

September & October  
2014

**CSL**

COUNTRY SIDE LIVING  
A Nice Place To Call Home



Thelma's Place



## How Creativity Helps Soothe Dementia's Difficult Behaviors

By Julie Halpert,  
Caring.com Contributor

Marilyn Lorey recalls the wife of an Alzheimer's patient who cried after looking at what her husband was painting. When the art facilitator approached her, she explained that her husband, who was noncommunicative, had a passion throughout his adult life for tropical fish. And that's what she saw him painting. Lorey says this simple act was proof to the woman that her husband was continuing to function cognitively. That's amazingly important for caregivers, to know that their loved ones are "still here," Lorey says.

Lorey runs an art program spearheaded by the Orange County chapter of the Alzheimer's Association, called Memories in the Making. It's designed to help those with dementia communicate. After 6 hours of training, caregivers can offer it in residential care, day facilities, assisted living, and even in private homes. It's now in roughly 26 states and 6 countries.

### *Music & Memory: Meet Henry*

The acceptance of music therapy can be seen through the success of Music & Memory, which provides a training program to promote the use of personalized music and iPod shuffles in eldercare facilities. The nonprofit program, which launched in 2010, is now being implemented at 485 facilities in 42 states and 8 countries and will eventually be in 207 nursing homes in the state of Wisconsin alone. The city of Toronto will provide a total of 10,000 iPods for the program. A video called Henry features a once-noncommunicative dementia patient who started talking after being given a Music & Memory iPod. Music & Memory was the inspiration for Alive Inside, a documentary being released in July. Dan Cohen, Music & Memory's executive director, says his program allows for a "personal jukebox" in institutions not known for individualized experiences. It's effective in making patients happier



and calming them down, providing a substitute for damaging antipsychotic drugs, he says, adding that this has led to a significant reduction in caregiver stress.

### *How Music Helps in Senior Care*

Music therapy can also be incorporated into hospice care. Joy Berger, a board-certified chaplain and music therapist in Louisville, Kentucky, says it can provide spiritual support and tranquility in the midst of chaos, especially during the patient's final days.

Erin Partridge, who works as an art therapist at Salem Lutheran Home, a continuing care retirement community in Oakland, California, says that art helps patients connect with their memories. A portrait of a horse may indicate they rode horses many years ago, for example. Many who have lost independence are able to regain it in the art room, where they're engaged on a different level, she says.

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By Tracie Flores
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## Our Staff:

Director of Operations  
(Located at South Building):

**Tracie Flores**

Activities Director: **Lisa Majors-Holt**

Human Resources  
(Located at North Building):

**Kathy Smith**



# September 2014



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p><b>September Flower Aster</b></p>	<p><b>1</b> Music w/Mary 3pm NB</p> <p><b>HAPPY LABOR DAY</b></p> 	<p><b>2</b> 9am Town Hall 10am Sing a long <b>2pm Summer Social</b> 3pm Music w/ Inez &amp; Mary 6pm-8pm Musical Movie</p>	<p><b>3</b> 9am Town Hall 10am-1pm Field Trip TBA 3pm Music w/Residents 5pm Movie Time</p>	<p><b>4</b> 9am Town Hall 9:30 Communion 10am Spa &amp; Beauty 10:30 Music w/Jim &amp; Marilyn 3pm Music w/Molly</p>	<p><b>5</b> 9am Town Hall 10am Devotional Group 1:30pm Family Time 3pm Music w/Residents 6pm-8pm Movie Time</p>	<p><b>6</b> 10am Town Hall 2pm Happy Hour 5pm Lawrence Welk 6pm-8pm Movie Time</p>
<p><b>7</b> 10am Sunday Paper 11am Games 1pm Inspirational Reading 2:30pm Bingo</p>	<p><b>8</b> 9am Town Hall Crafts or Games 3pm Music w/James SB 6-8pm Movie Time</p>	<p><b>9</b> 9am Town Hall 10am Sing a long <b>2pm Summer Social</b> 3pm Music w/ Inez &amp; Mary 6pm-8pm Musical Movie</p>	<p><b>10</b> 9am Town Hall 11am Travelling the States "Diners, Drive-ins and Dives" 3pm Music w/Residents 5pm Movie Time</p>	<p><b>11</b> 9am Town Hall 9:30 Communion 10am Spa &amp; Beauty 10:30 Music w/Jim &amp; Marilyn 3pm Music w/James NB</p>	<p><b>12</b> 9am Town Hall 10am Devotional Group 1:30pm Family Time 3pm Music w/George NB 6pm-8pm Movie Time</p>	<p><b>13</b> 10am Town Hall 2pm Happy Hour 3pm Music w/Stan 5pm Lawrence Welk 6pm-8pm Movie Time 9</p>
<p><b>14</b> 10am Sunday Paper 11am Games 1pm Inspirational Reading 2:30pm Bingo</p>	<p><b>15</b> 9am Town Hall Crafts or Games 3pm Music w/Bob 6-8pm Movie Time</p>	<p><b>16</b> 9am Town Hall 10am Music w/Residents <b>2pm Summer Social</b> 3pm Music w/ Inez &amp; Mary</p>	<p><b>17</b> 9am Town Hall 10am-1pm Field Trip TBA 3pm Music w/Residents 5pm Movie Time</p>	<p><b>18</b> 9am Town Hall 9:30 Communion 10am Spa &amp; Beauty 10:30 Music 3pm Music w/Pete NB</p>	<p><b>19</b> 9am Town Hall 10am Devotional Group 1:30pm Family Time 3pm Music w/Tim 6pm-8pm Movie Time</p>	<p><b>20</b> 10am Town Hall 2pm Happy Hour 5pm Lawrence Welk 6pm-8pm Movie Time</p>
<p><b>21</b> 10am Sunday Paper 11am Games 1pm Inspirational Reading 2:30pm Bingo</p>	<p><b>22</b> 9am Town Hall Crafts or Games 3pm Sing a long 6-8pm Movie Time</p>	<p><b>23</b> 9am Town Hall 10am Music w/Residents <b>2pm Fall Social</b> 3pm Music w/ Inez &amp; Mary 6pm Musicals on TV</p>	<p><b>24</b> 9am Town Hall 11am Travelling the States "Diners, Drive-ins and Dives" 3pm Music w/Lori 5pm Movie Time</p>	<p><b>25</b> 9am Town Hall 9:30 Communion 10am Spa &amp; Beauty 10:30 Music w/Jim &amp; Marilyn</p>	<p><b>26</b> 9am Town Hall 10am Devotional Group 1:30pm Family Time 3pm Music w/Residents 6pm-8pm Movie Time</p>	<p><b>27</b> 10am Town Hall 2pm Happy Hour 5pm Lawrence Welk 6pm-8pm Movie Time</p>
<p><b>28</b> 10am Sunday Paper 11am Games 1pm Inspirational Reading 2:30pm Bingo</p>	<p><b>29</b> 9am Town Hall Crafts or Games 3pm Sing a long 6-8pm Movie Time</p>	<p><b>30</b> 9am Town Hall 10am Music w/Residents <b>2pm Fall Social</b> 3pm Music w/ Inez &amp; Mary 6pm Musicals on TV</p>	<p><b>Fruit and Vegetables For the Month of September</b></p> <p><b>Figs</b> <b>Chili Peppers</b> <b>Jalapeno Pepper</b></p>	<p>National Honey Month</p> 	<p>Employee Birthdays</p> <p>Jean 3rd Rosa 4th Mary Ann 18th Leah 22nd Cyndi 26th Christina 29th</p>	<p>Resident Birthdays</p> <p>Mardelle 4th Edie 9th Emily 9th Janet 13th Rosie 16th</p> 

# October 2014



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>Employee Birthdays</i></p> <p><b>Sharon 1st</b> <b>Palmira 6th</b> <b>Gladis 19th</b></p>	<p><i>Employee Birthdays</i></p> <p><b>Alicia 21st</b> <b>Leslie 21st</b> <b>Corri 24th</b> <b>Renel 29th</b></p>	<p><b>National Apple Month</b></p> <p><b>October Flower</b> <b>Calendula</b></p> 	<p><b>1</b></p> <p>Field Trip to Keizer Heritage Art Show 1-3pm</p> 	<p><b>2</b></p> <p>9am Town Hall 9:30 Communion 10am Spa &amp; Beauty 10:30 Music w/Jim &amp; Marilyn 3pm Music w/Molly</p>	<p><b>3</b></p> <p>9am Town Hall 10am Devotional Group 1:30pm Family Time 3pm Music w/Residents 6pm -8pm Movie Time</p>	<p><b>4</b></p> <p>10am Town Hall 2pm Happy Hour 5pm Lawrence Welk 6pm -8pm Movie Time</p>
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## 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.

## Fig Spice Cake

### Ingredients

- 1 pound dried figs
- 1/2 cup buttermilk
- 1 1/2 cups all-purpose flour
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1 teaspoon salt
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground cloves
- 1/2 cup butter
- 1 cup white sugar
- 2 eggs
- 1 teaspoon vanilla extract
- 1 cup chopped walnuts

### Instructions

1. Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 10 inch tube pan. Place the stewed figs into a saucepan, cover with water, and simmer on low heat for about 5 minutes. Drain and cool, reserving 1/2 cup of the liquid.



**MAKES: 1 10-inch pan**

2. Cut the figs into 1/4 inch cubes; set aside. In a medium bowl, combine the reserved fig liquid and buttermilk; set aside. Sift together the flour, baking powder, baking soda, salt, cinnamon and cloves; set aside.

3. In a large bowl, cream together the butter and sugar until light and fluffy. Beat in the eggs one at a time, then stir in the vanilla. Beat in the flour mixture alternately with the buttermilk mixture. Stir in the chopped figs and walnuts. Pour into prepared 10 inch tube pan.

4. Bake in the preheated oven for 50 to 60 minutes, or until a toothpick inserted into the center of the cake comes out clean. Cool in pan 15 minutes, then turn out onto a wire rack and cool completely.

PREP: 15 mins  
COOK: 50 mins



**Halloween Celebration**



## 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