

March / April 2017

CSL

COUNTRY SIDE LIVING
A Nice Place To Call Home



Thelma's Place

Six healthy habits effective for preventing Alzheimer's disease

(NaturalNews)

Brain disorders, including memory loss, are some of the highest-ranking health concerns afflicting the world today. Someone gets diagnosed with Alzheimer's or dementia every three seconds. Aside from being the sixth leading cause of death in the world, Alzheimer's inflicts pain on more than 35 million people and their families each year.

While no definitive cure for Alzheimer's exists, the Alzheimer's and Dementia Summit offers numerous ways to help prevent, slow down, and even reverse the effects of these debilitating diseases. The Summit offers a detailed description of six healthy habits effective for preventing Alzheimer's disease.

These habits, labeled the six pillars of Alzheimer's prevention, are based around maintaining a lifestyle that promotes the overall well-being of both the body and mind.

Six pillars of Alzheimer's prevention



1. Make sure to exercise regularly. Regular physical exercise can reduce your risk of developing Alzheimer's by up to 50 percent. Studies have shown that exercise helps defend the brain against the onset of Alzheimer's by stimulating brain activity, thus slowing down deterioration associated with regularly occurring cognitive problems.

2. Maintain a healthy diet.

Sometimes called "diabetes of the brain," Alzheimer's can be greatly affected by what you put into your body. Poor food choices can create all kinds of hormonal changes and imbalances that lead to brain fog, poor memory and cognitive function decline. Doctors recommend eating a Mediterranean diet, consisting of vegetables, beans, whole grains, fish, and olive oil, and focusing on the consumption of healthy fats, like omega-3s. Avoid trans fats and saturated fats.

3. Constant mental stimulation has been linked to slowing down and reversing the onset of dementia and other memory loss.

Studies have shown people with an inclination to continue learning and challenging themselves throughout life are far less likely to develop Alzheimer's and other debilitating brain diseases. Make it a point to stay mentally active, and take part in activities that require communicative interaction, organization skills, and multi-tasking, as they provide the greatest measurements of Alzheimer's protection.

Continued inside...

In This Issue:

- Six healthy habits effective for preventing Alzheimer's disease
- Detailed March / April Calendars
- French Onion Soup recipe
- Employees of the Month
- Residents of the Month
- Residents Corner Photos
- March / April Birthdays
- 10 tips to get your garden ready for spring

What's Happening in Redmond:

WHOOPSY DAISY CHILD CARE Intergenerational Program

Opening Dates:

- March 10th - Open House
- April 7th - Grand Opening and Ribbon Cutting
- May 1st - We're Open!



What's Happening in Canby:

Wooden Shoe Festival

March 24 - April 30

33814 S Meridian Rd
Woodburn, OR

Canby's Spring Showcase April 16th

March 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>COUNTRY OF THE MONTH IRELAND</p> 	<p><i>*Calendar is Subject to change*</i></p>	<p><i>Flower of Ireland is The Shamrock</i></p> 	<p>1 <i>Residents Birthday Party</i></p>	<p>2 <i>Traveling to an Irish Pub</i></p> 	<p>3 <i>Town Hall Exercise Devotional Hour Winter Journaling Round Table Games Reading Group</i></p>	<p>4 <i>Town Hall Exercises I Love Lucy Hour Lucy Lemon Drops Charades & Popcorn</i></p>
<p>5 <i>Sunday Paper Town Hall Clipping Coupons Bingo Day!</i></p>	<p>6 <i>Town Hall/Tai Chi Craft: Shamrock Flower Parachute Fun</i></p>	<p>7 <i>Town Hall Exercises Drum Circle Winter Social</i></p>	<p>8 <i>Town Hall Exercise Men Shave & Pedis Scripture Hour</i></p>	<p>9 <i>Town Hall/Meeting Baking Shamrock Pretzels Country Drive</i></p>	<p>10 <i>Town Hall Exercises Winter Journaling Entertainment Irish Word Trivia</i></p>	<p>11 <i>Honoring the Prime Minster of Ireland Michael Higgins Entertainment Shamrock Shakes</i></p>
<p>12 <i>Sunday Paper Charades w/ Residents Afternoon Bingo</i></p>	<p>13 <i>Town Hall/ Tai Chi Craft: Ireland Flags Entertainment</i></p>	<p>14 <i>Town Hall Exercises Parade Fun Winter Social Shamrock Cookies</i></p>	<p>15 <i>Town Hall Meeting Entertainment Irish Nail Art</i></p>	<p>16 <i>Town Hall/ Meeting Baking: Luck of the Irish Rice Krispy Treats Irish Traditions</i></p>	<p>17 Entertainment</p> 	<p>18 <i>St Patrick's Day Party 12-2pm Traditional Irish Meal Entertainment</i></p>
<p>19 <i>Sunday Paper Town Hall Dominoes Hour Poker & Card Hour Afternoon Bingo</i></p>	<p>20 Entertainment <i>First Day of Spring</i></p> 	<p>21 <i>Town Hall Exercises Group Music Circle Spring Social & Sing Along</i></p>	<p>22 <i>Town Hall /Meeting Morning Exercises Nails/Spa/Shave Scripture with New Life Pastors</i></p>	<p>23 <i>Town Hall/Meeting Arm Chair Traveling to Dublin Baking: Pancake Entertainment Crocheting</i></p>	<p>24 <i>Town Hall Exercises Round Table Puzzles Ireland Inspired Paintings Walking Club</i></p>	<p>25 <i>Town Hall Meeting Saturday Morning Walk Funny Hat Day and Happy Hour</i></p>
<p>26 <i>Sunday Paper Town Hall Baking w/ Residents Afternoon Party</i></p>	<p>27 <i>Town Hall/ Exercise Craft: Making Irish Drums Entertainment</i></p>	<p>28 <i>Irish Shenanigans Luncheon</i></p>	<p>29 <i>Town Hall Meeting Ladies Luncheon Entertainment Mint Facials</i></p>	<p>30 <i>Town Hall/Meeting Exercise Ladies Luncheon Crocheting Entertainment</i></p>	<p><i>Town Hall Exercises Round Table Puzzles Ireland Word find Devotional Hour</i></p>	<p>**Calendar Subject to Change**</p>

April 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>COUNTRY OF THE MONTH NORWAY</p> 	<p><i>*Calendar is Subject to change*</i></p>					<p>1 Town Hall Meeting Dean Martin & Jerry Lewis Ice Cream Social</p>
<p>2 Sunday Paper Town Hall Clipping Coupons Bingo Day!</p>	<p>3 Town Hall/Tai Chi Craft: Vikings Ship Parachute Fun Walk to the Park</p>	<p>4 Town Hall Exercises Drum Circle Norwegian Bread Spring Social</p>	<p>5 <i>Celebrate April Birthdays</i></p>	<p>6 Town Hall/Meeting Baking Viking Bread Country Drive Crocheting Entertainment</p>	<p>7 Town Hall Exercises Spring Journaling Art Therapy Norway Word Trivia</p>	<p>8 Honoring the Prime Minister of Norway Erna Solberg</p> 
<p>9 Sunday Paper Charades w/ Residents Afternoon Bingo</p>	<p>10 Town Hall/ Tai Chi Craft: Viking Shields Entertainment</p>	<p>11 Town Hall Exercises Parade Fun Spring Social Norway Cookies</p>	<p>12 Town Hall Meeting Entertainment Norway Nail Art</p>	<p>13 Town Hall/ Meeting Baking: Kalruletter Wraps Honoring Norway Traditions</p>	<p>14 Town Hall Exercises Spring Journaling Entertainment Fun facts of Norway</p>	<p><i>Easter Sunday Brunch 12-2pm Entertainment Visit from the Easter Bunny</i></p>
<p>16 Sunday Paper Town Hall Dominoes Hour Poker & Card Hour Afternoon Bingo</p>	<p>17 Town Hall/Tai Chi Craft: Scandinavian Tiles Parachute Fun Walk to the Park</p>	<p>18 Town Hall Exercises Group Music Circle Spring Social & Sing Along</p>	<p>19 Town Hall /Meeting Morning Exercises Nails/Spa/Shave Scripture with New Life Pastors</p>	<p>20 Town Hall/Meeting Arm Chair Traveling to Norway Baking: Norwegian Pancake Entertainment</p>	<p>21 Town Hall Exercises Round Table Puzzles Norway Inspired Paintings Walking Club</p>	<p>22 Town Hall Meeting Saturday Morning Walk Funny Hat Day and Happy Hour</p>
<p>23/30 Sunday Paper Town Hall Baking w/ Residents Afternoon Party</p>	<p>24 Town Hall/ Exercise Craft: Making Norwegian Flags Entertainment</p>	<p>25 <i>Norwegian Luncheon</i></p>	<p>26 Town Hall Meeting Music w/ Jim and Marilyn Peppermint Facials</p>	<p>27 Town Hall/Meeting Exercise Entertainment <i>Ladies Luncheon</i></p>	<p>28 Town Hall Exercises Round Table Puzzles Norway Word find Devotional Hour</p>	<p>29 Town Hall Meeting Morning Walk Carol Burnett Show Happy Hour Carol Cocktails</p>

French Onion Soup Recipe



Prep 15 mins | Cook 50 mins
Serves 4

Ingredients:

- 1/2 Cup unsalted butter
- 2 tablespoons olive oil
- 4 cups sliced onions
- 4 (10.5) cans beef broth
- 2 tablespoons dry sherry (optional)
- 2 slices Swiss Cheese, diced
- 1/4 cup grated Parmesan Cheese
- 1 teaspoon dried thyme
- Salt and pepper to taste
- 4 slices French Bread
- 4 slices of provolone cheese
- 2 slices of Provolone Cheese
- 1/4 cup grated Parmesan cheese

Instructions

1. Melt butter with olive oil in a 8 quart pot on medium heat. Add onions and continually stir until tender and translucent. Do not brown the onions.
2. Add beef broth, sherry and thyme. Season with salt and pepper, simmer for 30 min.
3. Heat the oven broiler. Ladle soup into oven safe serving bowls and place one slice of bread on top of each (bread may be broken pieces if you prefer.)
4. Layer each slice of bread with a slice of provolone, 1/2 slice diced swiss and 1 tablespoon parmesan cheese.
5. Place bowls on cookie sheet and broil in the preheated oven until cheese bubbles and browns slightly. Tip: Aluminum foil can be used to keep food moist, cook if evenly, and make clean up easier.

Silver Star Program



Has one of our employees done something special for you today? Please tell us about it. **2016's winner Theresa Jones won a trip to Hawaii!** If you'd like to nominate someone for doing a great job, please fill out a ballot located on our Silver Star boards!

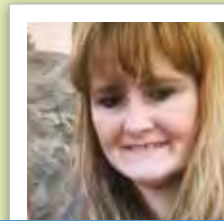


Therasa Jones
Employee of the Year

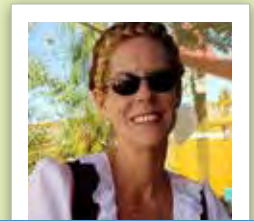
Employees of the Month



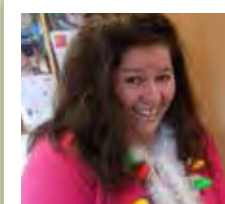
January - Canby
Tanisha Holt



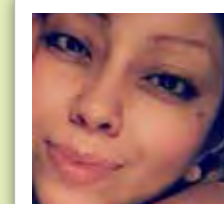
January - Canby
Melinda Eisenhauer



January - Redmond
Annette Rusche



February - Canby
Zori Stephenson



February - Canby
Carolina Aguilar Flores



February - Redmond
Alan Kuckelman

Canby's Residents Corner





Continued from cover...

4. Ensure you get optimal amounts of quality sleep. Quality uninterrupted sleep is one of the body's most efficient ways to flush out unwanted toxins in the brain. Studies have linked poor sleep to higher levels of beta-amyloid, a sticky brain-clogging protein that in turn further interferes with sleep – especially with deep sleep.

5. Stress management, has been shown to significantly minimize the development of dementia and other memory loss. When the brain experiences regular levels of chronic or severe stress, nerve cell growth within the hippocampus, an area of the brain associated with memory, is greatly debilitated. To help manage stress levels, schedule routine relaxation activities, maintain a sense of humor, and have fun every now and then.

6. Social engagement has been shown to help treat and inhibit symptoms of Alzheimer's and dementia. Staying socially engaged may even protect against

Alzheimer's disease and dementia later in life, so make developing and maintaining a strong network of friends a priority. Find ways to spend regular quality time with loved ones or family members, or if you're looking to make new friends, join a club or community center to try to meet people with similar interests as you. While it's almost impossible to maintain optimal levels of performance in all six of the above listed pillars of Alzheimer's prevention, making an effort to improve even just a couple areas of your life can help prevent Alzheimer's.

Residents of the Month

Doris Marple
Canby South



Edie Sanders
Canby North



Hal Edwards
Redmond



Upcoming Events

St Patrick Day

Luck of the Irish Theme
Saturday March 18th, 12-2pm
Entertainment

Easter Brunch

Saturday April 15th 12-2pm
Entertainment PLUS a visit
from the Easter Bunny and
Easter Egg Hunt!



Redmond's Residents Corner



Happy Birthday!

Redmond:

3/15 Nelda
3/15 Imogene
3/24 Ron
4/16 Riley

Canby:

3/13 Florence
3/13 Betty
3/14 Diana
3/17 Evelyn
3/22 Doris
3/26 Millie
3/29 Kathy

Employees:

3/13 Cheyenne McConville
3/27 Gloria Cruz
3/28 Gabriela Luna Sanchez
4/5 Lisa Majors
4/10 Melinda Eisenhower
4/18 Heather Foss
4/29 Carlie Marsolini
4/30 Kim Fanning

10 tips to get your garden ready for spring

It doesn't seem possible, but we're already half way through winter. March 20 is the first calendar day of spring.

It seems plausible, especially since the swelling flower buds of my Carolina jessamine (*Gelsemium sempervirens*) look like they could burst into bloom any day now. Here are 10 tips to get ready.

Check Vegetable Seeds: If you're counting on seeds left over from previous years, take note that their germination rate can vary. The seeds of carrots, onions, and lettuce, don't keep nearly as well as those with hard coats, such as peas and okra. To avoid disappointment, start with a fresh supply.

Wait to Work Soil: It can be hard to hold off when you're ready to get started in the garden, but avoid working the soil when it's wet. Turning soil containing enough moisture to form a ball when you squeeze it together in your hand can form clumps that are impossible to break apart once they dry.

Start Seeds Indoors: Get a jump on the growing season by starting some

seeds indoors. Soil should be kept moist. Transplant into small individual containers once plants have developed until all danger of frost is past and they can be planted in the garden.

Build a Biodegradable Cold Frame: Put together a cold frame for hardening off seedlings in a matter of minutes by arranging bales of straw into a rectangle (or other shape) and cover its opening with reclaimed windows.

Prune Ornamental Grasses: Remember to prune ornamental grasses before new growth begins, or you risk nicking the tops of new shoots and marring their beauty for the rest of the year.

Renew Fruit Trees: If you grow tree fruits such as apples, pears, plums, or peaches, prune out crossing or damaged branches and remove any mummies. If fertilizer is needed, apply it sparingly. Too much food can cause excessive vegetative growth and poor fruit set.

Treat for Scale: Examine camellias, euonymous, and other

plants susceptible to scale infestation, and spray with horticultural oil as necessary. Treatment is most effective when applied during spells of warm weather, but before spring leaves emerge.

Prune Shrubs at the Right Time:

Late winter is a good time to prune some shrubs, but not others. You can cut back those grown for foliage and those that bloom in very late summer or fall now, or in the next several weeks, but wait to prune shrubs that bloom in the first 6 months of the year until just after their flowers fade.

Groom Lenten Roses: As soon as new foliage begins to emerge on Lenten roses and other hellebores remove old and tatty leaves. Then, renew the plant's energy with a good soil amendment. If you failed to lime in the fall, do this now too.

Plan for Nesting: Mating pairs of birds will soon be scouting for homes, so clean birdhouses and then, using a 10% bleach to water solution, scrub them with a firm brush, rinse, and let them dry before rehanging. Whenever possible, mount houses on a slender pipe or pole, as trees and fences provide easy access to predators, and face them towards an open space with a tree or shrub within reach of young birds

CANBY -
Administrator, North:
Patricia Keyes

Administrator, South:
Jody Vega

Life Enrichment Director:
Lisa Majors

REDMOND -
Administrator:
Barbara Thompson



COUNTRY SIDE LIVING
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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.

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