

Enjoying Life Together at Hearthstone at Murrayhill

Murrayhill Times



November 2016

Mission

To Serve with Love, Respect, and Integrity

Vision

To Continually Strive to be an Exceptional Retirement Community

Administrative Staff

Tom Freitag

Executive Director

Pamela Howatt

Assisted Living Administrator

Nena Terry

Anna's Place Administrator

Brigita Nikolov, RN

Health Services Director

Jamie Carrabine, LPN

Community Nurse

Pati Kirby, LPN

Anna's Place Nurse

Rai Buch

Executive Chef

Rebecca Valdez

Dining Room Manager

Dave McElheran

Chaplain

Shirley Andersen

Activities Manager

Glenn Simpson

Facilities Manager

Debbie Hartvickson

Community Relations Manager

Penny Holcomb

Community Relations Director

Bev McElheran

Resident Relations

Rocio Cruz

Housekeeping Supervisor

Myrna Ketsdever

Bookkeeper

Lynn Powell

Human Resources

Hearthstone Management Services

Nancy Friesen, Bev Ecker, Rod Friesen, & Gerry Friesen

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editor • Barbara Agnew

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Never Run from a Barking Dog or a Bully



By Jean Bradley, Resident

If you are lucky in life, you will meet people who guide you wisely. Aside from my diligent and hard-working parents, I was fortunate to have a childless neighbor lady with whom I bonded. Alice Gordon (whom I called "Gordy") lived up the street from my parents when I was born. My mother had six children and an invalid husband to care for. Gordy had only her husband, so she treated me as her "girl."

Gordy was born with a twisted spine, so other children mocked her, calling her "The Hunchback" and imitating her awkward gait. I got into some fistfights over this; but Gordy would say, "Let it go, love—just show them by example what a human should be."

Every year, on my birthday, she had a party for me, to which I could invite six friends. At Christmas time, she took me for a ride on the street car to see Santa at Eaton's Department Store. She bought me my first ice skates and my first silk party dress.

But the most important gift she gave me was guidance in daily living:

- **Courage and Fortitude** — "Never run from a barking dog or a bully."
- **Trustworthiness** — "Always be honest and truthful."
- **Ambition** — She never said (as many neighbors did), "Children should be seen and not heard."

Gordy was an inspiration, and I remember her fondly.

FYI

We will now post new library donations in the second floor library rather than feature them in the *Murrayhill Times*.



Drug-Free Health Solutions: When Exercise Really Is the Best Medicine

By Angel Higbee, Exercise Instructor

Make the exercise Rx work for you! Working out may be good for what ails you. Exercise isn't only for building muscle and losing weight anymore. "If a pill could give you all the benefits of exercise, it would be the best pill around," says Edward Laskowski, MD, co-director of Mayo Clinic Sports Medicine and a specialist in physical medicine and rehabilitation.

Doctors under prescribe exercise even when research shows that it can deliver comparable benefits to drugs and surgery with fewer side effects. However, always consult with your health care professional before embarking on an exercise program. Here are a few diseases that exercise may help:

- **COPD** Start slowly with about 15 minutes of exercise a day, gradually working up to 30 minutes a day, at least three to five days a week. Combine walking or using the stationary bike along with strength training.
- **Type 2 Diabetes** Aerobic exercise, strength training and a dietary change may be almost as effective as some drugs in controlling blood sugar levels. Aim for 30 minutes a day for five days a week including both strength training and cardio exercise. The more muscle you have, the less likely you are to store excess glucose as fat. Our equipment (in the Fitness Room on the 3rd floor) includes a stationary bike, treadmill, elliptical, step and SCIFIT machine—all great ways to get aerobic exercise. Our hand weights and exercise tubes are also helpful for strength training, along with our upper and lower-body exercise equipment.
- **Osteoarthritis** Though the pain of arthritis—which is caused by the protective cartilage at the ends of joints wearing away—may tempt you to avoid physical activity, the right exercise can ease discomfort. Muscle imbalances can increase the discomfort of arthritis so aim to correct those. About 30 minutes a day four to five days a week of low-impact exercise, along with some strength training, can decrease the pain of arthritis.

We have a wonderful fitness program at Hearthstone that can benefit your health in many ways. If you don't like to work out on your own, or just need a little extra incentive, attend Angel's Ball Fitness and Sit-ercise classes on Tuesdays through Fridays. (See your monthly calendar for specific times). Better yet, just talk to your neighbor who attends the classes and hear their testimonies. Hope to see you soon!

This article is not intended to diagnose or treat any medical condition, ailment or disease. Persons requiring medical attention should consult a licensed health care professional.



What I'm Thankful for this Thanksgiving Season...



I'm thankful to be living at Hearthstone and for the fellowship and new friends I have met here and for the wonderful caring family that I love. My dog, Kandi, my love, is great company. I'm thankful for my health, and for God who has become a better part of my life.

Jackie Tabert, Resident



I'm very grateful for my apartment and my move from Hawaii to Oregon this summer. I am now near my daughter, son and grandchildren. And I'm lucky enough to have been able to move into Hearthstone at Murrayhill.

Claudia Pennington, Resident



I give thanks to my daughter when she bakes me cookies and puts a note inside saying, "I love you, Mum!"

Pauline Gladen, Resident



I always enjoy getting together with family and friends which means great conversation and great food. But my greatest thanks is to the good Lord who has blessed me with a wonderful family, great love and support.

Frank Rinella, Resident



I'm grateful for a lot of things this season—especially being able to have all of my family back together. Hearthstone has been a huge blessing to our family, providing a sense of stability that we haven't had in a long time.

Rocio Cruz-Negrete, Housekeeping Supervisor

Join us for Thanksgiving Day Luncheon

See the front desk or our Facebook page
for more information on how to make
reservations and for the complete menu.

Adults \$16 Children \$8

Purchase guest tickets at the front desk.



Why We're Thankful for Life at Hearthstone

*By the reigning King and Queen of Hearts
Gene and Joanne Kersey*

The first of October we celebrated our one-year anniversary at Hearthstone. Outside of our rent increase, we can't believe it's been one year. The year has been joyful and full of meeting new friends; busy with our duties as Queen and King, joining in the fun of exercise, games, book club, music and other events. We find life at Hearthstone a little bit of heaven. We feel truly blessed!



We have spent some time contemplating our year and would like to share some of our thoughts. Yes, there are a lot of cookies in the cookie jar and we find we eat more and enjoy more in the social setting. We have no self-control over desserts and the "Hearthstone 20" (pounds, that is) is true.

Residents and staff are friendly, kind, supportive and loving, and any concerns or questions are answered quickly and lovingly. Everyone has a story and we very much enjoy hearing them. We've met residents who have lost a child, spouse or other loved ones; faced serious illnesses; or have difficult family relationships. All remind us that life isn't always easy and it's not always fun, but sometimes it's those difficult times that make us who we are.

Residents have also shared stories of family, travel, careers, love; serving our country; and of their various talents. Sometimes, they've been able to share these talents with our community. We've been mesmerized by every single memory residents have so kindly shared with us. If we can put a smile on someone's face and somehow be a source of happiness, it makes us happy. Perhaps it's just by our walking through the dining rooms and visiting—handing out candy or being a listening ear. At the end of the day that's all that matters.

And so, the adventure continues!



Thank you




Thank You for Your Kindness


My deepest thanks to our friends at Hearthstone for your wonderful words of comfort, love, and care for our family when Bob died.

Your friendship and enjoyment of his and Pastor Dave's music brought joy into his life. We pray God's blessings on each resident and staff member in our community.

Resident Barbara Senft and Family

November

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wedne</i>
<p>“Honoring Our Veterans and Spouses” November 11th </p> <p>Please plan to <u>come by 1:30</u>, get seated, and be ready for Opening Ceremony at 2:00. The Color Guard will enter at that time with the Flags!</p>		<p>1 9:00 Morning Devotions</p> <p>9:30 Sit-ercise 10:00 Cards with Barb and Thelma 10:15 Ball Fitness 11:00 Parkinson Exercises 11:00 Women’s Coffee 2:00 Bean Bag Baseball 3:15 “Off the Beaten Path” Travel Video 6:30 Wii Golf 7:00 BINGO</p>	<p>2 9:00 Morning Devotions No Catholic Communion 9:30 10:15 & 11:00 10:00 Parkinson Support 1:00 Free B.P. Check 1:30 Choral Practice 2:00 LIBRARY & BOWLING 3:00 RESIDENT MEETING</p>
<p>6 1:00 Open Communion 1:30 Movie Matinee</p> <p>4:00 Sunday Celebration Chaplain Dave</p> <p>Daylight Savings Time Ends</p>	<p>7 9:00 Morning Devotions (Tai Chi on Tuesday at 2:00) 1:00 BINGO 1:00 2nd Drive to Sellwood & Eastmoreland area in Portland 2:15 Pinochle (Library) 2:15 Movie Matinee 2:30 Pray for Nation (Chapel) 7:00 Wii Bowling</p>	<p>8 “Election Day” </p> <p>9:00 Morning Devotions 9:30 Sit-ercise 10:00 Cards with Barb and Thelma 10:15 Ball Fitness 11:00 Parkinson Exercises 11:00 Women’s Coffee 1:00 Mt. Man Snacks & Gifts 2:00 Tai Chi with Terry 6:30 Wii Golf 7:00 BINGO</p>	<p>9 9:00 Morning Devotions 9:00 Catholic Communion 9:30 10:15 & 11:00 1:00 MHT Editorial Meeting (Library) 2:00 LIBRARY & BOWLING 3:00 Men’s Group 3:00 Afternoon Golf 3:00 Choral Practice</p>
<p>13 1:30 Movie Matinee</p> <p>4:00 Sunday Celebration Chaplain Dave</p>	<p>14 “Royalty Day”</p> <p>9:00 Morning Devotions (Tai Chi on Thurs. at 2:30) 1:00 BIRTHDAY Party 2:15 Pinochle (Library) 2:15 Movie Matinee 2:30 Pray for Nation (Chapel) 7:00 Wii Bowling</p>	<p>15 9:00 Morning Devotions 9:30 Sit-ercise 10:00 Cards with Barb and Thelma 10:15 Ball Fitness 11:00 Parkinson Exercises 11:00 Women’s Coffee 2:00 Balloon Volleyball 3:15 “Baking” with Barb & Thelma” 6:30 Wii Golf 7:00 BINGO</p>	<p>16 9:00 Morning Devotions 9:00 Catholic Communion 9:30 10:15 & 11:00 2:00 LIBRARY & BOWLING 3:00 Men’s Group 3:00 Afternoon Golf 3:00 Choral Practice</p>
<p>20 1:30 Movie Matinee</p> <p>4:00 Sunday Celebration Chaplain Dave</p>	<p>21 9:00 Morning Devotions 10:00 “Tai Chi” with Terry 1:00 BINGO 1:00 Mystery Drive 2:15 Pinochle (Library) 2:15 Movie Matinee 2:30 Pray for Nation (Chapel) 7:00 Wii Bowling</p>	<p>22 9:00 Morning Devotions 9:30 Sit-ercise 10:00 Cards with Barb and Thelma 10:15 Ball Fitness 11:00 Parkinson Exercises 11:00 Women’s Coffee 1:00 Mt. Man Snacks & Gifts 2:30 Bean Bag Baseball 3:30 iPad Class 6:30 Wii Golf 7:00 BINGO</p>	<p>23 9:00 Morning Devotions 9:00 Catholic Communion 9:30 10:15 & 11:00 1:30 Floor Meeting 2:00 Floor Meeting 2:00 LIBRARY & BOWLING 3:00 Men’s Group 3:00 Afternoon Golf 3:00 Choral Practice</p>
<p>27 1:30 Movie Matinee</p> <p>4:00 Sunday Celebration Chaplain Dave</p>	<p>28 9:00 Morning Devotions 10:00 “Tai Chi” with Terry 1:00 BINGO 1:00 Mystery Drive 2:15 Pinochle (Library) 2:15 Movie Matinee 2:30 Pray for Nation (Chapel) 3:00 Knit & Crochet Together (Theater) 7:00 Wii Bowling</p>	<p>29 9:00 Morning Devotions 9:30 - 11 “Caring Quilters Workshop” (Card Class returns next week) 9:30 Sit-ercise 10:15 Ball Fitness 11:00 Parkinson Exercises 11:00 Women’s Coffee 2:00 “Square Dance Lesson”  6:30 Wii Golf 7:00 BINGO</p>	<p>30 9:00 Morning Devotions 9:00 Catholic Communion 9:30/10:15/11:00 1:30 Choral Practice 3:00 RESIDENT MEETING 7:00 Conchords “Christmas”</p>

Wednesday	Thursday	Friday	Saturday
<p>Devotions Communion - Mass Thurs. Sit-ercise Support Meeting Med. Rm. Banks Meeting</p>	<p>3 9:00 Morning Devotions 9:30 Fred Meyer 9:45 Circuit Training 10:00 Catholic Mass with Father Carrie 10:00 "Tai Chi" 10:30 "Share Singers" - Living Room 11:00 Ball Fitness 1:00 Art Viewing at Artist's Repertory Theater 3:45 Munch Bunch at "Portland Seafood Co." 7:00 Words to Live By</p>	<p>4 9:00 Morning Devotions 9:30 10:15 & 11:00 Sit-ercise 10:00 Book Club with Barbara 11:00 "Laddie Boys" Jewelry 1:00 Wii Golf - Theater 1:00 Washington Square 3:00 BINGO 6:15 Beaverton Symphony "Barber of Seville" by Rossini (Sign up - bring \$5) 7:00 Wii Bowling</p>	<p>5 "National Donut Day" 1:00 BINGO 2:15 Movie 2:30 Saturday Store</p>
<p>Morning Devotions Communion Sit-ercise Advisory Theater) Banks Games Practice</p>	<p>10 9:00 Morning Devotions 9:30 Fred Meyer 9:45 Circuit Training 10:00 "Tai Chi" 11:00 Ball Fitness 1:00 Opera - "La Fille du Regiment" (Theater) 3:00 "Pretty Nails" 7:00 Words to Live By</p>	<p>11 "Veterans Day"  9:00 Morning Devotions 9:30 10:15 11:00 Sit-ercise 11:00 Choral Group sings in Lobby 2:00 "Honoring Hearthstone Veterans" Please come at 1:30 to be seated - the program will begin promptly at 2:00 as the Color Guard enters with the flags!</p>	<p>12 8:45 Leave for Casey Eye Institute for seminar on "New Developments in Macular Degeneration" 1:00 BINGO 2:15 Movie 2:30 Saturday Store</p>
<p>Devotions Communion Sit-ercise & Banks Games Practice</p>	<p>17 9:00 Morning Devotions 9:30 Murrayhill Shopping 9:45 Circuit Training 10:00 "Red Hats" invite all women for an outing (TBD) and lunch at Oswego Grill 11:00 Ball Fitness 2:00 Hear USA 2:30 Tai Chi with Terry 4:00 Cards with Donna T. 7:00 Words to Live By</p>	<p>18 9:00 Morning Devotions 9:30 10:15 & 11:00 Sit-ercise 1:00 Wii Golf - Theater 1:00 "Jingle, Jingle, Jingle" - NW Senior Theater at Alpenrose Dairy Opera House (singing, dancing, skits!) (Bring \$5) 1:00 "Laughter Medicine" - bring a funny joke or story to share! 3:00 BINGO 7:00 Wii Bowling</p>	<p>19 10:00 Bus for men's trip to Portland for Columbia Gorge Model Railroad Display (\$7 + lunch \$) 1:00 BINGO 2:15 Movie 2:30 Saturday Store</p>
<p>Morning Devotions Communion Sit-ercise Asst. Ind. Banks Games Practice</p>	<p>24 </p>	<p>25 9:00 Morning Devotions 9:30/10:15/11:00 Sit-ercise 1:00 Wii Golf - Theater 1:00 Mystery Drive 1:00 Music, Relax, and Color 3:00 BINGO 7:00 Wii Bowling</p>	<p>26 "Civil War Game" UO vs OSU at Reser Stadium (Watch on TV in Community Room) Kick-off TBA Snacks</p>
<p>Morning Devotions Communion Sit-ercise Practice Meeting Chorale Choirs Concert</p>			<p>"Knitting & Crocheting Together" will meet the last Monday of the month at 3:00</p> 

Learn more about Hearthstone's Staff Recognition Christmas Fund

As we approach the Christmas holiday season, it is again time to honor our hourly staff employees with cash contributions from residents and their families. The following background information may be helpful for our newer residents to become familiar with how we manage Hearthstone's Staff Recognition Christmas Fund.

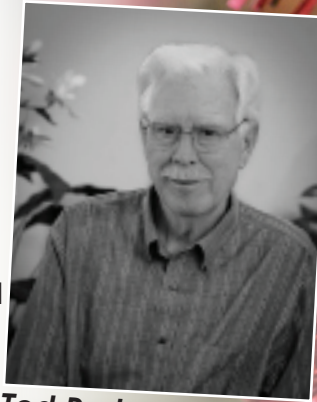
When Hearthstone opened in 2002, residents initiated and have funded a cash recognition gift during the holiday season ever since. This is the only "Thank You" gift given to hourly staff for services during this current year. The cash gift is distributed to all hourly employees and is based on the number of hours worked by employees and the amount of money contributed by residents to the Christmas fund.

Hearthstone's policy does not allow employees to accept tips, gratuities nor gifts from residents except from this fund. We have a one community designation. All monies contributed during the year go into one recognition fund representing Hearthstone's Independent, Assisted and Enhanced Care communities.

In the past, residents and their families have given generously to this fund. Words cannot express the positive impact of your gift to our helpers and servers throughout our Hearthstone living communities.

In the near future you will receive additional information regarding Hearthstone's Staff Recognition Christmas Fund through a personal letter, floor meetings on November 16, and the All-Residents meeting on November 23.

Sincerely,
2016 Resident Council



**Ted Parker, Resident
Council President**



Happy November Birthday to...

- 7 Dorothy Schumacher
- 9 Ed Miller
- 11 Marv Voss
- 13 Patricia Waarvick
- 14 Bobbye Zikeli
- 15 Isabelle Emberlin
- 18 Marion Hyman
- 21 Carol Callaway

- 21 Dick Aaron
- 24 Kay Singmaster
- 26 Joanna Italiano
- 26 Thomas (Tom) Kraemer
- 28 Jackie Carver
- 29 Marian Shuler
- 29 Ted Parker



Anna's Place Moments

November is National Alzheimer's Disease Awareness Month

By Nena Terry, Memory Care Administrator

Did you know that November is National Alzheimer's Disease Awareness Month? President Ronald Reagan designated November as National Alzheimer's Disease Awareness Month in 1983. At the time, fewer than 2 million Americans had Alzheimer's; today, the number of people with the disease has soared to nearly 5.4 million.

Alzheimer's disease is a progressive brain disorder that damages and eventually destroys brain cells, leading to memory loss and changes in thinking and other brain functions. It usually develops slowly and gradually gets worse as brain function declines and brain cells eventually wither and die. Ultimately, Alzheimer's is fatal, and currently, there is no cure.

Those living with Alzheimer's, their caregivers, friends and family, experience this disease every day. November is a time to pause and recognize them. If you would like to show your support this month, go purple, the color that represents Alzheimer's disease.

We will have purple ribbons available at the front desk throughout the month of November. Thank you for showing your support!



November Highlights

Phillip Mandel, *piano player extraordinaire*

Wednesday, November 9, at 2 pm

Ulysses Meneses, *piano player performing patriotic music*
Coffee and Doughnuts

**Veteran's Day Celebration,
Friday, November 11, 3 pm**

Joe Szabo, *accordion player*
Saturday, November 12, 10 am

Save the Date

Anna's Place Holiday Party
Monday, December 5, 2-3 pm

The Flu, You and Handwashing

By Pati Kirby, LPN

Let's work together to keep Anna's Place free of the flu virus this year. Handwashing is a simple, but critically important step to help fight the flu.

The Flu: The flu is difficult to predict. While flu spreads every year, the severity of the symptoms and the length of time they are present varies widely.

You: Handwashing is the number one way to remove germs, which keeps you from getting sick and then spreading the germs to your loved ones.

Handwashing: Handwashing has been called the "do it yourself vaccine." Recipe for success: Warm water, soap, a healthy lather for at least 20 seconds, and dry completely. Repeat frequently throughout the day.

Agnes Brauser: Farming, Family and Friendship

Interview by Ruben Wilson, Resident

AGNES MARIE was born to John and Mary Schmitz Schoenecker on April 30, 1925, in Eugene, Oregon. Agnes, who was the twelfth child, had 13 siblings: Mary, Irene, Stella, Hugo, Viola, Loretta, Walt, Linda, Helen, Frances, Charlie, Eddie and Delores. All the siblings have passed away.

Her family moved to a small 10-acre farm near Woodburn, Oregon, where Agnes' formal education began at St. Benedict School. She went on to graduate from Woodburn High School. Growing up, Agnes noticed a young man who rode his bike down from Portland each summer. He stayed with an aunt who lived about a half mile away from the Schoenecker property. Both Agnes and the youth, Bud Brauser, were about 13 years old. He was an only child and really enjoyed the activity of being with a large family.



Bud was born in Corvallis on December 20, 1924. Unfortunately, his father died when he was five or six years old. However, he was later adopted by his stepfather, Carl Brauser. Bud attended Benson High School in Portland, and then enlisted in the United States Merchant Marines.

During the WWII years, Bud sailed with the Merchant ships on the Pacific Ocean until 1945. When he returned to Portland, he married Agnes on July 1, 1945, at St. Philip Neri Catholic Church. They became long time members of St. John the Fisher Catholic Church.

Bud had worked at two or three automobile shops before he and a friend started their own business, Central Cylinder Head Company, in 1968. A couple of years later they opened another shop in southeast Portland called Crank City.



Bud loved cars! He was constantly buying a car, fixing it up, and reselling it. During their 68 years of married life they owned 75 different cars.

Agnes has always enjoyed the slot machines at Chinook Winds. They also owned a time share in Reno, Nevada, which gave them opportunities to often visit the casinos there.

Bud died two years ago at age 89, after they had celebrated their 68th wedding anniversary.

Bud and Agnes have four children. Their son, Mike Brauser, is a graduate of the University of Oregon, and the University of British Columbia. He retired following 32 years with the US Department of Labor. He and his wife, Barbara, have two children.

Bud and Agnes' daughter, Nancy Palasky, has worked in the food industry for many years at Resers Fine Foods in Beaverton. She and her husband Darrell (now deceased) have two children.

Their daughter, Barbara Twohy, attended Portland Community College and Portland State University where she earned a degree in nursing. She retired after 35 years. Barbara and her husband, Dan, have two daughters.



Youngest son, Steve, is a graduate of Portland State University. He had been with Western Wood Products for many years. Steve passed away in 2011. He is survived by his wife, Karen, and four children.

Following the passing of their dad, Agnes' children checked out Hearthstone at Murrayhill. They liked it so well, Agnes decided she would live here.



La Fille du Régiment The Daughter of the Regiment


An opéra comique in two acts by Gaetano Donizetti, *La fille du Regiment*, is set to a French libretto by Jules-Henri Vernoy de Saint-Georges and Jean-Francois Bayard.

First performed in Paris in 1840, the opera brings together madcap physical comedy and flawless coloratura to tell the story of a feisty tomboy raised by a regiment of French soldiers.

Thursday, November 10, 1 pm
Hearthstone's Multnomah Theater

Hearthstone residents took a ride on the wild side when Mike Brunt from Home Instead brought his sidecar scooter to our community last month. There's talk of a trip to the Indy 500 in the future....



 Follow us on Facebook to see even more photos from this fun event.
www.facebook.com/HearthstoneAtMurrayhill

Words to Live By

By Dave McElheran, Chaplain

Jesus said to His disciples, "Therefore I say to you, do not worry about your life, what you will eat; nor about the body, what you will put on."

Luke 12: 22

There are so many opportunities to worry and to be anxious. Sometimes our imagination plays tricks on us and we worry about things that have no substance. Anxiety can even cause physical as well as psychological damage.

Jesus knows about our worries, and instead of brushing them aside as not important, He uses them to teach us to be dependent on Him. "Look at the birds...doesn't God feed them?" When we call upon God it refocuses our priorities and allows us to rest in His care. Depend on Him, He is faithful!