

January /
February 2017

CSL

COUNTRY SIDE LIVING
A Nice Place To Call Home



Thelma's Place



10 Tips to Help You Achieve Your New Year's Goals

With the new year comes the opportunity for a fresh start.

For many people, this means leading a healthier lifestyle and losing weight. If this is your goal, follow these tips to stay on track.

1. Find Your Motivation

What is motivating you to lose weight? Do you want to look better in your clothes, feel more energetic, or simply improve your health? Get clear about what you want, and then use that to inspire you throughout your journey.

2. Have a Plan

If you were to go on a long road trip, you wouldn't just jump in the car and go. If you did, you'd arrive hungry, tired, and fatigued. That's the same way you'd feel if you jumped into a whole new lifestyle with no planning. Before January 1st arrives, outline the changes you want to implement and

decide how you'll fit them into your schedule. Keep in mind that it may be best to take steps rather than tackle everything at once.

3. Make Goals

Goals help measure progress. If you don't know where you want to end up, you won't really know how to get there. When making your goals, you



need to make SMART goals: Specific, Measurable, Attainable, Realistic, Timely.

For example, a SMART goal would be something like, "I will walk for 15 minutes 3 days for one week." Or, "I will prepare one new healthy recipe each week for the month of January."

4. Track What You Eat

Looking closely at what you eat is often an eye-opening experience. Use FitDay's free online Calorie Counter and Fitness Log to keep track of everything you put into your body. You don't have to do it for the rest of your life, but it is a great habit to start. Tracking will help you tweak your diet so that you can still enjoy foods you love without sabotaging your weight loss or healthy eating efforts.

5. Use Reliable Resources

It may be tempting to try a fad diet, but these are usually unrealistic, difficult to maintain, and sometimes even dangerous. Instead, find a reliable source of information to help you understand nutrition. The USDA offers a number of tools and resources, or you can consult a registered dietitian in your area. An RD is specially trained and can give you tips and tricks to help you achieve your specific goals.

6. Eat Breakfast Every Day

Eat a big healthy breakfast as early as possible. It will give you more energy, and lead you to make healthier choices during the day so you eat less later on.

Continued inside...

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- Employees of the Month
- Residents of the Month
- Residents Corner Photos
- Andy Rooney Quotes

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Administrator, North:
Patricia Keyes

Administrator, South:
Jody Vega

Life Enrichment Director:
Lisa Majors

REDMOND -
Administrator:
Barbara Thompson

Life Enrichment Director:
Tara Tankersley

*We have lots of great ideas for **outings and events**, but would love input from you. Feel free to call or email with your ideas!*

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

*Redmond: 541-548-3049 or
tarat@country sideliving.com*

Bud and Margie's 70th Wedding Anniversary



January 2017



| 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 |
|---|--|---|---|--|--|---|
| 1 Sunday Paper Town Hall Clipping Coupons China Word Find | 2 Town Hall Tai Chi Exercise Craft: Chinese Dragon  | 3 Town Hall Exercises Chinese Parade Winter Social Chinese Cookies | 4 Town Hall/ Meeting Chinese Themed Nail Art & Spa Day Music/Entertainment | 5 Traveling to Portland Chinese Gardens 10:30am -12 pm  | 6 Town Hall Exercises Devotional Hour Winter Journaling Round Table Games Reading Group | 7 Town Hall Meeting Rootbeer Floats Milton Berle Show Charades & Popcorn |
| 8 Sunday Paper Town Hall Clipping Coupons Bingo Day! | 9 Town Hall/Exercise Tai Chi Exercise Craft: Chinese Drum | 10 Celebrate January Birthdays  | 11 Town Hall/ Meeting Men Shave & Pedis Scripture Hour New Life Pastor | 12 Town Hall/Meeting Baking : Chicken Let- tuce Wraps Crocheting with Carol | 13 Town Hall Exercises Winter Journaling Music/Entertainment Chinese Word Trivia | 14 Winter Soap Making and Dessert Party 2-4pm Entertainment |
| 15 Sunday Paper Charades w/ Residents Afternoon Bingo | 16 Town Hall/Exercise Tai Chi Exercise Craft: Chinese Flags Music/Entertainment | 17 Town Hall Exercises Parade Fun Winter Social Chewy Ginger Cookie | 18 Town Hall Meeting Music w/ Jim and Marilyn Chinese Nail Art | 19 Town Hall/ Meeting Baking: Fried Rice and Peppers Honoring Chinese Traditions | 20 Town Hall Exercises Devotional Hour Friday Dance Party Music/Entertainment | 21 Honoring The Great leader of China Mao Zedong  |
| 22 Sunday Paper Town Hall Dominoes Hour Poker & Card Hour Afternoon Bingo | 23 Town Hall/ Exercise Tai Chi Exercise Craft: Chinese Lanterns Music/Entertainment | 24 Town Hall Exercises Walk to Park Chinese Music and Inspiration Journaling Winter Social Dragon Shaped Cupcakes | 25 Town Hall /Meeting Morning Exercises Nails/Spa/Shave Scripture with New Life Pastors. | 26 Town Hall/Meeting Men's Luncheon Joy Kitchen Music/Entertainment Crocheting with Carol | 27 Town Hall Exercises Round Table Puzzles Fun Facts China Devotional Hour | 28 Town Hall Meeting Saturday Morning Walk Funny Hat Day and Happy Hour |
| 29 Sunday Paper Town Hall Baking w/ Residents Afternoon Party | 30 Chinese New Year Party | 30 Town Hall Exercises Parade Fun Winter Social Fortune Cookies | 31 Town Hall Meeting Music w/ Jim and Marilyn Chinese Facials | Country of the Month China  | Employees Birthdays Sandra 15th Norman 16th Curtis 17th | Employees Birthdays Laura 6th Sabrina 7th Erika 23rd Carol 25th Elsa 29th |

February 2017



| 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>Resident Birthdays</i> Adeline 1st</p> | <p><i>Employee Birthdays</i> Patricia 3rd Yaritzia 8th Rachel 8th Tanisha 10th Georgia 10th</p> | <p>Country of the Month France</p>  | <p>1 Town Hall Meeting Music w/ Jim and Marilyn Music/Entertainment</p> | <p>2 Town Hall/Meeting Woman's Luncheon Olive Garden Crocheting with Carol</p> | <p>3 Town Hall Exercises Devotional Hour Winter Journaling Round Table Games Reading Group</p> | <p>4 Town Hall Meeting Root beer Floats Milton Berle Show Charades & Popcorn</p> |
| <p>5 Super Bowl Party 12-2pm</p>  | <p>6 Town Hall/Exercise Tai Chi Exercise Craft: Making French Flags</p> | <p>7 Town Hall Exercises Parade French Lace Cookies Tea Party, Singalong</p> | <p>8 Town Hall/ Meeting Men Shave & Pedis Scripture Hour New Life Pastor</p> | <p>9 Town Hall/Meeting Baking: Crocheting with Carol Armchair Traveling to France</p> | <p>10 Town Hall Exercises Winter Journaling Dance Party Music /Entertainment</p> | <p>11 Town Hall Meeting I Love Lucy Happy Hour Lucy Lemon Drops</p> |
| <p>12 <i>Sunday Paper</i> Charades w/ Residents Afternoon Bingo</p> | <p>13 Town Hall/Exercise Tai Chi Exercise Craft: Eiffel Tower Cookie Sundae</p> | <p>14 <i>Residents Birthday</i></p>  | <p>15 Town Hall Meeting Music w/ Jim and Marilyn French Nail Art</p> | <p>16 Town Hall/ Meeting Baking: Cauliflower Au Gratin. Women's Luncheon La Provience Bistro</p> | <p>17 Town Hall Exercises Devotional Hour Friday Dance Party Music/Entertainment</p> | <p>18 <i>Honoring Past Leader of France</i> Louis Napoleon Bonaparte French Style Happy Hour</p>  |
| <p>19 <i>Sunday Paper</i> Town Hall Dominoes Hour Poker & Card Hour Afternoon Bingo</p> | <p>20 Town Hall/ Exercise Tai Chi Exercise Craft: France Inspired Painting Music /Entertainment</p> | <p>21 Town Hall Exercises Walk to Park French Music & Inspiration Journaling Winter French Butter-cream</p> | <p>22 Town Hall /Meeting Morning Exercises Nails/Spa/Shave Scripture with New Life Pastors.</p> | <p>23 Town Hall/Meeting Baking; French Toast Music/Entertainment Crocheting with Carol Arm Chair Traveling to French Art Museum</p> | <p>24 Town Hall Exercises Round Table Puzzles Fun Facts China Devotional Hour Create an Italy Map</p> | <p>25 Town Hall Meeting Root beer Floats Andy Griffith Show Opie's Chocolate Milkshakes</p> |
| <p>26 <i>Sunday Paper</i> Charades w/ Residents Afternoon Bingo</p> | <p>27 Town Hall/ Exercise Tai Chi Exercise Craft: Painting Inspired by Van Gogh</p> | <p>28 <i>Mardi Gras Winter Social</i> <i>New Orleans Themed Cookies, Parade</i></p> |  | | | <p>France's Flower is the Iris</p>  |

Macho Nacho Recipe By Kirsten Rhodes



Ingredients:

- 16 oz Tortilla Chips
- 6 oz Taco Seasoned Meat Cooked
- 6oz Refried Beans
- 6oz Cheddar Cheese Shredded
- 3oz Lettuce Shredded
- 3oz Green Onions Chopped
- 1 Tomato chopped
- 1 Jalapeno Pepper Sliced
- 2oz Black Olives Sliced
- 2oz Chunky Salsa
- 2 oz Sour Cream
- 2oz Guacamole

Instructions

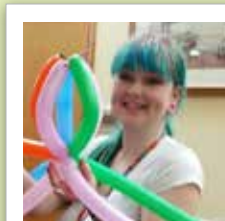
1. Place tortilla Chips on an oven safe platter and evenly dispense . Top nachos with hot (seasoned Meat and refried beans.)
2. Cover meat and tortilla Chips with cheddar cheese . Place platter in the in the over and back at 350 degrees for 15mins or until cheese is melted.
3. After pulling out of the oven top with lettuce, green onions, tomato, pepper and black olives
4. In the center of the platter (on top) place salsa, sourcream and guacamole. Serve

Silver Star Program

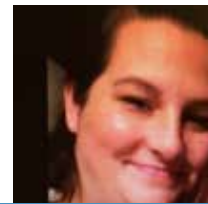


Has one of our employees done something special for you today? Please tell us about it. Last year's winner Stephanie Oliver won a trip to the destination of her choice!!!! If you'd like to nominate someone for doing an outstanding job, please fill out a ballot located on our Silver Star boards!

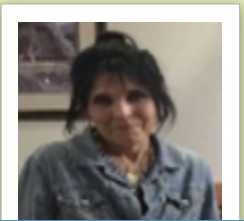
Employees of the Month



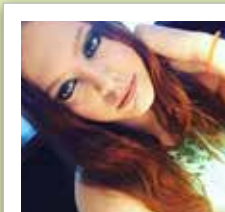
November - Canby
Savanna Tomlinson



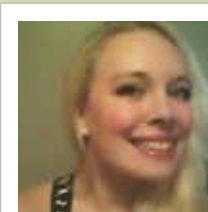
November - Canby
Kim Fanning



November - Redmond
Dixie Crampton



December - Canby
Stefani Reed



December - Canby
Alex Atkins



December - Redmond
Tess Pattenaude

Canby's Residents Corner





Continued from cover...

7. Fill Up on Vegetables

Vegetables are filled with nutrients, water, fiber, and very few calories. If you fill half of your plate with vegetables, you'll get fuller faster and cut down your calories without feeling deprived. Use herbs and spices to jazz up vegetables instead of butter and/or salt to flavor them.

8. Exercise

In order to burn calories at a faster rate and build a healthy body, incorporate exercise into your life. Take it slow at first, and then increase your time and/or intensity. If you haven't exercised in a while, talk to your doctor to make sure that you are healthy enough to begin an exercise plan.

9. Take It Slow

A major mistake many people make when trying to tackle a health resolution is trying to do everything at once. Spend a few weeks just trying to achieve 1-2 goals at a time. When you have established new

good habits, put a couple more goals on your plate. Remember: You want to make permanent changes, and these will take time to implement.

10. Be Prepared for Lapses

A lapse is when you temporarily "fall off the wagon." This is a normal part of the process; no one is perfect. It is important for you to take a moment to recognize that you got sidetracked, but don't use it as an excuse to throw in the towel. Every day is a new chance to start over, so return to your healthy lifestyle immediately.

Residents of the Month

Lois Philpot
Canby South



LaDonna Proksch
Canby North



Rita Rodriguez
Redmond



Upcoming Events

Winter Soap Making Party

Dessert Bar
Saturday January 14th, 2-4pm

Superbowl Party

Sunday Feb 5th 12-2pm

Valentine's Day Cupid Party

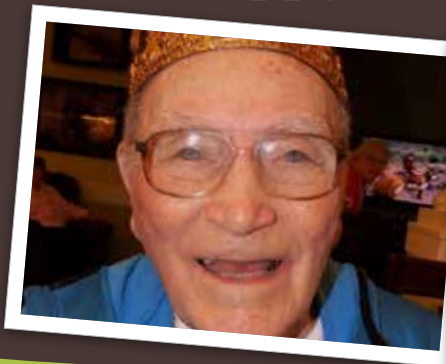
Tuesday February 14th
1-2pm



Redmond's Residents Corner



Happy 100th Birthday *Russell Ramberg*



Andy Rooney said so...

Quotes from Andy Rooney, a man who had the gift of saying so much with so few words:

I've learned... That the best classroom in the world is at the feet of an elderly person.

I've learned... That when you're in love, it shows.

I've learned... That just one person saying to me, "You've made my day!" makes my day.

I've learned... That having a child fall asleep in your arms is one of the most peaceful feelings in the world.

I've learned... That being kind is more important than being right.

I've learned... That you should never say no to a gift from a child.

I've learned... That I can always pray for someone when I don't have the strength to help him in some other way.

I've learned... That no matter how serious

your life requires you to be, everyone needs a friend to act goofy with.

I've learned... That sometimes all a person needs is a hand to hold and a heart to understand.

I've learned... That simple walks with my father around the block on summer nights when I was a child did wonders for me as an adult.

I've learned... That life is like a roll of toilet paper. The closer it gets to the end, the faster it goes.

I've learned... That we should be glad God doesn't give us everything we ask for.

I've learned... That money doesn't buy class.

I've learned... That it's those small daily happenings that make life so spectacular.

I've learned... That under everyone's hard shell is someone who wants to be appreciated and loved.

I've learned... That to ignore the facts does not change the facts.

I've learned... That when you plan to get even with someone, you are only letting that person continue to hurt you.

I've learned... That love, not time, heals all wounds.

I've learned... That the easiest way for me to grow as a person is to surround myself with people smarter than I am.

I've learned... That everyone you meet deserves to be greeted with a smile.

I've learned... That no one is perfect until you fall in love with them.

I've learned... That life is tough, but I'm tougher.

I've learned... That opportunities are never lost; someone will take the ones you miss.

Thelma's Place Participant of the Month

Betty Francois
Redmond



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Find us on
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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.**



Thelma's Place 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 or Redmond locations 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