

May & June 2015

CSL

COUNTRY SIDE LIVING
A Nice Place To Call Home



Thelma's Place



11 Benefits of Lemon Water You Didn't Know About

Why lemons?

Lemons are packed like a clown car with vitamin C, B-complex vitamins, calcium, iron, magnesium, potassium, and fiber. They contain more potassium than apples or grapes! Lemon juice can be hard on the enamel of your teeth; dilute it with water. Drink it first thing in the morning, and wait 15 to 30 minutes to have breakfast.

1. Immune system a boost.

Lemon juice is full of vitamin C. The level of vitamin C in your system plummets when you're stressed, which is why experts recommended extra vitamin C during stressful days.

2. Source of potassium.

Lemons are high in potassium, which is good for heart health, as well as brain and nerve function.

3. Aids digestion.

Lemon juice not only encourages

healthy digestion by loosening toxins in your digestive tract, it helps to relieve heartburn and bloating.

4. Cleanses your system.

It helps flush out the toxins in your body by enhancing enzyme function, stimulating your liver.

5. Freshens your breath.

It also helps relieve toothaches and gingivitis (say wha?). Hold off on brushing your teeth after drinking lemon water or brush your teeth before drinking it.

6. Blemish-free skin.

The antioxidants in lemon juice help to not only decrease blemishes, but wrinkles too! It can also be applied to scars and age spots to reduce their appearance.

7. Helps you lose weight.

Lemons contain pectin fiber, which assists in fighting hunger cravings.

8. Reduces inflammation.

If you drink lemon water it removes uric acid in your joints, which is one



of the main causes of inflammation.

9. Gives you an energy boost.

Lemon juice provides your body with energy when it enters your digestive tract, and it also helps reduce anxiety and depression. (Even the scent!)

10. Helps to cut out caffeine.

I didn't believe this until I tried it, but replacing my morning coffee with a cup of hot lemon water has really done wonders! I feel refreshed. Plus, my nerves are thankful.

11. Helps fight viral infections.

Warm lemon water is the most effective way to diminish viral infections and sore throats.

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Our Staff:

Director of Operations
(Located at South Building):

Tracie Flores

Activities Director:

Lisa Majors-Holt

Human Resources

(Located at South Building):

Kathy Smith

Upcoming Events:

Mothers Day

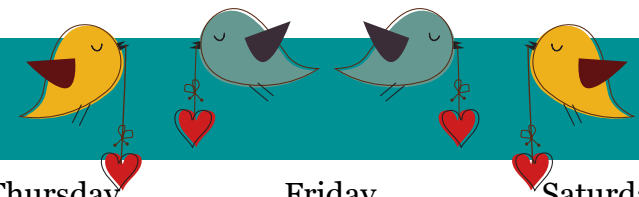
Vintage Rose Tea Party

Saturday May 9th, 2-4pm

Father's Day Celebration

Saturday June 20th, 12-2pm

May 2015



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

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|--|--|---|--|---|---|---|
| <p>May Flower Lily of the Valley</p>  | <p><i>Residents Birthdays</i> Elvin 1st Vickie 7th Mary 7th Jackie 20th Marylee 24th Antoinette 25th Bob 28th</p> | <p><i>Employee Birthdays</i> Tammy 7th Alec 10th Brigida 15th Emma 15th Kimberly 20th</p> | <p><i>Employees Birthdays</i> Angela 21st Kristen 30th Jill 30th Erik 31st</p> | <p><i>National Bike Month</i></p>  | <p>1 9am Town Hall 10am Devotional Group 1:30pm Family Time 3pm Music w/Residents 6pm –8pm Movie Time</p> | <p>2 10am Town Hall 2pm Happy Hour 5pm Lawrence Welk 6-8pm Movie Time</p> |
| <p>3 10am Sunday Paper 11am Games 1pm Inspirational Reading 2:30 pm Bingo</p> | <p>4 9am Town Hall Crafts or Games 9:30 Cooking w/ Leah 3pm Music w/ Mary 6-8pm Movie Time</p> | <p>5 </p> | <p>6 9am Town Hall 11 am Traveling the States “Diners, Drive-ins and Dives” 3pm Sing a along 5pm Movie Time</p> | <p>7 9am Town Hall 9:30 Communion 10am Spa & Beauty 11:15am 3pm Music w/ Molli</p> | <p>8 9am Town Hall 10am Devotional Group 1:30pm Family Time 3pm Music w/George 6pm –8pm Movie Time</p> | <p><i>Mother's Day Vintage Rose Tea Party 2-4pm</i></p>  |
| <p>10 10am Sunday Paper 11am Games 1pm Inspirational Reading 2:30 pm Bingo</p> | <p>11 9am Town Hall Crafts or Games 3pm Music w/ Residents 6-8pm Movie Time</p> | <p>12 9am Town Hall 10am Devotional Group 1:30pm Family Time 3pm Music Time 6pm –8pm Movie Time</p> | <p>13 9am Town Hall 11 am Field Trip Salem State Capital 3pm Sing a along 5pm Movie Time</p> | <p>14 9am Town Hall 9:30 Communion 10am Spa & Beauty 10:30 Music w/Jim & Marilyn 3pm Music w/Pete</p> | <p>15 9am Town Hall 9:30 Communion 10am Spa & Beauty 10:30 Music w/Jim & Marilyn 3pm Music w/ Tim</p> | <p>16 10am Town Hall 2pm Happy Hour 5pm Lawrence Welk 6-8pm Movie Time</p> |
| <p>17 10am Sunday Paper 11am Games 1pm Inspirational Reading 2:30 pm Bingo</p> | <p>18 9am Town Hall Crafts or Games 3pm Music w/ Bob 6-8pm Movie Time</p> | <p>19 9am Town Hall 10am Sing Along 2pm Spring Social 3pm Music w/ Rob 6pm Musical on TV</p> | <p>20 9am Town Hall 11 am Field Trip TBA 3pm Sing a along 5pm Movie Time</p> | <p>21 9am Town Hall 9:30 Communion 10am Spa & Beauty 10:30 Music w/Jim & Marilyn 3pm Music w/ Residents</p> | <p>22 9am Town Hall 10am Devotional Group 1:30pm Family Time 3pm Music Time 6pm –8pm Movie Time</p> | <p>23 10am Town Hall 2pm Happy Hour 5pm Lawrence Welk 6-8pm Movie Time</p> |
| <p>24/31 10am Sunday Paper 11am Games 1pm Inspirational Reading 2:30 pm Bingo</p> | <p>25 </p> | <p>26 9am Town Hall 10am Sing Along 2pm Spring Social 3pm Music w/ Rob 6pm Musical on TV</p> | <p>27 9am Town Hall 11 am Field Trip TBA 3pm Sing a along 5pm Movie Time</p> | <p>28 9am Town Hall 9:30 Communion 10am Spa & Beauty 10:30 Music w/Jim & Marilyn 3pm Music w/ Residents</p> | <p>29 9am Town Hall 10am Devotional Group 1:30pm Family Time 3pm Music Time 6pm –8pm Movie Time</p> | <p>30 10am Town Hall 2pm Happy Hour 5pm Lawrence Welk 6-8pm Movie Time</p> |

June 2015



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

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|--|---|--|--|---|--|---|
| <p><i>Fruit of the Month</i></p>  | <p>1 9am Town Hall Crafts or Games 3pm Music w/ Mary NB 6-8pm Movie Time</p> | <p>2 9am Town Hall 10am Sing Along 2pm Spring Social 3pm Music w/ Rob 6pm Musical on TV</p> | <p>3 9am Town Hall 11 am Traveling the States "Diners, Drive-ins and Dives" 3pm Sing a along 5pm Movie Time</p> | <p>4 9am Town Hall 9:30 Communion 10am Spa & Beauty 10:30 Music w/Jim & Marilyn 3pm Music w/Molli</p> | <p>5 9am Town Hall 10am Devotional Group 1:30pm Family Time 3pm Music w/Residents 6pm -8pm Movie Time</p> | <p>6 10an Town Hall 2pm Happy Hour 5pm Lawrence Welk 6-8pm Movie Time</p> |
| <p>7 10am Sunday Paper 11an Games 1pm Inspirational Reading 2:30 pm Bingo</p> | <p>8 9am Town Hall Crafts or Games 3-5pm Music w/ James 6-8pm Movie Time</p> | <p>9 9am Town Hall 10am Sing Along 2pm Spring Social 3pm Music w/ Rob 6pm Musical on TV</p> | <p>10 9am Town Hall 11 am Field Trip TBA 3pm Sing a along 5pm Movie Time</p> | <p>11 9am Town Hall 9:30 Communion 10am Spa & Beauty 10:30 Music w/Jim & Marilyn 3pm Music w/ Residents</p> | <p>12 9am Town Hall 10am Devotional Group 1:30pm Family Time 3pm Music w/ George 6pm -8pm Movie Time</p> | <p>13 10an Town Hall 2pm Happy Hour 3pm Music w/ Stan NB 5pm Lawrence Welk 6-8pm Movie Time</p> |
| <p>14 Flag Day</p>  | <p>15 9am Town Hall Crafts or Games 3pm Music w/ Bob 6-8pm Movie Time</p> | <p>16 9am Town Hall 10am Sing Along 2pm Spring Social 3pm Music w/ Rob 6pm Musical on TV</p> | <p>17 9am Town Hall 11 am Traveling the States "Diners, Drive-ins and Dives" 3pm Sing a along 5pm Movie Time</p> | <p>18 9am Town Hall 9:30 Communion 10am Spa & Beauty 3pm Music w/ Pete NB</p> | <p>19 9am Town Hall 10am Devotional Group 1:30pm Family Time 3pm Music w/Tim 6pm -8pm Movie Time</p> | <p><i>Father's Day Celebration</i> <i>Saturday June 20th</i> <i>12-2pm</i></p> |
| <p>21</p>  | <p>22 9am Town Hall Crafts or Games 3pm Music w/ Bob 6-8pm Movie Time</p> | <p>23 9am Town Hall 10am Sing Along 2pm Summer Social 3pm Music w/ Rob 6pm Musical on TV</p> | <p>24 9am Town Hall 11 am Field Trip TBA 3pm Music w/ Lori 5pm Move Time</p> | <p>25 9am Town Hall 9:30 Communion 10am Spa & Beauty 10:30 Music w/Jim & Marilyn 3pm Music Sing a long</p> | <p>26 9am Town Hall 10am Devotional Group 1:30pm Family Time 3pm Music w/Residents 6pm -8pm Movie Time</p> | <p>27 10an Town Hall 2pm Happy Hour 5pm Lawrence Welk 6-8pm Movie Time</p> |
| <p>28 10am Sunday Paper 11an Games 1pm Inspirational Reading 2:30 pm Bingo</p> | <p>29 9am Town Hall Crafts or Games 3pm Music w/ Residents 6-8pm Movie Time</p> | <p>30 9am Town Hall 10am Sing Along 2pm Summer Social 3pm Music w/ Rob 6pm Musical on TV</p> | <p><i>Residents Birthday</i> <i>Virginia 1st</i> <i>Doris L 5th</i> <i>Maxine 6th</i> <i>Josephine 28th</i></p> | <p><i>Employees Birthdays</i> <i>Claudia 5th</i> <i>Mercedes 7th</i> <i>Rosa 17th</i> <i>Stephanie 19th</i> <i>Luanna 21st</i> <i>Cory 27th</i></p> | <p><i>National Men's Health Month</i></p> | <p><i>June Flower</i> <i>Rose</i></p>  |



**Renel's Famous
Easy Chimichangas**

Renel's Famous Easy Chimichangas Recipe

Easy Chimichangas

Ingredients:

- *Gordita style Tortillas*
- *1 cup shredded cooked meat (pork, beef or chicken)*
- *1 8oz. Package cream cheese softened*
- *1 8oz. Package Pepper Jack or Mexican blend shredded Cheese*
- *2-3 Tbs. Taco Seasoning mix*
- *1 can refried beans*
- *Garnish: salsa, sour cream, olives*

Instructions

1. Preheat oven to 400 degrees.
2. Mix all ingredients except tortillas.

3. Spray nonstick pan spray in glass baking dish. Soften tortillas in microwave 10-15 seconds.
4. Put 2-3 Tbs. Of meat mixture in tortilla. Roll up burrito style and place in baking dish seam side down.
5. Fill baking dish with rolled up tortillas. Spray pan spray on tops of tortillas.
6. Bake at 400 degrees for 15 minutes.
7. Turn tortillas over and bake 15 minutes more until golden brown.
8. Garnish with salsa, sour cream and sliced olives.

Silver Star Program



Has one of our employees done something special for you today?

Please tell us about it.

Last year's winner Gladis won a trip for two to Hawaii!!!! If you see one of our employees demonstrate "The Knack" nominate them by filling out a ballot.

Employees of the Month 2015

January:

Palmira Sanchez – *North Building*
Misty Krueger – *South Building*

February:

Stephanie Oliver – *North Building*
Claudine DelaCruz – *South Building*

March:

Claudia Marcelino – *North Building*
Jody Vega – *South Building*

New Employees:

Please Welcome:

Rosa Santos Gonzalez 1/23
Jill Zolkoske 1/23
Renee Fromherz 2/13
Marrisa Dutton 2/13
Chelsey Smith 3/5
Rachel Smith 3/11
Anthony Shernock 3/17
Kayla Johnson 3/18
Mercedes Burns 3/23



We are making progress at the Redmond location!

Great Advice from a 90 Year Old

Written by Regina Brett, "The Plain Dealer," Cleveland, Ohio

"To celebrate growing older, I once wrote the 42 lessons life taught me. It is the most requested column I've ever written." My odometer rolled over to 90 in August, so here is the column once more:

1. Life isn't fair, but it's still good.
2. When in doubt, just take the next small step.
3. Life is too short – enjoy it.
4. Your job won't take care of you when you are sick. Your friends and family will.
5. Pay off your credit cards every month.
6. You don't have to win every argument. Stay true to yourself.
7. Cry with someone. It's more healing than crying alone.
8. Save for retirement starting with your first pay check.
9. When it comes to chocolate, resistance is futile.
10. Make peace with your past so it won't screw up the present.
11. It's OK to let your children see you cry.
12. Don't compare your life to others. You have no idea what their journey is all about.
13. If a relationship has to be a secret, you shouldn't be in it...
14. Take a deep breath. It calms the mind.
15. Get rid of anything that isn't useful. Clutter weighs you down in many ways.
16. Whatever doesn't kill you really does make you stronger.
17. It's never too late to be happy. But it's all up to you and no one else.
18. When it comes to going after what you love in life, don't take no for an answer.

continued back cover...

March Residents of the Month

Ray Frewing- South Building

John Rainey – North Building



JOHN RAINEY

Upcoming Events

Mothers Day Celebration

Vintage Rose Tea Party
Saturday May 9th, 2-4pm



Father's Day Celebration

Saturday June 20th, 12-2pm



Residents Corner



Administrator's Corner By Tracie Flores

Hello everyone. The following is a story I want to share. I received a phone call from a lady stating, "I have to throw in the towel! I cannot take care of my mom anymore, and I feel like I have failed my mom." As I spoke with her, I quickly discovered she hadn't spoken to anyone, didn't have any family nearby, and wasn't aware of any resources available to her. I have been inspired today to write to everyone to let them know that there are options, choices, and tools for you to work with when it comes to your loved ones. Country Side Living and Thelma's Place share a wealth of knowledge and resources that are available to you. We would love to sit with you and talk to you about how WE can help YOU. Don't throw in the towel just yet. From the advice of the 90 year old woman, "All that truly matters in the end is that you are loved." Contact us at: 503-266-3031, tracie@countysideliving.com.

Advice from a 90 year old continued...

19. Burn the candles, use the nice sheets, wear the fancy lingerie. Don't save it for a special occasion. Today is special.
20. Over prepare, then go with the flow.
21. Be eccentric now. Don't wait for old age to wear purple.
22. The most important sex organ is the brain.
23. No one is in charge of your happiness but you.
24. Frame every so-called disaster with these words 'In five years, will this matter?'
25. Always choose life.
26. Forgive but don't forget.
27. What other people think of you is none of your business.
28. Time heals almost everything. Give time time.
29. However good or bad a situation is, it will change.
30. Don't take yourself so seriously. No one else does.
31. Believe in miracles.
32. Don't audit life. Show up and make the most of it now.
33. Growing old beats the alternative -- dying young.
34. Your children get only one childhood.
35. All that truly matters in the end is that you loved.
36. Get outside every day. Miracles are waiting everywhere.
37. If we all threw our problems in a pile and saw everyone else's, we'd grab ours back.
38. Envy is a waste of time. Accept what you already have not what you need.
39. The best is yet to come...
40. No matter how you feel, get up, dress up and show up.
41. Yield.
42. Life isn't tied with a bow, but it's still a gift.

Please welcome our Licensed Nail Tech



Rates

- Mini manicure, cut, file, buff and a massage \$15.00
- Mini pedicure, cut, file buff and a massage \$25.00
- Combine both for \$35.00
- Spa pedicure: water bath, cut, file, buff, scrub removal of callus with file and mask, massage \$35.00

Krissy Johnston will be at our facility twice a month. She uses hand-made lotions/oils with 100% essential oils. To make an appointment, call: 503-266-3031 or email lisa@countysideliving.com



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@countysideliving.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@countysideliving.com