

Sept / October 2017

CSL
COUNTRY SIDE LIVING
A Nice Place To Call Home


Thelma's Place



10 Wonderful Ways to Live to 100

Want to add more and better years to your life? Now is the time.

Much of making it to your 100th birthday is beyond your control, as longevity is partly dictated by genetics and the medical history and health habits of your parents and grandparents. But there are also a handful (okay, a lot) of lifespan-enhancing practices that you can adopt today — like taking your allotted vacation days, eating more leafy greens and getting enough sleep.

1. **Be conscientious.**

Being conscientious was one of the best predictors of longevity.

That's because people who are conscientious may be more likely to abide by healthful behaviors.

2. **Find reasons to laugh.**

Certain personality characteristics that have in common for longevity.



Among them? A love of laughter. "They considered laughter an important part of life."

3. **Smaller Meals.**

Loading up our bodies with food 3 times a day is a cultural habit, not a biological need. Instead, eating smaller portions 4 to 5 times a day delivers a steady stream of nutrients.

4. **Try to keep your marriage friction-free.**

A relationship full of turmoil and arguments could have an impact on how long you live. Researchers found in their study of 1,700 married adults that the more arguing there was in the relationship, the worse the adults' health.

5. **Walk a lot.**

The 123-year-old Carmelo Flores Laura, potentially the oldest living person documented, says he owes his longevity to regular exercise. "I walk a lot, that's all. I go out with the animals".

6. **Try a little retail therapy.**

Who doesn't love an excuse to go shopping?! Daily shopping could lower your risk of death and if you're

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WHAT'S HAPPENING AT CSL:

September Canby:

October Fest with a Bavarian Flare
Saturday Sept 23rd 12-3pm

October Canby:

Halloween Party for Residents all day
Boo'tacular events
Tuesday October 31st 1-3pm



Chicken Kebabs with Creamy Pesto



"It's delicious! Everything about this is wonderful."

Ingredients:

- 2tsp lemon rind
- 4tsp lemon juice
- 2tsp garlic
- 2tsp olive oil
- Pepper/salt
- 1 cup yellow bell pepper
- 8 cherry tomatoes
- 1lb chicken cut into 1 inch pieces
- 1 small red onion
- Cooking spray
- Pesto: 2TB plain yogurt, 2TB sour cream, 1TB pesto

Instructions

1. Preheat broiler
2. Combine: rind lemon juice, garlic oil, salt/pepper.
3. Toss bell pepper, tomatoes, chicken and onion.
4. Thread vegetables and chicken onto skewers.
5. Place on broiler pan coated with cooking spray. Broil 12 minutes turning occasionally.
6. Combine the pesto ingredients and serve as sauce for kebabs. Enjoy!

Silver Star Program

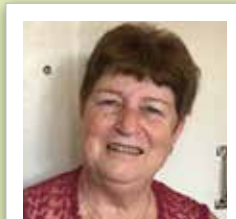


Has one of our employees done something special for you today? Please tell us about it. **2016's winner Therasa Jones won a trip to Hawaii!** If you'd like to nominate someone for doing a great job, please fill out a ballot located on our Silver Star boards!



Therasa Jones
Employee of the Year

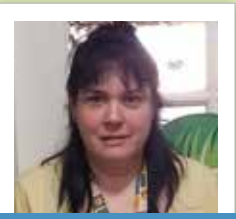
Employees of the Month



July - Canby
Darlene Hawley



July - Canby
Erik Hoidahl



July - Redmond
Belinda McCoy



August - Canby
Gabby Luna



August - Canby
Renel Muro



August - Redmond
Dolores Luttkus

Canby's Residents Corner





Continued from cover...

worried about the state of your wallet, you're in luck: The benefits hold up even if you don't buy anything.

7. Be happy.

A 2011 study found that among older people, the group that scored as "happiest" (having the highest

"positive affect") lived longer than the group who was unhappy.

8. Head for the hills.

You may hear more often about the perils of altitude sickness, but it turns out that heading to new heights may be a good move.

9. Do unto others.

Susannah Mushatt Jones is the oldest resident of New York State — she celebrated her 114th birthday this past summer. What's her secret? Treating everybody fairly is one of her "standards," along with taking care of others.

The only medication she takes is for high blood pressure, and her diet consists of ribs, chicken, fruits and veggies.

10. Practice yoga.

There are some exceptional benefits to hitting the mat, including stress and anxiety relief, better balance and increased flexibility. Just ask yoga instructor Tao Porchon-Lynch, who, at 95-years-old, credits the practice for her long, healthy, happy life.

Residents of the Month

July - Canby
Carolyn Hill

July - Canby
Gordon Olsen

August - Canby
Al Coburn

August - Canby
Sandra Freeman

July - Redmond
Mike Heindrick



Redmond's Residents Corner



Happy Birthday to our Residents!

Redmond:

9/30 Mike Heindrick
10/19 Barbara Fraser
10/27 Hal Edwards

Canby:

9/4 Mardelle 10/3 Al 3rd
9/9 Edna 10/10 Shauna
9/15 Olive 10/22 Susan R
10/23 John
10/12 Hazel
10/16 Shirley

Employee Work Anniversaries:

Canby:

September -
Brad - 1 year
Tammy W - 6 years

October -
Jean E - 6 years
Darlene - 17 years

Redmond:

September -
Tess Patteneau - 1 year
Amber Lawrence - 1 year
Marissa Gilbert - 1 year

October -
Pauline Mjor - 2 years

A Child's View of Thunderstorms

A little girl walked to and from school daily. Though the weather that morning was questionable and clouds were forming, she made her daily trek to school. As the afternoon progressed, the winds whipped up, along with lightning.

The mother of the little girl felt concerned that her daughter would be frightened as she walked home from school. She also feared the electrical storm might harm her child. Full of concern, the mother got into her car and quickly drove along the route to her child's school. As she did, she saw her little girl walking along.

At each flash of lightning, the child would stop, look up, and smile. More lightning followed quickly and with

each, the little girl would look at the streak of light and smile

When the mother drew up beside the child, she lowered the window and called, "What are you doing?"

The child answered, "I am trying to look pretty because God keeps taking my picture."

May God bless you today and every day as you face the storms that come your way!

"Life is too short to wake up in the morning with regrets, so... Love the people who treat you right. Pray for those who don't"



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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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!

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