

# January & February 2015

# CSL

COUNTRY SIDE LIVING  
A Nice Place To Call Home



Thelma's Place



## Advice for All on New Year's Day

By Ann Landers

**Let this coming year be better than all the others.**

Vow to do some of the things you've always wanted to do but couldn't find the time.

- Call up a forgotten friend. Drop an old grudge, and replace it with some pleasant memories.
- Share a funny story with someone whose spirits are dragging. A good laugh can be very good medicine.
- Vow not to make a promise you don't think you can keep.
- Give a soft answer.
- Free yourself of envy and malice.
- Encourage some youth to do his or her best. Share your experience, and offer support. Young people need role models.
- Make a genuine effort to stay in closer touch with family and good friends.
- Resolve to stop magnifying small problems and shooting from the lip. Words that you have to eat can be hard to digest.
- Find the time to be kind and thoughtful.

- Think things through. Forgive an injustice. Listen more. Be kind.
- Apologize when you realize you are wrong.
- Don't blow your own horn.
- Try to understand a point of view that is different from your own.
- Lighten up. When you feel like blowing your top, ask yourself, "Will it matter a week from today?"
- Laugh the loudest when the joke is on you.
- The sure way to have a friend is to be one.
- Avoid malcontents and pessimists.
- Don't discourage a beginner from trying something risky.
- Go to war against animosity and complacency.
- Express your gratitude.
- Read something uplifting.
- Don't abandon your old-fashioned principles. They never go out of style.
- When courage is needed, ask yourself, "If not me, who? If not now, when?"



- Take better care of yourself.
- Don't put up with secondhand smoke. Nobody has the right to pollute your air or give you cancer.
- Return those books you borrowed.

Reschedule that missed dental appointment. Clean out your closet. Take those photos out of the drawer and put them in an album. If you see litter on the sidewalk, pick it up instead of walking over it.

- Give yourself a reality check. Phoniness is transparent, and it is tiresome. Take pleasure in the beauty and the wonders of nature. A flower is God's miracle.
- Walk tall, and smile more. You'll look 10 years younger.
- Don't be afraid to say, "I love you." Say it again. They are the sweetest words in the world.

If you have love in your life, consider yourself blessed, and vow to make this the best year ever.

## In This Issue:

- *Advice for All on New Year's Day*
- *2014 Photos*
- *Detailed January and February Calendars*
- *Recipe: Marvelous Lemon Chicken*
- *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**



**COMING SOON  
TO REDMOND  
IN 2015!**

# January 2015



Sunday

Monday

Tuesday

Wednesday

Thursday


Friday

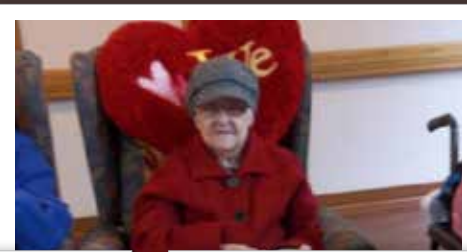
Saturday

	<p><i>Employee Birthdays</i>            Claudine 1st            Laura 6th            Erika S 23rd            Carol 25th            Elsa 29th</p>	<p><i>Residents Birthdays</i>            Annette 5th            Jim 13th            Norman 16th            Raymond 20th            Shirley 22nd</p>	<p><i>January Flower Carnation</i></p> 	<p>1            9am Town Hall            9:30 Communion            10am Spa &amp; Beauty            10:30 Music w/Jim &amp; Marilyn            3pm Music w/Molli</p>	<p>2            9am Town Hall            10am Devotional Group            1:30pm Family Time            3pm Music w/Residents            6pm –8pm Movie Time</p>	<p>3            10an Town Hall            2pm Happy Hour            5pm Lawrence Welk            6-8pm Movie Time</p>
<p>4            10am Sunday Paper            11an Games            1pm Inspirational Reading            2:30 pm Bingo</p>	<p>5            9am Town Hall            Crafts or Games            3pm Music w/ Mary NB            6-8pm Movie Time</p>	<p>6            9am Town Hall            10am Sing Along            2pm Winter Social            3pm Music w/ Rob            6pm Musical on TV</p>	<p>7            9am Town Hall            11 am Traveling the States “Dinners, Drives and Dives”            3pm Sing a along            5pm Movie Time</p>	<p>8            9am Town Hall            9:30 Communion            10am Spa &amp; Beauty            10:30 Music w/Jim &amp; Marilyn            3pm Music w/ James</p>	<p>9            9am Town Hall            10am Devotional Group            1:30pm Family Time            3pm Music w/George            6pm –8pm Movie Tiime</p>	<p>10  <b>Jazzy January Event</b>  <b>New Orleans Style</b>  <b>Foods &amp; Jazzy Music</b>  <b>12-2pm</b></p> 
<p>11            10am Sunday Paper            11an Games            1pm Inspirational Reading            2:30 pm Bingo</p>	<p>12            9am Town Hall            Crafts or Games            3pm Music James SB            6-8pm Movie Time</p>	<p>13            9am Town Hall            10am Sing Along            2pm Winter Social            3pm Music w/ Rob            6pm Musical on TV</p>	<p>14            9am Town Hall            11 am Traveling the States “Dinners, Drives and Dives”            3pm Sing a along            5pm Movie Time</p>	<p>15            9am Town Hall            9:30 Communion            10am Spa &amp; Beauty            3pm Music w/ Pete NB</p>	<p>16            9am Town Hall            10am Devotional Group            1:30pm Family Time            3pm Music w/Tim            6pm –8pm Movie Tiime</p>	<p>17            10an Town Hall            2pm Happy Hour            5pm Lawrence Welk            6-8pm Movie Time</p>
<p>18            10am Sunday Paper            11an Games            1pm Inspirational Reading            2:30 pm Bingo</p>	<p>19            9am Town Hall            Crafts or Games            3pm Music w/ Bob            6-8pm Movie Time</p>	<p>20            9am Town Hall            10am Sing Along            2pm Winter Social            3pm Music w/ Rob            6pm Musical on TV</p>	<p>21            9am Town Hall            11 am Traveling the States “Dinners, Drives and Dives”            3pm Sing a along            5pm Movie Time</p>	<p>22            9am Town Hall            9:30 Communion            10am Spa &amp; Beauty            10:30 Music w/Jim &amp; Marilyn            3pm Music Sing a long</p>	<p>23            9am Town Hall            10am Devotional Group            1:30pm Family Time            3pm Music w/Residents            6pm –8pm Movie Time</p>	<p>24            10an Town Hall            2pm Happy Hour            5pm Lawrence Welk            6-8pm Movie Time</p>
<p>25            10am Sunday Paper            11an Games            1pm Inspirational Reading            2:30 pm Bingo</p>	<p>26            9am Town Hall            Crafts or Games            3pm Music w/ Residents            6-8pm Movie Time</p>	<p>27            9am Town Hall            10am Sing Along            2pm Winter Social            3pm Music w/ Rob            6pm Musical on TV</p>	<p>28            9am Town Hall            11 am Traveling the States “Dinners, Drives and Dives”            3pm music w/Lori            5pm Movie Time</p>	<p>29            9am Town Hall            9:30 Communion            10am Spa &amp; Beauty            10:30 Music w/Jim &amp; Marilyn            3pm Music Sing a long</p>	<p>30            9am Town Hall            10am Devotional Group            1:30pm Family Time            3pm Music w/Residents            6pm –8pm Movie Time</p>	<p>31            10an Town Hall            2pm Happy Hour            5pm Lawrence Welk            6-8pm Movie Time</p>

# February 2015



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p><b>Super Bowl</b></p> 	<p>2</p> <p>9am Town Hall Crafts or Games 3pm Music Mary NB 6-8pm Movie Time</p>	<p>3</p> <p>9am Town Hall 10am Sing Along 2pm Winter Social 3pm Music w/ Rob 6pm Musical on TV</p>	<p>4</p> <p>9am Town Hall 11 an Traveling the States "Dinners, Drive-ins and Dives" 3pm Sing a along 5pm Movie Time</p>	<p>5</p> <p>9am Town Hall 9:30 Communion 10am Spa &amp; Beauty 10:30 Music w/Jim &amp; Marilyn 3pm Music w/ Mollie</p>	<p>6</p> <p>9am Town Hall 10am Devotional Group 1:30pm Family Time 3pm Music w/Residents 6pm -8pm Movie Time</p>	<p>7</p> <p><b>Volunteer Appreciation Dinner</b> 4-5:30pm <b>Thelma's Place</b></p>
<p>8</p> <p>10am Sunday Paper 11an Games 1pm Inspirational Reading 2:30 pm Bingo</p>	<p>9</p> <p>9am Town Hall Crafts or Games 3pm Music w/ James SB 6-8pm Movie Time</p>	<p>10</p> <p>9am Town Hall 10am Sing Along 2pm Winter Social 3pm Music w/ Rob 6pm Musical on TV</p>	<p>11</p> <p>9am Town Hall 11 an Traveling the States "Dinners, Drive-ins and Dives" 3pm Sing a along 5pm Movie Time</p>	<p>12</p> <p>9am Town Hall 9:30 Communion 10am Spa &amp; Beauty 10:30 Music w/Jim &amp; Marilyn 3pm Music w/ James</p>	<p>13</p> <p>9am Town Hall 10am Devotional Group 1:30pm Family Time 3pm Music w/George 6pm -8pm Movie Time</p>	<p><b>Valentine's Day Chocolate Tasting @ 2pm</b></p> 
<p>15</p> <p>10am Sunday Paper 11an Games 1pm Inspirational Reading 2:30 pm Bingo</p>	<p>16</p> <p><b>Happy Presidents Day</b> Music w/ Bob</p> 	<p>17</p> <p>9am Town Hall 10am Sing Along 2pm Winter Social 3pm Music w/ Rob 6pm Musical on TV</p>	<p>18</p> <p>9am Town Hall 11 an Traveling the States "Dinners, Drive-ins and Dives" 3pm Sing a along 5pm Movie Time</p>	<p>19</p> <p>9am Town Hall 9:30 Communion 10am Spa &amp; Beauty 3pm Music w/ Pete NB</p>	<p>20</p> <p>9am Town Hall 10am Devotional Group 1:30pm Family Time 3pm Music w/Tim 6pm -8pm Movie Time</p>	<p>21</p> <p>10an Town Hall 2pm Happy Hour 5pm Lawrence Welk 6-8pm Movie Time</p>
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## Marvelous Lemon Chicken Recipe

### Ingredients

- 3 pounds skinless, boneless chicken breast meat
- 1 tablespoon dry sherry
- 1 tablespoon soy sauce
- 1/2 teaspoon salt
- 2 eggs
- 2 cups vegetable oil
- 1/4 cup cornstarch
- 1/2 teaspoon baking powder
- 1/3 cup white sugar
- 1 tablespoon cornstarch
- 1 cup chicken broth
- 1 tablespoon lemon juice
- 1 teaspoon salt
- 1 lemon, sliced
- 2 tablespoons vegetable oil

### Instructions

1. In a large bowl combine the chicken, sherry, soy sauce and 1/2 teaspoon salt. Mix together, cover and refrigerate. Let marinate for 15 to 20 minutes.
2. In a small bowl, beat together the eggs, 1/4 cup cornstarch and baking powder to form a batter. In a wok, heat 2 cups oil to 350 degrees F (175 degrees C). Coat chicken with batter and fry in wok until browned. Cut into bite size pieces and set aside.
3. In a medium bowl combine the sugar, 1 tablespoon cornstarch, broth, lemon juice and 1 teaspoon salt. Mix together and add lemon slices. Heat 2 tablespoons oil in wok and slowly stir in lemon sauce mixture. Cook, stirring, until sauce is clear. Pour sauce over chicken and serve.

*February 9th at 1:30pm  
at Thelma's Place  
Volunteer Appreciation Luncheon*

*February 14th at 2:00pm  
Resident Valentine's Day Party  
with a Chocolate Fountain and  
Entertainment*



**MAKES: 6 Servings**




COUNTRY SIDE LIVING  
A Nice Place To Call Home



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

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Canby, OR 97013  
phone: 503-266-3031  
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  
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@country sideliving.com](mailto:tracie@country sideliving.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@country sideliving.com](mailto:ellen@country sideliving.com)