Curious About Your Balance?
Fall Risk Screening
Friday, August 10th
1:30 pm in the Party Room

We are proud to welcome Physical Therapist Michelle Fog from Providence Home Health West to lead a fall risk screening. She will start by giving a brief lecture on the importance of your balance in preventing falls. Michelle Fog will then lead the crowd through a few basic tests to see what level of fall risk you fall under. She will end this event by listing some exercises that can improve your balance and help reduce your fall risk! Join us for this important Fall Risk Screening Lecture.

Stage Troupers Presents:
“Cactus Jack’s Traveling Show”
Friday, August 17th
1:30 pm in the Party Room

STAGES Performing Arts Youth Academy’s Stage Troupers are on their summer tour and are making a stop at Cornell Estates with their 2018 melodrama, “Cactus Jack’s Traveling Show.”

Stage Troupers is a group of actors ranging from elementary through high school age boys and girls who perform a one act play throughout the Tri-County. Cornell Estates is honored to host them year after year!
Staff Birthdays

Jennifer W. 8/11
Latisha S. 8/14
Robyn D. 8/16
Evitalia H. 8/21
Oscar R. 8/28
Daniel C. 8/29

August Birthdays!

Jim Colegrove 8/1
Garabed Yeghiaian 8/13
Vesta Sundstrom 8/18
Maxine Brown 8/22
Bob Brooks 8/30

Birthday Party with the Senior Serenaders August 8th at 1:30 pm in the Party Room

Thank You!

We could not have done the following without you:

Welcome Bags: Jane Van Dyke

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

Newsletter Folding: Margot Stoneking, Jim Colegrove, Paul Huseman, Robert Dressler, 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: Sue Colly
August Events

Trip: Showtime at Shute Presents:
Conjunto Alegre
On Thursday, August 2nd
The Junebugs
On Thursday, August 16th
Both Buses Load at 5:45 pm

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!

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 and in return we have front row seats reserved for us! 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. Cornell Estates 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, August 2nd for Conjunto Alegre, a Latin Band and on Thursday, August 16th for The Junebugs, a Folk Band.

If you would like to join your neighbors for a fun evening out, sign up at the front desk. The bus will load at **5:45 pm on Thursday, August**
Continuing Education

Alzheimer's Support Group
with Sandy Morehouse
Thursday, August 30th
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, August 6th, 13th, & 20th
Fridays, August 10th, 17th & 31st
3:00pm in the Art Center

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 Art Center in August 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 an effective activity to reduce anxiety and increase mindfulness. Stop by this fun group; we provide coloring sheets, markers and pencils.

Book Club
Monday, August 27th
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.
### Happy Hour with Hans & his Accordion
Friday, August 3rd
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.

### Happy Hour with Matthew Casey
Friday, August 24th
1:30pm in the Party Room

Your favorite crooner is back at Cornell Estates and he is ready to serenade you once again! Come to the Party Room on Friday, August 24th at 1:30 pm to hear Matthew Casey play your favorite Swing Hits! All you have to do is sit back and relax in the comfortable furniture in the Living Room as Matthew serenades you. What a delightful way to spend the afternoon!

### 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, August 2nd & 16th
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 August 2nd & 16th at 3:00pm.

### Bean Bag Baseball
Wednesday, August 22nd
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.

#### That’s Entertainment

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<tr>
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Grand Days Out

Trip: South Store Cafe
Thursday, August 2nd
Bus loads at 11:15am

The South Store Cafe is a quaint local gathering place offering fresh pastries, sandwiches, soups and salads.

Opened around 1903 as a combination general store the South Store got its name as a way of differentiating it from the North Store, which was located a mile to the north. Today, the tradition of serving food to the residents of the Scholls community continues at the South Store.

Trip: Bethany Goodwill
Thursday, August 16th
Bus loads at 1:15pm

Goodwill is a nonprofit that provides job training, employment placement services, and other community-based programs. You’ll find plenty of deals at Goodwill. They have men’s and women’s apparel, as well as jewelry, scarfs, ties, shoes, handbags and home decor. You can have the look you want at a fraction of the price. We will be heading to the Bethany Goodwill, a store with particularly high ratings!

Trip: Blue Lake
And Picnic Lunch
Thursday, August 9th
Bus loads at 9:45am

Join us for a relaxing day out at Blue Lake. We will be providing a picnic lunch packed by Chef Ron, so you need only bring your excitement! In addition to the beautiful lake views, you can also walk through the glorious Lake House garden.

Trip: Washington County Museum
Thursday, August 23rd
Bus loads at 1:15pm
Free Admission

We will be heading to Washington County Museum’s new location at the PCC Rock Creek Campus. The museum is now offering free admission for everyone!

The current exhibit on display features Steampunk-An Art Invitational.
## 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, August 4th & 18th  
1:00pm in the Cascade Room

**Movies**  
Saturdays, August 11th & 25th  
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, August 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!

### Trip: Cheesecake Factory

**Thursday, January 4th**  
**Bus loads at 10:45am**  
**Lunch price: $10.00- $15.00**

Even though the Cheesecake Factory started out as a small cheesecake shop, this restaurant has much more than just cheesecake. With over 200 choices on the menu, you are sure to find something you will like.

The Cheesecake Factory is attached to Washington Square Mall, so after your lunch you will have easy access to the mall. Join your fellow neighbors for a fun day out!

### 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!](#)
To our current Encore Partners:

Richard Banham - Bible Study
Chet Bishop - Bible Study
Jan Whittaker - Church Piano
Anne Weld-Martin - Senior Serenaders
Janice Haley - “The Card Lad
LDS Sisters - Bingo, Event Set up
Becky Kennedy – Community Gardens

What’s happening with Pacific University in August

The Speech Language Pathology Clinic

Speech Language Pathology students are coming back in September. This clinic is a comprehensive, free of charge rehabilitation clinic for all speech, language, swallowing, and memory concerns. The clinic will meet once a month during the school year. If you are interested in participating this fall, please let Karen know or sign up at the front desk.

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, August 1st 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.
### Meetups @ Cornell

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

<table>
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<tr>
<th>Event</th>
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<tr>
<td>Blood Pressure Clinic</td>
<td>Tuesdays 11:00 am (ML)</td>
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<tr>
<td></td>
<td>Come get your Blood Pressure checked at this weekly clinic.</td>
</tr>
<tr>
<td>Book Club</td>
<td>Monday, August 17th 3:00 pm (LIB)</td>
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<td></td>
<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, August 10th, 17th &amp; 31st 3:00 pm (AC)</td>
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<td></td>
<td>Residents gather to tickle the brain cells with fun and stimulating memory exercises and games.</td>
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<tr>
<td>Conversational Spanish</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>Cornell College</td>
<td>Mondays 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, August 11th &amp; 25th 10:00 am (ML)</td>
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<tr>
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<td>Residents garden together with assistance from master gardener Arden Sheets.</td>
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<tr>
<td>Happy Hour</td>
<td>Fridays, August 3rd &amp; 24th 3:00 pm (PR)</td>
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<tr>
<td></td>
<td>Enjoy an hour of drinks, and socializing before supper.</td>
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<tr>
<td>Orenco Photography Club</td>
<td>Thursday, August 9th 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>Wednesday, August 1st 11:00 am (ML)</td>
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<tr>
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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>
</tr>
<tr>
<td>Sing-Along with Jan</td>
<td>Thursday, August 2nd &amp; 16th 3:00 pm (PR)</td>
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<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, August 29th 2:00 pm (CR)</td>
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<tr>
<td></td>
<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 9:00 am (CR)</td>
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<td></td>
<td>Meet with this writers’ group made up of residents and community members.</td>
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</tbody>
</table>
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 & Roy Benson

Tomorrow
By Evelyn Steele
Our nation is so divided at present.
Our culture is in a mess.
The beach grows daily
No answer but in the Redeemer.

I can only hope in God.
Hope in Jesus.
Hope in our Holy Spirit
Our helper in this day

Remember He is the victor
Satan is the loser
Blood was shed for us
Shed for all of us.

So tho I see darkness
See the black clouds coming
I will trust in, maintain my faith
Morning is coming tomorrow.

And...Does He collect our tears?
And, when will the bowl?
Perhaps very soon
Maybe tomorrow. Tomorrow

Imagination
By Roy Benson

This is God’s gift to all of mankind
Some make it work, some leave it behind
It starts as a dream, thou it may be bizarre
Then changes its shape, when viewed from afar
That’s imagination

Go back sixty years to the days of Dick Tracy
The writers wrote stories referred to as spacey
With a radio concealed as a watch on his arm
Dick Tracy avoided all types of great harm
That’s imagination

You may also recall. Came time zone in part
Another weird program entitled Get Smart
A crime seeking sleuth, his name was just Max
If villain tried running he was stopped in his tracks
Max pulled off his shoe, this move would reveal
A small telephone was concealed in the heel
A quick call for backup, that was always in wait
The villain was caught, leaving just a clean slate
That’s imagination

In the past seven decades the world had came far
With the forethought potential, the door’s ajar
With all the ‘lectronics, fiberoptics and such
Mister average consumer finds it just a bit much
With cell phones and internet, a a place called the cloud
We’ve just scratched the surface, of what thinks are proud
It’s self thinking robots, and self driving cars
Now it’s folks lining up for the first trip to Mars
That’s imagination

If you’re of the mind set, there’s things they’ll regret
Grab hold of your seat pal, you ‘aint seen nothing’ yet
There’s thoughts in the oven, that you can’t comprehend
Should some of them blossom, it could spell THE END
And where’d this all start, this nudge of creation?
Need I remind you, it’s imagination
Employee of the Month
Mary Margaret

Mary Margaret Elbert is a weekend front desk receptionist. She has worked for Cornell Estates for nearly 10 years. Residents say that she is always smiling and willing to help at any time. Mary Margaret is known for her patience and her volunteer spirit. While only working two weekends a month, Mary Margaret has made a big impact into the community at Cornell Estates.

If you would like to nominate an employee for this honor, please submit a ballot in the Employee Recognition box.

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.

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.
Magic Moments @ Cornell

Top Left: The Retirement Senior Rose Court in the Fourth of July Parade.
Top Right: Queen Loretta S. and Princesses Sharlot L. and Roberta K.
Middle Left: Princesses Sophia J. and Norma O. and Queen Jeanne F.
Middle Right: The Assisted Living Senior Rose Court in the Fourth of July Parade.
Bottom Left: Feli H., Barbara K., and Roxanne R. enjoying a Happy Hour event
Bottom Right: Chuck M. and Feli H. dancing along to one of our musical entertainers