

January & February 2016

CSL

COUNTRY SIDE LIVING
A Nice Place To Call Home



Thelma's Place



2016 is Here!

With a new year comes new things. Here at Countryside Living we are always striving to learn more and better ourselves and continue to provide the best care possible for your loved ones.

With Alzheimer's and dementia being very complex diseases we are constantly expanding our programs and activities to better suit the independence of the individuals.

No matter the task, there are a variety of ways to promote residents participation in their own daily life. With activities going at Country Side seven days a week, 365 days a year, there's no time to slow us down around here. To us, activities are more than just arts and crafts, singing songs or playing a game of dominoes; but don't get us wrong, we do still do those. We focus on helping your loved one maintain as much independence

as possible for as long as possible. For example; for the piano player, sit with the resident that played the piano in the past and help them to play again. Assist a resident read or write a letter to a friend or family member. Maintain physical activity by exercising with the residents, walking indoors or in our courtyard, tossing a ball, a bean bag, a balloon or other light sports. It's more about the individual's independence and the encouragement to do the things that they have been doing all of their lives.



With an active social life, regular exercise, a healthy diet and mental stimulation there isn't much that

can't be accomplished with positive encouragement, and focusing on the abilities that one still has during the progression of dementia. This makes a world of difference for our residents. This could be as simple as dressing one's self or a trip to the grocery store to buy the essentials.

Do you have a special talent or interesting project you would like to share with us?

Please come on in and share it! Visitors are always welcome in our home for great fun! We as a team have many great ideas for outings and activities but would love input and ideas from the families and friends of our Country Side Living family. Please always feel free to call or email if you would like to volunteer or have ideas to help us make 2016 the best year ever! We are very excited about the New Year and look forward to lots of new recreation and activities coming to CSL in 2016.

Ryan Alston
Life Enrichment Director
Ryan@Country sideliving.com

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CANBY:

Administrator, North:
Brittany Schwabauer

Administrator, South:
Leah Marroquin

Life Enrichment Director:
Ryan Alston

REDMOND:

Administrator: **Tracie Flores**

Life Enrichment Director:
Kristie Saulsbury

Please Join Us:

**Valentines
Lunch
with
Chocolate
Tasting**

Saturday, Feb 14th
12-2pm



January 2016



Sunday
Game Day

Monday
Craft Day

Tuesday
Music Day

Wednesday
Nail and Spa Day

Thursday
Food and Travel Day

Friday
A Day of Reminisce

Saturday
Comedy Day

<p><i>Daily Events Include</i></p> <p>Town Hall Exercises</p> <p>Sensory and Music</p>	<p>January Birthdays : Annette M. 1/5 Sandra F. 1/15 Norman H. 1/16 Curtis F. 1/17 Shirley S. 1/22</p>	<p>Employee Bdays: Laura Lopez Garcia 1/6 Erika Stubblefield 1/23 Carol Covey 1/25 Elsa Chavez 1/29</p>			<p>1 Town Hall Exercises Painting Memories Devotional Hour Pictionary</p>	<p>2 Town Hall Meeting Happy Hour Drinks Old Time Cartoon Feature</p>
<p>3 Sunday Paper Town Hall Dominoes Hour Bingo Day!</p>	<p>4 Town Hall Winter Crafts Walk to Waite Park Movie: Everest</p>	<p>5 National Bird Day! Town Hall Exercises Winter Sing Along Tea party</p>	<p>6 Town Hall Meeting Beauty Hour Barber Shop Shaves</p>	<p>7 Travel Brazil Brazilian Food Hour Music with Molli @3pm</p>	<p>8 Town Hall Exercises Jan. Journaling Music with George @ 3pm</p>	<p>9 Laurel and Hardy Happy Hour Drinks Music with Stan the Piano Man!</p>
<p>10 Sunday Paper Baking w/ Residents Afternoon Bingo Party!</p>	<p>11 Town Hall Build your own - Sandwich day Music with James</p>	<p>12 Haircare with Barb Resident Birthday Party Stanley's Corner</p>	<p>13 Town Hall Meeting Music w/ Jim and Marilyn Cucumber Facials</p>	<p>14 Men's Breakfast: Top O' Hill Arm Chair Travel: The United States</p>	<p>15 MLK Day Town Hall Exercises Guitar with Tim @ 3pm</p>	<p>16 Saturday Lunch Event 12-2pm Happy Hour Drinks Lawrence Welk</p>
<p>17 Sunday Paper Coupon Cut out Casino Game Day Inspirational Reading</p>	<p>18 Town Hall Snowflake Craft Cookie Decorating Movie: Travel the States</p>	<p>19 Town Hall Exercises Walk to Waite Park Winter Sing Along Afternoon Coco Social</p>	<p>20 Morning Exercises Ladies Lunch: Pappy's Greasy Spoon Nails/Spa/Shave</p>	<p>21 Travel Australia Australian Food Hour Music with Piano Pete @ 3pm</p>	<p>22 Town Hall Exercises Journaling to Remember Devotional Hour</p>	<p>23 Town Hall Meeting Saturday Morning Walk Happy Hour Drinks</p>
<p>24/31 Town Hall Sunday Paper Baking w/ Residents Bingo Party</p>	<p>25 Town Hall African themed crafts Music with Molli @ 3pm Movie: Mother Earth</p>	<p>26 Haircare with Barb Winter Tea Party Trip to Portland Memory Garden</p>	<p>27 Town Hall Meeting Music w/ Jim and Marilyn Cucumber Facials</p>	<p>28 Town Hall Travel: Africa Piano with Lori Byers @ 3pm</p>	<p>29 National Puzzle Day Painting Memories Devotional Hour Round Table Puzzles</p>	<p>30 Town Hall Exercises Happy Hour Drinks Laurel And Hardy Joke Time</p>

Our Residents in Action





Leah's Halibut Lasagna

Leah's Halibut Lasagna Recipe

Ingredients:

- 6 tbs butter
- 1 1/2 lbs halibut
- 2 cloves garlic (finely chopped)
- 3/4 tsp thyme
- 1/2 tsp salt
- 1 1/2 cups chicken broth
- 1 cup whipping cream
- Cooked lasagna noodles
- 2 cups Swiss or mozzarella cheese
- 1/3 cup flour

Instructions

1. Add butter, halibut, garlic to skillet and cook for 10 mins. Then shred halibut. Stir in flour and salt.
2. Stir in chicken broth and whipping cream, cook until thickened.
3. In a non-stick baking pan layer cooked noodles, then add halibut mixture (sprinkle a little cheese), then noodles, then halibut mixture (sprinkle cheese), then top with noodles, add rest of cheese.
4. Bake 350 degrees for 20 minutes - covered. Then 20 minutes - uncovered. Let stand for 15 mins. Serve with salad and garlic bread.

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 2016

October

Brittany Schwabauer & Leah Marroquin

December

Leah Warren & Leslie Naylor

November

Alex Gonzalez & Kim Fanning

New Employees:

Please Welcome:

Sara Kilgus -
Activities Assistant

Keegan Jackson -
Activities Assistant

Stacy Zimmerman -
Caregiver

Administrator's Corner Leah Marroquin

Happy New Year from all of us at CSL! With a new year comes new goals. Our goal here is to make your loved one happy! Alzheimer's isn't an easy disease to deal with, and we want to help you through it. Whether you have a question about Alzheimer's or just want someone to talk to, our staff are here to listen and assist you! We want to make life a little easier for you and your loved one. They say laughter is the best medicine, so embrace humor! A positive emotion, together with laughter, may enable adults with dementia to cope with their illness better, improve immune function, increase pain tolerance, and decrease the stress response. So next time you visit, tell us that funny story about the time...

Our New Redmond location is now OPEN!



New Year, New You

It's a new year! Do you make resolutions this time of year? We often catch ourselves repeating the same ones we made last year. Caregiving for those with dementia and Alzheimer's disease is a marathon, not a sprint, and requires a healthy lifestyle for the body, mind and spirit.

#1. Set aside at least 15 minutes (or longer) each day to do something just for you. Enjoy a nice cup of tea, meditate, quietly read a devotional, browse through a magazine, call a friend or journal.

#2. Take time each day to find something for which you are thankful. ***"There is always, always, always, something to be thankful for."***

When overwhelmed by the stresses of daily life, it can be easy to forget this simple saying.

#3. Laugh each and every day about something. Daily laughter is just plain healthy—for both of you! You might find comedic relief in your situation at hand, from a funny book, joking with a friend or

while enjoying a favorite TV show. If humor has not been part of your everyday routine, start now and find it

#4. Each day express generous praises & gratitude... for yourself. Make it a habit to give yourself credit for all the things you do well.

#5. Continuing to strive for the excellence in yourself, and the things you do on an everyday basis, if needed we must ask for help and must not feel guilty for this.

Residents of the Month

Margaret Gitts
South Building



Mary Connor
North Building



Upcoming Events

Luncheon and Cake Walk

Saturday, January 16th, 12-2pm

Valentines Lunch with Chocolate Tasting

Sunday, February 14th,
12-2pm



Residents Corner



Food That Could Boost Brain Power

Eat well for mental health by incorporating these healthy foods into your diet



Cranberries: Cranberries have been identified as an excellent dietary source of high-quality antioxidants, which have been shown to help maintain healthy cognitive functioning.

Oats: Oats supply energy to the brain, which may improve learning. They are also rich in selenium, an antioxidant that has been shown to have protective effects in brain disorders and age-related cognitive problems.

Almonds: Almonds are one of the most concentrated sources of vitamin E available, and vitamin E at a high daily dose has been shown to delay the progression of Alzheimer's disease.

Asparagus: Asparagus is full of vitamin A, which contributes to adult brain plasticity — helping you keep your brain learning and growing as you age.

Walnuts and Berries: Only a quarter cup of walnuts provides nearly all of the suggested daily intake for omega-3 fatty acids. And recent studies found the polyphenols in berries can slow down age-related mental decline.

Split Peas: Split peas and other legumes are rich in folic acid, which in research studies has been shown to improve verbal and memory performance, and may delay the onset of Alzheimer's disease.

Eggs: Not surprisingly, eggs have something in common with chicken: high choline content. Choline is linked to long-term memory development.

Onions: Onions can protect against stroke and may improve impaired memory.

Shrimp: Shrimp contains brain-boosting DHAs (Docosahexaenoic acids), but also offers a dose of vitamin B12, which is proven to be one of the most important vitamins for cognitive health.

Chicken: Few meats have proven benefits for the brain. But chicken has several nutrients that may promote brain health — including choline and B vitamins.

Bananas: Bananas may not be a major brain food, but they offer significant doses of vitamins B6 and C.

Dark Chocolate: When it comes to the brain, the darker the chocolate the better. Darker chocolate has a higher flavor content.



COUNTRY SIDE LIVING
A Nice Place To Call Home

CSL REDMOND:
1350 NW Canal Blvd
Redmond, OR 97756
541-548-3049

CSL CANBY:
390 & 406
NW 2nd Ave.
Canby, OR 97013
503-266-3031



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.**

Canby 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 location for more information.

Thelma's Place Adult Day Respite

For more information contact:

Ellen in Canby: 503-266-5100 or ellen@country sideliving.com

Stephanie in Redmond: 503-209-6827 or stephaniero@thelmasplace.org



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