The 2018 Senior Rose Court Invites You to the Hillsboro 4th of July Parade
Wednesday, July 4th
The bus leaves at 9:15 am

You’re invited to view the 92nd annual Hillsboro 4th of July Parade from the Walters Cultural Center in the shade with comfy chairs and refreshments. The event - which annually draws an estimated 25,000 people lining the parade route - will begin with the playing of the National Anthem and the raising of a U.S. Flag on the high-rise ladder of a fire truck at the corner of Second and Main.

Among other attractions, you will see our very own Cornell Estates Senior Rose Princesses and Queens rolling through downtown in shiny convertibles! Make sure to wave as they pass by!

The parade begins at 10:00 am on Wednesday, July 4th in Hillsboro; our bus will leave at 9:15 am.

Sign up at the Front Desk to reserve your shady spot. We will only have one bus trip out to the sight, so space is limited!

Ruby the Miniature Therapy Horse
Friday, July 27th
1:30 pm in the Party Room

Cornell Estates is welcoming Ruby, a miniature horse, to spend the afternoon with the residents and community members. Ruby is from VFM Miniature Horse Farm which is owned and run by Linda and Gerald VanFleet with help by their daughter Katie Hansen. VFM Miniature Horse Farm is located in Hillsboro, OR and has been breeding and showing miniature horses since 1993.

Miniature therapy horses are just like full-sized horses in terms of personality, preferences and intelligence but are more accessible to those who need the support. While a large horse can be intimidating, a miniature horse is easier to trust and befriend. Anywhere that people could use the kind of pick-me-up bestowed by a calm, empathetic, 2.5-foot tall, stuffed animal-like creature, these horses are visiting. Miniature horses very existence makes the world a happier place.
Cornell Estates Welcomes...

Lydia Calhoun 327
Joni Anderson 244
James Bell 292

July Birthdays!

Bill Thomas 7/1
Joy Hess 7/3
Cynthia Pannell 7/3
Alton Ashford 7/5
Bob Pillsbury 7/8
Barbara King 7/10
Hans Friedrichs 7/15

Birthday Party with the Senior Serenaders July 11th at 1:30 pm in the Party Room

Thank You!

We could not have done the following without you:

Welcome Bags: Maxine Brown & Jane Van Dyke

Community Gardening: Arden Sheets, Anne Matthes, Donna Detrick, & Elaine Logan

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

Brenda T. 7/3
Sierra R. 7/7
Bethany F. 7/11
Jessica B. 7/13
Ana V. 7/22
Brittany G. 7/31
July Events

**Trip: Showtime at Shute Presents:**
World's Ultimate Elvis - Justin Shandor
On Thursday, July 19th
And Soulmates
Thursday, July 26th
Both Buses Load at 5:45 pm

For 35 years, the Showtime at Shute Park concert series has been a summer highlight for the Hillsboro community. Cornell Estates is proud to be a sponsor again this year! The series starts July 12th and runs every Thursday from 6:30 - 8:30 pm through August 23rd.

Showtime at Shute is held at historic Shute Park, which includes a built in performance platform. With more than 13 acres, the park has plenty of space for concert goers to spread a blanket and enjoy the music. Best of all, admission to the concert series is free to the public.

This year, the bus will be taking you to Showtime at Shute on Thursday, July 19th for World's Ultimate Elvis - Justin Shandor and on Thursday, July 26th for Soulmates, a Jazz Band Trio.

If you would like to join your neighbors for a fun evening out, sign up at the front desk. The bus will load at **5:45pm on Thursday, July 19th for Elvis** and **5:45pm on Thursday July 26th for Soulmates.**

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**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

Alzheimer's Support Group with Sandy Morehouse
Thursday, July 26th
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.

Boost Your Memory
Mondays, July 9th, 16th, & 23rd
Fridays, July 20th & 27th
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. Join in on these lively and fun activities to stay focused and alert. We have a new volunteer that will be running some classes on Mondays, so keep an eye out for announcements!

Come to the Cascade Room Fridays, July 20th & 27th 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, July 30th
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

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<thead>
<tr>
<th>Event</th>
<th>Date/Time</th>
<th>Location</th>
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<td><strong>Happy Hour with Hans &amp; his Accordion</strong></td>
<td>Friday, July 13th 3:00 pm</td>
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<td><strong>Happy Hour with Joel Parker</strong></td>
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<td><strong>Music Sing-along with Jan Whittaker</strong></td>
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<td><strong>Bean Bag Baseball</strong></td>
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**Dining Music with Phil and his Accordion**
Friday, July 27th 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.

**Happy Hour with Joel Parker**
Friday, July 6th 3:00pm in the Party Room

Join us for other wonderful Happy Hour featuring a performance by Joel Parker. He is known for creative collaborations with other local musicians to make unique jazz sets at each venue he preforms at.

**Happy Hour with Hans & his Accordion**
Friday July 13th 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.

**Music Sing-along with Jan Whittaker**
Thursday, July 5th & 19th 3:00 pm 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 July 5th & 19th at 3:00pm.

**Bean Bag Baseball**
Wednesday, July 18th 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.

**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!
Grand Days Out

Trip: Smith Berry Barn
Thursday, July 5th
Bus loads at 1:15pm

Smith Berry Barn is a farm and garden store.

Right now they have Blackberries, Raspberries, Blueberries, Lavender Bouquets, and Fresh Herbs in harvest from the farm, available in the store.

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

Trip: MOD Pizza
Thursday, July 26th
Bus loads at 11:15am

Bring $11.00 or more

Enjoy a lunch out at MOD pizza. Artisan-style pizzas and salads are individually sized, made on demand, and ready in just minutes. Choose from over 30 toppings to make your own unique pizza. **Bus loads at 11:15am.**

Trip: Hornings Hideout
And Picnic Lunch
Thursday, July 12th
Bus loads at 9:45am

Cornell Estates is heading to Hornings Hideout for a day of fishing and picnicking! Admission into the park gets everyone poles and bait for the day. If you catch any fish, it is an $8.00 per pound charge. If your not interested in fishing, we will also have a picnic lunch prepared by Chef Ron! The bus loads at **9:45am on Thursday, July 12th.** Sign up at the front desk.

Trip: Helvetia Tavern
Thursday, July 19th
Bus loads at 11:15am
Bring $15.00

Enjoy a scenic drive to a fun restaurant! Helvetia Restaurant serves American comfort food executed with simplicity and consistency. Come enjoy a Jumbo Cheeseburger with a side of hand cut fries or golden onion rings. The ride to and from the restaurant will be filled with views of the wonderful countryside.

Bus loads at **11:15am on Thursday, July 19th.**
Simple Pleasures

Weekend Leisure at Cornell Estates!

Take advantage of all the weekend activities that Cornell has to offer. No need to sign up!

Bingo
Saturdays, July 7th & 21st
1:00pm in the Cascade Room

Movies
Saturdays, July 14th & 28th
1:00pm in the Cascade Room

Skipbo
Every Saturday
6:30pm in the Arts Center

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

Community Gardening
Wednesdays, July 11th & 25th
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!

Your Clothing Solution
A Traveling Clothing Boutique
Monday, July 9th
11:00am to 1:30pm in the Main Lobby

We are excited to announce Your Clothing Solution is visiting Cornell Estates! They will be bringing sweaters, blouses, pants, jackets and more. See you in the Main Lobby on Monday to enjoy these deals!

Seated Yoga Exercise Class
Every Wednesday
9:15am in the Party Room

We are excited to continue our 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 Wednesdays at 9:15am!

Bridge Players Wanted!
If you are interesting in starting up a bridge group, please talk to Julie at table 11 in the Retirement Dining Room! We hope to get a regular game going this month and going forward.
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

Employee of the Month

SAM

Sam Johnson works as Resident Assistant as a part of the Personal Independence Program (PIP). She has worked at Cornell Estates for 5 years in that department. Residents who have worked with Sam say she is the “most compassionate lady” they have ever had the privilege to meet.

What’s happening with Pacific University in July

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 Tuesday, July 3rd from 9:00am to 11:00am in the Columbia Room. No need to sign up he will be taking walk-ins from now on.

Pacific University Ear Wax Clinic
The Ear Wax Clinic is on hiatus for the summer! Check back in the fall for sign ups.
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<th>Event</th>
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<td>Blood Pressure Clinic</td>
<td>Tuesdays</td>
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Meetups @ Cornell

Opportunities for residents with shared interests to meet and participate together
Poetry Corner!
A place for Cornell Estates residents to express themselves and share their written work or work they have enjoyed. This month’s poems are by Evelyn Steele & Helen Moeller

**Older Me**
*By Evelyn Steele*

Another day of sunshine.
A day in my forever bank.
The flowers, green grass…
The birds in leaf laden trees.

My soft blue rocker,
The books waiting to be read,
Thoughts to put to paper,
Paintings and canvas set out.

Christy dog pressed to my side.
Now old eyes looking at me.
Little black Sheltie she is,
Where I am, there she is.

Pearl, my kitty... so aloof,
Deigns to still love me.
Her soft will pat my face,
But not until she feels like it!

A stack of pictures albums
Waiting, beckoning me.
Relating the former times.
Events they relay of the former days.

The peace I feel this day,
Carefully cared for and safe am I.
A time to rest and enjoy,
Time to just be…an older me.

**The Squirrel and I**
*By Helen Moeller*

I believed, when we first arrived at Cornell Estates, that all the squirrels here were SO cute. Not now. Not after the damage they are doing! They are devious. I have named of them, so hence forth, I shall call him (or her) by the name “IT”

Reasons for the change in my feelings:
I missed the large beds of flowers we grew “before the Cornell move.” It was obvious we had room on our small patio for a potted plant. My better half took me to Home Depot and sure enough, I fell in love with the perfect choice! A LARGE pot of bright, red-orange Impatiens came home with us. We set the plant on our patio, but it didn’t look right. The plant deserved something to make it more visible.

Yes, my better half, again, agreed to take me to the Goodwill store, this time to search for a unique plant stand.

Hooray! There it was, just high enough so the plant could be seen from inside our apartment, as well as from the parking lot. I was happy!

Our nice neighbor, Marion, commented on my plant, offering some fertilizer that she had used to promote many blossoms. The plant responded as she said and was more beautiful each day.

Then, one day…… “IT” discovered “MY” plant!! Coming home from lunch one day, we enter our apartment and looking straight through the big window….. there “IT” was, paws on the window sill, digging into the back of “MY” plant!!

Suddenly, the “cuteness” of that creature disappeared.

We were at WAR. “IT” versus “ME.” “IT” continued. “IT” was definitely trying to take over MY plant! I responded by trying to throw articles of things at the window to make noise. (I had cleverly invented a “squirrel chaser” from the inner cardboard roll of a paper towels so it would not break the window.) Or quickly opening the door, shouting “BOO!” (I finally realized “IT” doesn’t understand English either.)

The squirrel and I are now playing games. “IT” is returning almost daily, but now “IT” is peeking in the window to see if I am sitting in my chair by the window. If I am, “IT” will turn and run! I call that progress. We’ll wait and see.
CORNELL ANNOUNCEMENTS:

- Dish Round-Up will be on Tuesdays and Fridays at 2:30 each week! This does not mean you can put dishes out in the hallway on a daily basis. Please keep the dishes in your room until the announcement. 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. Remember, this is all your home and it is important to keep it clean and orderly for everyone’s benefit. If you are currently sick and receiving many trays, you can ask the kitchen staff delivering your next meal to bring down your old trays to prevent a backlog.

- **We have a new bus!!** James will continue to be Cornell Estates driver. Please look over the bus protocol (listed below) to best utilize the bus. **Reminder** that we will update you to any changes in the bus schedule or if we cannot accommodate your trip.

**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 appointments.

- You must be in the lobby **15 minutes before departure time.** Please check the book at the Front Desk for departure time.

- Make sure if you are bringing your **walker to empty it before loading.** We must fold up each walker and wheelchair accommodate everyone.

- The bus **CANNOT accommodate impromptu appointments or errands** at this time, please sign up at least the day before you would like to go. James does not look at the bus book after listing the departure times, **so he will not see if you sign up day of.** This includes signing up for shopping trips, **James can not wait for someone he does not know signed up.**

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2018 Rose Festival Court

**AL Queen**
Jeanne F.

**RL Queen**
Loretta S.

**RL Princesses:** Norma O. & Sophia J. **AL Princesses:** Roberta K. & Sharlot L.
Magic Moments @ Cornell

**Top Left:** Everyone enjoying the June Birthday Party with the Senior Serenaders.

**Top Right:** The Royal Rosarians helping Queen Loretta S. plant the dedicated rose bush.

**Bottom Left:** Hans F. preforming at Happy Hour.

**Bottom Middle:** The Royal Rosarians dressed up in their traditional white suits.

**Bottom Right:** Queen Jeanne Fairley planting the 2018 Rose Festival rose bush.