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The Timberline

Monthly Newsletter of TIMBERCREST Senior Living Community - May 2022

All-Resident Meeting

The quarterly All-Resident Meeting will be **Thursday, May 12, at 9:30 a.m.** in the Assembly Room. Residents from the entire campus are welcome to attend. Social distance will be maintained in the Assembly Room. Non-Manor residents and guests will need to wear masks.

The meeting agenda will include highlights from Resident Council, updates on Timbercrest construction and repair projects, and other newsy tidbits. Al Williams is president of Resident Council, and Stan Noffsinger will chair the meeting as CEO.

Exercise classes and Strength Training are canceled on this date.

Mother's Day Matinee

Enjoy an afternoon Matinee celebrating Mothers, **Thursday, May 5, at 2:00 p.m.**, in the Assembly Room. Popcorn will be served starting at 1:45 p.m. followed by the movie *The Blind Side* at 2:00 p.m. Sign up to win door prizes. If you had a Mother or are one, you're welcome! Questions? Contact Rhonda, 982-3925.

The Blind Side is a true story of adoption, love, motherhood and football, starring Sandra Bullock.

Memorial Day Service

The annual Memorial Day observance will be **Tuesday, May 31, at 10:00 a.m.** in the Chapel. This service is a memorial to those who died in service to our country, both military and non-combatants. The service consists of hymns, scripture, prayers and moments of reflection. There will be no Exercise Class or Strength Training on this morning.



Fellowship Hour Returns!

The Timbercrest family hasn't welcomed new residents to the "family" since the shut-down in March 2020... the time has come! Come to Fellowship Hour, **Friday, May 13, at 2:00 p.m.** in the Assembly Room. Special welcomes are offered to anyone who has moved to campus since March of 2020.

The theme for the day is simply "Family Reunion." Nametags will be offered so that everyone can get reacquainted. We'll sing a couple songs, including *Welcome to the Family*; we'll have some refreshments.

Please plan to come to this special afternoon together.

History Club to Launch

Stories of Spring Galas and Festivals of Trees, Auxiliary Days and cookouts, concerts and more is the objective of a new Timbercrest History Club organizing **Monday, May 23, at 2:00 p.m.** in the M Wing Lounge.

Using *A Century of Service* as a launch pad, the group will update information about Timbercrest since that book was published in 1989. *A Century of Service* marked the story of Timbercrest's first 100 years, founded in 1889 as the Old Folks and Orphans Home of the Church of the Brethren, under the leadership of Levi Miller.

Possibly publishing a new *A Century of Service*-type books, will be discussed. Anyone interested in assisting with this project is invited.

Construction Updates

Stan Noffsinger shares the following updates about on-going work at Timbercrest:

- **E and F Wing work has begun.** Plumbers are replacing or refurbishing all valves in both halls. The main water line in the E Wing will also be replaced very soon.
- **Receiving bids has been slow** as many of the carpet and vinyl types previously in the apartments are no longer available. Options for residents who had flooring damage will be made available for their selection soon. A start date for further renovations has not yet been scheduled.
- **A-Street renovations are nearly complete.** At this time, we are waiting on a few pieces of ceiling tile, additional led hall lights and handrail fixtures, and the installation of the chill plate in the Snack Shop.
- **Furniture is slated to arrive** within the next 45 days. Once all work is completed, we will begin placing furniture and adding artwork and history to complete the project.

This process has been slow, detailed, and frustrating for all involved. Suffice it to say that available supplies and contractors, who have adequate staff to bid on the project, have been challenging to find. Progress is being made, and soon, work will begin.

As soon as we have a construction timeline (which is always an estimate), we will post it on the bulletin boards near the mailboxes.

Thanks to everyone for your patience.

Do You Watch TC Programing on YouTube?

Daily Devotions, EvenSong, Seniors for Peace and many other programs are recorded live on YouTube. You can watch them live – as they are happening – or later on, on the Timbercrest Senior Living YouTube Channel.

For details of how to get to YouTube, see page 7 of your *Timberline*. And be sure to hit “**Like**” and “**Subscribe**” to get regular updates on new videos posted to the channel.

EvenSong Mother’s Day Stories

Share a story about motherhood – yourself, your mother, or a Mom you know and love – for EvenSong on **Wednesday, May 11**. Liz Hoffman Bauer and Amanda Napier are collecting stories – see them to have your story shared as part of the program.



EvenSong

Come for inspiration and reflection every **Wednesday at 4:00 p.m.** in-person in the Chapel.

May 4	Nan Erbaugh <i>Riding with Police</i>
May 11	Amanda Napier and Liz Hoffman Bauer <i>Moments with Mom</i>
May 18	Sam Barrett and daughter Liz Jackson <i>Southern Gospel Music</i>
May 25	Al Hohl and Carole Baker <i>Re-Membering</i>

Come to EvenSong in person. It is also broadcast live on the Timbercrest Senior Living YouTube Channel. EvenSong programs can also be viewed at a later time on the YouTube channel.

Neighborhood Homes’ Exercise Classes

Exercise classes for Neighborhood Homes residents each **Tuesday and Thursday at 10:00 a.m.** in the Neighborhood Homes Clubhouse (Crestwood basement). Everyone in Neighborhood Homes is welcome to attend. The class uses familiar exercise videos... *see photos – pages 6 and 8*.

Giant Crossword – Fun with Words!

Come to Giant Crossword **Thursdays at 1:30** in the Residential Activity Room. This is a small, fun group, and newcomers are always welcome! Puzzle clues are shared with everyone, and the group comes up with the solutions together. Contact Rhonda for details, 982-3925.



Call Maintenance Directly...

... 982-1147. Save time and get the result you want by calling Maintenance directly with your work order. You may get an answering machine, but your call will be answered.

Get Your Steps In with This Fun Group!

The Indoor Walking Group has ramped up their steps to include Fridays, as well as Wednesdays! Join them walking around the Manor each **Wednesday and Friday at 10:00 a.m.** starting from the Rose Garden Lounge. The group normally walks one mile (four laps). Members join or peel off when they reach their desired distance.

You're welcome to join this group, enjoying the fellowship of good friends while getting your steps in. Contact Rhonda at 982-3925 to get set up!

Bingo: Join the Fun

Bingo is **Mondays and Fridays at 11:00 a.m.** in-person in the Residential Activity Room. Bingo cards are available at the game, in the RAR or in Jennifer Gearhart's office near the Hub. There is no Bingo on May 27 due to Coffee In.

We Love our Library

The Timbercrest Library is open 24/7, 365 days a year! It is run by the Library Committee: Joan Fahs (501)889-4277, Mim Eberly 982-0084, Arlene Deardorff 982-1637 and JoAnn Schall 901-0139. Rhonda Nettrouer is the staff liaison for the Timbercrest library at 982-3925.

Sewing Sisters

The Sewing Sisters' next meeting is **Monday, May 2, at 1:00 p.m.** in the Quilt Room on A Street. If you have questions or are interested in joining this group, contact Mary Ritchey, 982-2112.

Dining Services Notes: Mother's Day

Mother's Day is right around the corner, **Sunday, May 8.** The deadline for Mother's Day guest meal reservations is **Wednesday, May 4.**

Guest meal reservations for the Courtyard Dining Room should be made with the Receptionist at 982-2118 For the Health Care and Crestwood Dining Rooms, call the Health Care Desk at 982-3960. Non-holiday reservations should be made 24-hours in advance.

Storyteller Brings History Alive

Storyteller Sharon Dillman visits **Friday, May 6.** Sharon will speak in Health Care and Crestwood at **2:00 p.m.** in the Crestwood Great Room. For Manor and Neighborhood Homes resident, the program is at **2:45 p.m.** in the Chapel. Refreshments will be served for both groups after their respective programs.

Book Club: Local History Fictionalized

The story of a small town that hosted big circuses is the book for the Timbercrest Book Club. *The Circus in Winter* by Cathy Day tells the story of fictional Lima, Indiana. Author Day grew up in Peru, and many of the accounts in her book mirror real-life events that happened when circuses made Peru their winter home and dubbed Peru "the circus capital of the world." Day's book includes adaptations of many of the stories she heard from her circus-related family and friends.

The Book Club meets **Monday, May 9, at 2:00 p.m.** in the M Wing Lounge.

For information about the Book Club and how to get involved, contact Marilyn Kieffaber: 578-5008 or marilynkieffaber@hotmail.com

Memoir Writing Group

New writers are welcome in the Memoir Writing Group, which meets **Tuesdays, May 10 and 24, at 1:30 p.m.** in the M Wing Lounge. Contacts are Jane Starner (423) 298-4569 or Eileen Flory 982-0088.

Metronet Informational Meeting/Q&A

A Q&A with representatives from Metronet will be **Tuesday, May 10, at 2:30 p.m.** in the Chapel. Spearheaded by the TUG Steering Committee, this meeting is to provide a forum for questions around the Metronet system, especially with the TV connections. Everyone is invited (not just TUG members). The forum should answer questions like:

- What are all the buttons on the remote?
- How to change Input on a TV?
- What apps are available?

It would be helpful questions are sent in advance. Send them in writing via Campus Mail to Mary Beth Gast, or by email to mbgast@timbercrest.org

Breakfast with Brian

Start the day on the right foot by joining Brian Daniels for breakfast on **Wednesday, May 11,** departing from the Hub at **8:00 a.m.** May's breakfast is at Blue Bird Café, Laketon. The Blue Bird has been a highlight of downtown Laketon under several different names – Earl's, Marty's, etc. The restaurant building has been a bank, a millinery shop, a drug store and a noodle factory. For many years in the 1960s and 70s it was Mary's Sundry Shop.

As always, beverages (coffee, tea, milk, juice) are Brian's treat. You pay for your breakfast and gratuity. Sign up in the Notebooks at the Dining Rooms.

Walmart Shopping

Who knew shopping could be so much fun! The best part about riding along to Walmart is the trip there and back... laughter, great conversation, an astute coach driver. And when you get there, 90 minutes of browsing, people watching and buying what you need.

Ride along and do your own shopping at the Wabash Walmart on **Thursday, May 12**, departing from the Hub at **1:15 p.m.** Sign-up in the Notebooks at the Dining Rooms. Resident shoppers are welcome aboard as long as restrictions allow.

Shopping lists for those unable to go must be in **CAMPUS MAIL ONLY** by **Noon, May 12**. Remember to include a phone number where you can be reached in case the shopper has questions.

TUG: Guarding Facebook Privacy

The Timbercrest Technology Users Group (TUG) will meet on **Monday, May 16, 10:00 a.m.**, in the M Wing Lounge. All residents are invited.

As always, there will be time to discuss technology-related issues/questions. The May TUG tip will describe how to prevent someone from impersonating your Facebook page and sending friend requests pretending to be you. The TIP will show how to change a Facebook privacy setting to prevent this from happening.

The TUG website has been updated and contains links to helpful information from many previous TUG Tips. Check it out at www.tug.timbercrest.org.

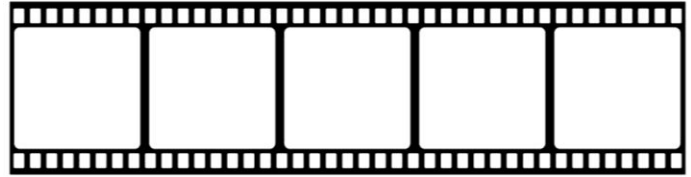
Neighborhood Homes residents are welcome to attend the meeting. The regular process of screening at the Hub Entry should be followed. The M Wing Lounge is a short walk from the Hub Entrance. (Manor residents do not need to screen.)

Veterans Services to Host Informational Meetings

Veterans Services of Wabash County will host informational meetings for all veterans and spouses of deceased veterans on **Tuesday, May 17, at 1:00 p.m. or 2:00 p.m.** In order to keep the groups to a suitable size, veterans should sign up for one meeting time or the other. The same material will be covered in both meetings.

There are several new benefits available for veterans which will be covered by county veterans services officer Belinda Ireland.

If you are unable to attend the meeting but would like information, contact Sam Daugherty (260)563-0661, extension 1281.



Timbercrest Film Committee Presents May Films

Come to the Chapel for our May films

Friday, May 13: *Secondhand Lions*

7:00 p.m., Chapel

1:50 hours - w/captions

A shy adolescent boy, Walter (Haley Joel Osment), is taken by his greedy mother (Kyra Sedgwick) to spend the summer with his two hard-boiled great-uncles, Hub (Robert Duvall) and Garth (Michael Caine), who are rumored to possess a great fortune. At first, the two old men, both set in their ways, find Walter's presence a nuisance. They eventually warm-up to the boy and regale him with tall tales from their past. In return, Walter helps reawaken their youthful spirit.

Memorial Day, Monday, May 30: *The Guernsey*

Literary and Potato Peel Pie Society

7:00 p.m., Chapel

2:00 hours - w/captions

In 1946 a London-based writer begins exchanging letters with residents on the island of Guernsey. Guernsey was German-occupied during World War II. Feeling compelled to visit the island, she starts to get a picture of what it was like during the occupation.

Paradise Springs is Walking Destination

Join the Timbercrest Off-Campus Walking Club, **Tuesday, May 17**. We will depart the Hub at **1:30 p.m.** for Paradise Springs in Wabash. The Hike will be on a paved $\frac{3}{4}$ mile river walk.

Paradise Spring is an historic park, marking the 1816 Treaty between the U.S. Government and Pottawatomi and Miami tribes. Cabins representative of the treaty-signers and sweeping views of the Wabash River can be enjoyed by walkers.

Sign up in the Notebooks outside of the Dining Rooms. Questions? Contact Rhonda, 982-3925.



Book Signing: Maria's Kit of Comfort

Maria's Kit of Comfort is a book for children experiencing disaster written by David Doudt and Kathy Fry-Miller. David is a former Timbercrest chaplain and now resides on Hawthorn Trail. Kathy's mother, Dorothea Fry-Mason, was a long-time resident.

A book-signing in the newly-remodeled Neighborhood Market will be **Wednesday, May 18, from 2:00-4:00 p.m.**

Lunch Out: Salvatori's

Voted Fort Wayne's best Italian restaurant, Salvatori's Authentic Italian Eatery is the destination for Lunch Out **Friday, May 20**, departing from the Hub at **10:30 a.m.** The menu features many Italian specialties including pasta dishes, pizza, sandwiches, and salads. The portions are large and often sharable. View a complete menu at www.salvatorisitalian.com

Meal cost and gratuity are your responsibility. Sign up in the Notebooks outside of the Dining Rooms by **Monday, May 16**, for a reservation count. Questions? Contact Rhonda, 982-3925.

Seniors for Peace:

Heidi Gross and Cliff Kindy will be with Timbercrest Seniors for Peace on **Thursday, May 26, at 10:00 a.m.** in the Chapel. The program discusses Andreas Malm's critique of nonviolence in his book, *How to Blow Up a Pipeline*. Heidi and Cliff will reflect on nonviolence with respect to the climate catastrophe. Seniors for Peace will join that reflection as a jury of sorts. What scenarios of action would you judge as nonviolent? What nonviolent action will YOU take for the global environment?

The program will be on Timbercrest Seniors for Peace YouTube Channel live and recorded for later viewing. See page 7 of your *Timberline* for instructions on how to access this channel.

Coffee-In: Sweet Coffee Cakes

Brian's Quesadilla Salvadoreña Coffee Cake and "Ice Cream Bread" will be served for Coffee In on **Friday, May 27, 9:30 a.m.** in the Residential Activity Room.

Come and enjoy the sweet treats and fellowship with your Timbercrest family. Sign up in the Notebooks outside of the Dining Rooms. Questions? Contact Rhonda, 982-3925. All Exercise Classes and Bingo are canceled that day.

Art Class with Faye McManama

Art Class on **Tuesday, May 31, at 2:00 p.m.** will be painting flowers on canvas with acrylic paint. The class is in the Residential Activity Room. Local artist (and Timbercrest driver) Faye McManama is the teacher in May.

All art supplies are provided. Sign up in the Notebooks outside the Dining Rooms. Questions? Contact Rhonda, 982-3925.

Race to the RAR for A Midweek Break

Chit-chat with neighbors and friends in the Residential Activity Room Wednesdays from 2:00-3:00 p.m. *Sign up in the Notebooks at the Dining Rooms for a treat!*

May 4	Home-baked goods
May 11	Finger Snacks
May 18	Oreo Sundaes
May 25	Popcorn Parlor

Center for History Online

North Manchester Center for History programs are available online. Visit the website: northmanchestercenterforhistory.org Click the Events tab for a full list of programs.

Hymn Sings

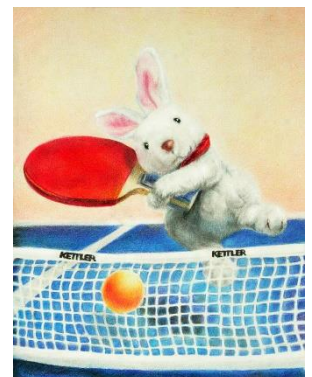
Every Thursday there is a Hymn Sing at 10:15 a.m. in the Crestwood Great Room. Piano music is provided and everyone sings along.

Ceramics in the Craft Room

Painting ceramics green-ware is fun and relaxing. Come to ceramics painting on **Mondays at 1:30 p.m.** in the Craft Room in the west basement. (When you debark from the elevator, turn right and the Craft Room is right there.) Supplies are readily available. Contact Rhonda Nettrouer 982-3925.

Table Tennis: Ping Along!

Table tennis in the Recreation Room is each **Tuesday and Thursday at 2:00 p.m.** Players of all skill levels are welcome and new players are encouraged. Paddles, ping-pong balls and seating is available. Contact Jim Flory 982-0088.



Shopping Guidelines

Manor residents are encouraged to ride along with the shopper every Tuesday. Shopping for your own items not only guarantees that you get what you want, it is a refreshing break in your week, a chance to see others in town and a good way to get to know others in the Timbercrest family. If you'd like to ride along, simply let Jennifer Gearhart know.

If you can't ride along, here is guidance for shopping trips:

- 1) ***Tuesday is the only day for shopping.***
- 2) Shopping lists are due at Jennifer Gearhart's office by **8:00 a.m. each Tuesday.**

Shopping pick-up time is at 3:00 p.m. each Tuesday at Jennifer's office at the Hub. *Your shopping will not be available for pick-up before 3:00 p.m.* If you ride along with the shopper, you do not need to wait until 3:00 for pick-up.

Exercise Opportunities

- Chair Aerobics – **Monday through Friday at 9:30 a.m.** in the Recreation Room
- Strength Training – in the Recreation Room on **Tuesdays and Thursdays at 10:00 a.m.**
- Chair Tai Chi is **Mondays at 10:00 a.m.** in the Recreation Room.
- Neighborhood Homes, **Tuesdays and Thursdays, 10:00 a.m.** in the NHH Clubhouse (Crestwood basement).
- Manor Walking Club, **Wednesdays and Fridays at 10:00 a.m.;** meet in Rose Garden Lounge.
- Questions? Contact Rhonda Nettrouer 982-3925.

Churches Offer Online Services

Local church worship services online include:

- 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
- 3) Manchester First Brethren Church: nmfbc.org; click the "Worship with us ONLINE" graphic.
- 4) Eel River Community Church of the Brethren: YouTube.com
- 5) Liberty Mills Church of the Brethren: libertymillscob.org



Out and About in the Community

Women's Camp Scheduled

The 54th Annual South/Central Indiana District Women's Camp will be **June 2-4** at Camp Alexander Mack near Milford. The camp theme is "Overflowing," with guest speaker Kristi Mitchell, a Church of the Brethren pastor.

Full-time campers (two nights and meals) are \$125 each. Other rates, including day camper rates, are available through Brian Daniels. Complete information, including the camp application, are available by contacting Brian 982-3940.

Historical Society Meetings Resume

Great post-pandemic news! Monthly meetings of the North Manchester Historical Society will resume **Monday, May 9, at 7:00 p.m.** at the Center for History. Historical Society representative (and Timbercrest resident) Tom Brown shared that meetings will be at the Center; coach transportation from Timbercrest may be offered if there is interest.

Meetings at the Center will also allow Timbercrest attendees to peruse displays and artifacts at the Center.

Poor People's Campaign

The Poor People's Campaign was started by Dr. Martin Luther King about a year before he was assassinated (April 4, 1968). The campaign was revived and is now headed by Rev. Dr. William Barber and Rev. Dr. Liz Theoharis. The 2022 march and rally will be **June 18** in Washington, D.C. The movement's goals address the injustices of systemic racism, poverty, ecological devastation, the denial of health care, militarism and the war economy and the false moral narrative of religious nationalism.

Bus transportation to Washington from Fort Wayne is available. Visit

poorpeoplescampaign.org

The Fort Wayne bus departs from Gateway Shopping Center, 1455 Goshen Road. Cost is \$120 per person. Dean Beery would be glad to answer any questions you have, (260)224-0221.

<< NHH Exercise Class

Shepherd's Center Programs for May

The North Manchester Shepherd's Center meets the first and third Wednesday each month with programs to inform and inspire. Meetings are at the North Manchester Public Library Blocher Room. Timbercrest doesn't provide transportation to Shepherd's Center. This month features:

May 4 *Current Events* – Trent Towne, D.Pharm., professor of pharmacy
Adventures in Learning – Sharon Pence, RN; Women's Heart Attack and Stroke

May 18 *Current Events* – Jan Rankin, director of Wabash Co. Solid Waste Management
Adventures in Learning – Ed Miller;
Bhutan: Land of the Thunder Dragon

The Shepherd's Center will take its annual summer recess after the May 18 meeting.

Voter Information Available

Indiana's Primary Election is **Tuesday, May 3**. The vote center for North Manchester is at the Town Life Center, 603 Bond St., and voting in-person is from 6:00 a.m. to 6:00 p.m.

Early voting is possible at the Town Life Center on **Saturday, April 30, from 8:00 a.m. to 2:00 p.m.**

Early voting can also be done at the Wabash County Clerk's Office, located in the County Judicial Center, 69 W. Hill St., Wabash, until Noon on Monday, May 2.

Timbercrest doesn't provide transportation to the polls on Election Day or for early voting sites. It is recommended that you contact a family member or friend if you need transportation, or sign up for an absentee ballot.

Voter registration or changes in registration were due by April 4.

The major elections this year are for Senate and the House of Representatives. Republican Todd Young faces Danny Niederberger of Westfield in the GOP primary; Democrats Haneefah Khalliq of Lake County, Valerie McCray of Speedway, and Thomas McDermott, Jr. of Hammond are running for a place on the ballot.

Republican Representative Jackie Walorski is unopposed; the Democrat candidates are Stephen Kurant of South Bend and Paul Steury of Goshen. There are no local/county elections.

A valid Indiana driver's license or state-issued ID card is required to vote in person in Indiana.

Important Reminder about Appointments, Transportation and Tele-Health Visits

Medical appointments for Manor residents in need of transportation should be scheduled by Jennifer, the Transportation Coordinator, 578-2119.

TeleHealth and MyChart visits with doctors' offices must be scheduled through the Nursing Department, 982-3952.

Individual Meal Prices

Meal prices for the Courtyard Dining Room are:

- ✓ Breakfast: \$9.00
- ✓ Dinner: \$11.00
- ✓ Supper: \$10.00

These prices are for those not on the Full-Service Plan or who don't otherwise have a meal contract.

Watch TC Programing on YouTube

Watch some Timbercrest programs on YouTube, both live and recorded. To access them:

1. Open your internet browser (e.g. Edge, Chrome, Firefox, Safari, etc.) as usual.
2. In the address bar type YouTube.com; press Enter.
 - For Seniors for Peace, type "Seniors for Peace" in the YouTube search box and hit Enter.
 - For devotions/other programs, type "Timbercrest Senior Living Community," and hit Enter.
3. For both of these, several videos will appear, in no particular order. To watch a video, just click on it.
5. Be sure to click "**Like**" and "**Subscribe**" to get updates in your email and on Facebook.

Welcome to the Family

Ira and Nancy (Ball) Lewis moved to M2 on March 26, 2022.

Nancy worked as a lab technician at Lutheran Hospital in Fort Wayne until her marriage. Ira served six years in the Navy. He dived underwater to repair ships damaged by ice in the arctic and also repaired ships in Hawaii.

The couple farmed near Silver Lake for the last 45 years. They have six children and six grandchildren, and most live near Manchester. Their daughter, Kelli McKee, is a member of the Timbercrest Board of Directors and well-known to many.

Ira and Nancy belong to the Manchester Bible Church and did a mission trip to Russia at one time.

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

May Chapel Speakers

Come to Chapel to hear thoughts from Scripture, prayer and other inspiration. Devotions are **Monday, Tuesday, Thursday and Friday at 9:00 a.m.** EvenSong is **Wednesday at 4:00 p.m.** weekly. **Sunday** worship services are weekly at **9:00 a.m.**

Speakers for the coming month include:

- May 1 – Sunday Service: Tim Ritchey Martin,
Manchester COB
- May 2 – Emily Cash, Valley Springs Fellowship
- May 3 – Paul Thomas, Lincolnshire COB (on organ)
- May 4 – EvenSong
- May 5 – Kelly Beutler, Liberty Mills COB
- May 6 – Sebrena Cline, Congregational Christian
- May 8 – Sunday Service: Laura Stone, chaplain
- May 9 – Josh Cash, Valley Springs Fellowship
- May 10 – Dwight Beery, Manchester COB
- May 11 – EvenSong
- May 12 – Kim Ebersole, Manchester COB
- May 13 – Roger Eberly, Eel River Comm. COB
- May 15 – Sunday Service: Al Hohl, Manchester COB
- May 16 – David Sullivan, Silver Creek
Church of God
- May 17 – Torin Eikler, executive minister,
Northern Indiana District COB
- May 18 – EvenSong
- May 19 – Nan Erbaugh, COB
- May 20 – Tim Waits, Rock Run COB
- May 22 – Sunday Service: Beth Sollenberger, retired
COB district executive
- May 23 – Anna Lisa Gross, interim co-district exec.,
South/Central Indiana COB
- May 24 – Jim Smith, Manchester UMC
- May 25 – EvenSong
- May 26 – Erin Huiras, Liberty Mills COB
- May 27 – Wally Morris, Charity Baptist
- May 29 – Sunday Service: Marie Willoughby, COB
- May 30 – Memorial Day: Frances Townsend,
Onekema, Mich., COB
- May 31 – Steve Zerbe, Loree Brethren Church

***Thanks to the Chapel Planning Committee
for scheduling these dedicated speakers!***



Helpful Abbreviations

These are abbreviations used at Timbercrest:

- RAR – Residential Activity Room (on A Street)
- RG – Rose Garden
- CY – Courtyard
- Rec Room – west basement (by pool tables)
- NHH or NBH – Neighborhood Homes
- NM – Neighborhood Market
- HC – Health Care
- CW – Crestwood
- C/B or COB – Church of the Brethren
- UMC – United Methodist Church
- AR – Assembly Room

Summer's Here: Try A Little Strength Training

Outdoor living in summer is a great time to develop a habit of strength training. Here are a few helpful hints:

- Walking is a remarkable “strength” builder. Even slow walking can help prevent injury, slow down age-related muscle loss and improve overall fitness. Carrying a couple of one-pound handweights adds to walking’s strengthening benefit.
- Strength Training classes are every **Tuesday and Thursday at 10:00 a.m.** in the Recreation Room. This group uses hand weights and stretchy bands to help work main muscle groups.
- Taking outdoor walks – even short walks through the Courtyard or the south woods – help develop strength by reducing stress, lowering blood pressure and helping respiration.
- Outdoor walks also help beef-up brain power.
- The Fitness Center is open 24-hours a day. Need help setting up a program? Contact Rhonda Nettrouer or Brian Daniels. In addition, your physical therapist may recommend exercises in the Fitness Center to help build strength. The Fitness Center is located in the west basement.
- Try adapted exercises, suitable for older adults. Do pushups off a wall instead of the floor, stand from your chair emphasizing your leg muscles, etc. Many suggestions are available online.
- Strength training can help prevent falling, improve overall balance and give you a better night’s sleep.

<< *Neighborhood Homes residents work out in the “Clubhouse” in the Crestwood Basement each Tuesday and Thursday at 10:00. Contact June Stealy 982-0055 for details.*

Recycling Takes Everyone's Help

The Timbercrest recycling program has been one way we communicate the values of our community, through demonstrating care for the environment and stewardship of natural resources. Here is a brief update on how resident recycling works:

- 1) In the Manor, each wing has a Janitorial Closet. In those closets, you will find a box or a large yellow bin clearly labeled for recycling (*see photos*).
- 2) Also, in the Janitorial Closets, posted on the doors, is a short list of instructions for what is recyclable (and what isn't). See photo for an example of this list.
- 3) All recyclable items may go into the same box or yellow bin. Recycling is sorted by the recycling company and does not need to be done by residents.
- 4) Recycling is picked up on a regular basis by our hearty Maintenance Crew. They take the recycling from the Janitorial Closets to the recycling dumpsters near the dock.
 - a. You can take your recycling to the dumpsters also... but why not let the Maintenance Crew help with your load?
 - b. For items that are too large for the closet (like TV boxes or items that are difficult for you to manage), you can call Maintenance for assistance (982-1147).
- 5) Neighborhood Homes residents should use white trash bags for recyclables. (Black bags for trash.)
 - a. All recyclable items go in the same bag.
 - b. Recycling is sorted by the company at their location.
 - c. REcyclables that don't fit in a bag can be left beside the white bag on pick-up day.
- 6) In the Residential Activity Room there is a recycling center for items that should not go into the recycling bins (see photo), including:
 - a. Orange prescription bottles and lids. PLEASE be sure to remove labels.
 - b. Used batteries of all sorts, including hearing aid batteries.
 - c. Light bulbs.
 - d. Plastic shopping bags.
 - e. Foam egg cartons. Paper egg cartons without food residue (like shells or egg product) can be recycled in the bins.

Many thanks to the Resident Recycling Committee for keeping the Timbercrest family up-to-date on this important concern!



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Lists like these (above) are posted in the wing janitorial closets. The yellow bin (left) and plastic box (below left) are examples of where to place recyclables.

The yellow bin (below) is at the Hub. The Recycling Center in the Residential Activity Room is pictured below left.

