



The Primrose Press

**Primrose
Alzheimer's Living**

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

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Middle Stage Caregiving

What to Expect: During the middle stages of Alzheimer's, damage to the brain

tell them how nice they look, how nice their smile is – everyone likes a compliment.

All in all, at the end of the day the way you do things like hold their hand and giving them a reassuring smile, that is what lets them know it's okay. These seemingly insignificant things are what speak volumes, often without having to say a single word; these things are what speak to someone's heart.

So when it becomes difficult to hold a conversation with someone who has Alzheimer's or dementia, try holding their hand or giving them a smile. You may not know what they are thinking, but that smile or a pat on the back might be just what they need. It's not always the big things, but rather the small things that speak to the heart.

* Article written by Michelle Remold posted on the Alzheimer's Speaks Blog.[Michelle graduated from the University of Northern Iowa with a BA in Gerontology: Social Sciences and a minor in Family Studies. She is currently pursuing her Master's degree in Aging Studies and Nursing Home Administration.

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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

The Day Club has been enjoying an abundance of fun activities. Valentine's Day is a great time for sweet treats, love songs, and remembering the love that surrounds us. We've had fun making valentine's for family members and decorating with red and pink. Our baking club made a strawberry pretzel cake that was absolutely delicious (and surprisingly healthy).

As we move into March and replace red and pink with green, we look forward to more rain and the beginning of spring. We'll start thinking about our garden and the delightful things we want to grow this year.

Primrose Activities



Our New Years Celebration

What an unseasonably lovely way to start the new year! Both the Day Club and Residential programs have been spending their afternoons in the sunshine, playing games and enjoying music on the patio.

We have a lot of events to look forward to starting with Superbowl Sunday!

We will also be celebrating the Olympics with our own competition between our residents and the day clubbers.



Bob enjoys a therapeutic massage from our masseuse Linda Brand

Though the rain is sorely needed, I'm not sure any of us are looking forward to when winter decides to act like winter.

After celebrating New Years, MLK Day, and Chinese New Years, we look forward to having fun in February.

On Valentines Day we will have our traditional dance and tea party.

To help pass the winter days, we will be having our Tropical Stay-cation which includes treasure hunts and island pleasures.



Kitchen Corner



February's Flower is the Primrose. Its name comes from the old French *Prim-rose* meaning "First Rose." Many species flower in late winter or early spring.

Greetings from the kitchen and Happy St. Valentine's Day! While waiting for the rainy and cold days, or winter setting in, we are tempting the weather back with hot drinks, nutritious soups and baked goods fresh from the oven. This month we will share a recipe our cook Zonia Martinez prepares with a nice spinach salad to start and grilled turkey sandwich on the side.

Cheers! Chef Jack

Primrose Corn Chowder

Saute lightly (do not brown)

1/8 lb butter
1/4 lb of each onion and celery (diced)
1/2 cup leek, diced
1/2 lb potatoes, large dice

Add and cook 5 minutes:

1/4 cup flour

Add and bring to a boil, simmer 30 minutes:

1/4 cup white wine
1 qt chicken broth
1/2 lb cut corn
1 poblano chile, roasted, peeled and diced
1/2 red bell pepper, diced
1/4 tsp each, cumin, coriander, and Tobasco

Remove from heat and finish with:

1/2 cup cream or 1/2 and 1/2
1/4 lb cedar cheese

Enjoy!

Community Presentations

Friday, February 21st 2014

Arthur Neibrief, CLTC, Senior Associate with Long Term Care Partners and Insurance Services

He will discuss: **Protecting your Future with Long Term Care Planning**

At Primrose, 2080 Guerneville Rd., Santa Rosa

2:00 – 4:00 pm

Please call by Tues, Feb 18th to RSVP (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.