November 2018

Cornell Estate’s Annual Veteran’s Day Salute
Friday, November 9th
1:30 pm in the Party Room

Cornell Estates is home to many brave men and women who have served in the Armed Forces. Join us on Friday, November 9th at 1:30 pm as we host our annual Veteran’s Day Salute to honor them and all veterans.

Pastor Bryan from Helvetia Church will be serving as our Master of Ceremonies. Our Honored Guest Speaker for the event will be Veteran James Fishback. Boy Scout Troup 855 will act as our honor guard and representatives from the David Hill Chapter of the Daughters of the American Revolution will donate U.S. flag pins for our veterans. We are proud to be in such good company as we honor our veterans at Cornell Estates.

Travelogue with Donna Detrick
Trip to Norway
Friday, November 2nd
1:30 pm in the Party Room

We are happy to welcome fellow Cornell Estates resident, Donna Detrick as this month’s travelogue speaker.

Donna will be going over her recent trip to Norway. She will be recounting her vacation through picture and stories of her experiences. Come to this travelogue to hear about her favorite spots, rough times and wonderful memories she made!
CORNELL ESTATES WELCOMES
Sally Glaske    207
Leon Grant     193
Wanda Deaville 259
Charles Maney  111

November Birthdays!

Jane Van Dyke 11/3
Dale Fick      11/5
Norma Orr      11/10
Feli Friedrich 11/15
Roxanne Rhoades 11/22
Claudia Hall   11/28
Gail Luchs     11/28
Sarah MacKay   11/29

Birthday Party with a singalong with Jan Whittaker November 14th 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, 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
November Events

Your Clothing Solution
A Traveling Clothing Boutique
Thursday, November 1st
11:00am to 1:30pm in the Main Lobby

We are excited to announce
Your Clothing Solution is coming back to Cornell Estates! They will be bringing an excellent selection of sweaters, blouses, pants, jackets, dresses, accessories and more.

See you in the Main Lobby on Monday to enjoy these deals!

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

The 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

The Writers’ Group

The Writer’s Group basically write short stories related to their lives and experiences from the past, then read them aloud to the group. Group discussion of the story follows. These stories are not always family themed. They can be fictional, even poetry if one desires. This group, half of whom are non-residents of Cornell Estates, represent a vast array of life adventures and careers including: education, medical, military, law enforcement and agriculture, just to name a few. Their stories are no doubt filed away in their family lore for interested readers in generations to come.

For many years folks have expressed their regret of not having any written record of their family’s early day history. Only YOU can supply that information for your great-great-grandchildren. I can guarantee you will be both now and posthumously thanked many times.

If you have any questions concerning the Writer’s Group, please feel free to ask any of the resident members: Roy Benson, Marion Fisher, Helen Moeller, Evelyn Steele and June Ranf. Better yet, we invite you to sit in on one of our sessions as a guest and draw your own conclusion. You can be assured of having both assistance with your writing and a lot of fun.

We meet Tuesday mornings from 9-11am in the Cascade Room

-Roy Benson Apt.121
### Continuing Education

<table>
<thead>
<tr>
<th>Hillsboro Public Library: Presentation and Trivia!</th>
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<tr>
<td>Wednesday, November 7th</td>
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<tr>
<td>1:30 pm in the Party Room</td>
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Join the Hillsboro Public Library for a fun filled hour 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, November 7th 1:30 pm in the Party Room.**

<table>
<thead>
<tr>
<th>Boost Your Memory</th>
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<tbody>
<tr>
<td>Friday, November 2nd</td>
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<tr>
<td>3:00pm in the Art Center</td>
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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 on Friday, November 2nd at 3:00pm.**

<table>
<thead>
<tr>
<th>Education Opportunities at Cornell Estates!</th>
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</thead>
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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, November 29th**
**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

#### Happy Hour with Matthew Casey
**Friday, November 16th**  
1:30 pm 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, November 16th at 1:30 pm to hear Matthew Casey play your favorite songs! All you have to do is sit back and relax as Matthew serenades you.

#### Happy Hour with Dom Franco
**Friday November 21st**  
3:00 pm in Party Room

Joining us for Happy Hour is the very talented Dom Franco playing on Steel Guitar. Drinks & snacks will be served.

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#### Music Sing-along with Jan Whittaker
**Thursday, November 1st**  
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 November 1st at 3:00pm and a special performance at the November Birthday Party on Wednesday the 14th 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!

#### Popcorn Tasting
**Friday, November 23rd**  
2:00 pm in the Party Room

We will be having a special popcorn tasting event. A few different flavors of popcorn for everyone to taste and rank to find the best type. This event is open to anyone who enjoys this snack!

**Friday, November 23rd at 2:00 pm in the Party Room**
Grand Days Out

Lunch at Cracker Barrel
Thursday, November 1st
Bus loads at 11:00am

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: Alliance League Thrift Shop
Thursday, November 8th
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: N.W. Senior Theatre
“Twas the Daze Before Christmas”
Thursday, November 15th
Bus loads at 12:30pm
$5.00 Cash only in advance

Holiday Gala: "Twas the Daze Before Christmas" The 2018 Holiday Musical Variety Show features holiday songs that may be old favorites, and some that will be new to you. Expect lots of dancing and merriment as we help you start your holiday season. The NW Senior Theatre is a group of experienced (55 and older) performers who love to entertain.

Trip: Ilani Casino in Washington
Thursday, November 29th
Bus leaves at 9:00am

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, November 3rd & 17th
1:00pm in the Cascade Room

**Movies**

Saturdays, November 10th & 24th
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

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**Alzheimer's Support Group with Sandy Morehouse**

Thursday, November 29th
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.

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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. In this class you will execute gentle bending, pulling, pushing, and rotational movements. 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!

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**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!**
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.

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

“Pretty Nails”
Complimentary!
Every Monday at 2:30pm
Every Friday at 10:00am
Now in the Party Room

What’s happening with Pacific University in November

The Speech Language Pathology Clinic

The Speech Language Pathology students are here for the third visit of their session, November 16th at 10am. This clinic allows students to practice what they are learning in college, along with building relationships here at Cornell Estates. Thank you to all that are participating in this program. The students are so appreciative.

Your student will come to your room and meet or you can spend your visit at one of the many alcoves located throughout the building.

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, November 9th & 23rd from 9am – 5pm in the Dental Clinic Room on the 1st fl.
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<thead>
<tr>
<th>Event</th>
<th>Date</th>
<th>Time</th>
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<tr>
<td>Blood Pressure Clinic</td>
<td>Tuesdays</td>
<td>11:00 am (ML)</td>
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<tr>
<td>Book Club</td>
<td>Monday, November 26th</td>
<td>3:00 pm (LIB)</td>
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<tr>
<td>Boost Your Memory</td>
<td>Fridays, November 23rd</td>
<td>3:00 pm (AC)</td>
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<tr>
<td>Conversational Spanish</td>
<td>Wednesdays</td>
<td>1:00 pm (COL)</td>
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<tr>
<td>Cornell College</td>
<td>Mondays</td>
<td>10:00 am (CR)</td>
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<tr>
<td>Cornell Community Garden</td>
<td>On Hiatus. Check back in Spring!</td>
<td>10:00 am (ML)</td>
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<tr>
<td>Happy Hour</td>
<td>Friday, November 16th &amp; 30th</td>
<td>3:00 pm (PR)</td>
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<tr>
<td>Orenco Photography Club</td>
<td>Thursday, November 8th</td>
<td>6:30 pm (PR)</td>
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<tr>
<td>Sing-Along with Jan</td>
<td>Thursday, November 1st</td>
<td>3:00 pm (PR)</td>
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<tr>
<td>Tea with Friends</td>
<td>Wednesday, November 28th</td>
<td>2:00 pm (PR)</td>
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<tr>
<td>Writers Group</td>
<td>Tuesdays</td>
<td>9:00 am (CR)</td>
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Meetups @ Cornell

Opportunities for residents with shared interests to meet and participate together

- Blood Pressure Clinic: Come get your Blood Pressure checked at this weekly clinic.
- Book Club: Residents who share a love of reading gather to discuss the books they are enjoying.
- Boost Your Memory: Residents gather to tickle the brain cells with fun and stimulating memory exercises and games.
- Conversational Spanish: Residents work with an instructor to develop basic Spanish vocabulary and conversation skills.
- Cornell College: Residents meet once a week to watch a half-hour lecture followed by a discussion.
- Cornell Community Garden: Residents garden together with assistance from master gardener Arden Sheets.
- Happy Hour: Enjoy an hour of drink and socializing before supper.
- Orenco Photography Club: Local club invites residents to join monthly roundtables and discussions on photography.
- Sing-Along with Jan: Residents join Jan at the Grand Piano in the Party Room to sing their favorite songs!
- Tea with Friends: Grab a cup of tea and join your friends for conversation and laughter.
- Writers Group: Meet with this writers’ group made up of residents and community members.
Anticipating
By Evelyn Steele

Fall is in the air.
It creeps in...silently.
Crisper air in the mornings.
Little busy spiders webbing.

Anticipating the change.
Feel it’s silent ascent.
Flowers doing a last hurrah.
The garden, yielding her foliage.

Hurry now for a last picnic.
Happy to come together.
Corn on the cob now,
And… fresh blueberry pie.

Bugle-Call
By Joe Schrader

The sound of those crying patients,
All up and down the hall;
He lies in bed and listens for
That one final bugle-call,
So often he’d charged into battle
With men both valiant and bold;
So often they’d been heroic,
Despite days of hunger and cold.
Oh his fox-hole had seemed so tiny,
The enemy’s cannon so large;
But he and his khaki-clad comrades
Stormed up when that bugle blew “Charge!”
At times he welcome those bugle-call,
Like pay-day and church-call and “chow,”
But there was one call he’d never heard,
His moral-code wouldn't allow-
Yes , in all his time in the service,
He never gave in to defeat;
No matter how tough the fighting,
He’d not heard that call of “retreat!”
On that one last dreaded battlefield,
That soldier’s shell did collapse;
Although the whole ward was lying still.
He heard that bugle-call: Taps.
When the nurse came in to check his pulse
And noticed this G.I.’s sweet face,
She knew he’d gotten his discharge
To a safe, non-combatant place.
No more he hears those loud bugle-calls,
No more land-mines or cannon’s roar;
He’s gone to a different regiment,
With his buddies who’s marched off before.
No more he hears those reveille notes,
Nor funeral dirges forlorn;
That solder’s answered the clarion call…
The bugling of Gabriel's horn.
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.

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**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 the of.** This includes signing up for shopping trips, **Carlos can not wait for someone he does not know signed up.**

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**Employee of the Month**

**DANIEL**

Daniel Cornejo is Cornell Estates’ November Employee of the Month! Daniel has worked in the Dietary department for almost two years. The residents who nominated him appreciate his smiling face and great sense of humor. Daniel is exceedingly helpful; residents say that he often helps out before even being asked!

If you would like to nominate an employee, submit a recognition ballot.
Magic Moments @ Cornell

Top Left: Sharlot enjoying an ice cream cone at the Tillamook Cheese Factory.
Top Right: Bob & Carlos being silly!
Bottom: About to enjoy lunch at Camp 18