

# The Timberline



## Christmas Décor Reminder

Remember: leave Christmas décor up (as much as possible) through New Year's Day. Many families and friends visit throughout the Christmas season; we want the place to look nice for all who come to call. Thanks!

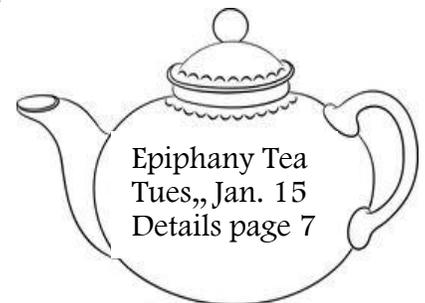
Monthly Newsletter of TIMBERCREST Senior Living Community  
January 2019

## Wellness Awareness Week – January 7-11

*Kick off the New Year with a commitment to wellness.*

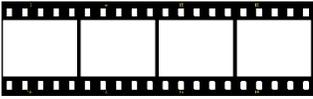
New this year? Staff participation! Have fun and raise awareness of all areas wellness. *Here is the schedule:*

- **All Week:** Tickets for Friday's prize drawing at regularly scheduled events, special programs and on the special days, given at the activities themselves, from Program and Services staff, and at the Receptionist. All ticket procurement is "Honor System." ☺
- **Monday, January 7:** *Walk-a-Mile Day.* Do your best to walk a mile during the day. If you are able, try one continuous mile. Not up to a whole mile? Work it out in pieces as you can throughout the day. Maps for distances will be available on the tables outside the Dining Rooms and at the Receptionist.
- **Tuesday, January 8, 10:00 a.m.** in the Assembly Room: *Understanding Music Therapy* with Emily Paar, music therapist. What is Music Therapy and how does it help promote healing and wellness? Find out from Emily, who is music therapist with Visiting Nurse Service. Emily visits at Timbercrest regularly.
- **Tuesday, January 8:** *Hydration Day.* Drinking water is one of the most important things anyone can do to promote good overall health. The goal is to drink eight 8-ounce cups.
- **Tuesday, January 8, 3:30 p.m.,** Assembly Room: *Spiritual Wellness 101* with Laura Stone, chaplain. Laura will discuss ways to help keep your "spiritual well-being" finely tuned in 2019.
- **Wednesday, January 9, 9:30 a.m.** in the Chapel: *Making the Most of Exercise*, with Cathy Vasil; Cathy is our regular MoveWell presenter and assessor; she will discuss how to get started with an exercise program and ways to stay motivated to keep going.
  - **2:00-3:00 p.m.:** Try out some "Brain Food" during the Midweek Break in the Snack Shop.
- **Thursday, January 10, Noon,** Snack Shop: *Exercise Class Lunch.* Details are on page 3 of your Timberline.
- **Friday, January 11, 10:00 a.m.:** *Wellness Scavenger Hunt* all over the Manor! Can be done as an individual, with a partner or a small group... no need to sign up, just show up! ☺
- **Friday, January 11, 2:00 p.m.:** *Prize Giveaway, Games, Refreshments!* Bring a joke to share! Y'all come! ☺

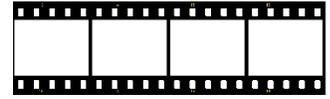


## Inside Your Timberline

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Secret Valentines	2	Walmart	4	Make Valentines	5	
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Timbercrest Film Committee Presents  
January Films



**New Year's Day**

**Tuesday, January 1: *Won't You be My Neighbor?***

**7:00 p.m.**, Assembly Room

1:35 hours, with captions

This film explores the life and career of American puppeteer and television star Fred Rogers.

**Friday, January 11: *The Lady in the Van***

**7:00 p.m.**, Assembly Room

1:40 hours with captions

This film tells the true story of the relationship between Alan Bennett and the singular Miss Shepherd, a woman of uncertain origins who “temporarily” parked her van in Bennett’s London driveway and proceeded to live there for fifteen years.



**Sign-Up for Secret Valentines!**

An annual fun tradition at Timbercrest is the staff-resident Secret Valentines. Residents are anonymously matched with a member of the staff; Valentines are shared with each other by Campus

Mail **February 1-14.**

To participate, simply sign up in the Notebooks at the Dining Rooms beginning Monday, January 14. Valentines are randomly drawn January 30, and the first Valentines are shared on Friday, February 1. Another Valentine is secretly passed the week of February 4-11, and small Valentine gifts are shared at the “reveal party,”

**Thursday, February 14, at 2:00 p.m.** in the Assembly Room.

Secret Valentines are for men and women. Valentine cards and small gifts and sweets are stocked in the Neighborhood Market, in addition to those available for purchase locally. Handmade Valentines are also welcomed and encouraged.

**Visitation Committee**

*“And the king will answer them, ‘Truly I tell you, just as you did it to one of the least of these who are members of my family, you did it to me.’” ~Matthew 25:40*

The Visitation Committee is a group of people who spend time intentionally visiting residents in Healthcare. In different times and ways, using their varied gifts and personalities, they make nearly 100 visits a month between them. They make a big impact in the lives of those who cannot as easily connect with their loved ones. They often find that the encouragement and fulfillment are mutual – both the visitor and the visited receive grace and joy. Much gratitude goes out to them for their good ministry.

If you would like to join this group, meet with them **Thursday, January 3, at 11:00 a.m.** in the Guest Dining Room. Talk to Lois Davis, 982-4230, for more information.

**Grief Support**

“A time of grief is a time for your soul. Anytime you suffer a serious loss, the spiritual side of you will be a part of whatever happens... Whatever your religious background and whatever your spiritual inclinations, you may find yourself asking serious questions... Consider making some room in your days for the expression of your soul... and realize that the answers you seek may not be mysteriously hidden far away. They may be waiting for you patiently, deep inside.”

~James Miller, *How Will I Get Through the Holidays?*

If you desire to connect with others who are grieving, to journey down the winding road of loss with good companions on a similar journey, join the Grief Support Group, **Thursday, January 3, at 2:00 p.m.**, in B Lounge. If you have questions or just want to talk, contact Laura Stone, 982-3938 or [lstone@timbercrest.org](mailto:lstone@timbercrest.org).

**Memoir Writing with Jane Starnier**

Retired English teacher Jane Starnier helps bring life to life-stories through the Memoir Writing group, **Thursday, January 3, at 1:30 p.m.** in the C Wing Lounge. While some have come regularly since the group formed in November, new participants are always welcome. Questions? Contact Jane, 1(423)298-4569.



## Sewing Sisters: Stitch On ☺

The Sewing Sisters are busy making lap robes, comforts and other items for the benefit of others. Join them **Monday, January 7, at 1:00 p.m.** in the Quilt Room on A Street. Contact Mary Ritchey, 982-2112.

## Weekly Shopping Trips

**Mondays and Thursdays** transportation is providing for shopping in various places around North Manchester, departing from the Hub at **9:30 a.m.**

Monday shopping is at Dollar General, New Market and Webb's Family Pharmacy. Thursday shopping goes to CVS and Manchester Marketplace and provides time for "taxi service" to destinations of the rider's choosing.

If you are unable to go with the shopper, you may leave a detailed shopping list in Marianne Shenefield's office at the Hub. Forms are provided or you may use your own paper. A "detailed shopping list" includes: quantities, flavors, colors, price-range (if desired), sizes, brands, substitutions, etc. Also, leave a phone number where you can be reached by the shopper in case there are questions. Items can be paid for when you pick them up in Marianne's office.

## Power Walking Continues

For those seeking a little more advanced degree of exercise, Power Walking is offered **Tuesdays at 3:30 p.m.** and **Thursdays at 10:00 a.m.** in the Recreation Room. This group uses a variety of videos created by fitness expert Leslie Sansone. Tuesday Power Walks are the equivalent of one mile; Thursdays' are two miles. The Walking involves a variety of steps and some upper body exercise. Contact Brian Daniels, 982-3940, for details.

## Knit for Kids

Ann Rehrig leads the Knit for Kids group, making mittens, hats, scarves and blankets for children in the developing world. The group meets monthly to gather what they've made to be sent to World Vision for distribution. Join them **Tuesday, January 8 at 1:30 p.m.** in the Education Room (west basement).

## Wellness Awareness Week Luncheon

All 8:45 a.m. Exercise Class members are invited to a special Wellness Luncheon, **Thursday, January 10, at Noon** in the Snack Shop. Information is distributed at the morning class times. The luncheon is not only for 70% Club members! ☺ Questions? Contact Rhonda Nettrouer, 982-3925.

## Mid-Week Break in the Snack Shop

Come for a nibble and good fellowship in the Snack Shop each Wednesday from 2:00-3:00 p.m. January features these yummy treats:

**January 2** Holiday Cupcakes

**January 16** Donuts Holes and Hot Drinks

**January 9** Brain Food for Wellness Week ☺

**January 23** Brownie Sundaes

**January 30** Popcorn Parlor

## Praying with Scripture: *Lectio Divina*

Praying with Scripture is a way of reading the Bible. Readers let go of their own agenda and open themselves to what God wants to say. This practice has been a fruitful source of growing in Christ for many centuries, rediscovered by groups and individuals today.

A Timbercrest group for Praying the Scripture is open to everyone. We are praying our way through the Gospel of Matthew, but each meeting can easily stand on its own. Explore listening to God at the deepest levels of your being "with a still, small voice." The group meets **Thursday, January 10, at 10:45 a.m.** in the Chapel. Contact Larry Fourman, (574)354-1171.

## EvenSong

Join others in the Timbercrest family for EvenSong, **Wednesdays, 4:00-4:30 p.m.** in the Chapel

January 2 Lois Davis

January 9 Sam Barrett with daughter Elizabeth & Nathan Jackson

January 16 Lois Snyder

January 23 Ruthann Angle

January 30 Laura Stone with Jeanette Lahman and Jan Smith

## BINGO!

Have fun and win fabulous prizes at Bingo, **Wednesdays and Fridays** at **11:00 a.m.** in the Assembly Room!

- There is no Bingo December 9 due to Manchester Church of the Brethren luncheon, Wellness Awareness Week programing and Lunch-and-Learn for staff in the Snack Shop.

## Walmart, Here We Come!

The monthly Walmart outing will be **Thursday, January 10**, departing from the Hub at **1:30 p.m.** Sing up in the Notebooks at the Dining Rooms to go.

If you are unable to go, you can submit a detailed shopping list *in Campus Mail only*. (Please do not leave lists with the Receptionist, on Brian's desk, send by email, etc.... the risk of being lost or forgotten is very high.☺) A detailed shopping list includes: quantities, flavors, colors, price-range (if desired), sizes, brands, substitutions, etc. Also, leave a phone number where you

can be reached by the shopper in case there are questions. You will receive a bill for your purchases after delivery.

## West Manchester Hymn Sing

Sing good old hymns of the faith with members of the West Manchester Old German Baptist Church on **Friday, January 11, at 7:00 p.m.** in the Recreation Room. This is an interdenominational hymn sing. Some hymnals are provided, but bring a hymnal with you; many of the hymns are common to many denominations.

## Book Club

The Timbercrest Book Club kicks off the New Year on **Monday, January 14, at 2:00 p.m.** in the Guest Dining Room (west basement). Readers of new and socially relevant books are welcome to this group. Contact Marianne Shenefield, 982-3959, for details.

## NMHS: The Story of the Black Swamp

The documentary *The Story of the Black Swamp* will be featured at the **Monday, January 14**, meeting of the North Manchester Historical Society at **6:30 p.m.** The group will also conduct a brief annual meeting. The program will be held at the Center for History, 122 E. Main Street. The meeting and movie night will be a fun, relaxing time to see what is happening at the Center for History!

*The Story of the Black Swamp* goes into detail about how one of the largest wetlands in Ohio was created by glaciers and is now almost completely gone. Wetlands play an important role to the environment by being

home to some unique creatures and plants, but also stopping erosion and drainage into other water systems. The Great Black Swamp covered a massive area of land, and went as far west as Fort Wayne.

The film discusses problems Ohio has endured due to the loss of the swamp. It gives a detailed but entertaining story about how the Ottawa tribe utilized the Black Swamp's resources, how the settlers tried to drain it, and how the damage done to the swamp negatively influences the environment today.

Sign up in the Notebooks at the Dining Rooms for transportation.

## Film Committee to Meet

The Film Committee will meet **Tuesday, January 15, at 3:15 p.m.** in the Assembly Room, following the Epiphany Tea. The main agenda item will be a refresher on how the Assembly Room audio-video system works since some improvements have been made by the technicians. There will be a brief discussion of Brian's report to the Resident Council about the Film Committee. Ideas and suggestions can be forwarded to the Film Committee Chair, Wanda Miller, 982-6189.

## Men's Breakfast in Health Care

The monthly Men's Breakfast in Health Care is **Thursday, January 17, at 7:30 a.m.** in the Activity Room. This month features Hardee's Cinnamon Raisin Biscuits in addition to scrambled eggs and bacon. Coffee, juice and good fellowship are also on tap! RSVP to Jenny Taylor, 982-3943.

## Nineties Club

Everyone 90 years and older and their spouses is welcome to join the Nineties Club, **Thursday, January 17, at 2:30 p.m.** in the Snack Shop.

## TUG to Discuss Online Learning

The January Technology Users Group (TUG) meeting will be **Monday, January 21, at 10:15 a.m.** in the Conference Room in the West Basement. All technology users are welcome and there will be a time to ask technology-related questions.

The “TUG Tip” topic for this month is an introduction to free online college classes on the internet. Jim Flory is currently taking an *Intro to Psychology* class from Yale. We hope to be able to project the class web pages onto the screen so that we can all to see how these classes work.

Chapel Speakers January 2019 Daily – 8:15 a.m. Wednesdays at 4:00 p.m. Sunday at 9:00 a.m.	
Day/Date	Speaker
Jan. 1	Brian Daniels
Jan 2.	Even Song
Jan. 3	Cliff Kindy
Jan. 4	Stan Escott
Jan. 6	Carol Pfeiffer
Jan. 7	Laurie Cornett
Jan. 8	Cheri Kreukeberg
Jan. 9	EvenSong
Jan. 10	Dorotha Fry-Mason
Jan. 11	Gary Alright
Jan. 13	Larry Fourman
Jan. 14	Kim Mishler
Jan. 15	Mary Earle
Jan. 16	EvenSong
Jan. 17	David Stackhouse
Jan. 18	Paul Thomas
Jan. 20	Laura Stone
Jan. 21	Barbara Wood
Jan. 22	David Sollenbeger
Jan. 23	EvenSong
Jan. 24	Jim Smith
Jan. 25	Ken Sistrunk
Jan. 27	Les Cooper
Jan. 28	Marie Willoughby
Jan. 29	Dick Long
Jan. 30	EvenSong
Jan. 31	Nolan McBride

## Martin Luther King Day: Roundtable Discussion: *The Future of Social Justice*

Are current social-justice movements following in the pattern of Martin Luther King and other leaders of the civil rights movement? How have efforts progressed or stalled in the past 50 years? What will the future of social-justice action look like at Timbercrest in another generation?

These topics (and others) will be shared in a roundtable forum on Martin Luther King Day, **Monday, January 21, at 2:00 p.m.** in the Assembly Room. No sign-up is needed to participate.

## Art Class Deferred in January

There will be no art class with Jena Oke in January. Class will resume in February.

## Lunch Out: Odd Fellow Café and Coffee

January Lunch Out is to the Odd Fellow Café and Coffee, Pierceton, **Tuesday, January 22**, departing from the Hub at **11:00 a.m.** The lunch menu includes soup, sandwiches, salads and delicious pies. Breakfast is served all day. Meal cost and gratuity are Dutch treat. A complete menu is available at [www.facebook.com/OddFellowCafeandCoffee](http://www.facebook.com/OddFellowCafeandCoffee) Sign up in the Notebooks outside of the Dining Rooms. Questions? Contact Rhonda Nettrouer, 982-3925.

## Life in Iran: Seniors for Peace

June Stealy will share about her experience of living and teaching in Iran with Seniors for Peace, **Thursday, January 24, at 10 a.m.** in the Chapel. June, who lives on Willow Way, has unique insights to the people of Iran, a nation often perceived to be an enemy of the U.S. Come hear June’s point of view!

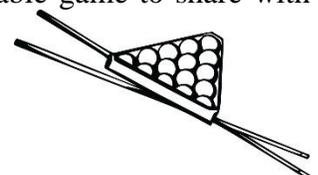
## We Care Crafts to Make Valentines

Create a beautiful hand-crafted Valentine at We Care Crafts **Monday, January 28, at 2:00 p.m.** in the Craft Room (west basement). There is no

charge for the class, but sign-up is requested to have enough supplies on hand. Questions? Contact Marianne Shenefield, 982-3959.

## Game Night

All residents are welcome to Game Night in the Recreation Room, **Tuesday, January 29, 6:15 p.m.** Table games will be available, or bring your favorite table game to share with others. The ping pong table, billiard tables and basketball game will also be available for friendly competition. Questions? Contact Rhonda Nettrouer, 982-3925.



## Ceramics Group

Have creative fun with the Ceramics Group **Mondays and Wednesdays** at **1:30 p.m.** in the Craft Room in the west basement. There is no charge unless you want to purchase what you made. Contact Marianne Shenefield, 982-3959, if you have questions.



## Churches Host Pastor Lunches

The following congregations host lunch with their pastors and members and friends in January:

- ✘ *Eel River Community Church of the Brethren*, **Thursday, January 3, Noon**, in the Snack Shop: contact Carolyn Bollinger, 982-2722.
- ✘ *Manchester Church of the Brethren*, **Wednesday, January 9, Noon**, in the Assembly Room; contact Ernie Barr, 982-7862.
- ✘ *Lutheran Lunch*, **Wednesday, January 23, 11:30 a.m.**, in the Snack Shop; contact Darlene Shear, 982-4443.

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## Welcome to the Family

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**Betty Hamlin** has lived in O-14 since August 15, moving from her home in North Manchester. Betty worked for many years as a secretary for Eaton Controls Company in North Manchester. She has enjoyed sewing and has woven beautiful baskets. Betty attends the Akron Church of God.

**Ted Ihnen** moved to 214 Willow Way on October 25 from his home in the North Manchester area. Ted is a retired farmer who also worked in welding, mechanics, and grain trucking. His daughter, Shirley Fetrow, lives with him.

**Shirley Fetrow** lives with her father Ted Ihnen at 214 Willow Way. She moved on October 25 from her home

in the North Manchester area. Shirley works in the office of the Warsaw Fire Department.

**Donna French** moved to C-12 on September 17 from her home in Silver Lake. She attends the Silver Lake Church of God.

**Leo Judy**, from the metro Disko area, moved to G-8 on November 1. He has lived in this area all his life and knows a lot of Timbercrest residents. He was a farmer and truck driver, hauling freight and livestock. Leo attends the Liberty Mills Church of the Brethren.

*More complete life stories of Timbercrest residents, plus photos, can be found in binders on the desk across from the Timbercrest library.*

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## Notices

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### New Resources in the Neighborhood Market

James E. Miller is a writer, photographer, spiritual director, workshop leader and speaker who creates resources in the areas of loss, transition, caregiving, healing presence, spirituality and older age. Four of his books are now available for purchase in the Neighborhood Market: Two on grief, used in the grief support group (*How Will I Get Through the Holidays?* and *When Mourning Dawns*), and two on death and dying (*When You Know You're Dying* and *One You Love is Dying*).

These books are short, gentle, encouraging and practical reflections on these important life events. If you would like to borrow a copy or if there are similar resources you would like to be able to purchase or borrow, contact Chaplain Laura Stone.

### Thanking Birthday Hosts

January Birthday Dinners are being hosted by Manchester Church of the Brethren (January 8) and Peoria Church (January 22). Invitations to January birthday honorees have been sent. If you have an opportunity, stop by and thank these volunteers for their time and gift of hospitality on behalf of Timbercrest.



### Postage-Rate Increase

U.S. postal rates increase on **Sunday, January 27**, from 50¢ to 55¢ for a first class letter. Other rates and mailings are impacted also. For details, contact Melissa Shorter in the Timbercrest Post Office, 982-3950.



## NOAC 2019: Reaching Into Joy

Information on the 2019 National Older Adults Conference of the Church of the Brethren is available at [www.brethren.org/NOAC](http://www.brethren.org/NOAC). The conference is **September 2-6, 2019**, at Lake Junaluska Conference and Retreat Center, North Carolina. Registration begins in April 2019. More information will be available to past attenders in January or at the website. If there is interest, Timbercrest will offer transportation to NOAC. For one coach, we need *seven Timbercrest participants* to ride. For two coaches, we need at least twelve. Seats for non-resident riders will be made available after we know how many Timbercrest participants will be available.

### Shepherd's Center Notes

- ✓ The Shepherd's Center will not meet in January (as is the usual practice).
- ✓ When meetings resume in February, they will be at the Blocher Room of the North Manchester Public Library, 405 N. Market St. The first meeting of next semester is February 6.
- ✓ Timbercrest transportation will coordinate carpooling for Current Events and MedTalk. Due to limited participation, we won't be taking the coach any longer. If there are five or more people who will ride consistently, coach service will resume.

### Phil Orpurt Shares...

Phil Orpurt was a long-time professor at Manchester University. The following is a compilation of quotes from quizzes and exams he's given in various courses he taught. Phil didn't edit any grammar or spelling. Most of them are from General Biology, Historical Geology and Genetics.

- ☺ "Bones are what keep us from being too floppy and relaxed. The difference between bones and skeletons are the same except we live ones have bones while the dead ones have skeletons. I would explain to you how the bones in a foot work together, but it is too fantastic to believe."
- ☺ "Genes are things we have whether we want them or not."
- ☺ "Genetics explain why you look like your father and if you don't why you should."
- ☺ "Gymnastics exercise your outsides while genetics exercise your insides."
- ☺ "Spontaneous generation means a generation that would rather do without fathers and mothers."
- ☺ "Ancestors are important. Without ancestors you might not even have a mother or father. Everyone ought to have an ancestor."
- ☺ "While man has pores, molds have spores. It is one way to tell us apart."
- ☺ "Sinus is the polite word for holes in the head."
- ☺ "Thanks to what we have learned about over-fatness and good diets and bad cholesterol and smoking and so forth, each generation is living longer than the one before it. Proof of this is the many more grandparents we see alive today as compared with great-grandparents."
- ☺ (From a paper for a course in Historical Geology): "The Pangea is so interesting because all the facts, fossils, animals, mountains and oceans, all plan an important role in the in the Continental Drift theory. Without science and discovery, without these thing man would still be placing their faith in Witch Doctors to cure the disease."
- ☺ "Everything is relative, if a monkey had fallen out of the tree instead of apple, Newton would have discovered the origin of species rather than gravity."

## Epiphany Tea

Tuesday, January 15, 2:00 p.m.  
Assembly Room

Featuring a musical program by  
**Clayton Marcum**

Sign-up in the Notebooks at the Dining Rooms

What to wear? Green, gold and purple are Epiphany season colors

Refreshments: Various teas and homemade spritz cookies

