

Residents In the Spotlight

Written by Barbara Kellar

Happy Valentine Month! Since this is the month that we celebrate love, we are featuring a couple who have been happily together for 47 years.



First, meet Sharyl, who was born in Eugene, Oregon where her dad was a millwright and her mother was a school cook. Sharyl was a country girl on the family's five acres, where Sharyl happily spent her time riding horses and raising pigs and cows. She did other 4H projects in school and graduated from Thurston High School in Eugene's sister city of Springfield, Oregon. She has three brothers, two are in Eugene and one lives in California.

John was born in Denver, Colorado, where his dad was a minister and later an Army Chaplain. John went to Grade School in Spokane, Washington and then to high school in Dallas, Oregon where his favorite subjects were science and math. Following four years in the U. S. Air Force, he studied math at the University of Oregon in Eugene and graduated in 1970. After graduation he was employed in the Physics department as a programmer and research assistant. In 1989 he took a job in Cornelius programming and installing sawmill automation systems, where he visited more than 40 states until his retirement in 2023.

So, how did these lovebirds meet? They had mutual friends, one who talked Sharyl into accompanying her to a bar in Eugene so that the friend could make up with her boyfriend. Then, Sharyl "just sat there" until John entered the room. That was it for them both, and they were married December 30th, 1978! They lived in Springfield, Oregon, and had two sons, James and Stephen, followed by two granddaughters, ages 14 and 17, who attend Hill High School. Their dad James teaches auto mechanics in Tigard and coaches softball at Hill High, and summer leagues. The couple's other son, Stephen, is a manager at Nike.

John and Sharyl moved to Cornell Estates in February 2023, and are very active in games and gardening at Cornell's Estates. Animal lovers, they have their old cat, Rusty here with them. They say they are "fairly private people".

The couple say that their secret to a long marriage is having things in common, and graciously

Management Team

Mikayla Valencia
Administrator

Karen Fowler
Community Relations Director

Olivia Cardillo
Business Office Manager

Lee Reck
Health Services Director, LPN

Julia Solano
RN

Dylan Ferguson
Resident Care Coordinator

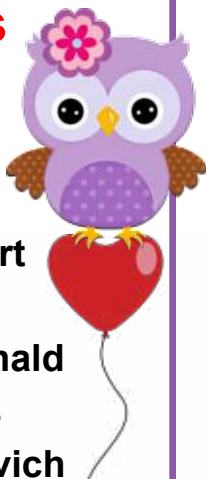
Jennifer Meabe
Dining Services Director

Victor Todea
Maintenance Director

Peg Bussell
Activities Director

February Resident Birthdays

2/6 **Valdivia Lago**
2/13 **Peggy LeDoux**
2/17 **Arden Sheets**
2/17 **Kathleen Steiert**
2/18 **Marjory Berry**
2/18 **Sharyl MacDonald**
2/19 **Gloria Stevens**
2/28 **Virginia Yurkovich**



February 14th
at 2:00pm in the Party Room

Join us on Valentine's Day, as we say good-bye & wish Mikayla well at a "Cake with Mikayla" send-off party!

Cornell Connections

Dear Everyone and Team,

As my time here comes to an end, I wanted to take a moment to express gratitude for the experiences, friendships, and memories I've gained over the years. It's never easy to say goodbye, but I leave with a sense of fulfillment and a heart full of appreciation for each of you. As I write my final Cornell Connection, I wanted to share a few lessons that have helped me along the way:

1. Never forget to have fun – Whether it's dancing down the hall, going on an adventure, or treating yourself to some ice cream, doing what makes you smile keeps life exciting. And excitement? That's what keeps you young at heart.
2. Laughter truly is the best medicine. It heals, lightens the load, and is always the best thing to share with others.
3. Sometimes, it's necessary to let go. Not everything needs to be carried with you forever.
4. Everyone has something valuable to offer. Whether it's an idea, a skill, or just their presence, every person brings something unique to the community.
5. Become an expert listener. Sometimes, the most important thing you can do is listen – really listen – and understand others.
6. Leave things better than you found them. Whether it's a project, a relationship, or a place. Aim to leave a positive impact.

I've had the privilege of working alongside such talented, passionate, and kind-hearted individuals. Together, we've shared countless moments — from challenges that tested our strength and creativity to successes we've celebrated as a team. Each of you has contributed to making my time here special, and I will forever treasure the bonds we've built.

While I'm excited about what the future holds, it's certainly hard to walk away from a place that

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has meant so much to me. The lessons I've learned, the support I've received, and the friendships I've formed will stay with me as I move forward.

Warmly,
Mikayla Valencia
Editor, *Cornell Connections*

Welcome Our New Residents to Cornell Estates

Linda Azavedo
Nancy Modeen
Ken Silver



Spotlight Story, Sharyl & John MacDonald continued from front cover –



participating in the other's interests as well. They say, "balance each other and make a point to believe in each other." That has worked for them for 47 years!

Purchase a **VALEN-GRAM** and Make Someone's Day!

What is a VALEN-GRAM?

Missy Tate, the previous Activity Director, created really fun Valentine's for Residents and Staff to purchase to give to anyone here at Cornell Estates for Valentine's Day.

COST:

VALEN-GRAM = .50¢ each
VALEN-GRAM + Chocolate = \$1

ON SALE:

Monday, Feb. 3rd – Thurs. Feb. 13th
at the front receptionist desk

How it works?

First, get a form at the front desk. Make a list of the people you want to give a Valen-gram. Select from the Valen-grams on the display board and write a coordinating number. Mark if you want to add a chocolate. Valen-grams will be delivered on Valentine's Day!

PROCEEDS

All proceeds will go to our local Meals On Wheels People

It's **LOVE** Month

In the Lobby Glass Display Case

Bring a photo of you and someone you love (Spouse, Friend, Child, or Pet) to the front desk. We will make a copy of your photo put it in the display case.

We love
wedding
photos!



February Shopping Trips

- 2/4 1:30pm **Fred Meyer***
- 2/11 1:30pm **Dollar Tree***
- 2/18 1:30pm **Walmart***
- 2/25 1:30pm **Bi-Mart***

**Remember your money for these outings!*

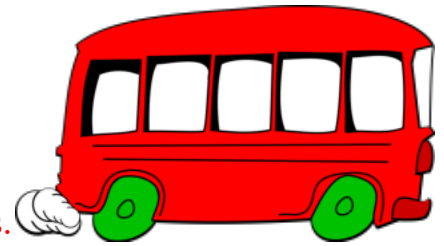
February Outings



- 2/6 10:00am **Brunch iHop ML***
- 2/6 1:15pm **Hobby Lobby ML***
- 2/13 10:00am **Brookwood Library ML**
- 2/20 10:50am **Lunch at Subway ML***
- 2/20 1:45pm **Kohl's / Home Goods ML***
- 2/27 10:00am **Scenic Drive ML**
- 2/27 1:15pm **Uwajimaya Asian Food Market & More ML***

About Shopping Trips and Outings

- Sign up for shopping trips & outings at the front desk.
- Cancel if you are not able to attend.
- Please arrive 10-15 minutes before bus departure time.
- Please **empty your walker** so it can be folded up on bus trips.



Come Watch the Kansas Chiefs Vs. Philadelphia Eagles



SUPER BOWL LIX

**Sunday, February 9th
Kick Off at 3:30pm**

On the Big Screen in the Party Room

Enjoy Wings, Nachos & More!

February Employee of the Month

Skyler Richards, Med-Tech

For more than two years, Skyler has provided care to our residents with the utmost devotion. In line with her constant energy and joy, she is always looking for new challenges and ways to help others. Starting as a caregiver and working her way up to med-tech, we can't wait to see what else Skyler has to offer.



Jaramya B.
Assistant RCC

Thank you!

Resident Council Members:

Lois Ashe, Jeanette Weverka, Roger Ensrud,
John Van De Graaf & Marcia Harrington

Playing the Piano:

Patti Hart

Taking Care of Cornell Estates' Gardens:

Arden Sheets, Shirley Osborne, Shirley Van Dyke,
David Cliffe, Sharyl MacDonald,
Roger Ensrud & Lazaro Pichardo

Reading to the Residents: Anne Cliffe

Sunday Worship Service: David & Anne Cliffe

Spanish Through the Arts: Cyndi Turtledove

Taking Care of Cornell Estates Library:

Debbie Pentkowski

Taking Care of Cornell Estates Sewing Room:

Mary White

Writing the Residents Spotlight: Barbara Kellar

Birthday Bell Ringer: Lunada Stuart

For Being so Helpful: Jeanette Weverka,
Janice Sticka, Billie Crandall, Irene Mathern,
Lexie Richey, Teresa Heysler, Nancy Allison,
Naomi Mendelson & Laurie Van De Graaf