



The Primrose Press

**Primrose
Alzheimer's Living**

2080 Guerneville Road
Santa Rosa, CA 95403
(707) 578-8360

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Several Ways to “Boost Your Brain”

There are several ways that we can boost our brain power. Try integrating the following tips into your everyday life:

- Pay attention – concentrating on what you want to remember.
- Find ways to decrease the stress in your life : through exercise, meditation, or spending time doing something you love.
- Use all of your senses : ie. Sight, smell, touch, taste, and hearing.
- Use both sides of your brain : one side is artistic and abstract and the other is logical and methodical
- Keep your mind active: do mind games, learn a new language, or play a game.
- Try to avoid distractions such as excess noise and movement when trying to learn new things
- Limit multitasking: focusing on one thing at a time makes it more meaningful and you can do a better job.
- Play board games, do cross-word puzzles, word searches, Sudoku.
- Limit mindless TV watching— focus on shows like Jeopardy, History or Discovery Channels, PBS.
- Take classes in your community. Stay involved and informed on what’s going on in your area.
- Remain active in pursuits that are meaningful to you, whether it be gardening or exercise, or even joining a book club.
- Learning a second language uses other parts of the brain.
- Develop new hobbies and interests which stretch your comfort zone.



Resident David G practicing the piano

* Info Provided by Kristin Einberger

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Viki Stockwell

Program/ Activity Director

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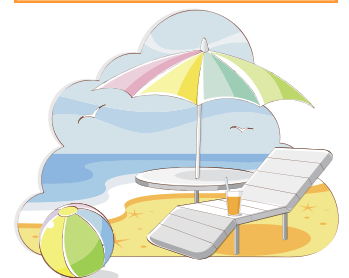
Plant Operations Director

Nick Meyer

Attn: Families

Please give resident gifts of food to the shift manager to give to your family member... we have some residents with food allergies that could be life threatening if they ingest them.

Thank You





Carver and Gloria pet the chickens



Ron got soaked during the water balloon toss...(glad it was hot out)

In the Day Club

We had a blast at the Primrose County Fair. The chickens were adorable, the cupcake contest was a close call, and the water balloons were, well. . . wet. We played games in the sun, which reluctantly came out midway through the fair and we also enjoyed eating wonderful barbecued chicken and other festive delights. If you visited the day club you may have noticed our home-made fourth of July decorations. Those were a real team effort! We made ice cream cone cupcakes (did you know you can bake the cupcake right inside of the cone without it burning?!). Everyone delighted in seeing them come out without a single dark spot on the cones.

In August we are hoping for the same cool late afternoons that we enjoyed in July. We can manage the heat as long as it doesn't crowd the entire day. Near the end of the month we're planning a Luau, and if nothing else can beat the heat, pretending we're in Hawaii seems like the obvious solution. Grab your grass skirts and come dance to the ukulele!



Eileen N. learns about chickens at the Primrose County Fair



David and wife, Priscilla dress for the occasion...(the fair)

Primrose Activities

Our annual Primrose County Fair was a big success, once again! We had chickens from the 4-H family of Angela Ballenger, who promised to add goats next year.

There was lots of good food provided by Chef Jack and his crew, while Jeffrey Domagalski entertained us with his guitar and his partner accompanying him on the flute. The sun came out in the afternoon to warm us all up.

Since July was surprisingly cool, we are hoping for a warmer August in order to enjoy our ripening apples, pears, and tomatoes.

We are planning to celebrate the warm weather with a Luau on the 27th of the month.

We are also fortunate enough to have a visit from our friends "The Silver Singers" coming to entertain us on Friday the 8th.





Kitchen Corner



Greetings from the Primrose Kitchen!

Summer is here and the Primrose garden is fat with a variety of ripe tomatoes and sweet basil. We would like to share a traditional Italian recipe that our good cooks Zonia and Diana have developed for the summer menu cycle.

* Serve the following recipe over fettuccini and top with grated parmesan cheese.

Bon Appetite! Chef Jack

Primrose Sugo di Pomodoro

1. *Saute low and slow (wilt, but do not brown):*

- 1 cup onion, diced fine
- 1 cup carrots, diced fine
- 2 Tbs garlic, minced
- 2 Tbs butter

2. *Add and simmer 1 hour:*

3 Lbs summer ripe tomatoes, peeled seeded and pureed.

- 1/2 c white wine
- 1 Tbs brown sugar
- 1/2 tsp salt
- 1/2 tsp black pepper
- 1/2 tsp oregano

Just prior to serving, stir in:

- 1/2 c basil pesto

Community Presentations



Our speaker, **Patricia Spilman, M.S.**, is a staff scientist at the Buck Institute for Research on Aging and will be presenting:



“Alzheimer’s Disease: Current and Future Therapeutics”

At Primrose, 2080 Guerneville Rd., Santa Rosa

Friday, August 15, 2014 from 2:00 – 4:00 pm

Please call by Wednesday, July 13th to RSVP at (707) 578-8360

Seating is limited.

Primrose Caregiver Support Groups

In **Santa Rosa**, we have a group that meets the **1st Tuesday of every month from 2:30 - 4:00pm** at **Primrose** (2080 Guerneville Road).

At Santa Rosa location only - Day Club is offered for loved ones while attending the Primrose support group; please call prior to group for a Day Club reservation

In **Sebastopol**, we have a group that meets the **2nd Tuesday of each month from 10:30am - Noon** at the **Sebastopol Senior Center**. **Note: Care is not available at this group.**

Our **Windsor** group meets **every 3rd Thursday** of every month from **10:30am - Noon** at the **Windsor Senior Center** (9231 Foxwood Drive). **Note: Care is not available at this group.**

In **Rohnert Park**, group meeting **every 4th Thursday** of every month from **10:30am - Noon** at **Emeritus, Rohnert Park** (4855 Snyder Lane). **Note: Care is not available at this group.**