



The Timberline

Monthly Newsletter of TIMBERCREST Senior Living Community - June 2022

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The Peter Ivanovich Trio from Peru is comprised of Peter Ivanovich Sahaidochny, vocals and lead guitar, Jon Stec, bass guitar; and Ed Bert, drums.

Summer Concert Series Opens with The Peter Ivanovich Trio

Listen to popular music from the 1950s through the 1970s with The Peter Ivanovich Trio, **Tuesday, June 7, at 1:30 or 3:00 p.m.** Both performances are in the Assembly Room. Please sign up for the time you would prefer to come in the Notebooks at Rose Garden and Courtyard.

The group's repertoire includes music ranging from Buddy Holly and Ricky Nelson to the Eagles and Eric Clapton. Peter Sahaidachny, a Ukrainian-American, is the lead singer and guitarist of the trio, that also includes bass and drums. They have performed all over northern Indiana, and are regulars at the Peru Eagles and Moose Lodges, the Peru Literary Aid Society, and they have performed a number of times at the Peabody Home.

Maintenance Improvement Made

See details on page 7 of your *Timberline*

Parkinson's Support to Begin

See details on page 5 of your *Timberline*

A Street Art

Renovations of A Street are nearly finished, with the Neighborhood Market reopened and flooring and lighting complete. Next, Timbercrest is excited to introduce *A Street Art*. This program will feature well-known area artists' works displayed on A Street. Marilyn Kruger is the first artist, with a display launch date anticipated June 1.



Kruger is an Akron native who has returned home after spending much of her career in California. She holds degrees in commercial art from Cincinnati Academy of Art and the University of California/LaJolla. She taught Fine Arts and oils in the San Francisco area; she continues to teach in her Akron studio.

Exhibits on A Street will remain on display for six weeks; other artists will be featured through the year. Be sure to take in the beauty of *A Street Art* as you are out and about each day!

Visitation Team: End of Life Care

The Heart-to-Heart Hospice nurse and chaplain who serve Timbercrest are joining the Visitation Team to talk about End-of-Life Care at the **Thursday, June 2**, meeting, at **11:00 a.m.** in the M Wing Lounge. Non-Visitation Committee residents are welcome to attend.

Sewing Sisters

The Sewing Sisters' next meeting is **Monday, June 6, 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.

Breakfast with Brian

Join Brian Daniels for breakfast on **Wednesday, June 8**, departing from the Hub at **8:00 a.m.** We're off to The Fried Egg in Wabash. The menu has all your breakfast favorites, plus omelets, skilletts and biscuits and gravy. 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

Ninety minutes of browsing, people watching and buying what you need are part of the Walmart experience. Ride along and shop at the Wabash Walmart on **Thursday, June 9**, 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, June 9**. Remember to include a phone number where you can be reached in case the shopper has questions.

Storyteller Brings History Alive

Lucy Webb Hayes, wife of President Rutherford B. Hayes, is the subject of Storyteller Sharon Dillman's visit **Friday, June 10**. Sharon will speak in Health Care and Crestwood at **2:00 p.m.** in the Crestwood Great Room. Manor and Neighborhood Homes' program is at **2:45 p.m.** in the Chapel.

Hayes was the 19th president of the United States. A life-long Buckeye, Hayes was an ardent abolitionist in Congress who rose to the rank of major general in the Civil War. He was injured five times in the war by enemy fire. Before becoming president, he served a term as Governor of Ohio.

Refreshments will be served for both groups after their respective programs. Everyone is welcome.



EvenSong

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

June 1	Tim and Donna Ritchey Martin <i>Flamed by the Spirit</i>
June 8	Sally Rich <i>His Eye Is on the Sparrow</i>
June 15	Ben Martin <i>Grown-ups in A Sandbox</i>
June 22	Jennifer Gearhart <i>Dads Are Special</i>
June 29	Karen Eberly <i>Stories of Love</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.

Book Club: Stories of the Dunes

The June's Book Club meeting is about *Dune Boy: The Early Years of a Naturalist* by Edwin Way Teale. As a boy in the early twentieth century, Teale spent summers and vacations with his grandparents on their farm near the Indiana Dunes. He was a city boy from Chicago, and his experiences nurtured a great love of nature and the outdoors. *Dune Boy* is a memoir of his adventures in Indiana, and his grandparents' simple, hardworking way of life.

For many years, Teale was a staff writer for *Popular Science* magazine. While he spent most of his adult life in New England and Mid-Atlantic states, Teale never forgot his Indiana roots. He published many works on nature and natural phenomena that earned him honorary doctorates from Indiana University and Earlham College.

The Book Club meets **Monday, June 13, 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

Memor Writing Group

New writers are welcome in the Memoir Writing Group, which meets **Tuesdays, June 14 and 28, at 1:30 p.m.** in the M Wing Lounge. Contacts are Jane Starner (423) 298-4569 or Eileen Flory 982-0088.

Lunch Out: Creighton's Crazy Egg

Creighton's "Crazy Egg" Café and Coffee Bar in rural Warsaw is the destination for Lunch Out **Friday, June 17,** departing from the Hub at **11:00 a.m.**

Creighton's is a family-owned-and-operated restaurant, known for "farmhouse favorites with a crazy twist." Both breakfast and lunch items are available over the Noon dinner hour. See a complete menu and specialties is at www.crazyegg.info/menu

Meal cost and gratuity are on your own. Sign up in the Notebooks on the desks at Rose Garden and Courtyard by **Monday, June 13,** for reservation count. Questions? Contact Rhonda, 982-3925.

TUG: Facebook Tips

The Technology User Group (TUG) meets **Monday, June 20, at 10:00 a.m.** in M Wing Lounge. All residents are welcome to attend.

This month's "TUG Tip" will be an explanation and demonstration of Facebook's Privacy Checkup feature. This feature guides the user through several settings that are important to protect your privacy and enhance security when using Facebook. These settings greatly reduce the possibility of your Facebook page being "hacked" or "spoofed."

In addition there will be group discussion, questions about personal technology devices (computer, printer, cell phone, tablets, TV, etc.) will be addressed.

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.)



Walking Destination: Warsaw Biblical Garden

Join the Timbercrest Off-Campus Walking Club, **Monday, June 20,** departing from the Hub at **1:30 p.m.** for Warsaw Biblical Gardens. The Hike will be on a paved ¾-acre Garden walk with over 100 plants that are named in the Bible. Each plant is labeled with a marker bearing its name.

The gardens of Center Lake Park are also nearby for those who may want to take a few extra steps.

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

Shop at Jefferson Pointe

Jefferson Pointe is an open-air lifestyle center with 58 stores in Fort Wayne. Sign up in the Notebooks at Rose Garden and Courtyard to shop at Jefferson Pointe, **Tuesday, June 21,** departing from the Hub at **9:00 a.m.**

There are many nice stores, including: Von Maur, Michaels, Marshalls, Burlington Coat Factory, Bed, Bath and Beyond, Bath and Body, Trader Joe's, DeBrand Chocolates, Panera, and many more. You can see a whole list and map of the mall at: www.reddevelopment.com/jefferson-pointe

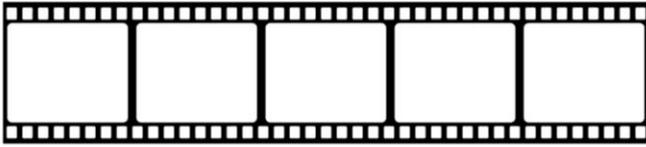
For lunch, we will dine at O'Charley's Restaurant across the street from the mall. O'Charley's has a large selection of "shareable" appetizers, a wide-range of chicken dishes, and other American-style favorites. Meal cost and gratuity are on your own.

Questions? Contact Rhonda 982-3925. Sign up by **Friday, June 17,** for reservation count. **Everyone is encouraged to bring a cell phone in case of an emergency.** Please give your phone number to Rhonda before departure.

Steps Into the Indoor Walking Group

Walk with a group for fun and personal interest, rain or shine, humid or dry with the Indoor Walking Group Fridays and Wednesdays. Walk 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. Contact Rhonda at 982-3925 to get set up.





Timbercrest Film Committee Presents June Films

Come to the Chapel for our June films

Friday, June 10: *John Lewis: Good Trouble*

7:00 p.m., Chapel

1:35 hours - w/captions

Using interviews and rare archival footage, *John Lewis: Good Trouble* chronicles the late Congressman John Lewis's 60-plus years of social activism and legislative action on civil rights, voting rights, gun control, health-care reform and immigration.

Using present-day interviews with Lewis, who died July 17, 2020, Director Dawn Porter explores his childhood experiences, his inspiring family and his encounter with Martin Luther King, Jr., in 1957.

In addition to her interviews with Lewis and his family, Porter's film is cinema verité, and includes interviews with Congressional colleagues and others who figured prominently in his life.

Friday, June 24: *Shawshank Redemption*

7:00 p.m., Chapel

2:25 hours - w/captions

Andy Dufresne (Tim Robbins) is sentenced to two consecutive life terms in prison for the murders of his wife and her lover, and he is sentenced to a tough prison. However, only Andy knows he didn't commit the crimes. While there, he forms a friendship with Red (Morgan Freeman), experiences the brutality of prison life, adapts, helps the warden, etc., all in 19 years.

Art Class: Paint by Sticker with Sally

"Paint by Sticker" on **Monday, June 27, at 2:00 p.m.**, in Residential Activity Room.

Timbercrest resident Sally Welborn, 102 Spruce Lane, will lead the class. Sally has found so much enjoyment in this activity that she would like to share it with everyone.

"Paint by Sticker" is a high-focus activity that scratches the creative itch while rewarding fine motor skills and number recognition. Everyone is welcome. Sign up in the Notebooks outside of Rose Garden and Courtyard so there are enough supplies available. Questions? Contact Rhonda 982-3925.

Civic Band to Perform

The North Manchester Civic Band will perform at Timbercrest on **Wednesday, June 29, at 6:45 p.m.** The performance location will be determined based on program restrictions issued by the Indiana State Department of Health. The preferred location is the Assembly Room. The program may be outdoors on The Terrace, also. Please check Channel 98 and the bulletin boards for updates.

The band's summer program usually includes summertime favorites and a warm-up to the band's performance at the Community Independence Day celebration, which features patriotic numbers.

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 8 of your *Timberline*. And be sure to hit "**Like**" and "**Subscribe**" to get regular updates on new videos posted to the 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 exercise videos and audio recordings.

Giant Crossword: Cruciverbalists Wanted

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! Get the result you want! Call Maintenance directly with your work order. You may get a recording, but you *will* get an answer.

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.

Bingo: Buckets and Buckets of Chocolate

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.

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.

Dining Services Notes

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.



Recycling Reminder

Please remember when you place cans, paper, plastics and glass in recycling that there can be no food debris on any of the materials. This includes boxes that contained leftovers and pop cans. All food-storage containers should be cleaned.

Maintenance staff remind you that food debris not only contaminates the entire bin of recyclables, it draws insects, mold and other nasty stuff.

Please help our recycling efforts by taking the time to be sure everything is clean before going into the yellow bin. Thanks!

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 is fun and relaxing. Painting on **Mondays at 1:30 p.m.** in the Craft Room in the west basement. Contact Rhonda Nettrouer 982-3925

Special EvenSong: Wildfire Experiences

Ben Martin's EvenSong on **Wednesday, June 15,** at **4:00 p.m.** in the Chapel will be a special recounting of his experiences working in wildfires. His "special musings" bring a unique perspective to faith and life.

Midweek Breaks Are Busting Out All Over

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!

June 1	Home-baked goods
June 8	Cabin Crunch Trail Mix
June 15	Turtle Sundaes
June 22	Hawaiian Bread and Spinach Dip
June 29	Popcorn Parlor

Parkinson's Support Group

A Parkinson's and Movement Disorder support group is starting at Timbercrest. Residents with Parkinson's or another movement disorder and their family members (even if not Timbercrest residents) are welcome. Resources from PMD Alliance Online will be a starting point for group discussions.

Please let Laura Stone know of your interest (574)306-8768 or lstone@timbercrest.org. Plans will depend on days/times that are good for interested parties.

Women's Spirituality Group(s)

Would you be interested in gathering with other women to notice together how God is at work in your lives? Would you like a supportive group to explore questions of spirituality and practices of faith?

Let Laura Stone know of your interest (574)306-8768 or lstone@timbercrest.org. We will be starting a group (or groups) in September, and we'll work to find days/times that are good for interested parties.

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 are available.

Contact Jim Flory 982-0088.



Service of Remembrance: Coming in July

A Timbercrest Service of Remembrance to celebrate the lives of those who died between July 1, 2021 and June 30, 2022 will be offered at the end of July. If you would like to help plan the service or participate in leading, please let Chaplain Laura know this month (574)306-8768 or lstone@timbercrest.org.

Peace Corner: Heart-warming Story

An undated newspaper clipping in the Heifer International archives carries this headline: *Bride, Made Up as Negro Boy By Husband, Signed as Cattle Steward, Stows Across Atlantic*. The article, written by Harry P. Moore, appeared in the *Norfolk Virginian-Pilot*, circa early November, 1946.

At the end of World War II, when American troops moved into Poland, U.S. Army Captain Paul K. Cowgill met and fell in love with a young Polish war widow, Katrinskyka Spicyk. Early in the war, the Germans killed her husband and forced her into slave labor. After meeting in 1945, the couple courted a few months and were married. After Cowgill returned to the U.S., they had a dilemma: how would they get Katrinskyka there? It could take weeks or months to get accommodations on a passenger ship, and she wouldn't be allowed on a freighter.

Their problem was solved when Cowgill, now out of the Army, signed on to the *S.S. Edward W. Burton* which was bound for Poland. The ship departed from Newport News, Va., September 28, 1946, with a load of 810 horses (for Heifer Project).

"On the way to Europe," Cowgill told Moore, "I looked the ship over carefully and finally decided that a good hiding place would be a big ventilator that was used to supply air to the cattle in the ship's hold." He removed some bolts and minor obstructions and crawled into the space to test it out. It would work.

On arrival in Gdansk, he looked up his wife. Now, how to get her on the ship? He realized that the only dark-skinned people the Poles see are those who come on the crews of the US merchant ships. "It occurred to me that it would be just the thing to disguise my wife as [an African-American] boy," he said. When they were ready to go, he blacked her face and they went down to the ship.

"She was carrying a few packages and I was ordering her about to make the guard on the pier believe we both belonged on the ship," he said. The ruse worked and he was able to get her inside the ventilator without being seen. He took a blanket to

her, where she stayed for five days, eating what food he could bring her.

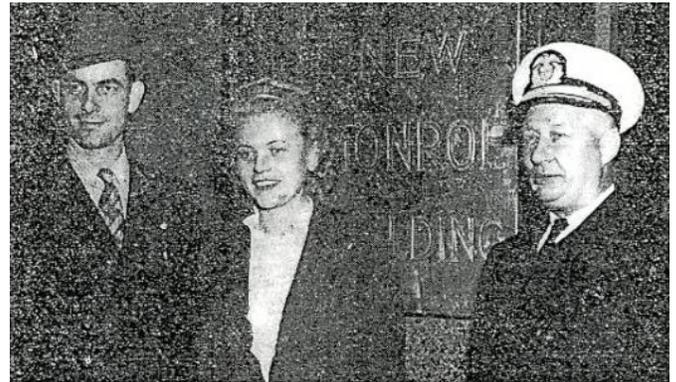
Once the ship was in the Atlantic Ocean, with no possibility of Katrinskyka being [returned] to Poland, the couple turned themselves in to the Captain.

"The girl appeared frightened despite her black face," he said. Satisfied that their stories matched, he decided to give them a break. He took their statements, made copies, and had them signed.

When the *Edward W. Burton* arrived in Newport News, Captain Simmons accompanied Mr. & Mrs. Cowgill to Norfolk to straighten everything out with immigration and customs officials.

"I am happy now," Mrs. Cowgill said, "glad to be in America. It is such a fine place. Everybody laughs and I shall laugh, too."

The Cowgills died just months apart in 2009 and 2010 and are buried side by side in Arlington National Cemetery.



The Cowgills aboard ship with Captain Simmons

Article copied from Peggy Reiff Miller's blog *The Sea-Going Cowboys*. Edited slightly for space.

Welcome to the Family

Nancy Mahoney technically moved to 518 Hawthorn Trail on September 21, 2021, but her home wasn't finished, so she soon went on to Florida for her fourth winter there. We welcome her back now for a longer stay.

Nancy moved here from Argos, Indiana. An Indiana University graduate, Nancy did accounting work in Argos and also handled finances for her United Methodist Church. Nancy had four children with her husband, Don, who died in 2016. She has traveled in six continents and all 50 states.

Nancy does beautiful crochet work and enjoys gardening and her four granddaughters.

WHILE YOU WERE OUT



- We were able to complete your request.
- We were unable to complete your request. We will check back later.
- Please give us a call & we can schedule a time to complete work.
- Please call with details of what needs done.

Notes:

Please call Maintenance Work Order Hotline
260-982-1147

Maintenance Makes Improvement

The Maintenance Department is making positive changes! If a Maintenance staff member visits your home while you're out, they will leave a door hanger (as pictured) on the door knob. This way you will know someone visited and whether or not they were able to complete your request.

Reminder: for Maintenance concerns, call the Work Order Hotline 982-1147. Questions? Just let Maintenance know.



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

If interested in **rhubarb starts**, contact Mary Ebey at 982-2366. There are enough rhubarb starts available for both residents and employees to enjoy.





Out and About in the Community

Kiwanis Fish Fry

Help support the work of North Manchester Kiwanis at their annual Fish Fry, **Thursday, June 16, from 4:00-7:00 p.m.** at Warvel Park. Tickets are \$10, which covers fish, tartar sauce and side dishes. The meal is “drive-through” only. The picnic pavilion at the park is reserved for Kiwanis customers, but there is no “service” for there.

If you would like a meal delivered to Timbercrest, sign up by paying for a ticket at the Receptionist by **Tuesday, June 14**. Your meal will be delivered to the Hub entrance at **4:30 p.m.** (on June 16).

If you would like to go to Warvel Park, tickets are available from Anne Myers. (If you purchase a ticket from Anne, it is with the understanding that you are going on your own or with someone to the park and not having your meal delivered to Timbercrest.)

Merry Wives of Windsor/Macbeth

William Shakespeare’s *Merry Wives of Windsor* and *Tragedy of Macbeth* will be presented by the Hoosier Shakespeare Festival **Saturday, June 18, and Sunday, June 19, at 7:30 p.m.** (both evenings) at the Firehouse, 108 W. Main St.

Admission is free to these two plays. Timbercrest transportation is not available. Please carpool!

Historical Society Meetings Resume

North Manchester Historical Society will meet **Monday, June 13, at 7:00 p.m.** at the Center for History. This is the annual board meeting. The 2022-2023 calendar will be planned.

Meetings at the Center allow Timbercrest attendees to peruse displays and artifacts at the Center. There will be no Timbercrest transportation to the June 13 meeting; it will be offered for future programs as there is interest.

Timbercrest is the church in its servant role.
Orville Sherman; administrator, 1960-1979

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.

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
- TC – Timbercrest
- TUG – Technology Users Group

June 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 comin g month include:

- June 1 – EvenSong
- June 2 – Frank Ramirez, Union Center COB
- June 3 – Kent Harting, Ijamsville UMC
- June 5 – Sunday Service: Russ Reahard
UMC retired
- June 6 – Laurie Cornett, Wabash COB
- June 7 – Tim Morphew, retired COB
- June 8 – EvenSong
- June 9 – Bruce Russell, Faith Baptist Church
- June 10 – Stan Escott, Zion Lutheran Church
- June 12 – Sunday Service: Laura Stone,
Timbercrest Chaplain
- June 13 – Herman Kauffman, retired COB
- June 14 – Todd Hammond, Agape COB
- June 15 – EvenSong
- June 16 – Doug Veal, Wabash COB
- June 17 – Eric Smith, Columbia City Missionary Ch.
- June 19 – Sunday Service: Marie Willoughby, COB
- June 20 – David Wagner, Collamer Christian Ch.
- June 21 – Seth Hendricks, Manchester COB
- June 22 – EvenSong
- June 23 – Barb Wood, Turnpointe COB, Markle
- June 24 – Ronda Mendenhall, Cedar Lake COB
- June 26 – Sunday Service: Mary Riccius,
Liberty Mills COB
- June 27 – Steve Bahrt, North Manchester UMC
- June 28 – Laura Stone, Timbercrest Chaplain
- June 29 - EvenSong
- June 30 – Jan Gawthorp, North Manchester UMC

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



The Historical Display is back on A Street. It is a timeline of Timbercrest history, from Levi Miller to the present. It is outside the Residential Activity Room.



Are You Sleeping Enough?

“Are you kidding? I’m retired, I live at Timbercrest, I do what I want, when I want... and of course, I sleep enough...”

Maybe you aren’t, though.

Sleeping well at night can help you function your best during the day. Not just “hours” of sleep, but quality of sleep.

There are several ways to get a good night’s sleep:

- Ⓒ **Get outdoors!** Not at night, but during the day. Exposure to natural light outside improves your daylight hours and leads to better sleep at night.
- Ⓒ **Don’t snack at night.** If you are too full at night, it can lead to restless sleep. Don’t overeat for supper, but have a satiating meal.
- Ⓒ **Have a bedtime routine.** Choose what’s best for you, but a routine makes unwinding much easier. Some ideas include:
 - A scheduled cup of chamomile tea
 - A hot shower or bath
 - A good book (or *The Timberline*)
 - Turn off all screens at least half-an-hour before bedtime: TV, smart phone, computer, Kindle, etc.
 - Enjoy “dreamy sounds:” soft, ambient music in a CD player or other device
 - Make the next day’s to-do list (planning ahead can relieve sleep-depriving worry)
 - Similarly, lay out the next day’s clothing – making one less decision to sleep on.
 - Pray or meditate. A quiet devotional time can lull you to restful sleep.
- Ⓒ **Make your bedroom “dreamy.”** Keep the room cool and dark. Use a night light to help with finding your way around in the dark, but keep other lights off as much as possible.
- Ⓒ **Be careful about medications.** Often medications can make someone restless. Talk to a Timbercrest nurse or your pharmacist to see if re-arranging your medicine regimen might help your sleeping regimen.