



The Primrose Press

**Primrose
Alzheimer's Living**

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

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The Importance of Caring for the Caregiver

One of the best ways to care for yourself while caring for a loved one with Alzheimer's or dementia, is to "Be your own Best Friend". Here are some tips for how to do this....

- **Maintain a Sense of Humor** : The art of providing good care involves maintaining a sense of humor and striving to "lighten up" about life's challenges. Watching a classic comedy movie or program on television, sharing a funny story at a support group meeting, or simply laughing with the *person* can help inoculate one against the stress and strain of caregiving.
- **Seek out Someone to Confide in** : A trusted friend or counselor can make all the difference to a family caregiver. We all need someone to talk things over with, and be understanding of our needs. Families who in the past would never have considered counseling should throw out these attitudes. A good counselor or support group can help in many ways.
- **Set Realistic Expectations** : We can easily lose sight of how much giving of ourselves is realistic and healthy. Survey how much your caregiving is effecting your health, your ability to care for your loved-one, how much time you spend (away from work or other family obligations), what kind of or how much family support you get, and how much money you need to spend on care without jeopardizing your family's financial well-being.
- **Practice Assertiveness** : Don't be afraid to speak up to family members and friends about your feelings and needs. It's okay to admit that you're not doing okay, and ask for help.
- **Find Time to "Feed Your Soul"** : We all have things that make us feel good, or that are healing to our soul. For some it's working in the garden, for others it may be walking in nature, or going to the beach and watching the waves. It may be reading, painting, dancing or listening to music. Making time to "give back to others in need" may also keep things in perspective.
- **Listen to Your Body** : People providing care to individuals with Alzheimer's disease are at greater risk for premature disability and death . This risk is the result of numerous factors, notably the stress that comes from the tasks of caregiving. Take care of yourself by eating properly, exercising, and pampering yourselves....get a massage or makeover!
- **Be Good to Yourself** : Caregivers should zealously carve out time for themselves and try to maintain special activities, hobbies, friends, or other activities that give pleasure. Give yourself the gift of an afternoon spent fishing, buying fresh flowers at the farmers market, or treating yourself to an afternoon at the movies.

We realize that these suggestions are easier said than done, but even if you can implement a few of them, it will help both you and the person you are caring for, be more patient and kind with one another.

* Information provided from *The Best Friends Approach to Alzheimer's Care* by Virginia Bell and David Troxel *

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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



Grazella paints a butterfly on Ethel's granddaughter at Spring Fling



Mary helps Mary Lou plant seeds for Earth Day

Fun times as usual in the Day Club! We painted Easter eggs, made a spring veggie tart, and filled water balloons for the Spring Fling. We had a fantastic time watching the kids soak each other with the balloons and a few of us even joined in. We've been spending a lot of time in the sunshine, enjoying bocce ball and other lawn sports. We have opened a new space in the day club and discovered a wonderful place for ping-pong (We have some near pros here!).

So far there haven't been as many April showers as we hoped, but we're going to look for the May flowers anyway. What we don't find, we'll plant!

Primrose Activities



The kids had a blast with the sack race during our Spring Fling

paper mache worlds to decorate the garden and house.

In May we are looking forward to celebrating Cinco de Mayo with a party with Day Club.

We will also be honoring our Moms with a Mother's Day tea on Mother's Day.

On Armed Forces Day and Memorial Day we will be focusing on paying tribute to our Veterans both living and gone.



Jo enjoys fresh cut roses in honor of Earth Day

Our Spring Fling was a big success with an Easter Egg hunt and games for the kids along with music and fabulous food for the adults.

We also celebrated Earth Day with fresh roses from Jennifer's garden and made earth cookies for snack. We also made our



Kitchen Corner



As an homage to the seasons past and with high expectations for a good crop of summer ripe tomatoes in the Primrose kitchen garden, we would like to share a recipe from the Spring menu. This makes a good, big pot of soup that can be frozen away in small containers for a quick spring meal. To put a fresh, Sonoma twist on this recipe, garnish with a swirl of pesto and serve a platter of grilled cheese sandwiches made with local Matos St. George cheese. Bon appetite.

Enjoy! *Chef Jack*

Primrose Tomato Soup

Sauté gently until vegetables have

wilted:

1 cup	Onion diced	3 cups	Diced tomatoes, in juice
1 cup	Celery diced	6 cups	Water
1 cup	Carrots diced	1 Tbl	Brown sugar
1	Leek	2 tsp	Tarragon leaves
1 Tbl	Garlic	1/4 tsp	Black pepper
2 Tbl	Butter	1/4 tsp	Cumin
		1/4 tsp	Coriander

Add & cook for three minutes:

2 Tbl Flour

Add, bring to a boil, skim, & simmer

30 minutes:

1/2 cup White wine

3 cups Tomato puree

Remove from heat and finish with:

3/4 cup Cheddar cheese, grated

1/4 cup Parmesan cheese, grated

1 cup Cream

Community Presentations

Research vs. Wishful Thinking

Wednesday, May 21st

A leader in research studies on Alzheimer's disease, Dr. Bernstein will share with us the clues and discoveries that scientists are making every day!

At Primrose, 2080 Guerneville Rd., Santa Rosa

2:00 – 4:00 pm

Please call by Monday, May 19th to RSVP (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 **Emeritus, Rohnert Park** (4855 Snyder Lane). **Note: Care is not available at this group.**