

September/October 2016

CSL

COUNTRY SIDE LIVING
A Nice Place To Call Home



Thelma's Place



15 Best Superfoods for Fall

The weather is getting cooler, but your produce choices are heating up. These amazing superfoods are either hitting their peak in the garden or can easily be found in your local farmers market or grocery store. They're the perfect excuse to get cooking on cool nights.

Apples

Sweet or tart, apples are satisfying eaten raw or baked into a delicious dish. Just be sure to eat the skin—it contains hearty-healthy flavonoids. Health benefits include: Full of antioxidants and 4 grams of dietary fiber per serving. Harvest season: August-November.



Brussels sprouts

Made the correct way, these veggies taste divine. They have a mild, somewhat bitter taste, so combine them with tangy or savory sauces, like balsamic vinegar. Health benefits include: 1/2 cup contains

more than your DRI of vitamin K; a very good source of folate; a good source of iron. Harvest season: September–March.

Parsnips

Though these veggies may resemble

carrots, they have a lighter color and sweeter, almost nutty flavor. Use them to flavor rice and potatoes or puree them into soups and sauces. Health benefits include: Rich in potassium and a good source of fiber. Harvest season: October–April.

Pears

The sweet and juicy taste makes this fruit a crowd-pleaser. Cooking can really bring out their fabulous flavor, so try them baked or poached. Health benefits include: A good source of vitamin C and copper and 4 grams of fiber per serving. Harvest season: August–February.

Rutabaga

A cross between a turnip and a cabbage, rutabagas are a popular Swedish dish. To utilize their earthy flavor, add them to casseroles, puree them with turnips and carrots to make a sweet soup, or

Continued inside...

In This Issue:

- 15 Best Superfoods for Fall
- Taco Pie recipe by Jennifer Snook
- Employees of the Month / New Employees
- Detailed September/October Calendars
- Residents of the Month
- Residents Corner Photos
- Inspirational Corner
- Five Autumn Activities for Seniors

CANBY -

Administrator, North:
Brittany Schwabauer

Administrator, South:
Leah Marroquin

Life Enrichment Director:
Lisa Majors

REDMOND -

Administrator:
Barbara Thompson

Life Enrichment Director:
Annette Rusche

Our Activities department strives to promote the activities of daily life. We as a team have lots of great ideas for outings and events, but would love input and ideas from you. Please feel free to call or email with your ideas and thoughts to make 2016 an outstanding year!

Canby: 503-266-3031 or
Email: lisa@country sideliving.com

Redmond: 541-548-3049 or
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September 2016 - Canby



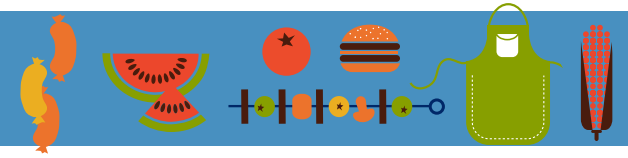
Sunday Game Day	Monday Craft Day	Tuesday Music Day	Wednesday Nail/Spa/Shave Day	Thursday Food and Travel Day	Friday A Day of Reminisce	Saturday Comedy Day
<p><i>Daily Events Include</i></p> <p>Town Hall Exercises Sensory and Music</p>	<p>Please join us Tuesdays @ 2pm for Tea Party with Georgia</p>	<p>Resident Birthdays Mardelle 4th Edie 9th Sharon 27th</p>	<p>Employee Birthdays Jean 3rd Katie 9th Beronica 12th Mary Ann 18th Leah M 22nd</p>	<p>1 Town Hall/ Exercise Resident Choice Baking/Cooking Music w/Molli</p>	<p>2 Town Hall Exercises Expressive Art Drawings Round Table Puzzles Devotional Hour</p>	<p>3 Town Hall Meeting Happy Hour Drinks Best of Bob Hope Courtyard Charades</p>
<p>4 Sunday Paper Town Hall Clipping Coupon Bowling Tournament.</p>	<p>5 Town Hall/Exercise Crafts Flower Power Field Trip to Dahlia Festival 10am -12pm</p>	<p>6 Town Hall Exercises Summer Sing Along Tea party Movie: Black Orchid</p>	<p>7 Town Hall/ Meeting Beauty Hour Flower themed Nails Share Day</p>	<p>8 Town Hall/Meeting Baking Flower Cup-cakes Movie: Driving Miss Daisy</p>	<p>9 Town Hall Exercises Summer Journaling Music w/ George Movie: War of Roses</p>	<p>10  Oktoberfest Party 12-2pm</p>
<p>11 Sunday Paper Baking w/ Residents Afternoon Bingo Party!</p>	<p>12 Town Hall/Exercise German Craft Gardening Club Read Circle</p>	<p>13 Resident Birthday Party</p>	<p>14 Town Hall Meeting Music w/ Jim and Marilyn Avocado Facials</p>	<p>15 Oktoberfest Mt Angel 11:30am- 1:30pm Movie: Fiddler</p>	<p>16 Town Hall Exercises Devotional Hour Music w/ Tim @ 3pm Movie: Germany</p>	<p>17 TownHall Meeting Happy Hour Drinks George Burns Show Funny Joke Tales</p>
<p>18 Town Hall/Domino Tournament North vs. South Bingo Day!</p>	<p>19 Town Hall/ Exercise Safari Crafts Music w/ Bob @ 3pm Movie: Lion King</p>	<p>20 Town Hall Exercises Walk to Waite Park Trip to the Zoo 10am-2pm Movie: Grease</p>	<p>21 Town Hall /Meeting Morning Exercises Nails/Spa/Shave Share Day</p>	<p>22 First Day of Fall Music w/ Lori @ 3pm</p>	<p>23 Town Hall Exercises Expressive Art Drawings Round Table Puzzles Devotional Hour</p>	<p>24 Town Hall Meeting Saturday Morning Walk Happy Hour Drinks Sonny and Cher</p>
<p>25 Sunday Paper Town Hall Baking w/ Residents Bingo Party</p>	<p>26 Town Hall Rail Road Craft Music w/ Molli Netflix: The Train</p>	<p>27 Town Hall Exercises Fall Tea Party Social Music Circle Netflix: The General</p>	<p>28 Town Hall Meeting Pumpkin Facials Music w/ Jim and Marilyn</p>	<p>29 Oregon Rail Heritage Center 1pm -4 pm </p>	<p>30 Town Hall Exercises Group Drawing Devotional Hour Reminisce Games</p>	

October 2016 - Canby



Sunday Game Day	Monday Craft Day	Tuesday Music Day	Wednesday Nail/Spa/Shave Day	Thursday Food and Travel Day	Friday Oldies but Goodies Day	Saturday Family Day
<p><i>Daily Events Include</i></p> <p>Town Hall Exercises Sensory and Music</p>	<p>Please join us Tuesdays @ 2pm for Tea Party with Georgia</p>	<p>Halloween Party & Pumpkin Carving Monday October 31st 2-3pm Entertainment Dan the Magic Man</p>	<p><i>Residents Birthdays</i> Al 3rd Shauna 10th Lester 12th Shirley V 16th</p>	<p><i>Residents Birthdays</i> Susan 22nd Jerry M 23rd Jean H 26th</p>	<p><i>Employees Birthdays</i> Palmaria 6th Marissa 11th Xochilt 14th Leslie 21st Lucy 29th Renel 29th</p>	<p>1 Town Hall Meeting Happy Hour Drinks Milton Berle Show Charades & Popcorn</p>
<p>2 Sunday Paper Town Hall Clipping Coupons Bingo Day! Celebrating Harvest</p>	<p>3 Town Hall/Exercise Crafts Making a Scarecrow Movie: Babe</p>	<p>4 Town Hall Exercises Fall Social Tea party Movie: US Farmers</p>	<p>5 Town Hall/ Meeting Beauty Hour Harvest Book Club Share Day</p>	<p>6 Town Hall/Meeting Baking: Pie in a Apple Music w/ Molli 3pm Country Drive</p>	<p>7 Town Hall Exercises Autumn Journaling Farm Trivia Game Movie: Farmland</p>	<p>8 Town Hall Meeting Happy Hour Drinks Music w/Stan @ 3pm Carol Burnett Show</p>
<p>9 Sunday Paper Baking w/ Residents Afternoon Bingo Party!</p>	<p>10 Town Hall/Exercise Turkey Craft Gardening Club Read Circle</p>	<p>11 Resident Birthday Party</p>	<p>12 Town Hall Meeting Music w/ Jim and Marilyn Lemon Facial Masks</p>	<p>13 Fir Point Farm Pumpkin Patch 10am-12pm Baking Turkish Desert Semolina Cookies</p>	<p>14 Town Hall Exercises Devotional Hour Music w/ George @ 3pm</p>	<p>15 Town Hall Meeting Happy Hour Drinks The Burns and Allen Show</p>
<p>16 Sunday Paper Town Hall Dominoes Hour Bingo Day! Harvest Painting</p>	<p>17 Town Hall/ Exercise Traveling Haunted Places 2:30 pm Concert Pickled Peppers</p>	<p>18 Town Hall Exercises Walk to Waite Park Trip to the Zoo 10am-2pm Movie: Ghostbusters</p>	<p>19 Town Hall /Meeting Morning Exercises Nails/Spa/Shave Share Day Movie: Casper</p>	<p>20 Town Hall/Meeting Traveling to Old Town Pizza & Brew Music w/Piano Pete 3pm</p>	<p>21 Town Hall Exercises Round Table Puzzles Devotional Hour Music w/ Tim 3pm</p>	<p>22 Town Hall Meeting Saturday Morning Walk Happy Hour Drinks Sonny and Cher</p>
<p>23/30 Sunday Paper Town Hall Baking w/ Residents Bingo Party</p>	<p>24/31 Town Hall Rail Road Craft Music w/ Molli 3pm Netflix: The Train</p>	<p>25 Town Hall Exercises Fall Tea Party Social Music Circle Netflix: The General</p>	<p>26 Town Hall Meeting Music w/ Jim and Marilyn Pumpkin Facials</p>	<p>27 Music w/Lori Oregon Rail Heritage Center 1pm -4 pm </p>	<p>28 Town Hall Exercises Painting Memories Devotional Hour</p>	<p>29 Town Hall Meeting Saturday Morning Walk Happy Hour Drinks Dean Martin Hour</p>

September 2016 - Redmond



Sunday
Game Day

Monday
Craft Day

Tuesday
Music Day

Wednesday
Nail/Spa/Shave Day

Thursday
Food and Travel Day

Friday
A Day of Reminisce

Saturday
Comedy Day

Daily Events Include						
Town Hall Exercises Sensory and Music				1 Town Hall Exercises Garden Club Bible Study Travel: Crescent Moon Ranch	2 Town Hall Exercises Walking Club Memory Box Summer Baking Music W/Bill Burke	3 Town Hall Exercises Sensory Day Story hour Movie & Popcorn Sing a long w/ Kathy
4 Town Hall Exercises Sunday Paper Coupon Cut Out Arts & Crafts Bingo	5 Town Hall Exercises Walking Club Watercolor Book Club Basketball	6 Town Hall Exercises Garden Club Ukulele Music/Sing Along w/ Isaac Pet Therapy	7 Town Hall Exercises Walking Club Pretty Nails Barber Shop Shaves Piano w/Cheryl	8 Town Hall Exercises Garden Club Bible Study Travel: Hope Park	9 Town Hall Exercises Walking Club Memory Box Summer Baking Music W/Bill Burke	10 Town Hall Exercises Sensory Day Story hour Movie & Popcorn Sing a long w/ Kathy
11 Town Hall Exercises Sunday Paper Coupon Cut Out Arts & Crafts Bingo	12 Town Hall Exercises Walking Club Watercolor Book Club Bowling	13 Town Hall Exercises Garden Club Ukulele Music/Sing Along w/ Isaac Pet Therapy	14 Town Hall Exercises Walking Club Hand Massages Barber Shop Shaves Piano w/Cheryl	15 Town Hall Exercises Garden Club Bible Study Travel: Lava Butte	16 Town Hall Exercises Walking Club Memory Box Summer Baking Music W/Bill Burke	17 Town Hall Exercises Sensory Day Story hour Movie & Popcorn Sing a long w/ Kathy
18 Town Hall Exercises Sunday Paper Coupon Cut Out Arts & Crafts Bingo	19 Town Hall Exercises Walking Club Watercolor Book Club Nerf Target	20 Town Hall Exercises Garden Club Ukulele Music/Sing Along w/ Isaac Pet Therapy	21 Town Hall Exercises Walking Club Pretty Nails Barber Shop Shaves Piano w/Cheryl	22 Town Hall Exercises Garden Club Bible Study Travel: Steins Pillar	23 Town Hall Exercises Walking Club Memory Box Happy Hour Music W/Bill Burke	24 Town Hall Exercises Sensory Day Story hour Movie & Popcorn Sing a long w/ Kathy
25 Town Hall Exercises Sunday Paper Coupon Cut Out Arts & Crafts Bingo	26 Town Hall Exercises Walking Club Watercolor Book Club Bean Bag Twister	27 Town Hall Exercises Garden Club Ukulele Music/Sing Along w/ Isaac Pet Therapy	28 Town Hall Exercises Walking Club Hand Massages Barber Shop Shaves Piano w/Cheryl	29 Town Hall Exercises Garden Club Bible Study Travel: Sisters State Park	30 Town Hall Exercises Walking Club Memory Box Summer Baking Music W/Bill Burke	

October 2016 - Redmond



Sunday Game Day	Monday Craft Day	Tuesday Music Day	Wednesday Nail/Spa/Shave Day	Thursday Food and Travel Day	Friday Oldies but Goodies Day	Saturday Family Day
Daily Events Include Town Hall Exercises Sensory and Music	HAPPY HALLOWEEN 					1 Town Hall Exercises Sensory Day Story Hour Movie & Popcorn Sing a long w/ Kathy
2 Town Hall Exercises Sunday Paper Coupon Cut Out Arts & Crafts Bingo	3 Town Hall Exercises Walking Club Watercolor Book Club Basketball	4 Town Hall Exercises Garden Club Tea Time Ukulele Music/Sing Along w/ Isaac	5 Town Hall Exercises Walking Club Pretty Nails Barber Shop Shaves Piano w/Cheryl	6 Town Hall Exercises Garden Club Bible Study Travel: Peterson Rock Garden	7 Town Hall Exercises Walking Club Memory Box Baking Music	8 Town Hall Exercises Sensory Day Story hour Movie & Popcorn Sing a long w/ Kathy
9 Town Hall Exercises Sunday Paper Coupon Cut Out Arts & Crafts Bingo	10 Town Hall Exercises Walking Club Watercolor Book Club Darts	11 Town Hall Exercises Garden Club Ukulele Music/Sing Along w/ Isaac Pet Therapy	12 Town Hall Exercises Walking Club Facials Hand Massages Barber Shop Shaves	13 Town Hall Exercises Garden Club Bible Study Travel: Forest Explore	14 Town Hall Exercises Walking Club Memory Box Happy Hour Music	15 Town Hall Exercises Sensory Day Story hour Movie & Popcorn Sing a long w/ Kathy
16 Town Hall Exercises Sunday Paper Coupon Cut Out Arts & Crafts Bingo	17 Town Hall Exercises Walking Club Watercolor Book Club Bird Feeders	18 Town Hall Exercises Tea Time Ukulele Music/Sing Along w/ Isaac Pet Therapy	19 Town Hall Exercises Walking Club Pretty Nails Barber Shop Shaves Piano w/Cheryl	20 Town Hall Exercises Garden Club Bible Study Travel: Pumpkin Patch	21 Town Hall Exercises Walking Club Memory Box Baking Music	22 Town Hall Exercises Sensory Day Story hour Movie & Popcorn Sing a long w/ Kathy
23 Town Hall Exercises Sunday Paper Coupon Cut Out Arts & Crafts Bingo	24 Town Hall Exercises Walking Club Watercolor Book Club Winterize Chicken Coop	25 Town Hall Exercises Garden Club Ukulele Music/Sing Along w/ Isaac Pet Therapy	26 Town Hall Exercises Garden Club Facials Hand Massages Barber Shop Shaves	27 Town Hall Exercises Garden Club Bible Study Travel: TBD	28 Town Hall Exercises Walking Club Happy Hour Music	29 Exercise Costume Party
30 Town Hall Exercises Sunday Paper Coupon Cut Out Arts & Crafts Bingo	31 Town Hall Exercises Walking Club Watercolor Book Club Toast Pumpkin Seeds					



Makes 8-10 Servings

Taco Pie By Jennifer Snook

Ingredients:

- 1 Tube Pillsbury Pizza Dough Sheet
- 1 ½ pounds of Hamburger
- 1 Package Taco Seasoning mix
- ½ Cup Water
- 1 ½ Cup crushed Fritos
- 1 cup Sour Cream
- 1 Cup grated Cheddar Cheese
- ½ Cup Sliced black olives-drained
- 1 Can of corn kernels-drained.

Preparation Time 30 minutes

Instructions

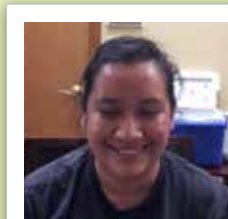
1. Arrange pizza crust in a 9x12 pan.
2. Brown hamburger and remove grease.
3. Add taco seasoning, olives, corn and water. Simmer 10-15 minutes on low.
4. Sprinkle ½ Fritos on top of pizza dough. Spread layers of beans, meat sauce, sour cream, grated cheese and top with remaining Fritos. Don't be afraid to add more cheese!
5. Bake at 350 degrees for 30 minutes uncovered. Serve with shredded lettuce and salsa and extra Fritos or Tortilla Chips. Enjoy!

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 located on our Silver Star boards!

Employees of the Month 2016



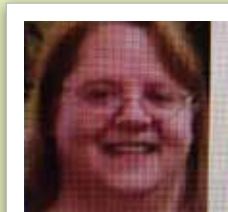
July - Canby
Berenis Madsen



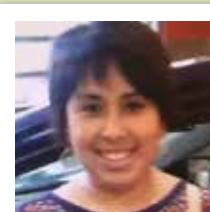
July - Canby
Kirsten Rhodes



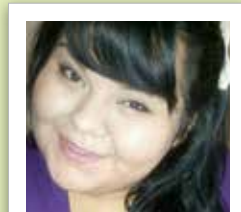
July - Redmond
Anna Safinick



August - Canby
Erika Skogan

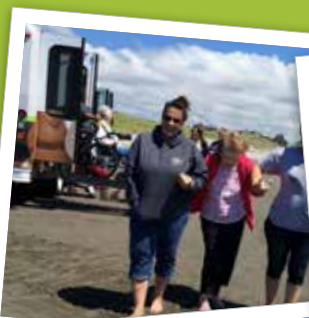


August - Canby
Palmira Sanchez



August - Redmond
Nancy (Lupe) Tapia

Canby's Residents Corner





Continued from cover...
 roast them with ginger, honey, or lemon. Health benefits include: A good source of fiber and a good source of vitamin C. Harvest season: October–April.

Cauliflower

The sweet, slightly nutty flavor

of cauliflower is perfect for winter side dishes. It’s wonderful steamed, but it can also be blended to create a mashed potato-like texture or pureed into soup. Health benefits include: Compounds that may help to prevent cancer; Phytonutrients may lower cholesterol and an excellent source

of vitamin C. Harvest season: September–June.

Squash

Unlike summer squash, winter squash has a fine texture and a slightly sweet flavor. Because of its thick skin, it can be stored for months. It tastes best with other fall flavorings, like cinnamon and ginger. Health benefits include: Contains omega-3 fatty acids and an excellent source of vitamin A. Harvest season: October–February.

Residents of the Month

Jean Harrison
 Canby South

Pat McDonald
 Canby North

Donna Bartley
 Redmond



Upcoming Events

Oktoberfest

Saturday September 10th
 12-2pm
 Entertainment by
 The Accordion Man

**Halloween Party
 and Pumpkin
 Carving Party**

Monday October 31st
 2-3pm Finger foods
 and Monster
 Mash Fun...



Redmond’s Residents Corner



Inspirational Corner *Author Unknown*

Looking at your face I see my one and only true love...But then I look into your eyes, nothing. Oh, to have you with me again, it's this day I dream of...We used to live for one another, such a perfect fit...Now you're sick and I'm alone with nothing to do but take care of you, cry and alone I sit...In the beginning I denied this was happening to us, making excuses for the things that just weren't right...It's so difficult to keep this up, caring for you, morning, noon and night. I hold onto the memories of our 60 years gone by...

Boy how quickly it went, the years, how they just fly...

I reach for your hand, so weathered and worn...

I miss you my love, because of this disease, my heart has been torn.



occupied and feeling like part of the season.

Five Autumn Activities for Seniors

There's the crisp tang in the air, which means that autumn is here. Now's the time to start thinking about special things you can do with your aging parents or other elder loved ones to take advantage of the fall weather.

Below are just a few activities to consider, based on the level of activity that's appropriate for the seniors in your life.

1. *Fall foliage excursion: One of the hallmarks of autumn is the changing of the leaves. There's something about the annual explosion of color that's irresistible. If you live near a park and your loved one likes to take walks, definitely plan to spend some time watching the leaves change over the next few weeks. For those whose aging*

parents may be less ambulatory, a weekend drive through a wooded area can be very diverting.

2. *Apple picking: For those who live near apple farms, an apple-picking trip can be a good multi-generational activity. Kids tend to love going out to pick the apples; those seniors who are more mobile also get a kick out of it. If your loved one is not really up to walking through an orchard, he or she can still enjoy sitting with you in the bracing air while the grandkids go picking. Many apple farms also have produce stands, and your aging parents may enjoy helping you pick out a good Halloween pumpkin or a bag of vegetables as you wait.*

3. *Halloween decorating: Speaking of Halloween, you can involve your favorite senior in getting the house ready for trick-or-treaters. Helping to make ghoulish decorations, painting or drawing faces on jack-o-lanterns, shopping for treats, and putting together ready-made bags of treats for spooky visitors can keep your senior*

4. *Keep gardening: Seniors who love gardening don't have to stop just because summer is over. Mums, marigolds, zinnias and others do well in the fall; more importantly, there are numerous bulbs that need to be planted in the fall so that they can pop up in the spring.*

5. *Take in a game: Football season is here, and perhaps your senior loved one would like to go see a game or two. It doesn't have to be a pro game, either; a high school football game can be just as much fun, especially if there's a grandchild playing, cheering or performing in the band.*

Summer is wonderful, but there's plenty to do in autumn as well. Make sure your aging parents don't miss out on the fun.



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@countysideliving.com

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



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