Barbara Cecil started singing in her first talent show in the 4th grade. She caught the bug, and has been entertaining audiences ever since. For the past 13 years she has been the female lead singer for the band Johnny Limbo and the Lugnuts. During her years with the Lugnuts, Barbara has continued writing her own music and recently self released her second CD. Her songwriting leans toward Country with a twist of Rock and Blues. Writing songs from her experiences as well as what she sees others going through, is where she gets her inspiration. Barbara says making people laugh, cry, or just have some fun, is what makes being an entertainer fun and rewarding.

Join us in the Party Room at 3:00pm for a special happy hour. We will be serving some sweet treats and an assortment of tasty beverages, to celebrate 2020!
CORNELL ESTATES WELCOMES

LARRY LEHMAN
FLORENE WELLS

JANUARY BIRTHDAYS
Stella Casey 1/4
Norm Nielsen 1/4
Arlene Judah 1/5
Wilma Pierin 1/10
Deanna Lilly 1/14
Nancy Finster 1/15
Sharlot LaMadrid 1/15
Betty Lou Smith 1/19
Susie Kinney 1/20
Diane Lancaster 1/20

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

Thank You!
We could not have done it without you

Community Gardening: Arden Sheets, Anne Matthes, Donna Detrick and Elaine Logan
Newsletter Folding: Everyone who helped
Assisting with Church: Bob Brooks
Assisting with Exercise Class: Eva Beeman
Library Organizer & Daily Event Boards: Anne Matthes
Birthday Announcers: Nancy Finster and Sue Colly
Helping Decorate the Christmas Trees: Fran Whittaker

2020
Another new year!
Let us consider.
First of all….
We are, still here!
And what shall it be?
What will God do in 2020?
Well, how about this?
Can you just imagine….
We all become younger.
The health we once had,
It just…re-appears!
And, we are no longer “so-o-o old”.
Ah! The diabetes is gone!
Blood pressure now normal.
Now I can hear things again.
Arthritis is a thing of the past!
Energy to shop all day now.
And, don’t need that walker now.
My energy just springs forth.
And….back to a size 12 I am!
The rain seems softer.
The snow more beautiful.
Cookies and hot chocolate is now welcome.
“Sees” chocolates never forbidden now.
Yes, that new year would be welcome.
No more challenges.
No more “growing up” to do.
That old life over as we once knew it.
Boring it might be.
Well, stagnate and unchanged.
Actually could be, gasp, dull!
Oh well….never mind.
Life is still changing.
Still interesting it is, it is.
So carry on dear Lord.
Only you are the “Great I am”

By: Evelyn Steele
Join Us For Lunch!

Thursday, January 2nd
Bus leaves at 11:00am

Thursday, January 23rd
Bus leaves at 11:00am

SHOPPING TRIPS

- Tuesday, January 7th - Fred Meyer
- Tuesday, January 14th - Bimart
- Tuesday, January 21st - Albertsons
- Tuesday, January 28th - Walmart

The Assistance League Thrift Shop of Greater Portland is an upscale resale shop benefiting philanthropic programs. It’s a shopper’s paradise with two shops under one roof. Fashions for men, and women, as well as jewelry, home décor, and more.

WORLD FORESTRY CENTER

Thursday, January 30th
Bus leaves at 1:30pm
Admission $7.00

The World Forestry Center has a variety of explorative exhibits featuring forests from around the world, their unique characteristics, and sustainability challenges.

Outings

January 2020

Resident Spotlight

DONNA DETRICK

Donna was born in West Monroe Louisiana and was the oldest of three. Growing up she moved frequently with her family but remembers always having a garden, and how much she enjoyed that. In high school she played the clarinet in the school band. Donna was the only girl in Chemistry and helped the teacher correct papers. She also tutored algebra to the football team. She described herself as a wallflower, which I had a hard time believing. :)

Her parents brought her to the Fair one summer and it’s there that she knew she had met her true love. She and Bob married their freshman year of college. Bob went on to be a travelling dental supplier, and Donna spent 26 years teaching for the Portland Public Schools. They had five children together that she proudly beams are still close knit even now.

Once Donna and Bob were empty nesters they started wintering in Baja with their 23 foot trailer, camping and traveling in the summer, both got their commercial flying licenses, and had his and her planes. When they decided to sell their home and move to a retirement community, Cornell Estates was the perfect fit. Bob had been singing here for 20 years with the Senior Serenaders and Donna had been volunteering with the Encore Program. She thought it would be the hardest giving up her garden but has found tending to the Cornell Estates gardens very satisfying.

Bob passed away 4 years ago, but for the childhood sweethearts that people said would never last, they were together 64 years! Donna continues to travel and plans a trip to Rome in October. We ended our interview with the title of a book she’s read, “I love growing older but I’ll never grow old”. Donna is an inspiration to me. She is always kind, upbeat, and smiling her beautiful smile.

Employee Spotlight

RECHELLE WICKHAM

Rechelle has been working in the dining room for two and a half years. She has made a huge impression on the residents, and if they had it their way she would be employee of the month every month. She is always calm, and smiling, but still manages to get it all done. She says the best part of working at Cornell Estates are the residents and her awesome co-workers.

Rechelle has a sixteen year old son, and a German Shepard who is like her second child. In her free time she enjoys attending concerts, movies, camping, mini road trips, and watching the Ducks Games!

She has a half-sister who lives in Australia and her dream vacation would be to visit there some day.
DENTAL CLINIC
Tuesday, January 21st from 8:30am-4:00pm.
Please sign up at the front desk.

EAR WAX CLINIC
Friday, January 17th
1pm-4pm
Please sign up at the front desk.

SPEECH AND LANGUAGE PATHOLOGY
For those of you involved in this year's SLP program, your students will be back Friday, February 7th at 10:00am. They will meet you at your apartment.

CORNELL COLLEGE
Mondays at 10:00am
in the Cascade Room
Cornell College is a DVD lecture series where participants watch a lecture and then discuss. The current topic is “Optimizing Brain Fitness”. In this practical course, you’ll learn what steps you can take in your own life to enhance your brain function.

Wednesday, January 22nd
1:30pm in the Party Room

Come join in on a little friendly competition with a game of beanbag baseball. The rules are simple and if you don’t feel like playing you can always just come and cheer us on!

Wheel of Fortune
in the Party Room
Friday 10th and 31st at 1:30pm

Mexican Train
in the Art Center
Saturdays 10:00am and also check your calendar for other days throughout the month

Boost Your Memory
in the Art Center
Friday 10th & 31st at 3:00pm

Reading by Donna
Mondays at 3:00pm in the Main Lobby
Reading by Will
Thursdays at 6:00pm in the Library

Wednesday, January 8th
10:00am in the Cascade Room

Tea with Friends
Wednesday, January 29th
2:00pm in the Party Room

Come join us on the last Wednesday of every month for Tea with Friends. Gather around with a sweet treat and a cup of tea. It’s a great way to get to know your neighbors. All are welcome, including all of you men!

January Birthday Party
with the Senior Serenaders
Wednesday, January 8th
1:30pm in the Party Room

Celebrate all the birthdays happening this month with a party. We’ll have a wonderful performance by the Senior Serenaders, and cookies and ice cream for everyone to enjoy!

Mexican Train
in the Art Center
Saturdays 10:00am and also check your calendar for other days throughout the month

Music Sing-along with Jan Larsen
Thursday, January 9th & 23rd
3:00pm in the Party Room
Want to sing-along to some old favorites? 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.