

# July & August 2015

# CSL

COUNTRY SIDE LIVING  
A Nice Place To Call Home



Thelma's Place



## Benefits of Smoothies

### *Smoothie Solutions To Wake Up the Brain in Alzheimer's*

Your brain is totally amazing. You have five senses that can lead directly into the brain and access it. Just as music can awake an Alzheimer's patient, why not do the same thing with taste? Taste buds as well as the sense of smell (the olfactory system in the body) directly access the brain. What tastes you had as a child in different foods created a neural pathway in your brain that connected with many other parts of your brain. By accessing these tastes, you can directly affect these other parts of the brain and perhaps minimize the progression of Alzheimer's.

The first thing to do when your loved one has Alzheimer's is to find out what that person ate as a child. Certainly there are other family members that can tell you the answer to this question. Cinnamon flavored foods are always a good

choice – perhaps your loved one ate cinnamon toast, cinnamon flavored candy, or cinnamon muffins. Licorice is another one. People in their 80s and 90s often grew up taking cod liver oil too. You might find this as a way to an Alzheimer patient's memory but don't put it in their smoothie!!

There are already many health benefits of smoothies; once you identify four or five familiar tastes, start creating! Here are a few examples of what to do with cinnamon in a smoothie:

- 1) Smoothie with yogurt, one teaspoon cinnamon, lemon, Swiss chard, kale, spinach, and a ripe peach.
- 2) Smoothie with coconut water, coconut cream concentrate, pineapple, cinnamon, kiwi, orange, and lemon.
- 3) Smoothie with vanilla ice cream, one teaspoon cinnamon, Swiss chard (it's very bland tasting), spinach, mint.



You might even try a cinnamon day where every meal and snack contains cinnamon. There could be cinnamon pancakes with cinnamon-flavored maple syrup, cinnamon yogurt or coconut smoothie for snack, lunch has a cinnamon pudding for dessert, cinnamon graham crackers for snack, and dinner is steak and dessert is cinnamon ice cream. This way your loved one gets the pathway in the brain activated; if it is going to turn on the brain, you should know and see signs by the end of the day. Use this concept to construct your loved one's return back to normalcy from Alzheimer's disease.

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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**

JOIN US SOON FOR

# FARM DAY

## SUNDAY AUGUST 16TH

### 12-3PM



# July 2015



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

	<p><i>Employees Birthdays</i>            Ryan 3rd            Anthony 7th            Kayla 11th            Darlene 13th            Klarissa 19th            Maria R 24th</p>		<p><b>1</b>            9am Town Hall            11am Field Trip Picnic @Wait Park            3pm Sing a along            5pm Movie Time</p>	<p><b>2</b>            9am Town Hall            10am Spa &amp; Beauty            10:30 am Music w/Jim &amp; Marilyn            3pm Music w/ Mollie</p>	<p><b>3</b>            9am Town Hall            10am Devotional Group            1:30pm Family Time            3pm Music w/Residents            6pm –8pm Movie Time</p>	 <p><i>4th of July BBQ 12-2pm</i></p>
<p><b>5</b>            10am Sunday Paper            11am Games            1pm Inspirational Reading            2:30 pm Bingo</p>	<p><b>6</b>            9am Town Hall            Crafts or Games            3pm Music w/ Mary            6-8pm Movie Time            Free Willy</p>	<p><b>7</b>            9am Town Hall            10am Sing Along            2pm Summer Social            3pm Music w/ Residents            6pm Disney Movie</p>	<p><b>8</b>            9am Town Hall            11am– 2pm Field Trip            End of Oregon Trail</p> 	<p><b>9</b>            9am Town Hall            10am Spa &amp; Beauty            10:30am Music w/Jim &amp; Marilyn            3pm Music w/Residents</p>	<p><b>10</b>            9am Town Hall            10am Devotional Group            1:30pm Family Time            3pm Music w/George            6pm –8pm Movie Time</p>	<p><b>11</b>            10am Town Hall            2pm Happy Hour            3pm Music w/Stan NB            5pm Lawrence Welk            6-8pm Movie Time</p>
<p><b>12</b>            10am Sunday Paper            11am Games            1pm Inspirational Reading            2:30 pm Bingo</p>	<p><b>13</b>            9am Town Hall            Crafts or Games            2-4 pm Music w/ James            6-8pm Movie Time            Forrest Gump</p>	<p><b>14</b>            9am Town Hall            10am Sing Along            2pm Summer Social            3pm Music w/ Residents            6pm Disney Movie</p>	<p><b>15</b>            9am Town Hall            11 am Field Trip            Country Drive            3pm Sing a along            5pm Movie Time</p> 	<p><b>16</b>            9am Town Hall            10am Spa &amp; Beauty            10:30am Music w/Jim &amp; Marilyn            3pm Music w/Pete</p>	<p><b>17</b>            9am Town Hall            10am Devotional Group            1:30pm Family Time            3pm Music w/Tim            6pm –8pm Movie Time</p>	<p><b>18</b>            10am Town Hall            2pm Happy Hour            5pm Lawrence Welk            6-8pm Movie Time</p>
<p><b>19</b>            10am Sunday Paper            11am Games            1pm Inspirational Reading            2:30 pm Bingo</p>	<p><b>20</b>            9am Town Hall            Crafts or Games            3pm Music w/ Bob            6-8pm Movie Time            Breakfast at Tiffany's</p>	<p><b>21</b>            9am Town Hall            10am Sing Along            2pm Summer Social            3pm Music w/ Residents            6pm Disney Movie</p>	<p><b>22</b>            9am Town Hall            11 am Traveling the States "Diners, Drive-ins and Dives"</p>	<p><b>23</b>            9am Town Hall            10am Spa &amp; Beauty            10:30am Music w/Jim &amp; Marilyn            3pm Music w/ Lori</p>	<p><b>24</b>            9am Town Hall            10am Devotional Group            1:30pm Family Time            3pm Music Time            6pm –8pm Movie Time</p>	<p><b>25</b>            10am Town Hall            2pm Happy Hour            5pm Lawrence Welk            6-8pm Movie Time</p>
<p><b>26</b></p> 	<p><b>27</b>            9am Town Hall            Crafts or Games            3pm Music w/ Residents            6-8pm Movie Time            Ben Hur</p>	<p><b>28</b>            9am Town Hall            10am Sing Along            2pm Summer Social            3pm Music w/ Residents            6pm Disney Movie</p>	<p><i>Field Trip to Korean Memorial &amp; Goodwill Shopping 11am-2pm</i></p> 	<p><b>30</b>            9am Town Hall            10am Spa &amp; Beauty            10:30am Music w/Jim &amp; Marilyn            3pm Music w/ Residents</p>	<p><b>31</b>            9am Town Hall            10am Devotional Group            1:30pm Family Time            3pm Music Time            6pm –8pm Movie Time</p>	<p><i>National Picnic Month</i></p> 

# August 2015



Sunday

Monday








Tuesday

Wednesday

Thursday

Friday

Saturday

<p><i>Fruit of the Month</i></p> 	<p><i>Residents Birthdays</i> Linda 12th Daphne 14th Donald 19th Rosemarie 19th</p>	<p><i>Residents Birthdays</i> Lois 20th Bob J 22nd Craig 22nd</p>	<p><i>Employees Birthdays</i> Maria G 5th Kathy 7th Janice 11th Brittany 13th Jody 22nd</p>		<p><i>Flower of the Month</i> Gladiolus</p> 	<p>1 10am Town Hall 2pm Happy Hour Popcorn Party 5pm Lawrence Welk 6-8pm Movie Time</p>
<p>2 10am Sunday Paper 11am Games 1pm Inspirational Reading 2:30 pm Bingo</p>	<p>3 9am Town Hall Crafts or Games 3pm Music w/ Mary NB 6-8pm Movie Time Avatar</p>	<p>4 9am Town Hall 10am Sing Along 2pm Summer Social 3pm Music 6pm Disney Movie</p>	<p>5 9am Town Hall 11 am Silver Creek Falls Picnic</p> 	<p>6 9am Town Hall 10am Spa &amp; Beauty 3pm Music w/ Mollie NB</p>	<p>7 9am Town Hall 10am Devotional Group 1:30pm Family Time 3pm Music w/Residents</p>	<p>8 10am Town Hall 2pm Happy Hour 3pm Music w/Stan NB 5pm Lawrence Welk 6-8pm Movie Time</p>
<p>9 10am Sunday Paper 11am Games 1pm Inspirational Reading 2:30 pm Bingo</p>	<p>10 9am Town Hall Crafts or Games 2-4pm Music James SB 6-8pm Movie Time The Nutty Professor</p>	<p>11 9am Town Hall 10am Sing Along 2pm Summer Social 3pm Music 6pm Disney Movie</p>	<p>12 9am Town Hall 10am Country Drive 3pm Sing a along 5pm Movie Time</p> 	<p>13 9am Town Hall 10am Spa &amp; Beauty 3pm Music w/ Residents</p>	<p>14 9am Town Hall 10am Devotional Group 1:30pm Family Time 3pm Music w/George 6pm -8pm Movie Time</p>	<p>15 10am Town Hall 2pm Happy Hour 5pm Lawrence Welk 6-8pm Movie Time</p>
<p>16 <i>Annual Farm Day</i> <i>12-3pm Mardi Gras</i></p> 	<p>17 9am Town Hall Crafts or Games 3pm Music w/ Bob 6-8pm Movie Time Resident Choice</p>	<p>18 9am Town Hall 10am Sing Along 2pm Summer Social 3pm Music 6pm Disney Movie</p>	<p>19 9am Town Hall 11 am Traveling the States "Diners, Drive-ins and Dives" 5pm Move Time</p>	<p>20 9am Town Hall 10am Spa &amp; Beauty 10:30 Music w/Jim &amp; Marilyn 3pm Music w/Pete</p>	<p>21 9am Town Hall 10am Devotional Group 1:30pm Family Time 3-5pm Music w/ Tim 6pm -8pm Movie Time</p>	<p>22 10am Town Hall 2pm Happy Hour Snow Cone Party 5pm Lawrence Welk 6-8pm Movie Time</p> 
<p>23/30 10am Sunday Paper 11am Games 1pm Inspirational Reading 2:30 pm Bingo</p>	<p>24/31 9am Town Hall Crafts or Games 3pm Music w/ Residents 6-8pm Movie Time Frozen</p>	<p>25 9am Town Hall 10am Sing Along 2pm Summer Social 3pm Music 6pm Disney Movie</p>	<p>26 9am Town Hall 10am Molalla Park Picnic</p> 	<p>27 9am Town Hall 10am Spa &amp; Beauty 10:30 Music w/Jim &amp; Marilyn 3-5pm Music w/Lori</p>	<p>28 9am Town Hall 10am Devotional Group 1:30pm Family Time 3pm Music w/Residents</p>	<p>29 10am Town Hall 2pm Happy Hour 5pm Lawrence Welk 6-8pm Movie Time</p>





Porcupine Balls

## Recipe of the Month:

### *Porcupine Balls*

#### *Ingredients:*

- 1lb ground beef or turkey
- 1 onion chopped
- 1 tsp salt
- 1/8 tsp pepper
- 1 egg
- 1/2c uncooked rice
- 4 c tomato juice
- 1 tbsp. Worcestershire Sauce
- 1 bay leaf crushed
- 1/4 tsp. Salt

#### *Instructions*

1. Combine first 5 ingredients, and shape into 2 inch balls.
2. Coat each ball with rice
3. Heat remaining ingredients in pot until boiling
4. Once boiling, drop balls into liquid mixture
5. Cover, and allow steam to flow freely
6. Cook on Medium high for 45 minutes
7. Pour Meatballs and sauce over cooked rice, and enjoy!

## 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

### *April*

Gloria Cruz  
Sarah Hansen  
Renel Muro

### *May*

Matt Parr  
Victoria Perrelet  
Carol Covey

## New Employees:

### *Please Welcome:*

Beronica Allen  
Klarrisa Harnar  
Kimberly Fanning  
Alex Gonzalez

## Administrator's Corner

### *By Tracie Flores*

As of June 1, Brittany Schwabauer will become the Administrator for CSL-North and will continue as RCC. Kathy Smith will become the Administrator for CSL-South and will continue as HR Manager. Tracie Flores will still be the Director of Operations and will continue to do the Monday and Wednesday night support groups.



**We are making progress at the Redmond location!**



# Caregiver Stress and Burnout

## Tips for Recharging and Finding Balance

The demands of caregiving can be overwhelming, especially if you feel you have little control over the situation or you're in over your head. If the stress of caregiving is left unchecked, it can take a toll on your health, relationships, and state of mind—eventually leading to burnout. That's why making time to rest, relax, and recharge isn't a luxury—it's a necessity.

### What you need to know

Caring for a loved one can be very rewarding, but it also involves many

stressors: changes in the family dynamic, household disruption, financial pressure, and the added workload. Caregiver stress can be particularly damaging, since it is typically a chronic, long-term challenge. You may face years or even decades of caregiving responsibilities. It can be particularly disheartening when there's no hope that your family member will get better. Without adequate help and support, the stress of caregiving leaves you vulnerable to a wide range of physical and emotional

problems, ranging from heart disease to depression. When caregiver stress and burnout puts your own health at risk, it affects your ability to provide care. It hurts both you and the person you're caring for. The key point is that caregivers need care too. Managing the stress levels in your life is just as important as making sure your family member gets to his doctor's appointment or takes her medication on time.

*continued back cover...*

## Residents of the Month

Peg Bunke and Dale Liberty



## Upcoming Events

### Annual Farm Day Celebration

Sunday August 16th, 12-3pm

### 4th of July BBQ

Saturday July 4th, 12-2pm



## Residents Corner





Caregiver Burnout continued...

### Ask for help

Taking on all of the responsibilities of caregiving without regular breaks or assistance is a surefire recipe for burnout. Don't try to do it all alone. Look into respite care. Or enlist friends and family who live near you to run errands, bring a hot meal, or "baby-sit" the care receiver so you can take a well-deserved break.

### Getting the help you need

**Speak up.** Don't expect friends and family members to automatically know what you need or how you're feeling. If you have concerns or thoughts about how to improve the situation, express them—even if you're unsure how they'll be received. Get a dialogue going.

**Spread the responsibility.** Try to get as many family members involved as possible. Divide up caregiving tasks. One person can take care of medical responsibilities, another with finances and bills, and another with groceries and errands, for example.

**Set up a regular check-in.** Ask a family member, friend, or volunteer from your church or senior center to call you on a set basis (every day, weekly, or how ever often you think you need it). This person can help you spread status updates and coordinate with other family members.

**Say "yes"** when someone offers assistance. Don't be shy about accepting

help. It's smart to have a list ready of small tasks that others could easily take care of, such as picking up groceries or driving your loved one to an appointment.

**Relinquish some control.** Delegating is one thing. Trying to control every aspect of care is another. People will be less likely to help if you micromanage.

### Give yourself a break

As a busy caregiver, leisure time may seem like an impossible luxury. But you owe it to yourself—as well as to the person you're caring for—to carve it into your schedule. Give yourself permission to rest and to do things that you enjoy on a daily basis. You will be a better caregiver for it. There's a difference between being busy and being productive. If you're not regularly taking time-off to de-stress and recharge your batteries, you'll end up getting less done in the long run. After a break, you should feel more energetic and focused, so you'll quickly make up for your relaxation time.

- Set aside a minimum of 30 minutes every day for yourself.
- Find ways to pamper yourself.
- Make yourself laugh.
- Get out of the house.
- Visit with friends and share your feelings.

### Practice acceptance

When faced with the unfairness of a loved one's illness or the burden of caregiving, there's often a need to make sense of the situation and ask "Why?" But you can spend a tremendous amount of energy

dwelling on things you can't change and for which there are no clear answers. And at the end of the day, you won't feel any better. Try to avoid the emotional trap of feeling sorry for yourself or searching for someone to blame. Focus instead on accepting the situation and looking for ways it can help you grow as a person. As the saying goes, "What doesn't kill us makes us stronger."

- Focus on the things you can control.
- Find the silver lining.
- Share your feelings.
- Avoid tunnel vision.

### Take care of your health

Think of your body like a car. With the right fuel and proper maintenance, it will run reliably and well. Neglect its upkeep and it will start to give you trouble. Don't add to the stress of your caregiving situation with avoidable health woes.

- Keep on top of your doctor visits.
- Exercise.
- Meditate.
- Eat well.
- Don't skimp on sleep.

### Join a support group

A caregiver support group is a great way to share your troubles and find people who are going through the same experiences that you are living each day. If you can't leave the house, many Internet groups are also available. In most support groups, you'll talk about your problems and listen to others talk; you'll not only get help, but you'll also be able to help others. Most important, you'll find out that you're not alone.




COUNTRY SIDE LIVING  
A Nice Place To Call Home



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

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Canby, OR 97013  
phone: 503-266-3031  
email: activity@country sideliving.com

 Find us on Facebook!

www.country sideliving.com  
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:**  
**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@country sideliving.com](mailto:tracie@country sideliving.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@country sideliving.com](mailto:ellen@country sideliving.com)