Travelogue with Donna Detrick
Moab, Utah
Friday, February 1st
1:30pm in the Party Room

We are pleased to welcome back Cornell Estates resident, Donna Detrick as this month’s travelogue speaker. She and the lovely Mary Margaret traveled to Moab, Utah and visited Arches and Canyonlands National Parks. Donna will share some of the beautiful photos she took and tell you about their exciting adventure.

Portland Japanese Garden
Friday, February 22nd
1:30pm in the Party Room

Sherry Johnston, docent from the Oregon Historical Society, is back to give us an updated lecture on the Portland Japanese Garden. She will give you a visual tour of the garden with her captivating photos and explain the history on how this magnificent garden came to be.
Cornell Estates
Management Team
ADMINISTRATOR
Candy Goodavish
DIRECTOR OF MARKETING & INDEPENDENT LIVING
Cindy Lovell
DIRECTOR OF ASSISTED LIVING
Ron Gifford
RESIDENT CARE COORDINATOR
Mikayla Ravensburg
EXECUTIVE CHEF
Robyn Davis
MAINTENANCE
Jeremy Lovell
HOUSEKEEPING SUPERVISOR
Betzy Johnson
BOOKKEEPER
Tim Helling
ACTIVITIES COORDINATOR
Karen Fowler

**February Birthdays!**

Frank Colly 2/4
Evelyn Wyatt 2/12
Leon Grant 2/13
Jerilyn Fowler 2/14
Bob Plumb 2/15
Arden Sheets 2/17
Kathleen Steiert 2/17
Natoma McTigue 2/21
Corrine Ross 2/22
Roy Benson 2/28

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

**Thank You!**

We could not have done it without you:

Welcome Bags: Jane Van Dyke
Community Gardening: Arden Sheets, Anne Matthes, Donna Detrick and Elaine Logan
Newsletter Folding: Margot Stoneking, Jim Colegrove, Robert Dressler, Bob Plumb, Priscilla Lafollett & Nancy Finster
Assisting with Church: Bob Brooks
Assisting with Exercise: Eva Beeman
Assisting with Bingo: Jeanne Fairley and Nancy Finster
Library Maintenance: Anne Matthes
Birthday Bell Ringer: Sue Colly
Greeting Card Organizer: Sharry Houfek

**Staff Birthdays**

Esmeralda T.  2/3
Ingrid S.  2/21
Richard L.  2/27
FEBRUARY 2019

Get To Know: (PIP) Personal Independence Program

This program has been in business helping residents for over 17 years! There have been many changes and faces over the years, but the quality of service and the commitment has not changed. They are very proud of their service to the Cornell Estates community and go above and beyond to help. No job is too big or small. They give a personal touch, care and understanding to residents every day. This past month they received a 100% score on all of their services. Our current care providers are Sam Johnson and Andrea Martinez. Sam has worked for PIP six years this coming August!

Employee Spotlight

Name: Andrea Martinez
Department: PIP
Length of Employment: 2 weeks
What are some of your favorite foods? “Chinese Food, Cheesecake”
If you could travel anywhere in the world, where would it be? “Hawaii”
What is your favorite TV show? “Charmed”
What are you afraid of? “All insects”
What is your favorite Holiday? “Christmas Eve”

Employee of the Month

CARLOS

February’s Employee of the Month is Carlos Gilyard. Carlos has been our bus driver for over 6 months. Residents appreciate all of the diligence that he puts in to arranging their transportation. They also like his warm smile and that he greets everyone by name. Many expressed that his help transporting packages, groceries and books is greatly appreciated.

TO ALL RESIDENTS

Information to Know

If you have an evening emergency (one that happens between 5:30pm-8:00am) you can use the pull cords or speaker push buttons to receive help. The Assisted Living caregivers have access to the intercom system and will respond to your calls. They are stationed at both service desks on the Assisted Living side 24 hours a day.
Continuing Education

Hillsboro Public Library:
Trivia Challenge
Wednesday, February 6th
1:30 pm in the Party Room

Join the Hillsboro Public Library for a fun filled hour of trivia. Library representative Philip Delgado will be hosting.

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.

The Speech Language Pathology Clinic with Pacific University Students

The Speech Language Pathology students will be back Friday, February 22nd at 10am. Thank you to all that are participating in this program. 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 Ear Wax Clinic

The Ear Wax Clinic will be here Friday February 22nd from 1-4pm in the first floor dental office. Please sign up at the front desk.

Pacific University Dental Clinic

Sign up at the front desk for a free assessment. The dental students will be here twice a month on Tuesday, February 5th & 15th from 9am – 2:30pm in the Dental Clinic Room on the 1st floor.

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 Inventions that Changed the World

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.

Boost Your Memory
Friday, February 1st & 22nd
3:00 pm in the Arts Center
Meet up with this group to join in on some fun and lively activities to stay focused and alert. It’s a workout for your brain!
Entertainment

**Happy Hour with Hans on the Accordion**
Friday, February 8th
3:00pm in the Party Room

Come enjoy our very own Cornell Estates
Resident playing the Accordion

Join us for an hour of entertainment, along
with snacks and beverages. It’s a great opportunity to
visit with friends and also meet some new ones.

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**February Birthday Party**
with the Senior Serenaders
Wednesday, February 13th
1:30pm in the Party Room

Celebrate all the Birthdays happening this
month with a party. We will have a wonderful
performance by the Senior Serenaders and some
birthday treats for everyone to enjoy!

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**Movie Matinee and Fresh Popcorn**
Every Monday
1:30pm in the Party Room

Join us in the Party Room
every Monday and enjoy
watching a movie on the
fabulous screen donated by
the Orenco Photography Club.

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**Valentine’s Happy Hour**
with Stan Lasley
Friday, February 15th
3:00pm in the Party Room

Come celebrate Valentine’s Day with
Stan Lasley on the piano. Stan is not
only a very talented musician but he
also tells the most entertaining stories.
He will be playing some classic love songs
and can take any of your requests as well.

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**Music Sing-along with Jan Whittaker**
Thursday, February 7th & 21st
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. Twice a
month Jan plays the piano and encourages
you to sing with her. We have all the music
lyrics printed out, so all you need to bring is
your lovely voice.
<table>
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<th>Outings</th>
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| **Lunch at McGrath’s Fish House**  
Thursday, February 14th  
Bus leaves to 11:30am |
| For more than 39 years, McGrath’s has worked hard to purchase high quality seafood at affordable prices. Their fish and seafood is delivered daily from local waters and waters around the world. You’ll always find the best selection to satisfy your cravings at McGrath’s Fish House. |

![McGrath's Fish House](image1.png)

| **Trip: Krispy Kreme**  
Thursday, February 7th  
Bus leaves at 9:00am |
| We’re off to Krispy Kreme to enjoy a hot cup of coffee and a delicious, fresh donut.  
Sign up at the front desk! |

![Krispy Kreme](image2.png)

| **Lunch at Olive Garden**  
Thursday, February 21st  
Bus leaves at 11:30am |
| The Olive Garden is a popular choice by many and for good reason. Their food is prepared with fresh ingredients and presented simply, with a focus on flavor and quality that is uniquely Italian. Choose from the great selection of entrees on the lunch menu or have an all-time favorite with unlimited soup, salad and breadsticks for just $6.99.  
Sign up at the Front Desk! |

![Olive Garden](image3.png)

| **Lunch at Cornelius Pass Roadhouse**  
Thursday, February 28th  
Bus leaves at 11:30am |
| Join us for lunch at our local McMenamins, Cornelius Pass Roadhouse. McMenamins is known for setting up house in unique buildings and this one does not disappoint. Enjoy your surroundings along with a meal from their tasty menu. |

![Cornelius Pass Roadhouse](image4.png)
Writing Corner
A place for Cornell Estates residents to express themselves and share their written work or work they have enjoyed. This month is by author E.L. Stephenson, submitted by Pearl Pfaff

YOU KNOW YOU’RE STAYING YOUNG WHEN...

You forget about dying and start doing the things you’ve always dreamed of.

You realize that the first seventy years are the boot camp of life where you learn how to live.

You know that you cannot live forever, but you’re having fun trying.

You notice that you enjoy being around happy people and realize they feel the same about you.

You realize that everything has two sides and you always look for and find the bright one.

You always expect tomorrows to be better.

You realize that planning to celebrate your 100th or 120th or 970th birthday postpones your funeral.

You know that thinking you can stay young helps you do it - thinking your time has come, kills.

You quit falling in love with your own gloom.

You write “Go For 100! On every birthday card you send.

You notice that smiles are contagious and smiling and laughing are more fun than feeling sorry for yourself.

You go over the hill at sixty - then start picking up speed.

You are staying young when you think you are.

Healthy Living

Stretch, Flex and Energize
Every Monday & Friday
9:15am in the Party Room

Stretching is an excellent way to keep your body flexible, helps with proper posture and balance. This low-impact exercise class can be done seated or standing. So come give it a try and keep that New Years resolution to exercise more!

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

Yoga instructor Russell Roberts will lead you through an hour long beginners Yoga Class. It can be done seated or standing, so there’s no excuse not to give it a try!

Strength & Balance
Exercise Class led by Deanne from “Silver Sneakers”
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 supplies any equipment. All you need to bring is a water bottle to join in on the fun!
Magic Moments @ Cornell

SHOWING OFF OUR HOLIDAY HATS!