



National Activity Professionals Week

The Nation recognizes and celebrates it's Activity Professionals the last full week of January each year. This year, that falls on January 22 through January 26.

As many of you know, I stepped into the activity professional world in August of 2023. Timbercrest was very blessed to have Brian Daniels lead the Program & Services Department for 25 years. I was honored to be given the opportunity to fill those footprints upon his retirement.

My background is largely in administration and customer service. I had a pretty good idea of how my experience would benefit me in my new role but understood that I still had a great deal to learn. I completed the state approved Indiana Activity Course in early November earning the credentials required by the Indiana Department of Health. I am excited to have that under my belt however my goal is to truly never stop learning in this position!

Let me take a minute and brag on my amazing team.

Melissa Shorter runs the Timbercrest mail room like a well oiled machine but that is not the end of her talents. She is responsible for the Neighborhood Market, monthly birthday dinners and keeping our event calendars in order each month. She is also the wizard behind much of Channel 98. Melissa has been a part of Timbercrest for 40 years!

Janice Bradley is well known to anyone that is familiar with our Crestwood unit. Janice is certified by the state of Indiana in activities and memory care. She is the mastermind

behind Crestwood activities. Janice has been with us for 35 years!

Jennifer Gearhart is the Timbercrest Transportation Coordinator. Jennifer is responsible for scheduling resident appointments. She also has the very challenging job of finding volunteer drivers. She has an office at the Hub though you will rarely catch her in it! Jennifer began at Timbercrest as a CNA, worked her way up to a QMA and will often still pick up hours in those roles. Jennifer brings 15 years to the team.

Lorri Miller had been a Timbercrest CNA for 16 years. Last July she seamlessly stepped into the role of Healthcare Activity Coordinator after Jenny Taylor's retirement. Lorri is also state certified and her job mirrors that of Janice's except in our Healthcare Unit.

Carol Gebert is our newest addition coming onboard in late August 2023. Carol is the Activity Coordinator for Residential Living. Many of you already know her well as she immediately took to her position and began offering outings and activities both on campus and off. Carol is thriving in her position!

Marilyn Kieffaber has been a part-time activities aide for 8 years. Marilyn loves to serve the residents in Crestwood and also leads our monthly book club.

Faye McManama's focus is on transportation and doing the local shopping for residential residents. Faye is very crafty and we often put her talents to use making jewelry in group activities. We've been blessed to have Faye for the past 4 years.

I am beyond grateful to have these ladies walk alongside me in this new journey.

SHEPHERD'S CENTER PROGRAMS

The Shepherd's Center does not meet during the month of January. Programming will resume in February and go through May.

Upcoming dates are:

Wednesday, February 7
Wednesday, February 21
Wednesday, March 6
Wednesday, March 20
Wednesday, April 3
Wednesday, April 17
Wednesday, May 1
Wednesday, May 15

Breakfast Out with Carol

Join Carol for breakfast at **Moyer's Corner Café in South Whitley on Wednesday, January 3 leaving from the Hub at 7:30 a.m.**

Moyer's offer traditional breakfast, lunch and dinner in a small town café atmosphere. Dishes range from \$6 to \$10 plus drink and gratuity.

Sign up in the notebooks at Rose Garden or Courtyard.



Now's the time to test your knowledge! Thursday, January 4 is the **National Day of Trivia**. We're not going to let that pass us by without hosting a friendly competition!

Teams will consist of 4 or 5 contestants. You may gather your smartest friends and form your team ahead of time or teams will be assigned randomly at the time of the event.

So, brush up on your knowledge and bring your "A" game to **Timbercrest's Trivia Face-Off on Thursday, January 4 at 2:00 p.m. in the Assembly Room**. Refreshments will be served.



Oasis

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

January 3	Epiphany Worship, Karen Eberly, TC Chaplain
January 10	Hymns & Prayers for the New Year
January 17	Living in Iran, June Stealy
January 24	Licensed Drone Operator, Jake Svay
January 31	Traveling with Janice Bradley, TC Crestwood Activity Coordinator

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



We're Going on a Penguin Hunt

Peppy the Penguin and his friends have escaped from the zoo and are seeking asylum at Timbercrest! Peppy wondered away from his friends, Paulette and Petey. If you find him hiding throughout the manor, kindly assist him to the reception desk. There is a sweet reward for you! Once you've claimed your reward, you can help Peppy find a new hiding spot within the assisted living side of the manor. Paulette and Petey are hanging out in Adrienne's office in the Hub like well behaved penguins should.

Parkinson's Support Group

The Parkinson's Support Group meets **Thursday, January 4 at 2:00 p.m. in the Resident Activity Room**. This is a permanent change in location. Contact Sabine Thomas with questions.



Friends of Manchester University

Friends of Manchester University will meet on **Tuesday, January 9 at 6:30 PM in the Chapel**. The program will be presented by Brandi Chauncey, Director of

Admissions. She is a 2001 graduate of the university. Information will be shared about the admissions process and how the Admissions Office at Manchester University functions. Anyone with a special interest in the university is welcome to attend

Storyteller Sharon Dillman

Sharon Dillman presents interesting biographies of historical characters, political figures, writers and more each month at Timbercrest. Her visit is **Friday, January 12 in Health Care and Crestwood at 2:00 p.m. in the Family Room**; for Residential Residents, the program is at **2:45 p.m. in the Assembly Room**.

Serendipity Bible Study Groups

Everett and Lois Shattuck lead Serendipity Bible studies, incorporating sharing and discussion in the context of Bible passages. These low-key studies are geared for people new to Bible study and long-time Bible students. "Serendipity" comes through mutual discovery and reflection.

- **Fridays, January 12 & 26 at 9:30 a.m.** in M Wing Lounge, led by Everett Shattuck.
- The women's group, led by Lois Shattuck, meets **Thursdays, January 11 & 25 at 3:00 p.m.** in B Wing Lounge.

Knit for Kids

Knit for Kids meets **Tuesday, January 9 at 1:30 p.m.** in the Education Room. Contact Marie Willoughby if you have questions @ 260-982-6970.

Timbercrest Book Club:

The Timbercrest Book Club will meet **Monday, January 8 in the Resident Activity Room at 2:00 p.m.** At this month's meeting they will discuss what books the group would like to read during 2024. If you are interested in joining, text or call Marilyn at 260-578-5008. We love new members!

Memoir Writing Group

We meet on the **2nd and 4th Tuesdays** of the month at **2:00 p.m. in D Wing Lounge**. We choose topics to write about in-between times, and then we read them to the group at our meetings. Sometimes a member might write about some other topic, or just come to listen. We always have a good time. Questions? Contact Eileen Flory, 982-0088, eflory@peak.org.

Our Grocery Cart Food Delivery System

Food distributed on the second Wednesday of the month comes from the Second Harvest Tailgate at the Manchester Church of the Brethren. This is a resident-sponsored program.

The schedule for food delivery on **Wednesday, January 10** is:

- 1:00-2:00 p.m. Distribution in the Manor
- 2:00-3:00 p.m. Neighborhood Home residents may pick up food in the Residential Activity Room before or after the snack in The Nook.

Distribution in the manor may run a little later than scheduled. If you won't be home, ask a friend to get some food for you.

Walmart, Here We Come!

Shop at Wabash Walmart on **Thursday, January 11 departing from the Hub at 1:00 p.m.**

We generally arrive at Walmart at 1:30 p.m., depart at 3:00 p.m., and return to Timbercrest by 3:30 p.m.

Shopping lists for those unable to go must be in **CAMPUS MAIL ONLY** by **NOON, January 11**. Remember to include a phone number where you can be reached in case the shopper has questions.

Sign up in the notebooks at Rose Garden or Courtyard.



Murder on The Orient Express

Fire Line Productions of Wabash presents ***Murder on The Orient Express*** at the historic Eagles Theatre on Friday January 12 and Saturday January 13.

Just after midnight, a snowdrift stops the Orient Express in it's tracks. The luxurious train is surprisingly full for the time of the year, but by morning, it is one passenger fewer. Isolated and with a killer in their midst, the passengers rely on Detective Hercule Poirot to identify the murderer – in case the killer decides to strike again.

Cast members include Timbercrest's very own Lin Metzger and Thomas Coath, the son of Joyce Coath who resides in our Crestwood unit.

Timbercrest was blessed to have several tickets donated to us. The tickets are for **Saturday, January 13 @ 2:00 p.m. and available on a first come, first serve basis.** Please contact Adrienne @ 260-982-3940 or akamphues@timbercrest.org to sign up!

Lunch Out with Adrienne

We are all very familiar with the uncertainty and unknowns of an Indiana Winter's mood swings. Keeping that in mind, we won't be venturing far for lunch out this month.

Join me for lunch at **Eugenia's Restaurant** located inside the Honeywell Center on **Monday, January 15.** We will **depart from the Hub at 11:15 a.m.** Entrees range in price from \$7 to \$15 plus drink and gratuity.

If you'd like to view a menu beforehand, stop by Adrienne's office in the Hub or it can be found online at www.honeywellarts.org/lunch.

Sign up in the notebooks at Rose Garden or Courtyard.



You asked for it!
Many residents have requested a Euchre Tournament and what better time to have one than in January when the weather is temperamental and people may be stuck indoors?

The tournament will span 4 days; **Monday, January 15, Friday January 19, Tuesday January 23 and Friday January 26.** You do *not* have to play every day to participate. Game play will begin at **2:00 p.m. in the Assembly Room except on Friday, January 19. Games will begin at 10:30 that morning.** Light refreshments will be served.

Sign up in the notebooks at Rose Garden or Courtyard

Dementia Learning Group

Family, caregivers and friends of persons with dementia are welcome to the Learners' Group, **Monday, January 15 at 6:30 p.m.** in The Nook. This group is open to Timbercrest and the general public. The mutual sharing and support is positive and helpful for those involved. The group moderator is Mari Adkins, from Bickford Cottage, Wabash.

Tuesday Matinee

Join us for an afternoon matinee and popcorn on **Tuesday, January 16 at 2:00 p.m. in the Chapel.** This is in addition to the Friday evening films offered twice a month.

The chosen film for January is ***Roman Holiday*** featuring Audrey Hepburn, Gregory Peck and Eddie Albert. A bored and sheltered princess escapes her guardians and falls in love with an American newsman in Rome. The film is in black and white and has a run time of one hour and fifty-eight minutes.

Giant Crossword is Back

Do you enjoy crossword puzzles? Join Carol in the **Resident Activity Room on Thursday, January 18 at 1:30 p.m.** for Giant Crossword.

Teaching Kitchen Coming Up

Dining Services will host a Teaching Kitchen **Thursday, January 18 at 3:00 p.m.** in the **Nook**, for both Manor and Neighborhood Home residents. Group size is limited. **Sign up in the notebooks at Rose Garden and Courtyard.**

TUG

The Technology User Group (TUG) will meet on **Thursday, January 18, at 10:00 a.m. in the Conference Room.** All residents are welcome to attend this resident-led user group which focuses on learning more about personal technology devices: computers, tablets, smart phones, etc.

The first part of the meeting consists of discussion including questions and answers, hopefully, as well as ideas or information to share with others. The special topic for discussion this month is cell phone providers including Consumer Cellular. Everyone is welcome to share their experiences with their cell phone provider.



CR8-UR-CANVAS

Artist Susie Schaetzle from CR8-UR-CANVAS in Bourbon, Indiana is coming to the **Resident Activity Room on Monday, January 22 at 1:00 p.m.** for a canvas painting class.

Susie creates a step-by-step approach to enable the most reluctant person to become an accomplished artist even if just for an hour.

Sign up in the notebooks by the Rose Garden and Courtyard by Friday, January 19.

Jewelry Making with Faye

Faye McManama is our go-to jewelry artist and she is hosting a Jewelry Making class on **Tuesday, January 23 at 3:15 p.m. in the Resident Activity Room.**

Sign up in the notebooks by the Rose Garden and Courtyard by Sunday, January 21.



Manchester Church of the Brethren Luncheon with the Pastors

Members and friends of Manchester Church of the Brethren will have lunch with their pastors **Wednesday, January 24, at noon, in the Assembly Room.** Timbercrest residents who attend or are affiliated with the congregation are welcome.

The meal includes a salad, entrée, dessert, and beverage. Indicate special dietary needs when you sign up. Cost is \$12 per person, paid to the Timbercrest receptionist. Full-service residents do not have to pay; neither do those with meal contracts (counts as their daily meal). Guests are welcome and should be listed on the sign-up sheet. Cost per guest is \$12.

If you need to cancel your reservation, please do so as early as possible. Contact the Timbercrest receptionist, Kim Ebersole or David Doudt (numbers below). If you do not cancel in advance, you may incur a meal charge if you do not have a meal contract. **Sign up in the notebook at Courtyard by Wednesday, January 10.**

Contact Kim Ebersole, (312) 339-4545, or David Doudt, (260) 578-4748, with any questions. We hope to see you there!

Timbercrest Winter Olympics

Make your way to the **Assembly Room on Thursday, January 25 at 2:00 p.m.** to become the next Gold Medalist! Try your luck at ring toss or be the last leg of a relay team. Show off your marksman skills with live deer. Practice your cornhole for the tournament coming in February. The events are still being finalized but a good time is a sure thing!





Timbercrest Film Committee Presents
January Films
Come to the Chapel for our films

Friday, January 5: The Magic of Bell Isle

7:00 p.m. - Chapel

1:50 hours - w/subtitles

Monty Wildhorn (Morgan Freeman), an alcoholic novelist of Westerns, has lost his drive. His nephew pushes him to summer in quiet Belle Isle. He begrudgingly befriends a newly single mom and her three girls, who help him find the inspiration to write again.

Friday, January 19: A Million Miles Away

7:00 p.m. - Chapel

2 hours - w/subtitles

Inspired by the real-life story, this biopic about Jose Hernandez and his path from a farm worker in Mexico to becoming an engineer and an astronaut. A tale of perseverance, community and sacrifice to accomplish a seemingly impossible dream.



Game Night with Mike and Lucy

Join Lucy and Mike McKinley for an evening of cards, billiards, dominoes, board games and refreshments **Thursday, January 25 at 6:00 p.m.** in the Recreation Room.

No sign-up needed. Just come for a great evening, and maybe learn a new game.

Art Class with Molly

Molly from Manchester Public Library returns on **Tuesday, January 30 at 1:00 p.m. in the Residential Activity Room.**

Sign up in the notebooks by the Rose Garden and Courtyard.

January Chapel Schedule

Come to Chapel to hear thoughts from scripture, prayer and other inspiration. Devotions are **Monday, Tuesday, Thursday and Friday at 9:00 a.m.** Oasis (see pg 2) is **Wednesday at 4:00 p.m.** weekly. **Worship Service at Manchester Church of the Brethren is live streamed in the Chapel at 9:30 every Sunday morning.**

January Speakers:

January 1 – Brian Daniels, Peoria Church

January 2 – Brice Bedke, Church of Jesus Christ of Latter Day Saints

January 4 – Helen Beery, MCoB

January 5 – Lin Metzger, Zion Lutheran Church

January 8 – Phil Boone, Wabash Friends Church

January 9 – Jim Chinworth, MCoB

January 11 – Mark Steury, MCoB

January 12 – Andrew Beverly, Warsaw Bethany Fellowship

January 15 – Stan Noffsinger, MCoB

January 16 – Mike Sheehan, Timbercrest Maintenance

January 18 – Aaron Christenberry, Warsaw Community Church

January 19 – Barb Wood, Turnpointe CoB

January 22 – Jim Mishler, First Brethren Church

January 23 – Kent Harting, Untied Methodist Church

January 25 – Les Cooper, Chili UMC Interim

January 26 – Amy Gall Ritchie, MCoB

January 29 – Tim Morphew, CoB, retired

January 30 – Denver Ayres, South Whitley Community Church

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

Table Tennis for Fun and Fitness

Table tennis in the Recreation Room is each **Tuesday and Thursday at 2:00 p.m.** All skill levels are welcome, and new players are encouraged.

Contemporary Book Club

How To Know A Person by David Brooks is the next book being studied by the Contemporary Book Club. The club meets every **Friday at 3:00 p.m. in the Timbercrest Conference Room.** An e-book is available for Kindle, and the audio book is available at www.amazon.com. Contact David Doudt with questions @ 260-578-4748.

Massage Therapy

Did you know that Timbercrest employee Nikki Walls is now a licensed Massage Therapist? Nikki offers 30-minute, 45-minute or 60-minute massages in the comfort of your apartment. Call or text her today to set something up! 260-418-6267

Volunteer Drivers Needed

Are you looking for a meaningful way to give back to our community? The Timbercrest Transportation Department is looking for volunteers to drive residents to medical appointments. There is no set schedule; you will be called upon as needed. We need drivers willing to be trained to use the wheelchair van, as well as those willing to drive the 12-passenger coach (no special license required). **Reach out to Adrienne @ 982-3940 or Jennifer @ 982-3959** if you are interested

Midweek Breaks

A tasty treat is served each **Wednesday from 2:00-3:00 p.m.** in The Nook. This month features:

- | | |
|------------|--|
| January 3 | Home-baked goods
<i>Made by Beth Sollenberger</i> |
| January 10 | Snowman Snacks: Healthy Choices for a New Year |
| January 17 | Snowman Shakes |
| January 24 | Popcorn filled Snowmen |
| January 31 | Make your own Snowman |

Shopping Guidelines

The guidelines for the weekly shopper have changed:

- 1) ***Tuesday is the only day for local shopping.***
- 2) Shopping lists are due at Jennifer Gearhart's office ***by 8:00 p.m. Monday evening.***
- 3) Shopping pick-up time is ***after 2:00 p.m.*** on Tuesday.
- 4) Items will be clearly labeled and available for ***pick up in the Resident Activity Room.***
- 5) ***All purchases will be charged to your Timbercrest account.***

Weekly Bingo Games

Join the fun at Bingo in the **Residential Activity Room Mondays and Fridays at 11:00 a.m.**

Storytelling Workshop

There's a little storyteller in all of us! Join Carol Gebert every **Monday afternoon at 3:00 p.m. in the Resident Activity Room** for a storytelling workshop. Carol is a certified storyteller and is eager to share the craft with Timbercrest!

A Friendly Lift Will Get You There

Friendly Lift drivers take non-drivers to non-medical destinations. They are paid independently to take people shopping, visit family and friends, for joy rides and more. For details, see Jennifer Gearhart.

- Carolyn Bollinger, 982-2722
- Tim Ritchey Martin, 982-0031
- Wanda Miller, 982-6189
- June Stealy, 982-0055
- Marie Willoughby, 982-6970



Wabash County Public Transit

Offers Seniors rides within Wabash County Monday – Friday for a small donation. Call to schedule 888-498-4400

Exercise Opportunities

Our exercise classes have undergone some exciting changes!

- Chair Aerobics – **Monday through Friday at 9:30 a.m. in the Recreation Room**
- Chair Tai Chi – **Monday at 10:00 a.m.**
- Strength Training – **Tuesdays and Thursdays at 10:00 a.m. in the Recreation Room**
- Walk & Roll - **Wednesdays and Fridays at 10:00 a.m.; Rose Garden Lounge**
- Chair Yoga – **Friday at 10:00 a.m. in the Recreation Room**





Out and About in the Community

Winter Maker Trolley Tour

Saturday, January 20

Hop aboard the Trolley 85 and explore the world of creating and making. Craft a mini charcuterie board at Partners Eatery. Meet artist Candie Cooper and create a mystery make-and-take. Then enjoy one last surprise stop that will challenge and stimulate your creative instincts. Visit www.visitwabashcounty.com/trolley-tours/ for ticket information.

The Secret Garden

Manchester Junior High School presents *The Secret Garden* beginning **Friday February 2 with several shows throughout the weekend.**

Grand Spartans

The Grand Spartans is a partnership that blossomed many years ago between Timbercrest Residents and Manchester University's Women's Basketball Team.

Upcoming Dates:

1/3	7pm	MU Game vs Defiance
1/6	4pm	MU Game vs Hanover
1/20	3pm	MU Game vs Mount St Joseph Grey Out to Fight Brain Cancer
1/24	7pm	MU Game vs Rose-Hulman
1/26	7pm	Game Night @ Timbercrest
1/27	1pm	MU Game vs Earlham
1/31	7pm	MU Game vs Bluffton
2/16	7pm	MU Game vs Anderson



"Pre-Cycling" Tips

"Pre-cycle" by making buying choices that support responsible products and packaging, make recycling easier and reduce the amount of garbage you throw away.

- Shop with reusable bags.
- Buy large, single containers- the largest you are able to store – and put what you need into smaller, reusable containers for everyday use.
- Pass on Styrofoam! Choose cardboard egg cartons, which are made from recycled newsprint. For paper boxes (such as cereal boxes) the rule of thumb is, if the unprinted side is gray and not white, it's made from recycled materials.
- Compare the size of the package to the size of the product.
- Buy fruit and vegetables loose

Environmental Defense Fund

Quilt Show

Timbercrest is blessed to have a wide variety of talents among its community. In February, we'd like to showcase the talents of our quilters. During the month of January, choose which quilt is your favorite and that you'd like to submit. We will start accepting quilts on Monday January 29 to be on display the entire month of February. Quilts and questions can be taken to Carol Gebert in the Hub.

Komet Hockey: Take Two

The Komets are at home on **Sunday, February 18** and the Timbercrest bus us going! Get in on the action as the team takes on the Cincinnati Cyclones at 5:00 p.m. Tickets are \$24 a piece and need to be reserved soon. See Adrienne for details!

Dining Services Notes

Call the Receptionist (982-2118) to make guest-meal reservations for the Courtyard Dining Room. For Sunrise Dining Room (Health Care) and Crestwood Dining Room, call 982-3960. Reservations should be made 24 hours in advance. Guest-meal prices are: Breakfast: \$10 Dinner: \$12 Supper: \$11

Words from The Basement

Recently I had the opportunity to visit with our local State Fire Marshall. During his inspection I had a chance to learn a few safety tips, which are worthy to pass on to all.

Electricity is a power we've harnessed and have come to depend upon in all aspects of our lives. However, it does come with some dangers and must be respected at all times. We tend to take electricity for granted as we are blessed with safe appliances, lights, and the many machines it powers in our daily lives. These items are designed with safety in mind, but, we can unfortunately find a way around it.

Extension cords. We all use them and we have to admit they are handy, but are we using them correctly? Extension cords are labeled as for temporary use only. So, what is temporary use? Let's say an extension cord is needed for a floor lamp. We know the extension cord must be plugged in to the power source when the lamp light is needed. But when the lamp is turned off the extension cord is to be unplugged from the power source. Even when the lamp may be off, there is still electricity present in the length of the cord. So, actually, extension cords are meant to be used for a short time such as using a light to illuminate a room during renovations. Always use a good quality three-pronged cord. Light weight 2 pronged cords are not recommended or, according to the Fire Marshall, safe to use.

Power strips are also a necessity as we continue our trek into the digital age – phones, smart devices, TVs and components, cameras, security systems – to name a few. All need power to run and or charge the internal batteries. Power strips help increase the number of available outlets but also play a more important role – protecting your equipment, if you buy the right one. We all have them, those cheap as can be strips purchased



for a couple dollars. But the cheap ones can end up costing a person many times over if the electrical system experiences a surge or spike in power. Buy and use a good quality power strip with surge protection. Those you want are always tested and approved by a third party Nationally Recognized Testing Laboratory and offer a warranty.

I am a firm believer in using the right power equipment after my home was struck by lightning twice in one week. The only TV that survived the strikes was our main one which was plugged into a good surge suppressor power strip using no extension cords. We lost 4 other televisions and several DVD players and satellite boxes which weren't using a surge protector or had extension cords that year. Insurance covered the cost but we still lost our most precious thing – our time which was spent finding replacements, cleaning up the mess and such.



Maintenance Hotline!

For Maintenance concerns, call the Work Order Hotline 982-1147. Questions? Call Maintenance!

If you have something you would like featured in the Timberline or a group you would like highlighted, please email Adrienne @ akamphues@timbercrest.org

