Vista’s Adventures in Photography
with Jim Maguire
Friday, September 14th
1:30 pm in the Party Room

Jim enjoys engaging the young at heart with his beautiful photography in the comfort of their own home. Please join us in the Party Room on Friday, September 14th for his wonderful slideshow presentation.

Hollywood Handwriting
Lecture by Joyce Brizendine
Friday, September 28th
1:30 pm in the Party Room

Have you ever wondered what your handwriting said about your personality? For example, a person who writes with a far right slant is very emotionally responsive. Joyce Brizendine, Certified Handwriting Analyst, will present a presentation on how handwriting can reveal personality traits, and will specifically focus on “Old Hollywood Handwriting” Joyce Brizendine has appeared several times on KATU’s AM Northwest and “Afternoon Live”, as well as lectured on cruise ships, local organizations, and retirement centers. Her lectures are both interesting and entertaining.
### CORNELL ESTATES WELCOMES

<table>
<thead>
<tr>
<th>Name</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Natome McTigue</td>
<td>257</td>
</tr>
<tr>
<td>Jane Mark</td>
<td>203</td>
</tr>
<tr>
<td>Lunada Stuart</td>
<td>244</td>
</tr>
</tbody>
</table>

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### September Birthdays!

Loretta Sloan 9/2  
Phyllis Reed 9/2  
Pearl Pfaff 9/3  
Chuck Moeller 9/4  
Sydney Matney 9/8  
Robert Dressler 9/9  
Hazel Seagren 9/10  
Julie Karlbom 9/12  
Shirley McGregor 9/16  
Paul Huseman 9/25

---

### 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, Priscilla Lafollett 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

---

### Staff Birthdays

<table>
<thead>
<tr>
<th>Name</th>
<th>Birthday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jeremy L.</td>
<td>9/2</td>
</tr>
<tr>
<td>Lucia M.</td>
<td>9/3</td>
</tr>
<tr>
<td>Carlos G.</td>
<td>9/5</td>
</tr>
<tr>
<td>Kelsey S.</td>
<td>9/10</td>
</tr>
</tbody>
</table>

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**Birthday Party with the Senior Serenaders September 12th at 1:30 pm in the Party Room**
September Events

**Flu Shot Clinic**
Coming In October!

With autumn in the air, it’s time to get ready for cold and flu season. The first and most important step to protecting against the flu is to get a yearly flu shot as early in the flu season as possible.

That’s why we’ll be hosting a Flu Shot clinic in October. The flu shot providers will bill most insurances, including Medicaid. There will be a short form to fill out for billing purposes. Be sure to bring copies of your insurance cards and ID. If you have any questions or need copies made of your information, please stop by the front desk. There’s no need to make an appointment, as the clinic will be open to accommodate all.

**Dining Music with Phil and his Accordion**
Friday, September 28th
11:30 am in the Assisted Dining Room
12:00 pm in the Retirement Dining Room

Entertainment for lunch is Phil and his accordion for an accompaniment that you will love! He will be playing for both dining rooms, so just join us at your normal dining time. Enjoy this entertainment with your meal!

**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!

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Continuing Education

Alzheimer's Support Group with Sandy Morehouse
Thursday, September 27th
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
Fridays, September 14th and 28th
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. Meet up with this group every week and join in on these lively and fun activities to stay focused and alert.

Come to the Art Center in Fridays, September 14th and 28th 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, September 24th
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.
<table>
<thead>
<tr>
<th>Event Details</th>
<th>Date/Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Happy Hour with Chris Davis</td>
<td>Friday, September 7th 3:00pm</td>
<td>Party Room</td>
</tr>
<tr>
<td>Happy Hour with Hans &amp; his Accordion</td>
<td>Friday, September 21st 3:00pm</td>
<td>Party Room</td>
</tr>
<tr>
<td>Music Sing-along with Jan Whittaker</td>
<td>Thursday, September 6th &amp; 20th 3:00pm</td>
<td>Party Room</td>
</tr>
<tr>
<td>Bean Bag Baseball</td>
<td>Wednesday, September 5th 1:30 pm</td>
<td>Party Room</td>
</tr>
<tr>
<td>Movie Matinee!</td>
<td>Every Monday 1:30 pm</td>
<td>Cascade Room</td>
</tr>
</tbody>
</table>

**Happy Hour with Chris Davis**
Friday, September 7th 3:00pm in the Party Room

Chris Davis is a lifelong student of storytelling through song, drawing inspiration from American minstrels past and present. Currently residing in Forest Grove with his wife and daughter; he is a music teacher, local history enthusiast and avid chess amateur. Chris will be our inspired performer for this month’s Happy Hour. Join us in the **Party Room on September 7th at 3:00pm**!

**Music Sing-along with Jan Whittaker**
Thursday, September 6th & 20th 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 September 6th & 20th at 3:00pm**.

**Bean Bag Baseball**
Wednesday, September 5th 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.

**Bean Bag Baseball**
Wednesday, September 5th at 1:30 pm in the Party Room

**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!**
<table>
<thead>
<tr>
<th>Trip: Scenic Drive to the Bridge of the Gods &amp; Lunch at The Bridgeside Restaurant</th>
<th>Trip: Blue Lake And Picnic Lunch</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursday, September 13th</td>
<td>Thursday, September 6th</td>
</tr>
<tr>
<td>Bus loads at 9:45am</td>
<td>Bus loads at 9:45am</td>
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</tbody>
</table>

Join us for a scenic drive to the historic Bridge of Gods on the Columbia Gorge and lunch at the Bridgeside restaurant. Bridge-side restaurant is a historic restaurant next to the landmark Bridge of the Gods. With outstanding Columbia River views, Bridgeside has been a dining destination and popular travel stop for over six decades.

<table>
<thead>
<tr>
<th>Trip: Lunch at Rock Creek Tavern</th>
<th>Trip: Ilani Casino in Washington</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursday, September 20th</td>
<td>Thursday, September 27th</td>
</tr>
<tr>
<td>Bus loads at 11:15am</td>
<td>Bus loads at 8:45am</td>
</tr>
</tbody>
</table>

Have a great lunch at the Rock Creek Tavern! Like all McMinnimins properties, this restaurant serves classic fair in a unique atmosphere.

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

The area's newest premier gaming and entertainment destination is here. Ilani casino has more than 2,500 slot machines and 75 table games, including favorites like blackjack, roulette, baccarat, craps and poker. They also have 9 different restaurants and cafes set up in there food court area. This new casino is sure to please everyone. Sign up to join in.
**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, September 1st, 15th & 29th
1:00pm in the Cascade Room

**Movies**

Saturdays, September 8th & 22nd
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, September 5th & 19th
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!

**Cornell Estates Welcomes New Staff!**

**Carlos Gilyard**

**Bus Driver & Maintenance**

Carlos is our new bus driver and will be helping Jeremy with maintenance. Carlos has a degree in Physical Education, Health & Nutrition from Willamette University. As a professional Globetrotter, Carlos has lived and traveled to many countries including Australia, Switzerland, Sweden, and the Philippines. Carlos is the father to 3 daughters and 3 sons; he is also the grandfather of 13!

**Crystal Campbell**

**Manager in Training**

Crystal is our new manager in training; you may have seen her already learning many different department positions. Crystal has an extensive background in Hospitality Industry as well as working with disability organizations. She is delighted to join the team and has already acquired many new friends. Crystal enjoys going to church and sharing the Glory of God!

**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!
Thank you!

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 Lady”
LDS Sisters - Bingo, Event Set up

What’s happening with Pacific University in September

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.

The clinic will be on Friday, September 28th at 10:00am. We will start in the Party Room to meet with the students then they will head to your room or one of the many alcoves.

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 a month on Tuesdays, September 11th & 25th from 9am – 5pm in the Dental Clinic Room on the 1st fl.

Pacific University Ear Wax Clinic

The ear wax clinic is back! This clinic provides free ear wax removal. The clinic will be here on Friday, September 7th from 1:00-4:00pm. 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>Day</th>
<th>Date</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>Blood Pressure Clinic</td>
<td>Tuesdays</td>
<td>11:00 am (ML)</td>
<td></td>
</tr>
<tr>
<td>Come get your Blood Pressure checked at this weekly clinic.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Book Club</td>
<td>Monday, September 24th</td>
<td>3:00 pm (LIB)</td>
<td></td>
</tr>
<tr>
<td>Residents who share a love of reading gather to discuss the books they are enjoying.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Boost Your Memory</td>
<td>Fridays, September 13th &amp; 28th</td>
<td>3:00 pm (AC)</td>
<td></td>
</tr>
<tr>
<td>Residents gather to tickle the brain cells with fun and stimulating memory exercises and games.</td>
<td></td>
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<td></td>
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<tr>
<td>Conversational Spanish</td>
<td>Wednesdays</td>
<td>1:00 pm (COL)</td>
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</tr>
<tr>
<td>Residents work with an instructor to develop basic Spanish vocabulary and conversation skills.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cornell College</td>
<td>Mondays</td>
<td>10:00 am (CR)</td>
<td></td>
</tr>
<tr>
<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, September 5th &amp; 19th</td>
<td>10:00 am (ML)</td>
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</tr>
<tr>
<td>Residents garden together with assistance from master gardener Arden Sheets.</td>
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<tr>
<td>Happy Hour</td>
<td>Fridays, September 7th &amp; 21st</td>
<td>3:00 pm (PR)</td>
<td></td>
</tr>
<tr>
<td>Enjoy an hour of drinks, and socializing before supper.</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Orenco Photography Club</td>
<td>Thursday, September 13th</td>
<td>6:30 pm (PR)</td>
<td></td>
</tr>
<tr>
<td>Local club invites residents to join monthly roundtables and discussions on photography</td>
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<tr>
<td>Read Aloud</td>
<td>Wednesday, September 5th</td>
<td>11:00 am (ML)</td>
<td></td>
</tr>
<tr>
<td>Residents gather together to hear different written materials read out loud; Newsletter, current events and stories for the soul.</td>
<td></td>
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</tr>
<tr>
<td>Sing-Along with Jan</td>
<td>Thursday, September 6th &amp; 20th</td>
<td>3:00 pm (PR)</td>
<td></td>
</tr>
<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, September 27th</td>
<td>2:00 pm (PR)</td>
<td></td>
</tr>
<tr>
<td>Grab a cup of tea and join your friends for conversation and laughter.</td>
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<td></td>
</tr>
<tr>
<td>Writers Group</td>
<td>Tuesdays</td>
<td>9:00 am (CR)</td>
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</tr>
<tr>
<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 is by Evelyn Steele**

**Orphaned Parents**

There is a lovely cool breeze this morning.  
The sad grief of a son lost is gone.  
A cool morning of sweet relief.  
Yet lingering pain of a child released.

I hate to see my friend still bound.  
She called out to me yesterday.  
Sweet little Bernadine now 95.  
Still hoping her child would care.

I know that ache in her heart.  
The lonely spirit of a parent.  
Whose children are now grown  
And the parent the unwanted burden.

So what are we to do…?  
Those in this club of ours.  
The Orphan Parents Club.  
Parents rejected by their family.

We put on a false face of joy.  
Pretend we are still loved.  
Yet knowing deep inside  
We’ve been discarded by our own.

We try to let them go.  
Cut all soul ties off our hearts.  
Look to our peers for help.  
Cover the truth of our despair.

Yet there is One who knows.  
And this is nothing new.  
David had his Absalom.  
New we take hope as did he.

Pick ourselves up.  
Dust off the rejection  
Let God Protect our heart  
Like David, we press on.

God our comforter and Father.  
Holy Spirit our strength.  
Jesus nailed to a cross.  
Our ever faithful family now.

So I’m not really alone.  
And I never shall be.  
Take heart Bernadine.  
Remember your best family.

Ever present…  
Always near to you.  
Waiting to caress your broken heart.  
Come to Him and be renewed

Evelyn Steele  
2018
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.

**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. Carlos 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, **Carlos can not wait for someone he does not know signed up.**

**Employee of the Month**

**Deda Marie**

Deda Marie Casas Velazquez has been an **Med Aide for Assisted Living at Cornell for over a year.** She is always a helpful person and is a great team player. Residents’ appreciate her attentiveness and dedication to her work.
**Top:** Everyone enjoying a performance by the STAGES Performing Arts Youth Academy’s Stage Troupers. Their show was Cactus Jack’s Traveling Show.

**Bottom:** A group of residents enjoying the monthly Tea with Friends in the Courtyard. The people in the picture from left to right: Elaine L., Sharlot L., Crystal C., Betty Lou S., Priscilla L. Harriet S., Corrine R., Marcia H., Shirley M., Jeannne F., Carla M., and Sue C.