

# November & December 2014

**CSL**  
COUNTRY SIDE LIVING  
A Nice Place To Call Home

  
**Thelma's Place**



## The Dangers of Loneliness

By Paula Spencer Scott, Caring.com

### How Communal Living Can Help Fight Loneliness

Living alone can be hazardous to your health -- especially if you have heart problems or a high risk of developing them. When 45,000 such subjects, ages 45 and up, were followed for four years, those who lived alone were more likely to suffer cardiac events or to die. The risk was highest among 45- to 65-year-olds; in those over age 80, there was no associated heart risk to solo living.

#### What helps:

Arrange a roommate or consider an assisted living situation if you have some existing health problems. Researchers at Brigham and Women's Hospital in Boston say part of the living-alone risk may come from not having someone to remind you to take medicines, heed worrisome symptoms, or practice good self-care. Midlife adults who live alone may also have a history of depression or relationship problems that worsens their heart risk, they say.

A common, sneak-up-on-you type of loneliness often befalls family caregivers in long-term care situations (such as dementia), grieving widows or widowers, or those with chronic health conditions.

Once social, their circles gradually narrow. They decline invitations, drop out of book groups, go out less -- and eventually, the invites stop and you lose track of friends. Getting back in a social whirl can be harder as friends and relatives move away or die, or if you always relied on a late spouse to play social director.

#### What helps:

Force yourself to be the initiator. You don't have to throw a gala party. But a few times a week, call or write an old friend, issue a



low-risk invite for an outing like a walk or coffee, or socialize online. Most important, be persistent. You may be rebuffed by some, but others will be delighted you got in touch. Best:

Sociability tends to snowball -- the more you reach out, the more you get back. In one Swedish study, apartment residents who participated in a social program of planned activities and outings found their social life tripled, beyond programmed events.



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- *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**

**DO NOT visit Country Side Living if you have any signs of sickness.**

Please help to keep your loved one from getting and spreading viruses.

**Thank you!**

**ARE YOU SICK?**

# November 2014



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Employee Birthdays	Resident Birthdays	National Aviation Month	Fun Facts for November	November Flower	Bingo Month	1
<p><i>Tracie 1st</i> <i>Keri 5th</i> <i>Ariel 10th</i></p>	<p><i>Russ 1st</i> <i>Viola 1st</i> <i>Jane 12th</i> <i>Jeri 18th</i> <i>Ron 26th</i></p>		<p><i>Peanut Butter Lovers Month</i></p> <p><i>International Drum Month</i></p>			
<p><b>2</b></p> <p>10am Sunday Paper 11am Games 1pm Inspirational Reading 2:30pm Bingo</p>	<p><b>3</b></p> <p>9am Town Hall Crafts or Games 3pm Music w/Mary NB 6-8pm Movie Time</p>	<p><b>4</b></p> <p>9am Town Hall 10am Sing a long 2pm Fall Social 3pm Music w/Rob 6pm-8pm Musical</p>	<p><b>5</b></p> <p>9am Town Hall 11am Travelling the States "Diners, Drive-ins and Dives" 3pm Sing a long 5pm Movie Time</p>	<p><b>6</b></p> <p>9am Town Hall 9:30 Communion 10am Spa &amp; Beauty 10:30 Music w/Jim &amp; Marilyn 3pm Music w/Molli NB</p>	<p><b>7</b></p> <p>9am Town Hall 10am Devotional Group 1:30pm Family Time 3pm Sing along 6pm -8pm Movie Time</p>	<p><b>8</b></p> <p>10am Town Hall 2pm Happy Hour 3pm Music w/Stam 5pm Lawrence Welk 6pm -8pm Movie Time</p>
<p><b>9</b></p> <p>10am Sunday Paper 11am Games 1pm Inspirational Reading 2:30pm Bingo</p>	<p><b>10</b></p> <p>9am Town Hall Crafts or Games 3pm Music w/James SB 5-8pm Flu shots - available to family members 6-8pm Movie Time</p>		<p><b>12</b></p> <p><i>State Capitol Tour</i></p> <p><i>10-12pm Picnic Lunch</i></p>	<p><b>13</b></p> <p>9am Town Hall 9:30 Communion 10am Spa &amp; Beauty 10:30 Music 3pm Music w/James NB</p>	<p><b>14</b></p> <p>9am Town Hall 10am Devotional Group 1:30pm Family Time 3pm Music w/George 6pm -8pm Movie Time</p>	<p><b>15</b></p> <p><i>Thanksgiving Family Gathering</i> <i>12-2pm</i></p> 
<p><b>16</b></p> <p>10am Sunday Paper 11am Games 1pm Inspirational Reading 2:30pm Bingo</p>	<p><b>17</b></p> <p>9am Town Hall Crafts or Games 3pm Music w/Bob 6-8pm Movie Time</p>	<p><b>18</b></p> <p>9am Town Hall 10am Music w/Residents 2pm Fall Social 3pm Music w/Rob 6pm Musicals on TV</p>	<p><b>19</b></p> <p>Field Trip TBA 9am Town Hall 11am Travelling the States "Diners, Drive-ins and Dives" 3pm Sing a long 5pm Movie Time</p>	<p><b>20</b></p> <p>9am Town Hall 9:30 Communion 10am Spa &amp; Beauty 10:30 Music w/Jim &amp; Marilyn 3pm Music W/Pete NB</p>	<p><b>21</b></p> <p>9am Town Hall 10am Devotional Group 1:30pm Family Time 3pm Music w/Tim 6pm -8pm Movie Time</p>	<p><b>22</b></p> <p>10am Town Hall 2pm Happy Hour 5pm Lawrence Welk 6pm -8pm Movie Time</p>
<p><b>23</b></p> <p>10am Sunday Paper 11am Games</p> <p><b>30</b></p> <p>10am Sunday Paper 11am Games</p>	<p><b>24</b></p> <p>9am Town Hall Crafts or Games 3pm Sing a Long 6-8pm Movie Time</p>	<p><b>25</b></p> <p>9am Town Hall 10am Music w/Residents 2pm Fall Social 3pm Music w/Rob 6pm Musicals on TV</p>	<p><b>26</b></p> <p>9am Town Hall 11am Travelling the States "Diners, Drive-ins and Dives" 3pm Music w/Lori 5pm Movie Time</p>	<p><b>27</b></p> <p><i>Happy</i></p>  <p><i>Thanksgiving</i></p>	<p><b>28</b></p> <p>9am Town Hall 10am Devotional Group 1:30pm Family Time 3pm Sing along 6pm -8pm Movie Time</p>	<p><b>29</b></p> <p>10am Town Hall 2pm Happy Hour 5pm Lawrence Welk 6pm -8pm Movie Time</p>

# December 2014



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

<p><b>December Flower</b> <b>Narcissus</b></p> 	<p><b>1</b> <b>Eat A Red Apple Day</b></p>  <p><b>Music w/Mary 3pm</b> <b>NB</b></p>	<p><b>2</b></p> <p>9am Town Hall 10am Sing a long <b>2pm Fall Social</b> 3pm Music W/ Rob 6pm-8pm Musical Movie</p>	<p><b>3</b> <b>Swag Making</b> <b>At Thelma's Place</b> <b>10-12pm</b></p> 	<p><b>4</b></p> <p>9am Town Hall 9:30 Communion 10am Spa &amp; Beauty 10:30 Music w/Jim &amp; Marilyn 3pm Music w/Molli</p>	<p><b>5</b></p> <p>9am Town Hall 10am Devotional Group 1:30pm Family Time 3pm Music w/Residents 6pm -8pm Movie Time</p>	<p><b>6</b> <b>Mitten Tree Day</b></p> 
<p><b>7</b></p> <p>10am Sunday Paper 11am Games 1pm Inspirational Reading 2:30pm Bingo</p>	<p><b>8</b></p> <p>9am Town Hall Crafts or Games 3pm Music w/James SB 6-8pm Movie Time</p>	<p><b>9</b></p> <p>9am Town Hall 10am Sing a long <b>2 pm Fall Social</b> 3 pm Music W/Rob 6pm-8pm Movie</p>	<p><b>10</b> <b>Keizer Christmas Lights</b> <b>5:30-6:30 pm</b></p> 	<p><b>11</b></p> <p>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></p> <p>9am Town Hall 10am Devotional Group 1:30pm Family Time 3pm Music w/George 6pm -8pm Movie Time</p>	<p><b>13</b></p> <p><b>Country Side Living's</b> <b>Annual Family</b> <b>Christmas Celebration</b> <b>12-2pm</b></p> 
<p><b>14</b></p> <p>10am Sunday Paper 11am Games 1pm Inspirational Reading 2:30pm Bingo</p>	<p><b>15</b></p> <p>9am Town Hall Crafts or Games 3pm Music w/Bob 6-8pm Movie Time</p> 	<p><b>16</b></p> <p>9am Town Hall 10am Sing a long <b>2pm Fall Social</b> 3 pm Music W/Rob</p>	<p><b>17</b></p> <p>9am Town Hall 10am -1pm Surprise Holiday Event 3pm Sing a long 5pm Movie Time</p>	<p><b>18</b></p> <p>9am Town Hall 9:30 Communion 10am Spa &amp; Beauty 10:30 Music 3pm Music w/Pete NB</p>	<p><b>19</b></p> <p>9am Town Hall 10am Devotional Group 1:30pm Family Time 3pm Music w/Tim 6pm -8pm Movie Time</p>	<p><b>20</b></p> <p>10am Town Hall 2pm Happy Hour 5pm Lawrence Welk 6pm -8pm Movie Time</p> 
<p><b>21</b></p> <p>10am Sunday Paper 11am Games 1pm Inspirational Reading 2:30pm Bingo</p>	<p><b>22</b></p> <p>9am Town Hall Crafts or Games 3pm Sing a long 6-8pm Movie Time</p>	<p><b>23</b></p> <p>9am Town Hall 10am Sing a long <b>2pm Winter Social</b> 3pm Music w/Rob 6pm Musicals on TV</p>	<p><b>24</b></p> <p>9am Town Hall 11am Travelling the States "Diners, Drive ins &amp; Dives" 3pm Music w/Lori 5pm Movie Time</p>	<p><b>25</b></p> <p><b>Merry Christmas</b></p> 	<p><b>26</b></p> <p>9am Town Hall 10am Devotional Group 1:30pm Family Time 3pm Music w/Residents 6pm -8pm Movie Time</p>	<p><b>27</b></p> <p>10am Town Hall 2pm Happy Hour 5pm Lawrence Welk 6pm -8pm Movie Time</p>
<p><b>28</b> <b>Card Playing Day</b></p> 	<p><b>29</b></p> <p>9am Town Hall Crafts or Games 3pm Sing a long 6-8pm Movie Time</p>	<p><b>30</b></p> <p>9am Town Hall 10am Sing a long <b>2pm Winter Social</b> 3pm Music w/ Rob 6pm Musicals on TV</p>	<p><b>31</b> <b>Resident New Years</b> <b>Eve Party</b> <b>2-3pm</b></p> 	<p><b>Employee Birthdays</b></p> <p><b>Misty 2</b> <b>Sarah 3</b> <b>Kirsten 4</b> <b>Audrey 8</b> <b>Rosio 8</b></p>	<p><b>Employee Birthdays</b></p> <p><b>Travis 7</b> <b>Leah W 8</b> <b>Zori 15</b> <b>Ashley G 27</b> <b>Ellen 29</b></p>	<p><b>Resident Birthdays</b></p> <p><b>Lori 8</b> <b>Milton 10</b> <b>Dorothy 14</b> <b>Ruth 14</b> <b>Don 20</b> <b>Mary 29</b></p>



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## Administrator's Corner Creating Memories and Managing Holidays

By Tracie Flores

*The joy of the season can be drained away by the decisions of where you are going to spend the holidays. Let's face it, the old saying "You can please some of the people some of the time, but you can't please all of the people all of the time" is never more true than when it comes to where you are going to spend the holidays. When you add step parents, siblings and grandparents, you can become torn in so many directions that the joy of the holiday can be drained away. The goal is to come up with a plan that is acceptable so that everyone comes out a winner. Pray, eat, sing, play music and most importantly laugh. From our family to yours we wish you happy holidays.*



### Dad's Leftover Turkey Pot Pie

#### Ingredients

- 2 cups frozen peas and carrots
- 2 cups frozen green beans
- 1 cup sliced celery
- 2/3 cup butter
- 2/3 cup chopped onion
- 2/3 cup all-purpose flour
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 1/2 teaspoon celery seed
- 1/2 teaspoon onion powder
- 1/2 teaspoon Italian seasoning
- 1 3/4 cups chicken broth
- 1 1/3 cups milk
- 4 cups cubed cooked turkey meat - light and dark meat mixed

#### Instructions

1. Preheat an oven to 425 degrees F.
2. Place the peas and carrots, green beans, and celery into a saucepan; cover with water, bring to a boil, and simmer over medium-low heat until the



**MAKES: 2 9-inch pot pies**

celery is tender, about 8 minutes. Drain the vegetables in a colander set in the sink, and set aside.

3. Melt the butter in a saucepan over medium heat, and cook the onion until translucent, about 5 minutes. Stir in 2/3 cup of flour, salt, black pepper, celery seed, onion powder, and Italian seasoning; slowly whisk in the chicken broth and milk until the mixture comes to a simmer and thickens. Remove from heat; stir the cooked

vegetables and turkey meat into the filling until well combined.

4. Fit 2 pie crusts into the bottom of 2 9-inch pie dishes. Spoon half the filling into each pie crust, then top each pie with another crust. Pinch and roll the top and bottom crusts together at the edge of each pie to seal, and cut several small slits into the top of the pies with a sharp knife to release steam.

5. Bake in the preheated oven until the crusts are golden brown and the filling is bubbly, 30 to 35 minutes. If the crusts are browning too quickly, cover the pies with aluminum foil after about 15 minutes. Cool for 10 minutes before serving.



**Happy Halloween!**



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**Thelma's Place**  
A Community of Caring...One Mind at a Time

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email: activity@countysideliving.com

Find us on Facebook!

www.countrysideliving.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  
**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 ellen@countysideliving.com