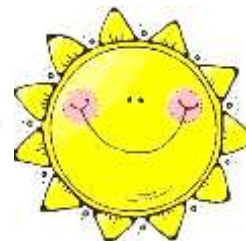


The Timberline



Newsletter of TIMBERCREST Senior Living Community – August 2020

Sun-Shiny Day – August 5

Celebrate summer and the opening up process with Sun-Shiny Day, **Wednesday, August 5**. Here's how:

- ☼ **Wear sun-shiny colors!** Put on your yellows and whites! Wear yellow and sunny ribbons and hair bobs. Prints with suns and happy thoughts are great.
- ☼ Fill out a **“Sunny Thought”** and post it on the bulletin board on A Street. Sunshine note paper will be provided.
- ☼ Listen to **“Sunny Music”** throughout the corridors from **2:00-3:00 p.m.**, songs like “Sunshine on my Shoulder” and “You are My Sunshine,” “We’ll Sing in the Sunshine,” and many more!
- ☼ Spread good cheer!

Brown Bag Lunches in the Courtyard

Enjoy music in the Courtyard with a picnic each **Friday at Noon**. Music will play from **Noon to 1:00**; diners can enjoy lunch with friends. Bring a lawn chair and sit “socially distant” from friends and neighbors.

You can bring a “brown bag lunch” of your own or order one from Dining Services. Orders for a lunch need to be made by Noon on the Thursday before the lunch. You may order for one or all Fridays. Sign up

for lunches in the Notebooks at the Dining Rooms. Dining services will be notified about your choice.

Music for the Friday lunches includes: **August 7** – Broadway Hits; **August 15** – Classical Cavalcade; **August 21** – Country Music Classics; **August 28** – John Denver Favorites.





Christmas Is
Right Around the
Corner!
See page 2 of your
Timberline for details

Lunch Out...Brought In

Enjoy take-out from The Crystal Main Street Grill (formerly Zook's) **Tuesday August 18**. A limited menu will be posted on Channel 2 and the bulletin boards.

Sign up in the Notebooks at the Dining Rooms. Neighborhood Homes residents sign up at the Main Entrance foyer. Order by number on the sign-up sheet which meal you would like. Pick up time is Noon at the Main Entrance. Meal cost is on your own and tipping is not required. Please have exact change or write a check payable to “Timbercrest.” **Sign up by Friday, August 14**. Questions? Contact Rhonda Nettrouer, 982-3925.

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Christmas Is Right Around the Corner

It's just 148 days until Christmas! Which means it's only 123 days until we start decorating for Christmas.

There will be a meeting for wing representatives (anyone may attend) **Thursday, August 6, at 10:15 a.m.** in the Assembly Room. A meeting for street representatives will be scheduled later in August. There is no Festival of Trees this year. This means all of us will get to be more creative with Christmas this year! We do hope many organizations will still contribute Christmas trees for the goodwill of Timbercrest.

Program and Services has decided on "An Old-Fashioned Christmas" as the 2020 theme. We plan to feature some of our "Old Fashioned" decorations, things we've used for years: the Crismon Tree, Helman Pictures, Precious Moments Nativity, International Dolls Wreath, and Nativity scenes.

Each wing may have a tree they can decorate (if they want to). The trees can be provided or, if you have one available, it will be set up for you. Streets are also encouraged to have a tree (trees provided or your own).

An inventory of decorations in "Santa's Workshop" – some old fashioned - will be available and those decorations can be shared with wings and streets, in addition to new decorations acquired.

Employee department are being encouraged to decorate a tree or have some sort of Christmas display.

The Assembly Room will be decorated more as we did before the Festival, possibly with decorations provided by residents or groups.

Exercise Classes Return Slowly

Group exercise classes began again in July – *with more to come in August!* Dependent on the schedule for re-opening the resident dining rooms, the plan is to add yoga, strength training and Tai Chi to the schedule. The start dates of these classes will be posted on Channel 2 and the bulletin boards. The added classes at 9:00 a.m., will be Tai Chi Mondays and Fridays and Strength Training Tuesdays and Thursdays. On Wednesdays, chair yoga will be offered at 10 a.m.

The chair exercise class will continue at 9:30 a.m. Monday through Friday. Yoga and strength training will be in the Recreation Room; Tai Chi will be in the Assembly Room. Until further notice, face masks and 'social distancing' will be practiced in these groups.



Birthday Dinners Return... Some Day

At the beginning of the Coronavirus Pandemic, Program and Services suspended Birthday Dinners due to restrictions on visitors and volunteers and limitations on group gatherings. At that time we felt that the crisis would last a few months and we could "make up" the birthday dinners for those who were missed.

Now six months later, it is evident that our hope to "make up" the missed birthday dinners is not realistic (through August that would mean making up dinners for 160 residents!). The long-term plan is to resume birthday dinners as soon as it is feasible. Please be patient until that time: meanwhile, help each other celebrate –

- Birthday cards are always for sale in the Neighborhood Market
- Candy and other snacks in the Neighborhood Market make great small gifts for friends and neighbors
- The Timbercrest shoppers are able to pick up other items you may want to help others celebrate
- Get your wing-mates together to have a birthday serenade near the "honoree's" apartment... *Happy birthday to you... God bless and keep you!*
- Birthday wishes don't need to have a card or gift... a hearty "Happy Birthday" in the corridor or a simple kind word in the halls mean a lot.

Up-to-Date Coronavirus Information

www.timbercrest.org has updated information regarding coronavirus. Family and residents get a daily call from Timbercrest updating the status of the virus at Timbercrest. Questions or concerns about our response and actions relating to the pandemic can be addressed to Stan Noffsinger, CEO, at 982-3922.

Weekly Hymn Sings with Channel 2

Sing with your neighbors or in your apartment with our weekly Hymn Sings **Tuesdays at 10:00 a.m.** on Channel 2. The idea is that neighbors in the Manor – and possibly in the Neighborhood Homes – will join together to sing. In the Manor, bring your chair to the doorway and turn on the TV to Channel 2 to fill the corridors with song. In the Neighborhood Homes, find someone with a TV in the sunroom or garage and have a couple people over on the patio (six feet apart), crank up the TV and sing along. Hymn folders are available on the table outside the Chapel.



Having trouble with Channel 2 on your set? Contact Maintenance.

EvenSong

Come for moments of inspiration and reflection every **Wednesday at 4 :00 p.m. Channel 2.**

August 5	Marilyn Kieffaber <i>Stories for Grown-ups</i>
August 12	Manchester University Robot Team <i>God's Timing</i>
August 19	Ted Neidlinger <i>In Defense of Martha</i>
August 26	J.P. Freeman <i>Let's Go Fishing (John 21)</i>

Sunday Services for Group Watching

Churches are beginning to open but they are still considered high exposure risk situations. Timbercrest is showing recordings of three local church services for group gatherings on Sundays. Here is the schedule:

9:00 a.m. - Timbercrest Chapel worship service

9:30 a.m. - Manchester Church of the Brethren live stream, Assembly Room

10:30 a.m. - Manchester Church of the Brethren recording, HC Family Room and CW Great Rooms

1:00 p.m. - First Brethren or NM United Methodist (alternating weeks) HC Family Room, CW Great Room

1:30 p.m. - First Brethren Church, Assembly Room

3:00 p.m. - NM United Methodist Church, Assembly Room

If a different church has an online recording and you would like help accessing it, let Laura Stone or Kelli McCombs know.

Seniors for Peace to Resume

The Seniors for Peace Steering Committee will meet **Monday, August 10, at 10 a.m.** on the lawn near the shuffleboard courts. Contact Marie Willoughby 982-6970.

There are issues the group (not just the steering committee) can talk about in the months to come: the election, movements for voter registration of women and youth, refugee problems, and lots more. When and how this gets done will take some imagination.

Marie Willoughby has written a summary of *The Karlsschule Story*, about peaceful rebuilding in Vienna, Austria, in the 1950's, to share. The group will also talk about what didn't happen in March, April, and May.

Gardeners Help Inform

There is a compost pile at the northeast corner of the Garden at Timbercrest. You don't have to be a gardener to take advantage of it, but there are some guidelines for what works well for composting.

- Good for compost:
 - Green materials, fruit and vegetable peels and scraps, eggshells, tea bags, coffee grounds
 - Larger items like melons or grapefruit should be cut into smaller pieces
 - Brown materials: dead leaves, sawdust (untreated lumber), food, soiled paper goods, coffee filters.
- Not good for composting:
 - Anything with pesticides, corn cobs, meat scraps, fats, oils, grease, weed seeds, charcoal ash
 - Large plants and stems



August Chapel Speakers

Watch Channel 2 for the schedule of Chapel speakers, Sunday-Friday (except Wednesday). Speakers are from many churches and ministers who share their messages by recordings. Many Manor residents have also shared a devotion in the Chapel services.

Welcome to the Family

There are many new people in the Timbercrest Family, but coronavirus concerns have prevented our intrepid reporters from their interviews. Look for updates when they become available.

Look for These Opportunities in August

- *Hymn sing* –for Health Care, Crestwood, Manor hallways, on Channel 2 **Tuesdays at 10 a.m.**
 - Pick up a hymn folder from the table outside the Chapel
- *Exercise Classes* – in the Recreation Room at **9:30 a.m. Monday through Friday**
- *Devotions, Sunday Worship, Evensong*
 - Attendance is now permitted for these services in the Chapel! Come join the fellowship
- *Tai Chi* – **Monday and Friday at 9:00 a.m.** in the Recreation Room
- *Strength Training* – **Tuesday and Thursday at 9:00 a.m.** in the Recreation Room
- *Yoga* – **Wednesdays at 10 a.m.** in the Recreation Room
- *Other opportunities include:* Bible study in the Courtyard, Book Club outdoors, Chaplain Chat on the Terrace, Music Appreciation, Spanish Club, etc.

Praying with Scripture: Lectio Divina

“In the silence of the heart God speaks. If you face God in prayer and silence, God will speak to you. Souls of prayer are souls of great silence.” ~Saint Teresa of Calcutta

Lectio Divina is praying with Scripture. Texts are read slowly, listening to how God may speak to hearts and minds, trusting the Holy Spirit to speak through the text; we listen with silent and waiting hearts. Listen to Lectio Divina and participate in your apartment by tuning to Channel 2 Tuesday afternoons at 3:30.



The Doors Close at Five

Remember: The Main Entrance door closes for the night at 5:00 p.m. and isn't re-opened until 7:30 a.m. the next day. Manor residents who enjoy walking on campus should return by 5:00 p.m. Walking in the Courtyard is encouraged; the interior Courtyard doors are not locked. If you are locked out and have your cell phone, you can call 982-3952, and a Nurse can locate a Maintenance staff member to let you in. *The preferred way is to be back in the Manor by 5:00.*

Watch Service Suspended

Due to the extra demands of time for the coronavirus, watch service has been suspended until further notice. This includes batteries, cleaning, watch band adjustments, etc. I apologize for the inconvenience.

Brian

Exercise Opportunities

There are opportunities to exercise for people who live in the Manor:

- **The Fitness Center:** Located in the west basement near the pool tables, workout at your own pace. Need help with how the machines work? Contact Rhonda Nettrouer 982-3925.
- **Walking in the Manor and on campus:** Take a walk and get some fresh air. The Main Entrance is the re-entry spot. Remember that the Main Entrance is locked at 5:00 p.m. The Courtyard is never locked.
- **Borrow DVDs or CDs from Program and Services:** These are available for a 1-2 day loan. Switch out for a different one every day or so.
- Channel 110 (at Timbercrest) PBS 39.4 EXPLORE from Fort Wayne has exercises from 8-9 a.m.
 - For Strength Training, similar exercises start at 8:30.

Exercise Opportunities at Home

Be sure to see your June *Timberline* for ideas of how to exercise at home!
Misplaced your Timberline? See Brian Daniels for a new copy of this special page!

Peace Corner

There are “everyday” ways to spread peace to neighbors, community and the world:

“Support relief and aid organizations locally and internationally... increasingly these organizations are staying long after the flood or earthquake or civil war supporting the long-term development needs of the people... More and more this is overlapping with peace work. The two depend on each other. Peace cannot prevail where people are hungry; people cannot grow a strong economy when there is war.

- Educate yourself. Learn what agencies exist and what they are doing, what the needs are, what the obstacles are and what the success stories are.
- Pick one or two agencies whose work particularly touches your heart. Support them financially and in any other ways you can.
- Sponsor a child or a child’s education somewhere in the world.
- Respond to emergency appeals when disaster strikes. Stay involved after the peak of the emergency passes.
- Offer your services in an emergency if you have specialized skills.
- Give blood. Give clothes. Give food. Give time.
- Send prayers. Send love. Send money.

Adapted from *The Peace Book* by Louise Diamond



Notices

Election Information

The November Election is coming; Timbercrest is not a voting site this fall due to coronavirus concerns. If you want to submit an absentee ballot, *you must request one* from the county clerk. Request forms for absentee ballots are available at the tables near the Dining Rooms and on the bench in the Front Foyer. Voters can also print their own absentee ballot request form at the website www.indianavoters.in.gov

Requests for absentee ballots must be received at the Wabash County Clerk’s Office by October 22. Absentee ballots must be received by Noon,

Monday, November 2. (Voter registration ends October 5.)

In addition to absentee voting, voters may vote early at the Wabash County Clerk’s Office, Wabash County Courthouse, corner of Wabash and Hill Streets in Wabash, beginning October 6.

Election Day voting sites are at Manchester Jr.-Sr. High School and at O.J. Neighbors School (Wabash).

Be Sure to Wear Your Mask

When wearing your mask, cover both nose and mouth (expand the pleats); fit it snugly but comfortably to the sides of your face and chin. Make sure it’s secure with ties or ear loops.

Please wear your mask outside of your home or when others come into your home. Plan to change to a clean mask each week.

Residents with Timbercrest laundry service: On your regular weekly laundry day, place the dirty mask in your laundry bag. Write in “Mask” on your yellow laundry list. If you need a smaller or larger mask, indicate that on the yellow laundry list. A clean mask will be delivered with your laundry the following day.

Residents without Timbercrest laundry service: Launder your masks routinely with your personal laundry.

If your mask does not fit, bring it to the Front Office or Residential Nursing to get a better fitting mask.



Tele-Health Visits with Physicians

Remember that even though many health care providers are offering in-house visits, many appointments can be conducted online through tele-health. To schedule a tele-health appointment with your doctor, contact Kelli McCombs, transportation

coordinator and scheduler, at 982-3941. As with all medical appointments, please do not schedule your own appointment if you need Timbercrest services or transportation. Thank you.

Visitation Committee

Meetings of the Visitation Committee are suspended for now. If you know someone in Health Care or Crestwood in particular need of a caring visit, contact Lois Davis, 982-4230, or Chaplain Laura Stone, 982-3938.

Grief Support

Listen each **Friday at 3:30** for Grief Support on Channel 2. Laura Stone will share readings and insights for anyone needing support, especially in this time. Call Laura at 982-3938.

Groups/Activities Available on Channel 2

Chapel/Devotions: Weekdays at **8:15 a.m.**

EvenSong: Wednesdays at **4:00 p.m.**

Timbercrest Chat: Tuesdays/Thursdays at **2:30 p.m.**

Praying with Scripture: Tuesdays at **3:30 p.m.**

Grief Support: Fridays at **3:30 p.m.**

Knit for Kids

With more time on hand, now might be an opportunity to take up “Knitting for Kids.” Knitters are still working on sweaters, blankets, scarves and mittens for children in need around the world. Knitting projects from Neighborhood Homes residents can be brought to the Main Entrance Foyer; Manor residents to the Timbercrest Receptionist; and they will be delivered to Knit for Kids coordinator Ann Rehrig. Ann also has plenty of extra yarn for use; contact her at 982-6058 to get some.

Notes from the Center for History

Although the Center for History re-opened on June 14, the Historical Society is still unable to gather together for monthly programs. To watch our July program, *Farming in the Early Days of Wabash County*, presented by Dr. Whitford please use the link: <https://youtu.be/5fAAdat2xqN4>

The Board of Directors of the NM Historical Society will continue to monitor and evaluate

possibilities for hosting monthly programs. In August a virtual program will be presented by Ray Boomhower, a Senior Editor at Indiana Historical Society Press. It will be on the life of Ernie Pyle. Missed virtual programs from May or June can be found at www.northmanchestercenterforhistory.org

The Center for History is open Monday through Friday 10 a.m.–6 p.m. and Saturday 10 a.m. –4 p.m.

Churches Offer Online Services

Several local churches are recording and/or live streaming their worship services which can be viewed on your computer, tablet, or smart phone by entering the church’s home page address (shown below) in your preferred Internet browser (for example: Google Chrome, Microsoft Edge, Apple Safari, Mozilla Firefox).

- 1) Manchester Church of the Brethren: manchestercob.net; click the YouTube button at the bottom of the page.
- 2) Manchester United Methodist Church: northmanchesterumc.com; click Worship and then Worship Live links.
- 3) Manchester First Brethren Church: nmfbc.org; click the “Worship with us ONLINE” graphic.
- 4) Eel River Community Church of the Brethren: YouTube.com, search for Audri Svay, and click her name.
- 5) Liberty Mills Church of the Brethren: libertymillscob.org; click LMCOB YouTube Channel and then Liberty Mills YouTube Channel.

Memoir Writing Class

The Memoir Writing Class is meeting “virtually,” as instructor Jane Starner has sent assignments and suggestions through email to regular class members. If you would like ideas for writing Memoirs, contact Jane at (423)298-4569 or by email at bjstarners55@gmail.com. Under Jane Starner’s guidance, the group chronicles life-stories and shares mutual experiences. By writing the “memoir,” participants find fulfillment in their own history and create a valuable asset for the coming generations.



Ceramics Continue

Paint plain greenware and see how beautiful it becomes in the Craft Room. The group will not be meeting, but new individuals interested in painting ceramics can contact Marianne Shenefield, 982-3959, or Eloise Eberly, 982-6527, for a quick orientation to the Craft Room and how to get started.

Walmart Shopping



Walmart shopping is stepping back to normalcy. In August there will be only once shopping trip, Thursday, August 13. Residents can't ride along, but purchases should be at Timbercrest by that afternoon. Walmart shopping lists are due ***in Campus Mail only by 9:00 a.m.*** on August 13.

You will be telephoned when the order is in. Here are guidelines for placing a Walmart order:

- 1) **You can now order produce, dairy and eggs**, but it is preferred to order these items through New Market shopper on Tuesdays. Milk is available in the Neighborhood Market in half-gallons.
- 2) **There are still no returns.** This is a *temporary* Walmart policy during the COVID-19 crisis, but it means when you place your order for Walmart through Timbercrest you must give as many details as possible.

Resident Council: How It Works

The Timbercrest Resident Council represents concerns of the whole campus. The CEO and administration staff meet with the Council to listen and provide direction for resolutions. The Council represents various areas on campus: Neighborhood Homes, Option-Plan Apartments, Full-Service

Apartments and Health Care-Crestwood. Members are elected at All-Resident Meetings. Resident Council meetings are temporarily suspended due to the pandemic. Council members are listed in *The Timberline* on the Gold Page.

Timbercrest Film Committee Presents "Coronavirus Close-Down" Films



During the coronavirus health crisis, no films will be shown in large groups at Timbercrest. However, there are many ways to enjoy favorite films in the comfort of your own home. On several Timbercrest channels, movies are available:

Basic programing: Channel 13 (TNT), Channel 19 (A&E – biographies and special movies), and Channel 20 (the History Channel – documentaries and special movies)

Antenna programing: Channels 107 and 119 (PBS – special movies); Channel 114 (Movies)

Premium programing: Channels 40-48 offer a wide range of movie options; Channels 58 (Bravo), 61 (Comedy Central), 65 (Inspiration), and 66 (Lifetime Movies) also offer a wide range of films.

Microwave popcorn is available by the packet in the Neighborhood Market to enjoy with your films!

Midweek Break

Enjoy these tasty treats **Wednesdays** from **2-3 p.m.** Because everyone is able to get out and about, you're encouraged to come to the Snack Shop to pick up your "treat" and take it to your apartment or a lobby to eat with others (six feet apart ☺). ***Sign up in the Notebooks at the Dining Rooms if you'd like a treat!***

August 5 – Sunshiny Cookies

August 19– Tin Roof Sundaes

August 12– Sunflower Cupcakes

August 26 – Popcorn Parlor

Yarn Sought

Help Knit for Kids and knitting and crocheting classes by donating yarn. Donations can be brought to the Timbercrest receptionist or dropped off in the Main Entrance. Let family and friends know our need.

Weekly Shopping Trips

Tuesday – New Market, Dollar General and The Hardware for all Manor residents

Thursday – CVS, Manchester Marketplace, Allen Feed, other stops for all residents

Shopping lists are due by **8:00 a.m.** in the box at Marianne Shenefield's office at the Hub. To use a personal discount card at CVS, you must call the store and place your order and pay for it with your credit card. The shopper can pick up your order and you will get your discount. If you have an order to pick up, you must let the shopper know by 8:00 a.m. Thursday morning with a note in campus mail or Marianne's office. ***Prescription medications cannot be picked up for anyone.***

Music in the Courtyard

Music in the Courtyard began to encourage getting out of apartments when Timbercrest was in isolation. Several have enjoyed the programs. The programs will continue on Monday and Wednesdays at 1:00 p.m.

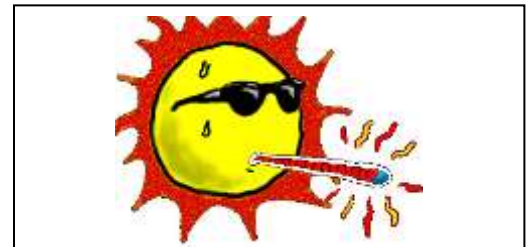
Fridays we are offering “Brown Bag Lunch” in the Courtyard, with music selections for listening. See the front page of your *Timberline* for details.

Be Careful in the Heat

Morning and evening strolls are great for the soul and invigorating to your body. In these hot days of summer, avoid being out in the midday sun as much as possible. From Noon to 4:00 p.m. are the most important hours to avoid.

If you need to be out in the sun and heat, remember the following:

- *You may be taking medication* (especially antibiotics) that reacts to sunlight. If you are, stay in as much as you can.
- *Wear protective clothing*: a light long-sleeved blouse or shirt and pants helps keep the sun away while keeping your body cool.
- *Wear a hat*...wide-brimmed hats are good for all-round protection for yard and garden work or protracted times outdoors. Ball caps are better than nothing, but they don't protect ears, necks and much of the face.
- *Use sunscreen as much as possible*, with SPF of at least 30.
- *Drink lots of water!* It is very easy to dehydrate on hot and humid days, often without realizing it. Take a reusable water container with you when you are outdoors.
- *Come inside as soon as you feel that you've had enough*... don't delay! All of the Courtyard interior doors remain unlocked always, so you can come in any of them if the need arises. Exterior Manor doors are locked, but if you have a key, entry is available. If you need a key, contact the Receptionist.
- *If you are outdoors*, take a cell phone with you. If you feel weak, call the Receptionist (982-2118) or Residential Nurse (982-3944). Any staff or resident you may see outdoors will also be able to assist you.
- *If you are walking in the Neighborhood streets*... and run into trouble, any of your friends in the Neighborhood Homes can help – and vice versa for Neighborhood Homes residents walking around the Manor exterior.



Ecology Corner

We've had some terribly HOT weather; if the sun is shining into an air-conditioned space, we're wasting energy - and money. If you can, close the curtains or blinds.

Take a Golf Cart Ride Around Campus ☺

Schedule a Golf Cart ride by calling Rhonda Nettrouer 982-3925. Department of Health regulations limit the rides to one person at a time (or married couples living in the same apartment). The golf cart is sanitized after each rider. The rides are conducted as scheduled, weather permitting.

Chanticleer Will Perform in September

The much-awaited performance of Chanticleer String Quartet will be **Friday, September 4, at 2:00 p.m.** The quartet will be performing from all over the country and livestreamed to Timbercrest. An audience can view the performance in the Assembly Room; it will also be set up in the Health Care Family Room and Crestwood Great Room; individuals will also be able to view the performance from their homes on their personal computer.

Be sure to watch your September *Timberline* for details about how this will happen.