

# November / December 2017



## 12 ways to keep your brain young

Every brain changes with age, and mental function changes along with it. Mental decline is common, and it's one of the most feared consequences of aging. But cognitive impairment is not inevitable. Here are 12 ways you can help reduce your risk of age-related memory loss.

### 1. Get mental stimulation

Through research with mice and humans, doctors suspect that brainy activities stimulate new connections between nerve cells and may even help the brain generate new cells, developing neurological "plasticity" and building up a functional reserve that provides a hedge against future cell loss. Any mentally stimulating activity

should help to build up your brain. Read, take courses, try "mental gymnastics," such as word puzzles or math problems. Experiment with things that require manual dexterity as well as mental effort, such as drawing, painting, and other crafts.



### 2. Get physical exercise

Research shows that using your muscles may also help your mind.

Animals who exercise regularly increase the number of tiny blood vessels that bring oxygen-rich blood to the region of the brain that is responsible for thought. Exercise also spurs the development of new nerve cells and increases the connections between brain cells (synapses). This results in brains that are more efficient, plastic, and adaptive, which translates into better performance in aging animals. Exercise also lowers blood pressure, improves cholesterol levels, fights diabetes, and reduces mental stress, all of which can help your brain as well as your heart.

### 3. Improve your diet

Good nutrition can help your mind as well as your body. Here are some specifics:

- Keep your calories in check. In both animals and humans, a reduced caloric intake has been linked to a lower risk of mental decline in old age.

*Continued inside...*

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## WHAT'S HAPPENING AT CSL:

**November Canby and Redmond:**  
Thanksgiving lunch with music on Nov 11th 12-2pm

**December Canby and Redmond:**  
The miracle of Christmas lunch with a visit from Santa and the carolers on December 16th 12-2pm



## Pecan Carrot Cake



Prep Time: 30 m  
Cook Time: 1 h

### Ingredients:

- 4 eggs
  - 1 1/4 cups vegetable oil
  - 2 cups white sugar
  - 2 tsp vanilla extract
  - 2 cups flour
  - 2 tsp baking soda
  - 2 tsp baking powder
  - 1/2 tsp salt
  - 2 tsp ground cinnamon
  - 3 cups grated carrots
  - 1 cup chopped pecans
- Frosting:
- 1/2 cup butter, softened
  - 8 ounces cream cheese, softened
  - 4 cups confectioners' sugar
  - 1 tsp vanilla extract
  - 1 cup chopped pecans

### Instructions

1. Preheat oven to 350 degrees. Grease and flour a 9x13 inch pan.
2. In a large bowl, beat together eggs, oil, white sugar and 2 tsp vanilla. Mix in flour, baking soda, baking powder, salt and cinnamon. Stir in carrots. Fold in pecans. Pour into prepared pan.
3. Bake in the preheated oven for 40 to 50 minutes, or until a toothpick inserted into the center comes out clean. Let cool in pan for 10 minutes, then turn out onto a wire rack and cool completely.
4. Frosting: In a medium bowl, combine butter, cream cheese, confectioners' sugar and 1 tsp vanilla. Beat until the mixture is smooth and creamy. Stir in chopped pecans. Frost the cooled cake.

## 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

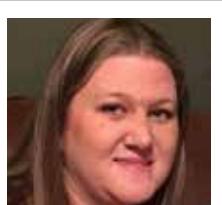
## Employees of the Month



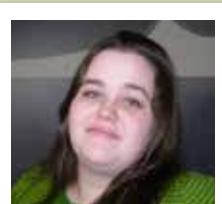
September - Canby  
Perla Bautista



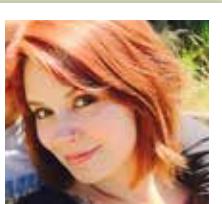
September - Canby  
Sharlene Nalley



September - Redmond  
Shawna Chapman



October - Canby  
Leah Warren



October - Canby  
Megan Pillsbury



October - Redmond  
Amber Lawrence

## Canby's Residents Corner





Continued from cover...

- Eat the right foods. That means reducing your consumption of saturated fat and cholesterol from animal sources and of trans-fatty acids from partially hydrogenated vegetable oils.
- Remember your B's. Three B vitamins, folic acid, B6, and B12, can help lower your homocysteine levels, high levels of which have been linked to an increased risk of dementia. Fortified cereal, other grains, and leafy green vegetables are good sources of B vitamins.

#### **4. Improve your blood pressure**

High blood pressure in midlife increases the risk of cognitive 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.

#### **5. Improve your blood sugar**

Diabetes is an important risk factor for dementia. You can fight diabetes by eating right, exercising regularly, and staying lean. But if your blood sugar stays high, you'll need medication to achieve good control.

#### **6. Improve your cholesterol**

High levels of LDL ("bad") cholesterol increase the risk of

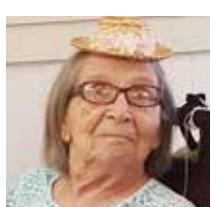
dementia, as do low levels of HDL ("good") cholesterol. Diet, exercise, weight control, and avoiding tobacco will go a long way toward improving your cholesterol levels. But if you need more help, ask your doctor about medication.

#### **7. Consider low-dose aspirin**

Observational studies suggest that long-term use of aspirin and other nonsteroidal anti-inflammatory drugs (NSAIDs) may reduce

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## **Residents of the Month**



Sept - Canby  
Margie Catto



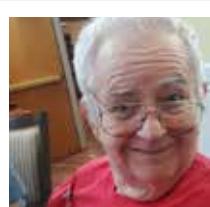
Sept - Canby  
Elroy Knutson



Sept - Redmond  
Shirley Crooks



Oct - Canby  
Nadeen Marsh



Oct - Canby  
Mike Reynolds



Oct - Redmond  
Lillian Haakinson

## **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](http://www.thelmasplace.org/donate) or email: [ellen@countrysideliving.com](mailto:ellen@countrysideliving.com)

For information call Ellen: 503.260.7595 or 503.266.5100

the risk of dementia by 10%–55%. It's hopeful information, but it's preliminary. Experts are not ready to recommend aspirin specifically for dementia.

### 8. Avoid tobacco

Avoid tobacco in all its forms.

### 9. Don't abuse alcohol

Excessive drinking is a major risk factor for dementia. If you choose to drink, limit yourself to two drinks a day. But if you use alcohol responsibly, you may actually reduce your risk of dementia. At least five studies have linked low-dose alcohol with a reduced risk of dementia in older adults.

### 10. Care for your emotions

People who are anxious, depressed,

## Happy Birthday to our Residents!

### Canby:

11/1 Russell  
11/13 Rhonda  
11/19 Jeanette  
11/25 Vivian  
12/1 Ken  
12/2 Marjorie  
12/14 Ruth

### Redmond:

11/22 Steve  
12/30 Donna

## Congratulations - Employee Work Anniversaries:

### Canby:

Darlene Hawley - 18 yrs  
Ellen Coburn - 6 yrs  
Jean Emch - 6 yrs  
Katie Collins - 1 yr

### Redmond:

Therasa Jones - 2 yrs  
MaryRose Vera Cruz - 2 yrs  
Sonia Gonzalez - 1 yr  
Desiree Hughes - 1 yr  
Mike Taylor - 2 yrs  
Nancy Tapia - 2 yrs  
Belinda McCoy - 2 yrs  
Anna Safinick - 2 yrs

sleep-deprived, or exhausted tend to score poorly on cognitive function tests. Poor scores don't necessarily predict an increased risk of cognitive decline in old age, but good mental health and restful sleep are certainly important goals.

### 11. Protect your head

You may be surprised to learn that moderate to severe head injuries early in life increase the risk of cognitive impairment in old age. Concussions increase risk by a factor of 10.

### 12. Build social networks

Strong social ties have been associated with lower blood pressure and longer life expectancies.



**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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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



[www.countrysideliving.com](http://www.countrysideliving.com)  
[www.thelmasplace.org](http://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 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](mailto:ellen@countrysideliving.com)

Stephanie in Redmond:  
503-209-6827 or [stephaniero@thelmasplace.org](mailto:stephaniero@thelmasplace.org)