with assistance from master gardener Arden Sheets.</td>
</tr>
<tr>
<td>Happy Hour</td>
<td>Fridays, June 15th &amp; 29th, 3:00 pm (PR)</td>
</tr>
<tr>
<td></td>
<td>Enjoy an hour of drinks, and socializing before supper.</td>
</tr>
<tr>
<td>Orenco Photography Club</td>
<td>Thursday, June 14th, 6:30 pm (PR)</td>
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<tr>
<td></td>
<td>Local club invites residents to join monthly roundtables and discussions on photography</td>
</tr>
<tr>
<td>Read Aloud</td>
<td>Tuesday, June 5th, 10:00 am (ML)</td>
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<tr>
<td></td>
<td>Residents gather together to hear different written materials read out loud; Newsletter, current events and stories for the soul.</td>
</tr>
<tr>
<td>Sing-Along with Jan</td>
<td>Thursday, June 7th &amp; 21st, 3:00 pm (PR)</td>
</tr>
<tr>
<td></td>
<td>Residents join Jan at the Grand Piano in the Party Room to sing their favorite songs!</td>
</tr>
<tr>
<td>Tea with Friends</td>
<td>Wednesday, June 27th, 2:00 pm (CR)</td>
</tr>
<tr>
<td></td>
<td>Grab a cup of tea and join your friends for conversation and laughter.</td>
</tr>
<tr>
<td>Writers Group</td>
<td>Tuesdays, 9:00 am (CR)</td>
</tr>
<tr>
<td></td>
<td>Meet with this writers’ group made up of residents and community members.</td>
</tr>
</tbody>
</table>
Poetry Corner!
A place for Cornell Estates residents to express themselves and share their written work or work they have enjoyed. This week’s poem is by Evelyn Steele

Those People
You can trust nature.
A tree is a tree.
A flower is a flower.
A stream is a stream.

These things don’t lie.
They don’t deceive.
Nature does not lie,
Doesn’t act prideful.

It’s those humans…
You dare not trust them.
The darts come, unexpected.
Jesus said “trust no man.”

That One who died for me.
Suffered so on that cross.
Made a way to heaven for me.
That man… I can trust.

I find this to be true
Those darts always sting.
I seldom see them coming
Deceitful is the heart of man.

Safe to love your dog,
Best to own two or three.
Safe to grow some flowers…
They will smile back at you.

Church is nice.
Old hymns are good.
But the problem is…
All those imperfect people.

So I go to the garden
Or walk in the woods
Sit by a lovely brook
And read the Good Book.

Problematic is that Book
Tells me to die to self,
To love other people,
Most of all, to be like Jesus.

CORNELL ANNOUNCEMENTS:

- We would like to welcome Jeremy Lovell as our new Maintenance Supervisor. Jeremy is a graduate of Linfield College where he was a National Decathlon Athlete. He is now a track coach in his free time. Jeremy has been married for over seven years and has two young daughters. He is excited to be helping out around Cornell Estates!

- Dish Round-Up will be on Tuesdays and Fridays at 2:30 each week! We will have the kitchen staff gather any dishes left in the hallways twice a week. DO NOT leave dishes out in the hallway on any of the other days. We will announce the Dish Round-Up before they begin to gather the dishes.
Residents Serving the Surrounding Community

Kids in Foster Care
Washington County Department
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, June 29th 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

Top Left: Madeline T. & Pat G. visiting with two Rose Festival Princesses

Top Right: The Princesses were kind enough to answer some of our pressing questions

Middle: Donna D. talking with a Rose Festival Princess

Bottom Left: Sophia J. posing for a picture with a Rose Festival Princess.

Bottom Right: Pearl P. and Chuck M. enjoying time with a Rose Festival Princess
