

January /
February 2018

CSL

COUNTRY SIDE LIVING
A Nice Place To Call Home



Thelma's Place

Top 4 Super Foods For Seniors That Can Be A Game Changer

The term superfood gets thrown around a lot, and almost sounds mystical. But essentially these are some of the foods that we regularly eat such as salmon, blueberries, eggs, Greek yogurt, beans, walnuts, oatmeal, and so on. The only difference is that these so-called superfoods have more nutrients, vitamins, minerals and more antioxidants. These additional compounds can be beneficial in improving health, losing fat, stopping renegade cells from growing, and even killing certain harmful bacteria types that are found in the gut.

For senior citizens, the superfoods

can be even more useful. However, not all superfoods offer the best value, and on top of that, there are some that are not ideal for elderly, especially if they have any chronic health issues. If are not sure which are the five best superfoods for you or



your beloved senior, don't miss out these amazingly powerful foods that can have a significant impact on the overall health.

Foods rich in Omega 3 Fatty Acids

Foods rich in Omega 3 fatty acids are the holy grail of superfood lovers. Some of these foods include cold water Salmon, walnut, avocado, flaxseed and its oil, kidney beans, winter squash, pecans, navy beans, coconut oil, mixed berries, and most leafy greens. When eaten along with an overall healthy diet, these foods can do wonders to the human body. They have shown to suppress inflammation that can lead to several diseases including cancer, heart disease, arthritis and so on. If you're wondering why sardine – one of the most omega 3 fatty acid rich foods – wasn't mentioned, the answer is because of its allegedly high mercury content.

Green Tea

Made from Camellia Sinensis herb, green tea has been a go-to remedy for several health conditions among different cultures especially in Asia, although its origin is China. The miraculous

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WHAT'S HAPPENING AT COUNTRY SIDE LIVING:

In Canby January 13th, 2018

Family is welcome:

Paint Wine and Dine 2-4 featuring live music, sparkling wine and light snacks.

In Redmond January 20th, 2018

Family is welcome:

'Wine not Paint' 2-4 with appetizers.

Please Join Us:

For a Valentine's Celebration

Saturday,
February 14th
2:00 - 3:00PM



Blueberry Muffins



Prep Time: 30 m
Cook Time: 30 m

Ingredients:

Crumb Topping:

- 1 ¼ cups all-purpose Flour
- ½ cup packed light- brown sugar
- ½ teaspoon salt
- ¾ teaspoon ground cinnamon
- ½ cup (1 stick) unsalted butter, melted and cooled
- 3 Cups plus 2 tablespoons all-purpose flour
- 1 tablespoon baking powder
- 1 teaspoon salt
- 6 tablespoons (¾ stick) unsalted butter, softened
- 1 ¼ cup granulated sugar
- 1 large whole egg plus 2 large egg yolks
- 1 teaspoon pure vanilla extract
- 1 cup milk
- 2 cups fresh blueberries

Instructions

1. Crumb topping: Whisk together flour, brown sugar, salt, and cinnamon. Pour in melted butter and toss until large crumbs form.
2. Muffins: Preheat oven to 375 degrees. Line 12-cup muffin tins with paper liners.
3. Sift together flour, baking powder, and salt.
4. Use electric mixer on medium speed, cream butter and granulated sugar until fluffy.
5. Add eggs and vanilla; mix well. Reduce speed to low; alternate adding reserved flour mixture and milk, beginning and ending with flour. Gently fold in berries by hand.
6. Divide evenly among prepared cups; sprinkle crumb topping evenly over batter.
7. Bake about 30 minutes. Cool 15 minutes before turning out muffins.

Silver Star Program



Has one of our employees done something special for you today? Please tell us about it. **2017's winner Annette Rusche won a trip to Hawaii!** If you'd like to nominate someone for doing a great job, please fill out a ballot located on our Silver Star boards!



Annette Rusche
Employee of the Year

Employees of the Month



November - Canby
Kate Collins



December - Canby
Jody Vega



November-Redmond
Desiree "Desi" Hughs



November - Canby
Mandy Czajkowski



December - Canby
Misty Krueger



December - Redmond
Pauline Mjor

Canby's Residents Corner





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drink is believed to reduce risks of certain cancers, depression, diabetes, inflammation due to arthritis, improve brain function and gums, and slow down the aging process. All this happens because of the active ingredient called epigallocatechin gallate, in addition to some antioxidants. However, since it contains caffeine, drinking excessive amounts isn't recommended.

Pomegranate

One of the best tasting, juice superfoods, this unique fruit can prevent the build-up of cholesterol and thus may help reduce the risk of several diseases including

prostate cancer, diabetes, heart disease, high blood pressure and stroke. Its active ingredient known as ellagitannin compounds can also be helpful in relieving gastric irritation, influenza, and other viral infections.

Blueberries

Blueberries carry a wide variety of benefits for seniors and, because they are conveniently sized and very soft, are extremely easy to eat as compared to some other

foods. Their health benefits include improved brain function, lower risk of heart disease, diabetes, and cancer. The active ingredient called anthocyanins – that gives them their unique blue color – is a type of powerful antioxidants known as flavonoids. decline in old age. Use lifestyle modification to keep your pressure as low as possible. Stay lean, exercise regularly, limit your alcohol to two drinks a day, reduce stress, and eat right.

Residents of the Month



November - Canby
Ruth Ayers



November - Canby
Russell Ramberg



November-Redmond
Lee English



December - Canby
Carolyn Hill



December - Canby
Nola Lingel



December-Redmond
Steve Ogburn

Redmond's Residents Corner



THELMA'S PLACE INVITES YOU TO...

Become a SUSTAINING MEMBER

A SUSTAINING MEMBERSHIP IS AN UNRESTRICTED MONTHLY GIFT THAT YOU CAN PAY IN A CONVENIENT, ONGOING WAY.

Visit: www.thelmasplace.org/donate
or email: ellen@countysideliving.com

For information call Ellen:
503.260.7595 or 503.266.5100

Dear Country Side Living Family and Friends

Country Side Living's nonprofit day organization, Thelma's Place is in desperate need of a larger space for their program. The program has grown in popularity, nearly tripling their participant attendance.

Thelma's Place provides a safe, fun and social environment for people who have memory loss while their family, caregiver, spouse or children get a much needed break from the daily responsibility associated with caring for their loved one.

Thelma's Place is looking for **sustaining donors to contribute a monthly tax deductible** donation in efforts to reach their goal of expanding by providing them the

Happy Birthday to our Residents!

Canby:

01/23 Steve
01/30 Jan
02/01 Bob
02/03 Violet
02/22 Richard S.

Redmond:

2/22 Rita R.

Celebrate our Employee's Milestones:

Work Anniversaries:

Maria Reyes - 18 years
Mary Ann Kropf - 8 years
Laura Lopez Garcia - 7 years
Misty Krueger - 7 years
Elsa Chavez - 6 years
Zori Stephenson - 6 years
Leslie Naylor - 4 years

Leah Warren - 4 years
Rosa Santos Gonzalez - 3 yrs
Delores Luttkus - 2 years
Thayisa Reutou - 1 year
Tracie Flores - 1 year
Chantel Watts - 1 year

opportunity to look for a larger property in our community.

Thelma's Place will also be adding an inter-generational program which will integrate with Country Side Living. Whoopsie Daisy will provide children and parents a one of a kind experience in Canby. The program will bridge the gap between children and seniors.

For an in depth look at the program please visit their **website at www.thelmasplace.org**. We thank you for your time and consideration of a donation.

If you have any questions please contact Thelma's Place **Executive Director Ellen Coburn 503-266-5100**



CANBY -
Administrator, North:
Tracie Flores

Administrator, South:
Jody Vega

REDMOND -
Administrator:
**Barbara
Thompson**



COUNTRY SIDE LIVING
A Nice Place To Call Home

CSL REDMOND:
1350 NW Canal Blvd
Redmond, OR 97756
541-548-3049

CSL CANBY:
390 & 406
NW 2nd Ave.
Canby, OR 97013
503-266-3031

 Find us on
Facebook!



THELMA'S CANBY:
503-266-5100

THELMA'S
REDMOND:
541-548-3049



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 in Canby or Redmond.

www.countrysideliving.com
www.thelmasplace.org

Thelma's Place Support Meetings

Family members past and present and the community are invited to the support group meeting the **4th Wednesday each month, at Thelma's Place, 6:00 - 7:30pm**. Call our Canby or Redmond locations for more information.

Thelma's Place Adult Day Respite

For more information contact:

Ellen in Canby: 503-266-5100 or
ellen@countysideliving.com

Stephanie in Redmond:
503-209-6827 or
stephaniero@thelmasplace.org