

May / June 2017

CSL

COUNTRY SIDE LIVING
A Nice Place To Call Home



Thelma's Place



How Elders and Caregivers Can Take Advantage of Summer Weather

By Lori Johnston

Enjoying a breezy spring day or the warm summer temperatures don't have to be a distant memory for elders and caregivers. After being cooped up in the house for possibly months at a time, senior adults can breathe in the fresh air, even if they are experiencing mobility problems. It takes some advance planning and choosing an activity that won't seem like a chore, but it's worth getting out of the house, for you and your elderly loved one(s).

The benefits of getting outside

A main advantage of heading outdoors, even for a short period

of time, is being able to soak up the sunlight, which generates **Vitamin D – necessary for the brain, bones and muscle function**, says Dr. Michael Raab, a geriatrician



with Lee Memorial Health System in Fort Myers, Fla. Some doctors even prescribe sunlight as a source of

Vitamin D, which research also finds **can improve cognitive function.**

Another key benefit is that being outside enables elders to **socialize and interact** with caregivers as well as other adults, children and animals. Those activities can give people an extra spring in their step and rejuvenate them, says Christina Chartrand, vice president of training and staff development for Senior Helpers, an in-home senior care agency with offices in 40 states. Raab adds: "Whatever you can do, it's going to be mentally uplifting."

Although caregivers may be aware of the benefits, sometimes it seems as if the obstacles, such as wheelchair access, bathroom access, frailty and fatigue, are too great to overcome the great outdoors.

Caregivers can start to prepare elders with mobility problems to take the steps to head outside. Your physician can suggest chair exercises to make them more stable and build their muscles, for example.

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- Detailed May / June Calendars
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WHAT'S HAPPENING AT CSL:

Whoopsy Daisy in Redmond Official Opening - May 2nd

Mother's Day Celebration - May 13th, 12-2pm

Father's Day Celebration - June 17th, 12-2pm

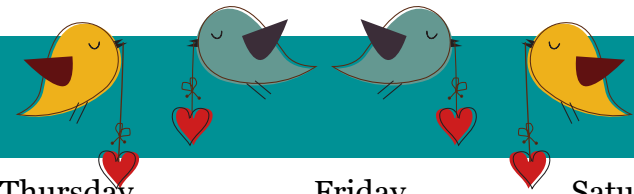
DONATIONS NEEDED!

Thelma's Place to Host Rummage Sale August 18th

Thelma's Place in Redmond will be hosting their first annual rummage sale and we are looking for your quality donations. For donations in Canby please contact Ellen at: 503-266-3031, and Redmond contact Stephanie at: 503-209-6827.



May 2017



Sunday
Game Day

Monday
Craft Day

Tuesday
Music Day

Wednesday
Nail/Spa/Shave Day

Thursday
Food and Travel Day

Friday
A Day of Reminisce

Saturday
Comedy Day

Sunday Game Day	Monday Craft Day	Tuesday Music Day	Wednesday Nail/Spa/Shave Day	Thursday Food and Travel Day	Friday A Day of Reminisce	Saturday Comedy Day
<p>COUNTRY OF THE MONTH Holland</p> 	<p>1 Town Hall/Tai Chi Craft: Holland Tulip Sponge Art Parachute Fun</p>	<p>2 Town Hall Exercises Drum Circle Spring Social & Sing along</p>	<p>3 Residents Birthday Party</p>	<p>4 Town Hall/Meeting Baking Holland Cookies Country Drive Entertainment</p>	<p>5 Cinco De Mayo Party 2-3pm </p>	<p>6 Town Hall Exercises I Love Lucy Hour Lucy Lemon Drops Charades & Popcorn</p>
<p>7 Sunday Paper Town Hall Clipping Coupons Bingo Day!</p>	<p>8 Town Hall/Tai Chi Craft: Holland Flower Entertainment</p>	<p>9 Town Hall Exercises Drum Circle Spring Social & Sing along</p>	<p>10 Town Hall Exercise Men Shave & Pedis Scripture Hour</p>	<p>11 Town Hall/Meeting Trip to Goodwill & Picnic Crocheting w/Carol</p>	<p>12 Town Hall Exercises Spring Journaling Entertainment Holland Word Trivia</p>	<p>13 Mother's Day Luncheon 12-2pm Entertainment</p>
<p>14 Sunday Paper Charades w/ Residents Afternoon Bingo</p>	<p>15 Town Hall/ Tai Chi Craft: Holland Flags Entertainment</p>	<p>16 Town Hall Exercises Parade Fun Spring Social & Sing Along</p>	<p>17 Town Hall Meeting Entertainment Holland Inspired Nail Art</p>	<p>18 Town Hall/ Meeting Baking: Holland Casserole Holland Traditions Traditions</p>	<p>19 Town Hall Exercises Spring Journaling Entertainment Holland Painting</p>	<p>20 Honoring the Prime Minister of the Netherlands Mark Rutte </p>
<p>21 Sunday Paper Town Hall Dominoes Hour Poker & Card Hour Afternoon Bingo</p>	<p>22 Town Hall/Tai Chi Craft: Holland Windmill Parachute Fun Entertainment</p>	<p>23 Holland Luncheon</p>	<p>24 Town Hall /Meeting Morning Exercises Nails/Spa/Shave Scripture with New Life Pastors</p>	<p>25 Town Hall/Meeting Arm Chair Traveling to Holland Baking Holland Desserts Entertainment</p>	<p>26 Town Hall Exercises Round Table Puzzles Holland Inspired Paintings Walking Club</p>	<p>27 Town Hall Meeting Saturday Morning Walk Funny Hat Day and Happy Hour</p>
<p>28 Sunday Paper Town Hall Baking w/ Residents Afternoon Party</p>	<p>29 Town Hall/ Exercise Craft: Making Holland Plates Entertainment</p>	<p>30 Town Hall Exercises Music-Group Circle Spring Social & Sing Along</p>	<p>31 Town Hall /Meeting Morning Exercises Nails/Spa/Shave Scripture Hour</p>	<p>Flower of Holland Tulip </p>	<p>***Calendar Subject to Change**</p>	

June 2017



Sunday
Game Day

Monday
Craft Day

Tuesday
Music Day

Wednesday
Nail/Spa/Shave Day

Thursday
Food and Travel Day

Friday
A Day of Reminisce

Saturday
Comedy Day

<p>COUNTRY OF THE MONTH ITALY</p> 	<p><i>*Calendar is Subject to change*</i></p>	<p><i>Flower of Italy</i></p> 		<p>1 <i>Town Hall/Meeting Woman's Luncheon Italian Restaurant Baking: Cannoli Entertainment</i></p>	<p>2 <i>Town Hall Exercise Devotional Hour Spring Journaling Round Table Games Reading Group</i></p>	<p>3 <i>Town Hall Exercises Dean Martin Hour Dino Daiquiris Popcorn Party</i></p>
<p>4 <i>Sunday Paper Town Hall Clipping Coupons Bingo Day!</i></p>	<p>5 <i>Town Hall/Tai Chi Craft: Leaning Tower of Pisa Parachute Fun</i></p>	<p>6 <i>Town Hall Exercises Drum Circle Spring Social Singalong</i></p>	<p>7 <i>Town Hall Exercise Men Shave & Pedis Scripture Hour</i></p>	<p>8 <i>Town Hall/Exercise Baking: Dipped Strawberries Men's Luncheon Italian Bistro</i></p>	<p>9 <i>Town Hall Exercises Spring Journaling Entertainment Italian Word Trivia</i></p>	<p>10 <i>Honoring the Prime Minister of Italy Matteo Renzi</i></p> 
<p>11 <i>Sunday Paper Charades w/ Residents Afternoon Bingo</i></p>	<p>12 <i>Town Hall/ Tai Chi Craft: Italian Flags Courtyard Games Entertainment</i></p>	<p>13 <i>Town Hall Exercises Parade Fun Spring Social Music Circle</i></p>	<p>14 <i>Town Hall Meeting Entertainment Italian Themed-Nail Art</i></p>	<p>15 <i>Town Hall/ Meeting Baking: Italian Lemon Cake Italian Traditions Picnic & Fishing Trip</i></p>	<p>16 <i>Town Hall Exercises Spring Journaling Entertainment Italian Music</i></p>	<p>17 Father's Day Event 12-2pm</p>
<p>18 <i>Sunday Paper Town Hall Dominoes Hour Poker & Card Hour Afternoon Bingo</i></p>	<p>19 <i>Town Hall/ Tai Chi Craft: Italian Flags Courtyard Games Entertainment</i></p>	<p>20 <i>Town Hall Exercises Parade Fun Spring Social & Singalong</i></p>	<p>21 <i>Town Hall /Meeting</i></p> 	<p>22 <i>Town Hall/Meeting Woman's Luncheon Italian Restaurant Baking: Spinach & Sausage Stuffed Shells Crocheting</i></p>	<p>23 <i>Town Hall Exercises Round Table Puzzles Italian Inspired Paintings Walking Club</i></p>	<p>24 <i>Town Hall Meeting Saturday Morning Walk Courtyard Fun Happy Hour</i></p>
<p>25 <i>Sunday Paper Town Hall Baking w/ Residents Afternoon Party</i></p>	<p>26 <i>Town Hall/ Exercise Craft: Italy Mosaics Entertainment Domino's Tournament</i></p>	<p>27 Italian Luncheon</p>	<p>28 <i>Town Hall Meeting Ladies Luncheon Entertainment Mint Facials</i></p>	<p>29 <i>Town Hall/Meeting Exercise Baking: Spaghetti Salad Entertainment</i></p>	<p>30 <i>Town Hall Exercises Round Table Puzzles Italian Word find Devotional Hour</i></p>	

Didier's Sour Cream Casserole



"Super easy to make - tastes great and everyone loves it!"

Ingredients:

- 1 cup sour cream
- 1 8oz pkg. cream cheese
- 1 large white onion
- 1 4oz can mushrooms
- 1 1/2 lbs ground beef
- 8oz can tomato sauce
- 1t salt, dash of pepper, garlic salt
- 1 12oz pkg. egg noodles
- Grated sharp cheddar to taste

Instructions

1. Grate sharp cheddar and set aside.
2. Mix sour cream, cream cheese, chopped onion & chill for 2 hours to blend.
3. Brown ground beef (chunky)
4. Add seasonings, stir in tomato sauce
5. Cook noodles 7 min. Drain & Combine with ground beef mixture. Stir in sour cream mixture. Pour into 9x13 dish & bake at 350 degrees.
6. Stir in some grated cheese and sprinkle with more over the top.

Silver Star Program



Has one of our employees done something special for you today? Please tell us about it. **2016's winner Therasa Jones 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!



Therasa Jones
Employee of the Year

Employees of the Month



March - Canby
Erika Skogan



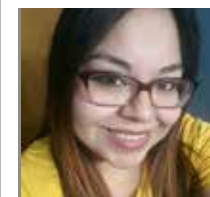
March - Canby
Jonathan Parker



March - Redmond
Marissa Gillett



April - Canby
Stacy Zimmerman

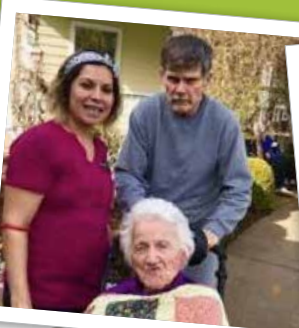


April - Canby
Elsa Chavez



April - Redmond
Natalie Stewart

Canby's Residents Corner





Types of outdoor activities for caregivers and the elderly

Instead of being overwhelmed by the potential challenges, focus on activities and interests that you and the elderly person you're caring for enjoy.

Here are 10 suggestions:

1. Catch a sporting event. The events could be watching a grandchild's soccer game, which are not all-day events, or attending

a professional game, like baseball.

2. Fish for fun. For folks who enjoy fishing, you can cast a rod from a pier or other location, even if someone has mobility problems or uses a wheelchair.

3. Be a tourist. If you live in a city, take an open-air bus or trolley tour to see the local sights. Another option could be a boat tour, depending on what type of

Continued from cover...

Even though the temperatures may be pleasant, Raab says it's also important to make sure an elderly family member stays well hydrated; if not, it can impact muscle function and blood pressure and lead to a dangerous situation.

Continued on back cover...

Residents of the Month

Nikki Yamase
Canby South

Richard Kolar
Canby North

Dorothy Willams
Redmond



Upcoming Events

We will visit the 33rd Annual Spring Garden Fair

May 6 & 7, at the Clackamas County Event Center

What began as a small fuchsia sale has grown to one of the Northwest's most anticipated springtime events.



Redmond's Residents Corner



Happy Birthday to our Residents!

Redmond:

5/4 Judy
5/10 Lois
5/11 Lillian
6/19 Robert A
6/19 Virginia
6/22 Rose Mary

Canby:

5/7 Mary
5/12 Don
5/14 Donna
5/28 Judy
5/31 Margie S
6/5 Peggy
6/15 Carmen
6/20 Jackie
6/20 Maxine

Happy Birthday to our Employees!

Canby:

5/7 Tammy
5/9 Carolina
5/15 Brigida
5/21 Perla
5/21 Berenis
5/31 Erik H
5/31 Esther
6/4 Casey
6/5 Claudia
6/17 Rosa
6/18 Abdul
6/24 Alex
6/24 Mandy

Redmond:

5/1 Gene
5/9 Destiny
5/30 Kristen
5/31 Dixie
6/2 Bethany
6/4 Ruby
6/7 Bob R
6/10 Dolores
6/18 Annette
6/18 Kiersten
6/20 Anna

Continued from inside...

equipment an elder needs to take with them. "It's outside, but you don't have to be walking," Chartrand says.

4. Take a dip. For some folks, it may just be putting a foot in the pool, while others may be able to handle low-impact water aerobics.

5. Stroll around. If a walk is possible, start slow. Raab suggests trying three or four minutes in one direction, turning around and coming back.

6. Be a bird lover. If you have a birdhouse, bird feeder or bird bath in your yard, checking on the those daily give elderly individuals a reason to go outside.

7. Pedal around. Rent a three-wheeled bicycle, which are easier to mount and ride, and also could offer back support.

8. Go fly a kite. Head to a park or beach and get a kite soaring. Let an elderly individual take control, which they can do while sitting down. If children are around, they can get involved by trying to keep the kite in the air.

9. Picnic outdoors. Picnics are another park or playground activity. Elderly individuals can watch children run around or enjoy the buzz of outdoor activity.

10. Celebrate the holidays. From Memorial Day concerts to Fourth of July fireworks, there are plenty of community events this spring and summer with opportunities for elders to get out and be part of the crowd.



CANBY -
Administrator, North:
Tracie Flores

Administrator, South:
Jody Vega

REDMOND -
Administrator:
**Barbara
Thompson**



COUNTRY SIDE LIVING
A Nice Place To Call Home

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541-548-3049

CSL CANBY:
390 & 406
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Canby, OR 97013
503-266-3031

 Find us on
Facebook!

www.countrysideliving.com
www.thelmasplace.org



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

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.

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@countrysideliving.com

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