

# November / December 2016

# CSL

COUNTRY SIDE LIVING  
A Nice Place To Call Home



Thelma's Place



## 8 Winter Tips for Healthy Living

*Holidays, stress, post-holidays,  
even more stress -- who has time  
for taking care of ourselves?*

You do! Resolve to follow these eight diet, exercise, and lifestyle tips, and you can be good to yourself this winter - and all year long.

**1. Enjoy the Benefits of Yogurt.** It's creamy smooth, packed with flavor -- and just may be the wonder food you've been craving. Research suggests that that humble carton of yogurt may: Help prevent osteoporosis; Reduce your risk of high blood pressure; Aid gastrointestinal conditions like inflammatory bowel disease and constipation. Ready to take home a few cartons of yummy yogurt? When buying think low-fat, make sure the yogurt contains active cultures and vitamin D, and keep tabs on sugar content.

**2. Help Holiday Heartburn.** Getting hit with heartburn over the

holidays? Help is at hand! Try these hints and you can stop the burn before it starts: Nibble: Enjoy your favorite foods -- but in moderation. No need to heap on the goodies (or go back for seconds and thirds!). Packing your stomach with food makes heartburn much more likely. Know Your Triggers: Certain foods feed heartburn's flame.



Typical triggers include foods full of sugar and fat -- think pumpkin pie slathered with whipped cream. Instead reach for complex carbs like veggies and whole-wheat breads -- or at least share that dessert! Get Up: Stretching out for a nap post-meal is a great way to guarantee you'll get reflux. Instead, keep your head higher than your

stomach -- or keep right on walking, away from the dinner table and out the door. Light exercise is a great way to prevent heartburn.

**3. Kiss Holiday Cold Sores Good-bye Holidays.** That busy time for toasting the coming year, savoring seasonal sweets, staying up late -- and cold sores? If you find you're more prone to cold sores (also called fever blisters) during the hectic holiday season, you may be your own worst enemy. That's because lack of sleep, too much alcohol or sugar, stress, and close physical contact (think auntie's smooches) can all contribute to outbreaks. So, to help keep your kisser cold-sore-free this year -- or to keep from passing your cold sores to others -- try these tips: Don't overdo the holiday goodies -- maintain a healthy diet. Get plenty of rest. Wash your hands. Don't share food or drink containers. Discard used tissues. Don't kiss on or near anyone's cold sore -- and don't let them near yours!

**4. De-Stress With Meditation.** The bad weather, the seasonal pace, work: If this time of year has your stress meter spiking, it may be time to close your eyes, breathe ... and get a little

*Continued inside...*

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- Detailed November / December Calendars
- Lei Chiffon Cake recipe by Georgia Harpel
- Employees of the Month
- Residents of the Month
- Residents Corner Photos
- Inspirational Corner

**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](mailto:lisa@country sideliving.com)

Redmond: 541-548-3049 or  
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# November 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><b>Please join us Tuesdays @ 2pm for Tea Party with Georgia</b></p>	<p><b>1</b></p> <p>Town Hall Exercises Fall Social Tea Party Dancing w/ the Stars</p>	<p><b>2</b></p> <p>Town Hall/ Meeting Nails &amp; Spa Day Round Table Puzzle Movie : Flight Nurse</p>	<p><b>3</b></p> <p>Town Hall/Meeting Baking :Patriotic Cookies to Honor our Veterans Music w/ Molli NB</p>	<p><b>4</b></p>  <p>Veteran's Pinning Ceremony 1:30 South Building</p>	<p><b>5</b></p> <p>Town Hall Meeting Happy Hour Drinks Ma and Pa Kettle Charades &amp; Popcorn</p>
<p><b>6</b> Sunday Paper Town Hall Clipping Coupons Bingo Day! Celebrating Harvest</p>	<p><b>7</b></p> <p>Town Hall/Exercise British Soldiers Craft Walk to Wait Park Movie: Oliver Twist Dancing w/ the Stars</p>	<p><b>8</b></p> <p>Resident Birthday Party</p>	<p><b>9</b></p> <p>Town Hall/ Meeting Nail &amp; Spa Day Afternoon Facials Harvest Book Club</p>	<p><b>10</b></p> <p>Town Hall/Meeting Ladies Luncheon &amp; Canby's Christmas Fair Baking English Snack</p>	<p><b>11</b></p>  <p>Happy Veteran's Day Music w/ George</p>	<p><b>12</b></p> <p>Thanksgiving Party 12-2pm</p>
<p><b>13</b></p> <p>Sunday Paper Baking w/ Residents Afternoon Bingo Party!</p>	<p><b>14</b></p> <p>Town Hall/Exercise Hawaiian Craft Fall Journaling Movie: Blue Hawaii</p>	<p><b>15</b></p> <p>Town Hall Exercises Fall Tea Party Social Music Circle Music Therapy</p>	<p><b>16</b></p> <p>Town Hall Meeting Music w/ Jim and Marilyn Manis &amp; Peds</p>	<p><b>17</b></p> <p>Town Hall/Meeting Armchair Travel Hawaiian Islands Travel Baking: Up Side down Pineapple Cake</p>	<p><b>18</b></p> <p>Town Hall Exercises Devotional Hour Music w/ George @ 3pm</p>	<p><b>19</b></p> <p>Town Hall Meeting Concert at Canby Library Woody Guthrie @ 2pm</p>
<p><b>20</b></p> <p>Sunday Paper Town Hall Dominoes Hour Bingo Day! Harvest Painting</p>	<p><b>21</b></p> <p>Town Hall/ Exercise Thanksgiving Crafts Fall Journaling Music w/ Molli SB Music w/ Bob NB</p>	<p><b>22</b></p> <p>Town Hall Exercises Fall Tea Party Social Music Circle Karaoke Party</p>	<p><b>23</b></p> <p>Town Hall /Meeting Morning Exercises Nails/Spa/Shave Music w/ Lori</p>	<p><b>24</b></p> 	<p><b>25</b></p> <p>Town Hall Exercises Round Table Puzzles Devotional Hour Music w/ Tim 3pm</p>	<p><b>26</b></p> <p>Town Hall Meeting Saturday Morning Walk Happy Hour Drinks Sonny and Cher</p>
<p><b>27</b></p> <p>Sunday Paper Town Hall Baking w/ Residents Bingo Party</p>	<p><b>28</b></p> <p>Town Hall Iceland Craft Netflix: The Train</p>	<p><b>29</b></p> <p>Town Hall Exercises Fall Tea Party Social Music Circle Netflix: The General</p>	<p><b>30</b></p> <p>Town Hall Meeting Music w/ Jim and Marilyn Pumpkin Facials</p>	<p>Residents Birthdays Russell 1st Janet 3rd Jeri 18th Jeanette 19th</p>		

# December 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>Please come and join us Celebrate the 25 days of Christmas !!</i></p>	<p><i>Resident Birthdays</i></p>	<p><i>Employee Birthdays</i></p>	<p><i>Please join us Tuesdays @ 2pm for Tea party with Georgia!</i></p>	<p><b>1</b> <i>Music w/ Molli NB Make a Ornament Day</i></p> 	<p><b>2</b> <i>Town Hall Exercises Devotional Hour Christmas Movies &amp; Caroling.</i></p>	<p><b>3</b> <i>Town Hall Meeting Happy Hour Drinks Make a Christmas Card Day!!</i></p>
<p><b>4</b> <i>Sunday Paper Town Hall Bingo Day! Bake Sugar Cookies</i></p>	<p><b>5</b> <i>Town Hall Exercises Making Gingerbread Houses Light up the Night</i></p>	<p><b>6</b> <i>Town Hall Exercises Fall Social &amp; Sing Along Making Lefse</i></p>	<p><b>7</b> <i>Town Hall Meeting Beauty Hour Swag Making Day @ Thelma's Place</i></p>	<p><b>8</b> <i>Town Hall Exercises Make a Christmas Globes!! Keizer Miracle of Lights @ 6pm</i></p>	<p><b>9</b> <i>Town Hall Exercises Making Tamales w/ Thelma's Place Music w/ George</i></p>	<p><b>10</b> <i>Countryside Living's Christmas Party 12-2pm</i></p>
<p><b>11</b> <i>Sunday Paper Baking w/ Residents Afternoon Bingo Party!</i></p>	<p><b>12</b> <i>Town Hall Resident Book Club Craft 12 days of Christmas Display</i></p>	<p><b>13</b> <i>Resident Birthday Party</i></p>	<p><b>14</b> <i>Town Hall Meeting Nail and Spa Day Peppermint Facials 12 Days of Christmas</i></p>	<p><b>15</b> <i>Town Hall Meeting Baking: Staff Choice 12 Days of Christmas Of Christmas Display</i></p>	<p><b>16</b> <i>Town Hall Exercises 12 days of Christmas Guitar with Tim @ 3pm</i></p>	<p><b>17</b> <i>Town Hall Meeting Happy Hour Drinks Jerry Lewis Show Portland Raceway</i></p>
<p><b>18</b> <i>Sunday Paper Inspirational Reading Surprise Visit from Santa</i></p>	<p><b>19</b> <i>Town Hall Making Homemade Christmas Body Scrub Music w/ Bob @ 3pm</i></p>	<p><b>20</b> <i>Town Hall Exercises Walk to Waite Park Fall Social and Sing Along Christmas Cookies</i></p>	<p><b>21</b> <i>First Day of Winter</i></p> 	<p><b>22</b> <i>Town Hall Exercises Make a Snowflake Baking: Fudge Travel to North Pole Music with Lori</i></p>	<p><b>23</b> <i>Town Hall Exercises Devotional Hour String Popcorn and Decorate tree..</i></p>	<p><b>24</b> <i>Town Hall Meeting Dean Martin Comedy Hour Happy Hour Drinks Hot Peppermint Cocoa</i></p>
<p><b>25</b> <i>Merry Christmas to all!!</i></p>	<p><b>26</b> <i>Town Hall Exercises New Year Craft Making New Years Resolutions. Music w/ Molli SB</i></p>	<p><b>27</b> <i>Town Hall Exercises Decorate for the New Years Party Winter Social</i></p>	<p><b>28</b> <i>Town Hall Meeting Music w/ Jim and Marilyn Nail and Spa Day</i></p>	<p><b>29</b> <i>Town Hall Travel: Round table Puzzles Arm Chair Travel New York</i></p>	<p><b>30</b> <i>Town Hall Exercises Painting Memories Devotional Hour Round Table Puzzles</i></p>	<p><b>31</b> <i>Town Hall Exercises Carol Burnett Show <b>NEW YEARS EVE PARTY 2PM</b></i></p>



# November 2016 - Redmond



Sunday <i>Game Day</i>	Monday <i>Craft Day</i>	Tuesday <i>Music Day</i>	Wednesday <i>Nail/Spa/Shave Day</i>	Thursday <i>Food and Travel Day</i>	Friday <i>A Day of Reminisce</i>	Saturday <i>Comedy Day</i>
		1 Town Hall Exercise Karaoke Ukulele music Tea Time	2 Town Hall Exercise Pet therapy <b>Pretty nails</b> Massages	3 Town Hall Exercise Bible study Country Ride/ Armchair Travel Football	4 Town Hall Exercise Looking back Happy Hour Baking Pumpkin seeds	5 Town Hall Exercise Movie and popcorn Sing along w/ Kathy Sensory
6 Town Hall Exercise <b>Football</b> Wii/ Bingo Inspirational hour	7 Town Hall Exercise Book club Watercolor Make flags	8 Town hall Exercise Karaoke Ukulele music Tea Time	9 Town Hall Exercise Pet therapy <b>Pretty nails</b> Massages	10 Town Hall Exercise Bible study Country Ride/ Armchair Travel Football	11 Town Hall Exercise Looking back Happy Hour Baking Pumpkin Pie Dip	12 Town Hall Exercise Movie and popcorn Sing along w/ Kathy Sensory
13 Town Hall Exercise <b>Football</b> Wii/ Bingo Inspirational hour	14 Town Hall Exercise Book club Watercolor Center pieces	15 Town Hall Exercise Karaoke Ukulele music Tea Time <b>Birthday Party</b>	16 Town Hall Exercise Pet therapy <b>Pretty nails</b> Massages	17 Town Hall Exercise Bible study Country Ride Armchair Travel	18 Town Hall/ Exercise Looking back Happy Hour Baking Apple cider/spiced cookies	19 <b>Thanksgiving Dinner 12-2</b>
20 Town Hall Exercise <b>Football</b> Wii/ Bingo Inspirational hour	21 Town Hall Exercise Book club Watercolor Holiday Decor	22 Town Hall Exercise Karaoke Ukulele music Tea Time	23 Town Hall Exercise Pet therapy <b>Pretty nails</b> Massages	24 Town Hall Exercise Bible study Country Ride Armchair Travel Football	25 Town Hall Exercise Looking back Happy Hour Baking Cheese fondue	26 Town Hall Exercise Movie and popcorn Sing along w/ Kathy Sensory
27 Town Hall Exercise <b>Football</b> Wii/Bingo Inspirational hour	28 Town Hall Exercise Book club Watercolor Holiday Decor	29 Town Hall Exercise Karaoke Ukulele music Tea Time	30 Town Hall Exercise Pet therapy <b>Pretty nails</b> Massages	 Football season		 <b>Veterans Pinning Nov. 10th</b>

# December 2016 - Redmond



Sunday <i>Game Day</i>	Monday <i>Craft Day</i>	Tuesday <i>Music Day</i>	Wednesday <i>Nail/Spa/Shave Day</i>	Thursday <i>Food and Travel Day</i>	Friday <i>A Day of Reminisce</i>	Saturday <i>Comedy Day</i>
				<p>1 Town Hall Exercise Bible study Country Ride Armchair Travel Football</p>	<p>2 Town Hall Exercise Looking back Happy Hour Baking Fudge</p>	<p>3 Town Hall Exercise Movie and popcorn Sing along w/ Kathy Sensory</p>
<p>4 Town Hall Exercise Football Wii/ Bingo Inspirational hour</p>	<p>5 Town Hall Exercise Book club Watercolor Christmas Craft</p>	<p>6 Town hall Exercise Karaoke Ukulele music Tea Time</p>	<p>7 Town Hall Exercise Pet therapy Pretty nails Massages</p>	<p>8 Town Hall Exercise Bible study Country Ride Armchair Travel Football</p>	<p>9 Town Hall Exercise Looking back Happy Hour Baking Sugar Cookies</p>	<p>10 Town Hall Exercise Movie and popcorn Sing along w/ Kathy Sensory</p>
<p>11 Town Hall Exercise Football Wii/ Bingo Inspirational hour</p>	<p>12 Town Hall Exercise Book club Watercolor Christmas Craft</p>	<p>13 Town Hall Exercise Karaoke Ukulele music Tea Time</p>	<p>14 Town Hall Exercise Pet therapy Pretty nails Massages</p>	<p>15 Town Hall Exercise Bible study Reindeer Farm Armchair Travel</p>	<p>16 Town Hall/ Exercise Looking back Happy Hour Baking Muddy Buddies</p>	<p>17 <b>Holiday Party</b></p>
<p>18 Town Hall Exercise Football Wii/ Bingo Inspirational hour</p>	<p>19 Town Hall Exercise Book club Watercolor Christmas Craft</p>	<p>20 Town Hall Exercise Karaoke Ukulele music Tea Time Birthday Party</p>	<p>21 Town Hall Exercise Pet therapy Pretty nails Massages</p>	<p>22 Town Hall Exercise Bible study Country Ride Armchair Travel Football</p>	<p>23 Town Hall Exercise Looking back Happy Hour Baking Egg Nog</p>	<p>24 Town Hall Exercise Movie and popcorn Sing along w/ Kathy Sensory</p>
<p>25 Town Hall Exercise Football Wii/Bingo Inspirational hour</p>	<p>26 Town Hall Exercise Book club Watercolor New Year's Craft</p>	<p>27 Town Hall Exercise Karaoke Ukulele music Tea Time</p>	<p>28 Town Hall Exercise Pet therapy Pretty nails Massages</p>	<p>29 Town Hall Exercise Bible study Country Ride Armchair Travel Football</p>	<p>30 Town Hall Exercise Looking back Happy Hour Baking Confetti cake</p>	<p>31 Town Hall Exercise Movie and popcorn Sing along w/ Kathy Sensory</p>

# Lei Chiffon Cake By Georgia Harpel

## Cake Ingredients:

- At least 2 cups flour
- Can crushed pineapple (well drained)
- 1 1/2 cups sugar
- 2 teaspoon baking powder
- 1/2 cup cooking oil
- Approx. 7-8 large eggs
- 3/4 cup pineapple juice
- 2tsp grated lemon rind
- 2tsp Vanilla
- 1/2 tsp cream of tartar

## Cake Instructions

1. Pre-heat oven: For Tube Cake Bake at 325 degrees for 65-75 mins.; Oblong cake Bake at 350 for 45-50 mins.
2. Sift at least 2 cups flour.
3. Drain well 1 #2 can crushed pineapple.
4. Sift together in a mixing bowl: flour (spoon lightly into cup; do not pack), sugar, baking powder.
5. Make a well and add in order: cooking oil, **egg yolks**, pineapple juice, lemon rind, Vanilla, 1/2 crushed

6. Beat unit smooth.
7. Measure into large mixing bowl: 1 cup **egg whites**, cream of tartar.
8. Whip until forms very stiff peaks (do not underbeat)
9. Pour **egg yolk** mixture gradually over whipped **egg whites** gently folding with rubber
9. Pour immediately into a ungreased pan

## Pineapple Icing:

1. Cream together thoroughly 2 tablespoon shortening 1 tablespoon butter, 1/2 cup sifted confection sugar.
2. Add alternately 2 1/2 cups confectionery sugar and 1/2 cup (drained Pineapple) to shortening, butter, sugar mixture.
3. Beat until creamy.

This icing looks weird and does not cover great, but is super good with this cake.

## Silver Star Program

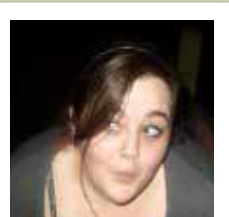


Has one of our employees done something special for you today? Please tell us about it. Last year's winner Stephanie Oliver won a trip to the destination of her choice!!!! If you'd like to nominate someone for doing an outstanding job, please fill out a ballot located on our Silver Star boards!

## Employees of the Month



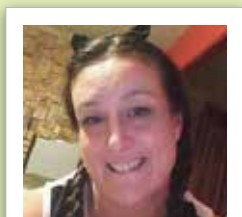
September - Canby  
Jean Emch



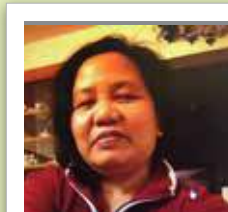
September - Canby  
Leah Warren



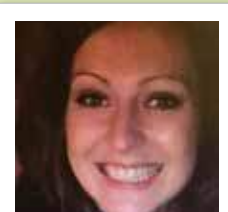
September - Canby  
Renel Muro



September - Redmond  
Jessica Jayne



October - Canby  
Brigida Hinkley



October - Canby  
Stacy Zimmerman



October - Redmond  
Vicki Jorgenson

## Canby's Residents Corner







*Continued from cover...*

repetitive. Repetition is at the heart of meditation's soothing power. The act of banishing thoughts, focusing on your breathing, and repeating a single word or phrase, fires up your body's natural relaxation response. And meditation can do more than soothe away stress. Research shows it may help lower blood pressure, boost immunity, reduce PMS

symptoms, even aid in fertility and the delivery of a new mom's milk.

**5. Start a Winter Tradition: Family Workouts.** Grandparents are in town, a flurry of kids is underfoot, and you're wondering where you'll find time for a quick winter workout. Here's a thought: Why not get everyone involved with

these simple workouts? Walking: It's suitable for young or old, with a pace that's sedate or speedy. Try these ideas to get the gang on their feet: Do laps at the mall. If you shop, cart your own packages and then unload them in the car after every store. Disguise the walk as something else. Toss a ball as you stroll, fling a Frisbee, or take the dog to the park. Instead of driving, walk over to your favorite local restaurant. Take part in a holiday fund-raiser, like the Arthritis Foundation's Jingle Bell Run/Walk. Make the Living Room Your Gym. When everyone's on the

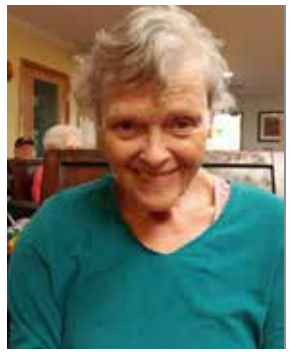
*Continued backcover...*

## Residents of the Month

Margie Catto  
Canby South



Kathy Yazzolino  
Canby North



Lois Souder  
Redmond



## Upcoming Events

### Veteran Pinning Ceremony

Friday November 4th 1:30-2:30

### Thanksgiving Gathering

Saturday Nov 12th 12:00-2:00pm  
Entertainer: Stan the Piano Man

### Winter Wonderland

Saturday Dec 10th 12:00-2:00pm  
Entertainers:

Festive Carolers,  
Santa, & the  
Amazing  
Steve Aston



## Redmond's Residents Corner



# In Loving Memory - Rest in Peace *Lester Peter*



couch chatting, or watching TV -- why not sneak in a little calorie burn, too? Do crunches: Sit on the edge of the couch, hands gripping the edge at your side, then bend knees, lifting them toward your chest. Leg lifts: Use the same position as above, but lift your legs straight up, instead of bending them. Trim those triceps by doing dips off the couch edge. Build your biceps: Grab a bottle of water or a can of soda and do curls.

**6. Eat Locally.** Organic may be today's healthy-eating watchword, but don't forget this phrase too: eat locally. Some nutritionists think eating locally may be even more important than eating organically. That's because a vital factor in a food's nutrient profile is how long it took to get from farm to table: A head of locally grown lettuce, for example, may be more nutrient-dense than one shipped coast to coast. Does this mean you should forgo pesticide-free foods when they're

available? No, but it's a great idea to make room on your plate for locally-grown goods too, even if they haven't been grown the organic way. Better yet: Eat locally and organic, when you can. An easy way to get local -- and often organic -- food on the table: Join a CSA (community-supported agriculture). CSAs help you form a relationship with a local farm, which then provides you with fresh, local produce, even milk, eggs, or cheese. Some also function twelve months a year. Find a CSA near you at [LocalHarvest.org](http://LocalHarvest.org).

**7. Try These 3 Simple Diet & Exercise Tips.** Go Slow: You don't need to do a diet slash-and-burn. If you cut just 200 calories a day you'll see slow (and easy) weight loss. Start Small: Banning junk food from the cupboards or boosting fiber may be your goal, but think baby steps. Switch from potato chips to low-fat popcorn, for example, or toss a carrot into your brown bag lunch. Just Show Up: Don't

feel like working out today? Fine. But chances are good that once you're dressed, you're also motivated and ready to go!

**8. Invest in Your Health - Literally.** If you have a high-deductible insurance plan, you're probably eligible to deposit tax-free cash into a health savings account (HSA). HSAs help you sock away savings now for medical expenses later. Open an HSA and each year you can stash \$3,050 for yourself (\$6,150 for a family) tax-free. And if you don't use up the balance in your HSA this year, it simply rolls over into the next year, and the next -- and continues to grow tax-deferred. Eating better, exercising more, saving -- remember they're an investment in you and your future. Bank a little more sleep this year. Set aside stressful differences. Stock a healthier pantry. Salt away ... a little less salt. It's your body and your future!



COUNTRY SIDE LIVING  
A Nice Place To Call Home

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Find us on Facebook!  
[www.countrysideliving.com](http://www.countrysideliving.com)  
[www.thelmasplace.org](http://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](mailto:ellen@countrysideliving.com)

Stephanie in Redmond:  
503-209-6827 or [stephaniero@thelmasplace.org](mailto:stephaniero@thelmasplace.org)