Travelogue with Gary Anderson  
Norway/Finland  
Friday, March 1st  
1:30pm in the Party Room

Gary Anderson was raised in Deep River, Washington, just across the river from Astoria. He is fond of saying, “all of his Scandinavian ancestors jumped ship in Astoria”. After researching his family tree and discovering additional Finnish relatives through DNA testing, Gary and his wife embarked on a month-long, 3,500 mile road trip in Finland, Norway and Sápmi (Lapland). While there, he was interviewed by MTV News Finland and made his way to Finnmark for a home-stay with Sámi reindeer herders. He will take you to the places of his ancestors and share his discoveries of family and self, through photography, story-telling and a bit of poetry.

Travelogue with Bob Kuest  
Alaska DVD  
Friday, March 29th  
1:30pm in the Party Room

This is Part Two of Bob’s Alaskan Cruise and Denali National Park Travelogue. This presentation will be a 50 minute commercial DVD that shows many more animal close-ups and some different views of the spectacular Alaskan scenery.
**Cornell Estates Management Team**

**Administrator**
Candy Goodavish

**Director of Marketing**
& Independent Living
Cindy Lovell

**Director of Assisted Living**
Ron Gifford

**Resident Care Coordinator**
Mikayla Ravenberg

**Executive Chef**
Robyn Davis

**Maintenance**
Jeremy Lovell

**Housekeeping Supervisor**
Betzy Johnson

**Bookkeeper**
Tim Helling

**Activities Coordinator**
Karen Fowler

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**Cornell Estates Welcomes**

- Jack Ney 314
- Don Kramer 211
- Bea Fisher 256
- David Wood 237
- Mary Zagelow 309

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**March Birthdays!**

- Dorothy Gabaig 3/5
- Jeanne Fairley 3/5
- Priscilla Lafollett 3/6
- Blue Bozeman 3/9
- Peggy Berg 3/9
- Josephine Fraser 3/11
- Pete Parson 3/15
- Helen Moeller 3/16
- Fran Whittaker 3/16
- Pat Grinnell 3/17
- Chuck Missfeldt 3/18
- Jay Eisenbeis 3/21
- Ruth Klein 3/30

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

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**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 & Daily Event Boards:** Anne Matthes

**Birthday Bell Ringer:** Sue Colly

**Greeting Card Organizer:** Sharry Houfek

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**Staff Birthdays**

- Isabella Greenwald 3/8
- Matthew Greenwald 3/8
Get To Know:
(PIP) Personal Independence Program

PIP provides care for our Independent Side residents who need minimal assistance to maintain total independence. Services include medication administration, blood pressure checks, personal hygiene care, laundry, pet care, companionship, meal delivery, dining room escorts and escorts to medical or any other appointments. Our current care providers are Sam Johnson and Andrea Martinez. They are more than happy to answer any questions you may have.

TO ALL RESIDENTS
Information to Know

With flu season at its peak, please be aware that many events and activities may have to be unexpectedly rescheduled or cancelled, as needed, for the consideration of all the residents. We appreciate your understanding and patience and hopefully we can return to our regularly scheduled activities very soon.

Employee of the Month
Don Hardcastle III

The March Employee of the Month is Don Hardcastle III. Don has been working in the Cornell Estates kitchen for six years this July. He is an extremely talented artist and a father of a seven-year-old named Charlotte. In his free time he enjoys playing Airsoft. His dream vacation would be to go to Japan. Residents continually comment on how kind and helpful he is to everyone.

For those of you who may be wondering who is hiding under the rabbit fur, Don is always proud to be our Easter Bunny every year.
**Continuing Education**

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**The Speech Language Pathology Clinic with Pacific University Students**

The SLP students will be back Friday, March 22nd at 10am. Thank you to all that are participating in this program. Your student will come to your apartment or you can spend your visit at one of the many alcoves located throughout the building.

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**Pacific University Ear Wax Clinic**

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

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**Pacific University Dental Clinic**

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

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**Hillsboro Public Library: Trivia Challenge**

**Wednesday, March 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.

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**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**

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**“NEW CLASS” Collage Making**

**Thursdays at 10:00am**

In this newly added class, we will be creating our own individual works of art, using assorted papers and glue on a canvas. Fun for all skill levels!

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**Boost Your Memory**

**Friday, March 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

March Birthday Party with the Senior Serenaders
Wednesday, March 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!

Bean Bag Baseball
Wednesday, March 6th & 27th
10:15am in the Party Room

In the mood for a little friendly competition? Head up to the Party Room for Bean Bag Baseball! 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 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.

Happy Hour with Hans on the Accordion Friday, March 8th
&
with Monte Watters on the Piano Friday, March 22nd
3:00pm in the Party Room

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

Music Sing-along with Jan Whittaker
Thursday, March 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.
Outings

Breakfast & Bingo at Hill High
Saturday, March 2nd 8-10am
Bus leaves at 7:30am

The students at Hillsboro High School are hosting a breakfast and bingo and you’re invited!!

Trip to Powell’s Books
Thursday, March 7th
Bus leaves at 1:30pm

Powell’s Books at Cedar Hills Crossing in Beaverton opened in 2006. This store is home to rare-to-find, used and new books along with an intriguing collection of technical books. With its relaxing atmosphere and knowledgeable staff, you’ll be sure to find what you’re looking for.

Trip to the World Forestry Center
Thursday, March 28th
Bus leaves at 1:15
Admission: $6.00

Located in Portland’s Beautiful Washington Park, this 20,000 square foot museum is sure to delight. Visitors can take a wet-free raft ride, see the forest from a bird’s-eye-view, learn about different people who work in the forest and “travel” to Russia, China, South Africa and Brazil to discover how those regions are utilizing their forests and the challenges they face.

Lunch at The Old Spaghetti Factory
Thursday, March 21st
Bus leaves at 11:30am

The Old Spaghetti Factory has been proudly serving deliciously affordable meals since 1968. Family owned and operated, they are committed to giving you exceptional service.
Recalling the scene that prompted him to make this painting, Evergood said, “Once I saw a tragic old lady being wheeled on Madison Avenue. She was alive in spirit but her body was only half functioning. She wanted still to be young. A young, gentle, fascinatingly fresh companion was wheeling her. As I passed, spring was in the air, a delicate whiff of lilac perfume mixed with a faint background of crushed rose petals reached my nostrils and then my brain. I was disturbed. I stopped when they’d passed and followed their progress through the crowds with my eyes. Taxis and cars were too noisy. I lost sight of them in a few moments. I went sadly on my way with the vivid memory which lingered on.”
Cindy Lovell presenting a check to the Hillsboro Fire Department for their Toy & Joy Drive.

Cynthia P. Carlos Sharlot L. Sally F. Nancy F. & Barbara K. at Krispy Kreme!