



# The Primrose Press

**Primrose  
Alzheimer's Living**

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

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## Primrose Expenses may be Tax Deductible

In early 1997, the IRS issued new guidance on the tax rules on long-term care services and insurance.

Generally for tax years beginning after 1996, amounts paid for long-term care services and certain premiums paid on long-term care insurance are medical expenses that can be claimed as itemized deductions subject to 7.5% of your average gross income.

Qualified long-term care services include necessary diagnostic, preventive, therapeutic, curing, treating, mitigating, and rehabilitative services, as well as maintenance or personal care services required by a chronically ill person and provided under a plan of care by a licensed health care practitioner within the previous 12 months as (1) Unable to

perform at least two activities of daily living (eating, toileting, transferring, bathing, dressing, and continence) without substantial assistance for a period of 90 days due to loss of functional capacity or because of severe cognitive impairment, (2) having a similar level of disability as determined in regulations, or (3) requiring substantial supervision to protect themselves from threats to health and safety due to severe cognitive impairment.

If you would like to take advantage of these tax deductions, you will need to get a copy of your family member's care plan or their physician's report from either the nurses or Jennifer to submit with your taxes. We also have a code sheet to give your tax preparer so that they know how you may qualify.

### Primrose Directors

Executive Director

John Wotring

Marketing Directors

Viki Stockwell / Alicia Estrada

Program/ Activity Director

Jennifer Watson

Wellness Directors

Laura Schultz/ Alecia Tichava

Dietary Director

Jack Burton

Day Club Director

Lauri Connors

Plant Operations Director

Nick Meyer

### Attn: Families

Please be sure to label any clothes or mark items brought in for your family member so that we can keep track of them and make sure they are returned if misplaced.

**Thank You**



## In the Day Club



Beautiful Christmas cookies from the Day Club's Baking group



Happy New Year ! From Yolanda, Hatsuko Grazella, and Gloria Jean

Our friends in the Day Club were their usual creative selves, making beautiful Christmas cookies and decorations for their tree.

Always up for a good time, the parties and programs were well attended with dancing and singing. The day clubbers are always vigilant about keeping sharp and healthy, so they also kept up on their physical and mental exercise as well.

The New Year will be rung-in with sparkling cider and best wishes for 2014. The next year should bring lots more fun and friendships.

## Primrose Activities

We were so fortunate to have so much love and attention from our friends in the community! A 5th and 6th grade class from Biella School came by to sing for us and share a Christmas art project. We had many groups of singers caroling through our halls and singing with us in the dining room.

We enjoyed making cookies to share with our guests and enjoy ourselves too.

Santa brought us gifts to open of Christmas Day and

Our friend Michael O'Brian came in to play the piano for us in the afternoon.

We are looking forward to the New Year and will be making and breaking our resolutions with enthusiasm.

Like the rest of America, we will be working on getting healthy again after the Holiday splurging. Our cooking group will focus on some healthy recipes, and our exercise program will include creative ways to get moving!



Biella School students share a Christmas project with Pat



Stephanie and Bridget work on making Christmas cookies



## Kitchen Corner



Happy New Year and welcome winter. Our gardens are all tucked in to rest through the season of frost and rain.. Nick will be roto-tilling in a fresh load of compost so we will be ready when spring time comes around..

This holiday season our morning cook Zonia Martinez has been treating us to a traditional Mexican Christmas hot fruit punch called Ponche Navideno.

It is so delicious and warming with the unique flavor of a couple of special ingredients. I hope you all get a chance to try this festive drink over the holiday season. It just might become a new family tradition, if it is not already!  
Cheers! Chef Jack

### Ponche Navideno

In a large non-reactive pot combine, bring to a boil and simmer 10 minutes:

- 1 Gal. Water
- 2 Cinnamon Sticks
- 8 Whole cloves
- 5 Tamarind Pods, seeds only
- 1/2 Lb. Tejocotes, wash and leave whole

Remove Tejocotes, peel, quarter, deseed and return to the pot. Add and simmer 30 minutes:

- 6 Large Guavas, peeled and cut into chunks
- 2 Sweet Apples, peeled, cored and cut into chunks
- 1 Pear peeled, cored and cut into chunks
- 2 (4 inch) Sugar Cane Sticks, peeled and sliced
- 1 Cup Pitted Prunes
- 1 Cone Piloncillo, chopped

## Community Presentations

Friday, January 10th 2014

Beth Larsen, Attorney will present "Tricks and Hints for Caregivers from the voice of Experience"

At Primrose, 2080 Guerneville Rd., Santa Rosa

2:00 – 4:00 pm

Seating is limited.

Please RSVP by Monday, January 6th to (707) 578-8360



### 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 **Merrill Gardens** (4855 Snyder Lane). Note: Care is not available at this group.