

November & December 2015

CSL

COUNTRY SIDE LIVING
A Nice Place To Call Home



Thelma's Place



Activities of Daily Living

Alzheimer's is a complex disease with multiple risk factors. Some, like your age and genetics, are outside your control. But many others are within your sphere of influence, and these factors can be quite powerful when it comes to your brain health.

The six parts of a brain-healthy, Alzheimer's prevention lifestyle are:

- 1) Regular exercise
- 2) Healthy diet
- 3) Mental stimulation
- 4) Quality sleep
- 5) Stress management
- 6) An active social life

The more you strengthen each of the six parts in your daily life, the healthier and harder your brain will be. When you lead a brain-healthy lifestyle, your brain will stay working stronger... longer.

How can we help?

Our vision from the beginning has been for CSL to act as a small community that is uniquely equipped to meet the needs of our elderly residents, enriching their lives by providing a warm family atmosphere, caring support, and interesting and engaging activities appropriate to their lifestyle. Our residents benefit from a caring support staff that know them as individuals, and are able to understand and communicate positively with each person. All of our highly-trained staff and volunteers are passionate about what they do – providing the absolute highest level of care and comfort for our residents.

No matter the task, there are a variety of ways to promote the person with dementia's participation in their own daily life. By encouraging independence, the person's ability to function will increase, as well as their confidence.



Strategies that increase or maintain independence in people with dementia can also lower the level of stress experienced by the caregiver.

Encourage physical activity

By maintaining flexibility and strength, the person with dementia may be able to continue their daily tasks for longer. We encourage some form of physical activity on a daily basis, such as going for a walk around the neighborhood, doing some simple stretches or playing catch!

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Our Staff:

Administrator, North:
Brittany Schwabauer

Administrator, South:
Leah Marroquin

Administrator, Redmond:
Tracie Flores

Life Enrichment Director:
Ryan Alston

Please Join Us for our Annual:

Christmas Celebration

Saturday, December 12th
12:00 pm - 2:00 pm



November 2015



Sunday
Game Day

Monday
Craft Day

Tuesday
Music Day

Wednesday
Food / Travel Day

Thursday
Spa Day

Friday
A Day of Reminisce

Saturday
Comedy Day

1 Omsi Trip! Bingo Sunday Paper Games	2 Baking with Leah! Crafts and Games	3 Sing Along Fall Tea Social Music Wizard of Oz Movie £	4 Music w/Jim & Marilyn @10:30 am	5 Music with Molli @3pm Manicures & Pedicures	6 Painting Memories Devotional Group Family Time Movie Time	7 Happy Hour Lawrence Welk Laurel and Hardy
8 Sunday Paper Games Bingo	9 Music w/ James @2pm Crafts and Games Space Documentary	10 Hair Care w/ Barbara Sing Along Summer Social Movie: Annie	11 Music w/ Jim And Marilyn Arm chair Travel Movie: Starwars	12 Manicures & Pedicures Guys Breakfast at Top o' Hill	13 Music w/George @3pm Devotional Group Journal to Remember Family Time	14 Music w/Stan NB Thanksgiving Event!! 12-2 pm
15 Sunday Paper Games Inspirational Reading Bingo	16 Crafts and Games Music w/ Bob @3pm Movie Time: Egypt	17 Ladies Lunch Sing Along Fall Tea Social Music Pocahontas Movie	18 Music w/Jim & Marilyn @10:30 am Town Hall Traveling the States	19 Spa & Beauty Music w/ Pete @3pm Music w/ Jim and Marilyn @10:30	20 Devotional Group Journal to Remember Music w/ Tim @3pm Family Time Movie time	21 Happy Hour Lawrence Welk Movie Time
22 Sunday Paper Games Inspirational Reading	23 Music with Molli @3pm Crafts and Games Movie: Lassie	24 Hair Care w/ Barbara Sing Along Summer Social Movie: Lady and the Tramp	25 Town hall Music w/Jim & Marilyn @10:30 am Movie Time	26 THANKSGIVING DAY! Town Hall Spa & Beauty Music w/ Lori @3pm	27 Devotional Group Journal to Remember Family Time Movie time	28 Happy Hour Lawrence Welk Movie Time
29 Sunday Paper Games Bingo Inspirational Reading	30 Crafts and Games Movie Time: Earth	Daily Events Include- Town Hall Meeting Morning Exercise Daily Group Activity Music and Sensory	Residents Birthdays. Viola 1st Russell 1st Janet 3rd Jane 12th Jeanette 19th	Employees Birthday Tracie 1st Ariel 10th		

Our Residents in Action





Chicken and Rice Casserole

Darlene's Chicken And Rice Casserole

Ingredients:

- 1 cup diced onion
- 1 cup diced celery
- Margarine or butter
- 1 package of blanched almonds or cashews
- 1.5 cups of minute rice
- 1-10.5 oz can of chicken broth
- 1-10.5 oz can of cream of chicken or cream of celery soup
- Chicken pieces, uncooked

Instructions

1. Simmer celery and onion in margarine until tender.
2. Add minute rice and blanched almonds or cashews. Mix and cook for 3 minutes.
3. Mix chicken broth, cream of chicken or cream of celery soup. Blend then pour into the rice mixture and stir until rice is coated.
4. Place in shallow baking dish, then place chicken pieces over the rice—brush with melted margarine, sprinkle with salt and pepper.
5. Bake: 350 degrees for 45 minutes or until chicken is done.

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

August

Laura Lopez and Erika Stubblefield

September

Rosa Santos and Kayla Johnson

New Employees:

Please Welcome:

Katie Dhone	Sunny Harwood
Ernie Hernandez	Nilam Saeed
Blanca Bernal	Alex Meza
Shealinn Pohrman	Jessica Smith

Administrator's Corner *By Brittany Schwabauer*

Alzheimer's disease inspires me! It inspires me to be present with my family, to be honest with my friends and to be kind hearted to those who are unknown. Unknown is defined as someone who is not known, understood or recognized. Here at Country Side Living, we know, understand and recognize your loved one as a person; an individual who loves unconditionally, cries openly and strives to be remembered every day. Here are few samples of what our residents would like you to remember as we roll through our holiday seasons:

Jane Counsell "I want my family to know that I enjoy them."

Russell Ramberg "I want them to remember what a good guy I am."

Jacqueline Floyd "I want them to remember what a wonderful mother I am."

We are making progress at the Redmond location!



Dental Health and Hygiene

Dental hygiene is important for overall health. Poor dental hygiene may lead to heart disease, gingivitis, stroke, osteoporosis and respiratory disease. In addition to causing bad breath, it can also affect one's ability to eat, chew and talk. Possible signs of dental problems are someone rubbing or touching their cheek or jaw, moaning or shouting out, head rolling or nodding, flinching, especially when washing their face or being shaved. Restlessness, poor sleep,

increased irritation or aggression and refusal or reluctance to put in dentures when previously there was not a problem. Brushing teeth is a complicated process with many steps. Although we do it automatically, if someone is having memory problems, some of the steps might be forgotten. Supervision or assistance is often necessary. Dentures need to be taken out daily, brushed and rinsed. While they are out, try to brush the person's gums and roof of their mouth with a soft bristled

toothbrush. Gum shrinkage can cause dentures to fit improperly, leading to pain, trouble eating, and infection. Never force someone to open their mouth or pry their lips apart. Take a break and try later if there is a problem or resistance. If the toothbrush is too invasive or if, try using a Q-tip or gauze wrapped around your finger. If dental care at home is proving to be very difficult or extremely unpleasant for you both, make an appointment to see a dentist every two months for regular dental care.

Residents of the Month

Sandra Freeman
South Building



Maxine Cross
North Building



Upcoming Events

Thanksgiving Dinner

Saturday November 14th 12-2pm

Christmas Party

Saturday
December 12th
12-2pm



Residents Corner



Activities of Daily Living article continued from front cover...

Focus on abilities

Even as dementia progresses into the later stages, there may still be some activities which the person can continue to do on their own. We Encourage them to participate



as much as possible, even if they can only complete one part of a task independently, remembering that some days are better than others. If the person has difficulty completing a particular task, perhaps they can try again another time.

One of our Main goals at Country Side Living is to ensure that our

residents remain as independent as possible for as long as possible. This means the world to our residents! Independence can be in many forms, whether it be dressing one's self, to going out to that one favorite fishing spot. Our All Star team does their best to encourage these everyday life events.

2016's in our Sight!

Well it's that time of the year again! Fall is here, and we are moving quickly to winter and 2016! We have had one amazing year at Country Side Living and 2016 is only going to get better!

One of the most challenging aspects of providing care for someone with a dementing illness is to develop daily routines and activities that are interesting, meaningful, do-able, and valued by the person with the disease. Making sure there are a mix of activities to meet social, physical, mental, and spiritual needs for each individual is a complex and ever-changing task. As the disease progresses changes will need to be made based on changing abilities and skills, while retaining the characteristics of the activities that

make them meaningful to the person. Families and communities must work together to successfully create options and programs that work to make moments count. Our Activities department strives to promote the activities of daily life of "our" loved one.

We as a team have lots of great ideas for outings and events, but would love input and ideas from families and friends of our Country Side family.

Please feel free to call or email your ideas and thoughts to make 2016 an outstanding year!

Call: 503-266-3031
Email: Ryan@countrysideliving.com

We are very excited about new, fun activities that will help us more effectively serve the recreation needs of our residents.



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phone: 503-266-3031
email: activity@countrysideliving.com

Find us on Facebook!

www.countrysideliving.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 Wednesday each month, at Thelma's Place, 6:00 – 7:30pm.**

Contact Tracie Flores at 503-266-3031 or tracie@countrysideliving.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@countrysideliving.com