

March & April 2016

CSL

COUNTRY SIDE LIVING
A Nice Place To Call Home



Thelma's Place

Thelma's Place Activities and Care

Memory loss and other cognitive changes characteristic of Alzheimer's disease and other forms of dementia can't be reversed. But there are some proven ways to delay further decline, over the short term.

A growing body of research indicates that stimulating the brain has the power to slow the progress of Alzheimer's, particularly in early stages. More frequent cognitive activity across the life span is linked to slower cognitive decline later in life.

Thelma's Place is a non-profit care center created to provide families a rest from care-giving. Those with Alzheimer's or other dementia conditions might best be served at home, but when a break is needed, Thelma's Place can care for your loved one with the same compassion you provide at home. Our vision at Thelma's Place is to act as a small community that is

uniquely equipped to meet the needs of elderly participants, enriching their lives by providing a warm family atmosphere, caring support, and engaging activities appropriate to their lifestyle.

Our program provides respite service focusing on individual strengths and interests, activities that cognitively stimulate and education designed to help compensate some



of the memory loss attributes of Alzheimer's...all in an environment that is built on the core values of love and hope.

Our staff know each participant as an

individual. All of our highly-trained staff and volunteers are passionate about what they do – providing the absolute highest level of care.

Programs like Thelma's Place encourage participants to take part in things they find pleasurable, especially mind engaging activities such as: reading, writing, playing the piano, working crosswords or puzzle books, playing games such as chess or dominoes, even singing their favorite songs, but most of all, presenting them with fresh materials and plenty of opportunities.

Research suggests that activities are especially protective when they involve interacting with others. Those who are socially active tend to have fewer memory problems than those who are reclusive. If you or someone you know is interested in the support and care that Thelma's Place provides, please contact us for more information or to request a tour.

*Ellen (Canby): 503-266-5100 or
ellen@country sideliving.com*

*Stephanie (Redmond): 503-209-6827 or
stephaniero@thelmasplace.org*

In This Issue:

- *Thelma's Place Activities and Care*
- *Cubano Sandwich Recipe*
- *Employees of the Month*
- *New Employees*
- *Detailed March Calendar*
- *Whoopsy Daisy Child Care*
- *Residents of the Month*
- *Residents Corner Photos*
- *Administrator's Corner*
- *Why You Should Let Go and Just Go With the Flow*

CANBY:

Administrator, North:
Brittany Schwabauer

Administrator, South:
Leah Marroquin

Life Enrichment Director:
Ryan Alston

REDMOND:
Administrator: **Tracie Flores**

Life Enrichment Director:
Kristie Saulsbury
kristis@country sideliving.com



March 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

Daily Events Include:
Town Hall Exercises
Sensory and Music
1on1 and Group - Activities



1. Town Hall Exercises
Walk to Waite Park
Spring Sing Along
Afternoon Coco

2. Town Hall Meeting
Beauty Hour
Trip to Tillamook
Cheese Factory

3. Town Hall Travel
Baking Hour
Music with Molli @3pm

4. Town Hall Exercises
Painting Memories
Devotional Hour
Pictionary

5. Town Hall Exercises
Happy Hour Drinks
Laurel And Hardy
Joke Time

6. Town Hall
Sunday Paper
Baking w/ Residents
Bingo Party

7. Town Hall
Springtime Crafts
Walk to Waite Park
Trip to World Speed
Museum

8. Town Hall
Haircare with Becky
Spring Tea Party
and Sing Along

9. Town Hall Meeting
Beauty Hour
Barber Shop Shaves
Cucumber Facials

10. Town Hall Meeting
Arm Chair Travel:
The Grand Canyon

11. Town Hall Exercises
March Journaling
Music with George
@ 3pm

12. Saturday Luncheon
12-2
Music with Stan the
Piano Man!

13. Sunday Paper
Coupon Cut out
Casino Game Day
Inspirational Reading

14. Town Hall
St. Patty's Day Crafts
Music with James
@2pm

15. Town Hall Exercises
Walk to Waite Park
Resident Birthday
Party

16. Men's Breakfast: Top
O' Hill
Town Hall Meeting
Beauty Hour

17. Town Hall Meeting
Mexican Food Hour
Music with Piano Pete
@ 3pm

18. Town Hall Exercises
Painting Memories
Guitar with Tim @
3pm

19. Town Hall Meeting
Saturday Morning
Walk
Happy Hour Drinks

20. Town Hall
Sunday Paper
Inspirational Reading

21. Town Hall
Springtime Crafts
Walk to Waite Park
Music with Bob @ 3pm

22. Town Hall
Haircare with Becky
Spring Tea Party
and Sing Along

23. Morning Exercises
Ladies Lunch:
Pappy's Greasy
Spoon
Nails/Spa/Shave

24. Town Hall Travel:
Louisiana
Piano with Lori Byers
@ 3pm

25. Town Hall Exercises
Journaling to
Remember
Devotional Hour

26. Town Hall Exercises
Happy Hour Drinks
Laurel And Hardy
Joke Time

27. Town Hall
Sunday Paper
Baking w/ Residents
Bingo Party

28. Town Hall
African themed crafts
Music with Molli @ 3pm
Movie: Forrest Gump

29. Town Hall Exercises
Walk to Waite Park
Wooden Shoe Tulip
Festival Trip

30. Town Hall Meeting
Beauty Hour
Barber Shop Shaves
Pedicures

31. Town Hall Travel:
Philadelphia
Baking Hour:
Afternoon Dessert

Resident Birthdays
Betty S. 3/13
Evelyn P. 3/17
Doris M. 3/22
Marie N. 3/24
Millie L. 3/26
Margie C. 3/30

Employee Birthdays
Tyler N. 3/9
Damian A. 3/15
Gloria C. 3/27
Alexis G. 3/27
Gaby L. 3/28

Our Residents in Action





Cubano Sandwich

Cubano Sandwich Recipe

Ingredients:

- 1 loaf Cuban bread, sliced lengthwise
- 1/2 stick (1/4 cup) unsalted butter, softened
- 3 tablespoons yellow mustard, or to taste
- 1 1/2 pounds boiled ham, sliced
- 1 1/2 pounds roasted pork, sliced
- 1 pound Swiss cheese, sliced
- 1 cup dill pickle chips, or to taste

Instructions

1. Assemble the sandwich

Spread 2 tablespoons of the butter on one half of the bread loaf and a thin layer of mustard on the other. Place 1 to 2 layers of ham, pork, cheese, and, finally, pickles on the buttered bread and top with the mustard-spread bread.

2. Wrap the sandwich in foil

Smear the remaining butter all over the outside of the sandwich and wrap it completely in aluminum foil.

3. Press and grill the sandwich

- Heat your grill to high (550°F) and close the lid. Wait at least 15 minutes before lowering the heat to medium-high (450°F) and continuing.
- Before grilling the sandwich, press down on it with your hands to flatten it. Place the wrapped, flattened sandwich on the grill and top with a brick, grill press, or any other heavy, heat-resistant object. Close the lid and grill for 5 to 6 minutes per side.
- Remove the wrapped sandwich from the grill and take off the foil. Return the sandwich to the grill and grill for about 2 to 3 minutes per side, or until both pieces of bread are crispy and golden brown.

4. Slice and serve

Remove the sandwich from the grill and cut at an angle into small sandwich wedges (triangles). Place on a large platter and serve while still hot.

Silver Star Program



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

Please tell us about it.

Last year's winner Stephanie Oliver won a trip to the destination of her choice!!!! If you'd like to nominate someone for doing an outstanding job, please fill out a ballot.

Employees of the Month 2016

January

Tammy Weich & Zori Stephenson

February

Beronica Allen & Emma Traveno

New Employees:

Please Welcome:

Christi Hernandez- Caregiver

Tyler Nugent- Chef

Erik Jacobsen- Activities

Stefani Reed- Caregiver

Sarai Cardenas- Caregiver

Our New Redmond location is now OPEN!



Whoopsy Daisy Child Care

Coming soon to our Redmond location is Whoopsy Daisy intergenerational Child Care where we provide a safe and educational setting offering a play based curriculum. Our goal is to provide children with a fun environment allowing us to build active minds, healthy bodies and happy hearts.

At Whoopsy Daisy, we are embedded in the past, present and future, bridging the gap between young and old. This innovative program provides child care for ages 3-6 years old and includes

interaction with participants in our adult day respite program, Thelma's Place as well as our residents at Country Side Living. An amazing thing happens when the young and elderly share the same space in an intergenerational program. The attention and encouragement of senior's help children flourish academically, socially and emotionally. Additionally, children learn to respect older adults and become compassionate for their physical limitations. Residents and participants can share their

stories and lives to maintain their self-worth and stay young at heart due to the life, spirit and joy that children bring. Each day Whoopsy Daisy children will have an opportunity to gather with our participants, sharing in activities such as sing-a-longs, baking cookies or crafting together. There is never a shortage of happy smiles and laughter. A special bond forms that rises above differences in age and ability. We offer a beautiful, comfortable setting, outdoor play area, games, toys, crafts, books and educational tools.

Residents of the Month

Linda Nelson
Canby South



Jacqueline Floyd
Canby North



Monica Kribs
Redmond



Upcoming Events

St. Patrick's Lunch

March 12, 2016, 12-2pm

Spring Fling Luncheon

April 23, 2016, 12-2pm



Residents Corner



Administrator's Corner *by Brittany Schwabauer*

Children are often fearful, hesitant and shy when being introduced to the elderly for the first time. They see people with grey hair, wrinkled skin, knotted hands who are staring, reaching out, smiling; making all the effort in the world to be one with that child. It is important to make that child feel comfortable around their elderly family members to maintain a healthy, loving relationship. Sharing a favorite snack, listening to music, coloring, watching a favorite television show or movie, playing a game, looking at photos are all good ways for the elderly and children to create and/or maintain their bond. Learning new ways to sustain loving relationships can ensure that the elderly can continue to play a role in the lives of the children. It is Country Side Living's goal to integrate these two entities as one, not only for the sheer happiness of the elderly but for the education of today's children.

Why You Should Let Go and Just Go With the Flow

Forget trying to control every little detail. Life is lots more fun (and less stressful) when you let go from the get-go. "SURRENDER."

By Judith Orloff, MD

In my own life I've realized that if something isn't going my way, I need to surrender. Because when you accept what is instead of focusing only on what you want, you'll feel happier and be more successful. Follow these tips and start getting more in sync with the world around you:

Breathe deeply for three minutes, focusing on a time you felt happy. Ask yourself your question (e.g., Should I volunteer for that project?).

Be aware of your body without overthinking.

Notice any gut feelings.

If you keep going full tilt day after day, your stress hormones—cortisol and adrenaline—will surge. By hitting the Reset button, you'll gain clear-headedness.

Spending time not making any decisions, checking e-mail or your phone. So can trying the following, as often as possible:

- If you have only a few minutes, do everything more mindfully, savoring the experience.
- Get out in nature.
- Take a yoga class, read or just veg.
- If an argument is dragging on, ask yourself: Is there another way to go?



- Practice letting others be right about tiny things, like where to eat.

Let others be right about bigger issues. Maybe we'd all be happier if we had a "not-to-do list." Try these tips:

- Set your sights lower.
- Swap to-do's for pleasurable moments.
- Forget the 10% that isn't working in your life, relax your body, and just - LET GO.



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



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.**

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@countrysideliving.com

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