

July & August 2014

CSL

COUNTRY SIDE LIVING
A Nice Place To Call Home



Thelma's Place



Why You Should Let Go and Just Go With the Flow

Forget trying to control every little detail. Life is lots more fun (and less stressful) when you let go from the get-go. "SURRENDER."

By Judith Orloff, MD

The word doesn't have the most positive connotations. It implies giving up control, and in our society, giving up isn't allowed. In my own life I've realized that if something isn't going my way, I need to surrender. Because when you accept what is instead of focusing only on what you want, you'll feel happier and be more successful. Follow these tips and start getting more in sync with the world around you:

1. Heed your gut.

Years ago, I dated a man who seemed perfect for me on paper. But there was something about his eyes that bothered me, an emptiness. Still, he treated me so well at first that I ignored my intuition. In the end, he was hurtful. If only I'd listened to myself. Do you ever make a choice, then second-guess yourself? To figure out what you truly want, try this easy exercise:

- *Breathe deeply for three minutes, focusing on a time you felt happy.*

- *Ask yourself your question (e.g., Should I volunteer for that project?). Be aware of your body without overthinking.*
- *Notice any gut feelings.*



2. Hit Reset.

If you keep going full tilt day after day, your stress hormones—cortisol and adrenaline—will surge. By hitting the Reset button, you'll gain clear-headedness. Spending one day (or 1/2 day) a month not making any decisions, checking e-mail or your phone, can help. So can trying the following, as often as possible:

- *If you have only a few minutes, do everything more mindfully, savoring the experience.*
- *Get out in nature.*
- *Take a yoga class, read or just veg.*

3. Let yourself be wrong.

At my gym recently, a guy was talking on his cell phone. When I politely asked him to stop, he replied, "Oh, I'm really sorry I disturbed you." Rather than be

nasty back, I took a breath and sweetly thanked him for being so sensitive. He quickly got into being appreciated and didn't use his phone again. If I'd yelled at him, I'd never have gotten the quiet I craved. Let go of the need to be right. You'll save yourself energy and frustration. A few ways to make it work for you:

- *If an argument is dragging on, ask yourself: Is there another way to go? In the end, what matters most is the relationship, no?*
- *Practice letting others be right about tiny things, like where to eat.*
- *Let others be right about bigger issues, too, your relationships will be stronger for it.*

4. Set smaller goals.

Maybe we'd all be happier if we had a "not-to-do list." Try these tips:

- *Set your sights lower.*
- *Swap to-do's for pleasurable moments.*
- *Forget the 10% that isn't working in your life, relax your body, and just LET GO.*

In This Issue:

- *Why You Should "Let Go"*
- *Detailed July / August Calendar*
- *Red, White, and Blueberry Cheesecake Pie Recipe*
- *Farm Day is Sunday Aug 17th*
- *Administrator's Corner*
By Tracie Flores
- *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

JOIN US SOON FOR

FARM DAY

SUNDAY
AUGUST 17TH

12-3PM

July 2014



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>1 9am Town Hall 10am Sing a long 2pm <i>Summer Social</i> 3pm Music w/ Inez & Mary 6pm-8pm Musical Movie</p>	<p>2 9am Town Hall 11am Traveling the States “Diners, Drive-ins and Dives” 3pm Sing along w/Residents</p>	<p>3 9am Town Hall 9:30 Communion 10am Spa & Beauty 10:30 Music w/Jim & Marilyn 3pm Music w/Molly</p>	<p>4 <i>Fourth of July BBQ 12-2pm</i> <i>music, food, family</i> <i>Canby Days Parade</i></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 w/Mary NB 6-8pm Movie Time</p>	<p>8 9am Town Hall 10am Sing a long 2pm <i>Summer Social</i> 3pm Music w/ Inez 6pm Movie Time</p>	<p>9 9am Town Hall 10am Field Trip TBA 11am Traveling the States w/Residents 6pm-8pm Movie Time</p>	<p>10 9am Town Hall 9:30 Communion 10am Spa & Beauty 10:30 Music w/Jim & Marilyn 3pm Music w/James</p>	<p>11 9am Town Hall 10am Devotional Group 1:30pm Family Time 3pm Music w/George NB 6pm –8pm Movie Time</p>	<p>12 10am Town Hall 2pm Happy Hour 3pm Music w/Stan <i>6pm –8pm Movie Time</i> <i>National Blueberry Month</i></p> 
<p>13 10am Sunday Paper 11am Games 1pm Inspirational Reading</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 Sing a long 2pm <i>Summer Social</i> 3pm Music w/ Inez 6pm Movie Time</p>	<p>16 9am Town Hall 11am Traveling the States “Dinners, Drive-ins and Dives” 6pm-8pm Movie Time</p>	<p>17 9am Town Hall 9:30 Communion 10am Spa & Beauty 10:30 Music w/Jim & Marilyn 3pm Music w/Pete</p>	<p>18 9am Town Hall 10am Devotional Group 1:30pm Family Time 3pm Music w/Tim 6pm –8pm Movie</p>	<p>19 10am Town Hall 2pm Happy Hour 5pm Lawrence Welk 6pm –8pm Movie Time</p>
<p>20 10am Sunday Paper 11am Games 1pm Inspirational</p>	<p>21 9am Town Hall Crafts or Games 3pm Music w/Bob 6-8pm Movie Time</p>	<p>22 9am Town Hall 10am Sing a long 2pm <i>Summer Social</i> 3pm Music w/Inez 6pm Movie Time</p>	<p>23 9am Town Hall 11am Traveling the States “Diners, Drive-ins 3pm Music w/Lori</p>	<p>Field Trip 11:30am Canby Depot</p> 	<p>25 9am Town Hall 10am Devotional Group 1:30pm Family Time 3pm sing w/Residents 6pm –8pm Movie</p>	<p>26 10am Town Hall 2pm Happy Hour 5pm Lawrence Welk 6pm –8pm Movie Time</p>
<p>27 10am Sunday Paper 11am Games 1pm Inspirational Reading</p>	<p>28 9am Town Hall Crafts or Games 3pm Music w/ Residents 6-8pm Movie Time</p>	<p>29 9am Town Hall 10am Sing a long 2pm <i>Summer Social</i> 3pm Music w/ Inez 6pm Movie Time</p>	<p>30 9am Town Hall 11am Traveling the States “Diners, Drive-In and Dives”</p>	<p><i>Employee Birthday</i> Ryan 3rd Darlene 13th Lydia 16th Maria 24th</p>	<p><i>Resident Birthday</i> <i>Jim Joy 13th</i></p> 	

August 2014



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

<p><i>Employee Birthdays</i> Maria G. 5th Kendra 6th Kathy 7th Stacy 8th Brittany 13th</p>	<p><i>Employee Birthdays</i> Lex 14th Jody 22nd</p> 	<p><i>Resident Birthdays</i> Linda N. 12th Daphine S. 14th Rosemarie B. 19th Donald S. 19th Bob J. 22nd.</p>	<p><i>Resident Birthdays</i> Craig S. 22nd. Jim F. 29th</p>	<p><i>Field Trip</i> Flower Farmer August 20th 11-2pm</p> 	<p>1</p>	<p>2</p> <p>10am Town Hall 2pm Happy Hour 5pm Lawrence Welk 6pm –8pm Movie Time</p>
	<p>4</p> <p>9am Town Hall Crafts or Games 10:30 am Baking w/Leah 3pm Music w/Mary NB</p>	<p>5</p> <p>9am Town Hall 10am Sing a long 2pm <i>Summer Social</i> 3pm Music w/ Inez & Mary 6pm-8pm Musical Movie</p>	<p><i>Field Trip Molalla State Park 11-2pm</i></p> 	<p>7</p> <p>9am Town Hall 9:30 Communion 10am Spa & Beauty 10:30 Music w/Jim & Marilyn 3pm Music w/Molly</p>	<p>8</p> <p>9am Town Hall 10am Devotional Group 1:30pm Family Time 3pm Music w/George NB 6pm –8pm Movie Time</p>	<p>9</p> <p>10am Town Hall 2pm Happy Hour 3pm Music w/Stana 5pm Lawrence Welk 6pm –8pm Movie Time</p>
<p>10</p> <p>10am Sunday Paper 11am Games 1pm Inspirational Reading 2:30pm Bingo</p>	<p>11</p> <p>9am Town Hall Crafts or Games 3pm Music w/James SB 6-8pm Movie Time</p>	<p>12</p> <p>9am Town Hall 10am Music W/Residents 2pm <i>Summer Social</i> 3pm Music w/ Inez</p>		<p>14</p> <p>9am Town Hall 9:30 Communion 10am Spa & Beauty 10:30 Music w/ Jim & Marilyn</p>	<p>15</p> <p>9am Town Hall 10am Devotional Group 1:30pm Family Time 3pm Music w/Tim 6pm –8pm Movie Time</p>	<p>16</p> <p>10am Town Hall 2pm Happy Hour 5pm Lawrence Welk 6pm –8pm Movie Time</p>
<p>17</p> <p><i>Annual Farm Days @ Berkey Farm 12-3pm</i></p> 	<p>18</p> <p>9am Town Hall Crafts or Games 3pm Music w/Bob 6-8pm Movie Time</p>	<p>19</p> <p>9am Town Hall 10am Music w/Residents 2pm <i>Summer Social</i> 3pm Music w/ Inez & Mary 6pm Musicals on TV</p>	<p>20</p> <p>9am Town Hall 11am Travelling the States "Diners, Drive-ins and Dives" 3pm Music w/Residents 5pm Movie Time</p>	<p>21</p> <p>9am Town Hall 9:30 Communion 10am Spa & Beauty 10:30 Music w/Jim & Marilyn 3pm Music w/Pete NB</p>	<p>22</p> <p>9am Town Hall 10am Devotional Group 1:30pm Family Time 3pm Music w/Residents 6pm –8pm Movie Time</p>	<p>23</p> <p>10am Town Hall 2pm Happy Hour 5pm Lawrence Welk 6pm –8pm Movie Time</p>
	<p>25</p> <p>9am Town Hall Crafts or Games 3pm Music w/ Residents 6-8pm Movie Time</p>	<p>26</p> <p>9am Town Hall 10am Music W/Residents 2pm <i>Summer Social</i> 3pm Music w/ Inez & Mary</p>	<p>27</p> <p>29am Town Hall 11am Travelling the States "Diners, Drive-ins and Dives" 3pm Music w/Lori 5pm Movie Time</p>	<p>28</p> <p>9am Town Hall 9:30 Communion 10am Spa & Beauty 10:30 Music w/Jim & Marilyn 3pm Music w/Residents</p>	<p>29</p> <p>9am Town Hall 10am Devotional Group 1:30pm Family Time 3pm Music w/Residents 6pm –8pm Movie Time</p>	<p>30</p> <p>10am Town Hall 2pm Happy Hour 5pm Lawrence Welk 6pm –8pm Movie Time</p>

Administrator's Corner

By Tracie Flores

Hello everyone. Let's just say I am super excited about our growing community. We are looking forward to our upcoming Redmond project. We will be building and opening a 38-bed facility specially designed for memory care. As with Countryside Living here in Canby we will structure our newest addition around what we know works. We will offer the same quality of life, family support, great food, and activities to boot. We have many staff members here that have graciously said they want to help in any way they can so we will be taking a few on the ride of a life time with us to start a new community just as fabulous as ours here in Canby. We will keep you all updated on the growth of our newest addition. Thank you in advance for the support and look forward to our end project to share with you all. Enjoy your spring as summer is just around the corner.

Red, White, and Blueberry Cheesecake Pie

Ingredients

- 8 sheets phyllo dough
- 1/4 cup butter, melted
- 2 (8 ounce) packages cream cheese
- 1/2 cup white sugar
- 1 teaspoon vanilla extract
- 2 eggs
- 2 cups fresh blueberries
- 1/2 cup strawberry jelly
- 1 cup heavy cream, whipped (optional)

Instructions

1. Preheat oven to 425 degrees F (220 degrees C).
2. On a flat surface, place one sheet of phyllo dough. Brush it with melted butter, and cover with another piece of phyllo. Repeat until all 8 sheets are used. Using kitchen scissors, cut layered phyllo into a 12- to 13-inch



MAKES: 1 9-inch Pie

circle. Carefully press circle into a greased 9-inch pie plate; gently fan edges. Bake in preheated oven until edges are just golden, 6 to 8 minutes; cool slightly on a wire rack. Reduce oven temperature to 350 degrees F (175 degrees C).

3. In a medium bowl, beat cream cheese, sugar, and vanilla with an electric mixer until light and fluffy. Beat in eggs until well combined. Fold in 1 cup of blueberries. Pour filling into prepared crust.

4. Bake at 350 degrees F (175 degrees C) until set, 40 to 50 minutes. To prevent the crust from over-browning, gently cover pie with foil for the last 25 minutes of baking. Cool completely on a wire rack.

5. In a small bowl, beat jelly until smooth; spread over cheese filling. Arrange 1 cup blueberries on top in a star pattern.



Farm Day: Sunday, Aug 17th

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 **Thelma's Place: 503-266-5100**



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@countysideliving.com

Thelma's Place Adult Day Respite

Adult Day Respite is open: Monday through Thursday from 10 - 4pm.

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

