

# March & April 2014

# CSL

COUNTRY SIDE LIVING  
A Nice Place To Call Home



Thelma's Place



## 9 Wordless Ways to Say, "I Love You"

Longing to hear, "I love you" from someone special? Try watching his or her body language instead. Some 60 to 90 percent of the meaning of our communication is delivered nonverbally -- and in romantic situations, this jumps to 99 percent, says anthropologist David Givens, director of the Center for Nonverbal Studies in Spokane, Washington, and author of *Love Signals*. "When it comes to emotions, our bodies do the talking more than words," Givens says. Here are nine surprising (and wordless) ways the body telegraphs, "I love you."

### #1: *Shoulder rolls or shrugs*

Who knew the shoulders were one of the more expressive parts of the body? Thanks to their rounded shape, smooth skin, and ability to move -- shrugging, lifting, rolling -- the shoulders are able to convey emotional nuances remarkably well, Givens says. Rolling a shoulder, in particular, reads as a gesture of affection or flirtatiousness. Unlike some other large muscles, the upper trapezius has special "gut reactive" visceral nerves that are sensitive to your emotions. (Think about how your shoulders sag in defeat

and shake when you cry.) Ladies, try a sleeveless top on that big date to help your shoulders do the talking.

### #2: *Mirroring actions*

You splay your right fingers around your coffee cup; so does he. You take a sip; he takes a sip. Anthropologists call this synchrony of actions "isopraxism" (iso being Greek for "same" and praxism meaning "behavior"). Couples tend to do this unconsciously as they fall in love; their bodies can't help themselves.

### #3: *Locked eyes*

If an object of attraction gazes deep into your eyes, your heart just may skip a beat. Eye contact is a potent emotional link -- in ordinary circumstances, both parties feel a strong urge to break a gaze after three seconds. (People make less eye contact when they dislike each other, feel intimidated, or disagree.)



### #4: *Sitting close*

Does your loved one move in close to you -- maybe your hips touch when you sit side by side, or your knees knock into his or hers when you sit across from each other? Someone in love almost can't help the urge to be physically near his or her object of affection.

### #5: *Head tilts*

When you're talking, watch your listener. Does he or she cock his or her head, either to the left or right? In a friendship, a tilted head fosters rapport. In courtship, it reads as flirtatiousness. A tilted head is a gesture that adds warmth and immediacy to the dialogue between you.

### #6: *A fingertip caress*

Being lightly, casually touched -- on your shoulder, your forearm, the back of your neck, a little side hug -- instantly registers in the brain as warmth and reassurance. The emotional centers of  
*(Continued on page 4...)*

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- Get More Mileage out of your Car
- Support Group Schedule

## Our Staff:

Director of Operations  
(Located at South Building):

**Tracie Flores**

Activities Director: **Lisa Majors-Holt**

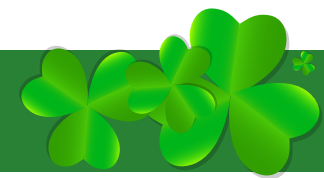
Human Resources  
(Located at North Building):

**Kathy Smith**



Snow Day!

# March 2014



Sunday

Monday

Tuesday

Wednesday

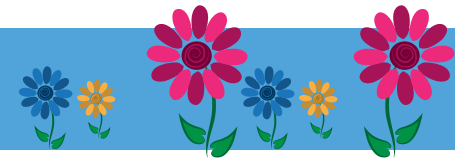
Thursday

Friday

Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><u>Employees Birthdays</u> Patsy 18th Gloria 27th</p>	<p><u>Residents Birthdays</u> Marjorie 4th Marsha 6th Evelyn 17th Millie 26th</p>		<p>Sunday ~ Game Day Mon~Craft Day Tues~Music Day Wed~ Travel Day Thurs~ Spa Day Fri~ Reminisce Day Sat~ Comedy Day</p>		<p>March is National Peanut Month, kicked off by Peanut Butter Lovers Day on March 1st. National Peanut Month is a time to celebrate one of America's favorite foods.</p>	
<p>2 10am Sunday Paper 11am Games 1pm Inspirational Reading 1:30 Scripture Reading 2:30 pm BINGO</p>	<p>3 9am Town Hall Crafts or Games <u>3pm Music with MARY NB</u> 6pm-8pm Movie Time</p> 	<p>4 9am Town Hall <u>10am Sing a long</u> 2pm Winter Social <u>3pm Music w/ Inez &amp; Mary</u> 6pm-8pm Musical Movie</p>	<p>5 9am Town Hall <u>10.30 Jim &amp; Marilyn NB</u> 11am Traveling the States "Diners, Drive-ins and Dives" 3pm Sing along w/Residents 6pm-8pm Movie Time</p>	<p>6 9am Town Hall 9:30am Catholic Communion 10am Spa &amp; Beauty 1pm Spa &amp; Beauty <u>3pm Music with MOLLY NB</u> 6pm -8pm Movie Time</p>	<p>7 9am Town Hall 10am Devotional Group 1:30pm Family Time <u>3pm-5 Music W/ Residents</u> 6pm-8pm Movie Time</p>	<p>8 10am Town Hall 2pm Happy Hour <u>3pm Music W/Stan</u> 5pm Lawrence Welk 6pm -8pm Movie Time</p>
<p>9 10am Sunday Paper 11am Games 1pm Inspirational Reading 1:30 Scripture Reading 2:30 pm BINGO</p>	<p> Old Aurora Colony Museum Spinning Wheel Showcase @2pm</p>	<p>11 9am Town Hall <u>10am Music W/Residents</u> 2pm Winter Social <u>3pm Music w/ Inez &amp; Mary</u> 6pm Musicals on TV</p>	<p><i>Plant a Flower Day</i> </p>	<p>13 9am Town Hall 9:30am Catholic Communion 10am Spa &amp; Beauty Day 1pm Spa &amp; Beauty <u>3pm Music w/ JAMES NB</u></p>	<p>14 9am Town Hall 10am Devotional Group 1:30pm Family Time <u>3pm Music w/George</u> 6pm -8pm Movie Time</p>	<p>15 10am Town Hall 2pm Happy Hour 5pm Lawrence Welk 6pm -8pm Movie Time</p>
<p>16 10am Sunday Paper 11am Games 1pm Inspirational Reading 1:30 Scripture Reading 2:30 pm BINGO</p>	<p> Party 2pm~4pm</p>	<p>18 9am Town Hall <u>10am Music w/Residents</u> 2pm Winter Social <u>3pm Music w/ Inez &amp; Mary</u> 6pm Musicals on TV</p>	<p></p>	<p>20 9am Town Hall 9:30am Catholic Communion 10am Spa &amp; Beauty Day 1pm Spa &amp; Beauty <u>3pm Music w/ Pete NB</u></p>	<p>21 9am Town Hall 10am Devotional Group 1:30pm Family Time <u>3pm Music w/Tim NB</u> 6pm -8pm Movie Time</p>	<p>22 10am Town Hall 2pm Happy Hour 5pm Lawrence Welk 6pm -8pm Movie Time</p>
<p>23/30 10am Sunday Paper 11am Games 1pm Inspirational Reading 1:30 Scripture Reading 2:30 pm BINGO</p>	<p>24/31 9am Town Hall Crafts or Games <u>3pm Music w/ Residents</u> 6pm-8pm Movie Time</p>	<p>25 9am Town Hall <u>10am Music w/Residents</u> 2pm Spring Social <u>3pm Music w/ Inez &amp; Mary</u> 6pm Musicals on TV</p>	<p>26 9am Town Hall <u>10.30 Jim &amp; Marilyn NB</u> 11am Traveling the States "Diners, Drive-ins and Dives" <u>3pm -5pm Music W/ Residents</u> 6pm-8pm Movie Time</p>	<p></p>	<p>28 9am Town Hall 10am Devotional Group 1:30pm Family Time <u>3pm-5 Music w/Residents</u> 6pm -8pm Movie Time</p>	<p>29 10am Town Hall 2pm Happy Hour 5pm Lawrence Welk 6pm -8pm Movie Time</p>

# April 2014



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

		<p>1 9am Town Hall 10am Sing a long 2pm Spring Social 3pm Music w/ Inez &amp; Mary 6pm-8pm Musical Movie</p>	<p>2 9am Town Hall 10.30 Jim &amp; Marilyn NB 11am Traveling the States "Diners, Drive-ins and Dives" 3pm Sing along w/Residents 6pm-8pm Movie Time</p>	 <p>Music with Molly @3pm NB</p>	<p>4 9am Town Hall 10am Devotional Group 1:30pm Family Time 3pm-5 Music W/ Residents 6pm-8pm Movie Time</p>	<p>5 10am Town Hall 2pm Happy Hour 5pm Lawrence Welk 6pm -8pm Movie Time</p>
<p>6 10am Sunday Paper 11am Games 1pm Inspirational Reading 1:30 Scripture Reading 2:30 pm BINGO</p>	<p>7 9am Town Hall Crafts or Games 3pm Music with MARY NB 6-8pm Movie Time</p>	<p>8 9am Town Hall 10am Sing a long 2pm Spring Social 3pm Music w/ Inez &amp; Mary 6pm-8pm Musical Movie</p>		<p>10 9am Town Hall 9:30am Catholic Communion 10am Spa &amp; Beauty 1pm Spa &amp; Beauty 3pm Music with James NB 6pm -8pm Movie Time</p>	<p>11 9am Town Hall 10am Devotional Group 1:30pm Family Time 3pm-5 Music w/George NB 6pm-8pm Movie Time</p>	<p>12 10am Town Hall 2pm Happy Hour 3pm Music W/Stan NB 5pm Lawrence Welk 6pm -8pm Movie Time</p>
<p>13 10am Sunday Paper 11am Games 1pm Inspirational Reading 1:30 Scripture Reading 2:30 pm BINGO</p>	<p>14 9am Town Hall Crafts or Games 3pm Music w/James SB 6-8pm Movie Time</p>	<p>15 9am Town Hall 10am Music W/Residents 2pm Spring Social 3pm Music w/ Inez &amp; Mary 6pm Musicals on TV</p>	<p>16 9am Town Hall 10.30 Jim &amp; Marilyn NB 11am Traveling the States "Diners, Drive-ins and Dives" 3pm -5pm Music W/ Residents</p>	<p>17 9am Town Hall 9:30am Catholic Communion 10am Spa &amp; Beauty Day 1pm Spa &amp; Beauty 3pm Music w/ Pete NB</p>	<p>18 9am Town Hall 10am Devotional Group 1:30pm Family Time 3pm-5 Music w/Tim 6pm-8pm Movie Time</p>	 <p>Easter Brunch 12:30 ~2:30 Egg Hunt &amp; Mr. Bunny</p>
 <p>Easter Dessert @3pm</p>	<p>21 9am Town Hall Crafts or Games 3pm Music w/Bob SB 6-8pm Movie Time</p>	<p>22 9am Town Hall 10am Music w/Residents 2pm Spring Social 3pm Music w/ Inez &amp; Mary 6pm Musicals on TV</p>	<p>23 9am Town Hall 10.30 Jim &amp; Marilyn NB 11am Traveling the States "Diners, Drive-ins and Dives" 3pm -5pm Music W/Lori</p>	<p>24 9am Town Hall 9:30 Catholic Communion 10am Spa &amp; Beauty 1pm Spa &amp; Beauty 3PM Music w/ Residents</p>	<p>25 9am Town Hall 10am Devotional Group 1:30pm Family Time 3pm Music w/Residents 6pm -8pm Movie Time</p>	<p>26 10am Town Hall 2pm Happy Hour 3pm Sing'a long 5pm Lawrence Welk 6pm -8pm Movie Time</p>
<p>27 10am Sunday Paper 11am Games 1pm Inspirational Reading 1:30 Scripture Reading 2:30 pm BINGO</p>	<p>28 9am Town Hall Crafts or Games 3pm Music w/Residents 6-8pm Movie Time</p>	<p>29 9am Town Hall 10am Music w/Residents 2pm Spring Social 3pm Music w/ Inez &amp; Mary 6pm Musicals on TV</p>	 <p>Field Trip @2pm Wednesday 30th</p>		<p>Employees Birthdays Rae 2nd Lisa M 5th Lindsay 8th Marissa 16th</p>	<p>Residents Birthdays Lewis 7th Alice 7th Cleo 9th Dale 27th</p>



## Administrator's Corner - Grief

By Tracie Flores

Grief..... When you hear the word grief your mind automatically goes to Death. I want everyone to know that grief is a normal way of coping with LOSS. Yes LOSS. If you have a loved one that has been diagnosed with Alzheimer's/Dementia then you are probably grieving. I want to share with everyone that there is no perfect way of grieving. So if you are sad, angry, confused, and just put out by this then know that you are not alone. I would like to invite all of you that are reading this today to attend our support group meetings every month and share with those that are going through the same thing. Our groups are held every 4th Monday and Wednesday of every month. Please come and share with us your story and let us share ours with you.



## April 20th is National Pineapple Upside Down Cake Day

### Ingredients

- 1 serving Betty Crocker Cake Mix
- Angel Food, White
- 20 oz Dole Pineapple, Crushed
- 24 tbsp Cool Whip Lite Whipped Topping, optional

### Instructions

Preheat over 350 F, Mix package of Angel Food Cake Mix and one 20 oz can of crushed pineapple, spray a 9x13 pan pour & bake 30 to 40 min. Let Cool.

OPTIONAL - You can top with Lite Cool Whip & fresh strawberries or your favorite berry.



Pineapple Upside Down Cake

(Continued from Page 1...)

the brain register touch more quickly than messages that come through the language center, Givens says. The touch doesn't have to be long to register as warm and reassuring. (This kind of touch is different from having breasts or genitals touched in a nonsexual situation, which sends a confusing message rather than a simple "I love you.")

### #7: Rapid eye blinking

Is she batting her eyelashes at you?

Does he look especially vulnerable and cute -- because he's blinking? A warning about reading the right message into this signal, though: A faster blink rate is also triggered when the speaker is lying.

### #8: A warm smile

Smiles warm our hearts -- but not any old smile is a sign of affection. What to look for: a genuine smile (called a "zygomatic smile"), the kind that can't easily be faked because it's produced not on demand but by pure emotion. Pay attention to the eyes: In a genuine smile, they tend to be crinkled more tightly.

### #9: A softer voice

Notice how a parent talks to a child: The voice takes on a slightly higher, warmer tone -- not loud, no edge to it. This same love-infused relationship is the model for the tone that people in love use. It's simply more loving.



COUNTRY SIDE LIVING  
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Thelma's Place  
A Community of Caring...One Mind at a Time

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email: activity@country sideliving.com

Find us on Facebook!

www.country sideliving.com  
www.thelmasplace.org



## Get more mileage out of your car

If you are thinking about selling or trading in your car, consider donating it to Thelma's Place. It's easy! We accept cars, trucks, RVs and boats - and they don't have to run! We'll even pick up the vehicle from you at your convenience.

Remember this is a tax deductible donation.

To arrange for a vehicle donation please call Erik Berkey at: 503-310-8004



## Support Meeting

Family members past and present and the community are invited to the support group meeting the **4th Monday and Wednesday each month, at Thelma's Place, 6:00 - 7:30pm.**

Contact Tracie Flores at 503-266-3031 or tracie@country sideliving.com

## Thelma's Place Adult Day Respite

Support group is open: Sunday through Thursday from 10-2pm.

Contact us: 503-266-5100 or kristen@thelmasplace.org