



# The Primrose Press

**Primrose  
Alzheimer's Living**

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

Volume 1, Issue 41, June 2015

## **Primrose's Restored Sensory Garden**

This spring we have been working on up-grading our potager or French kitchen garden. Nick and the house-keeping department have built us some beautiful new, redwood raised beds for our herbs, flowers and hand picking vegetables. Even though the cooks make almost daily use of this little side garden, we envision staff, residents and families utilizing the space as a plant-dominated environment purposefully designed to facilitate interaction with the healing elements of nature.

Sight, sound, taste, touch and aroma all come together in a garden planed to stimulate all the senses. Quality of life improves with an outdoor space or garden, giving people the chance to be physically active, feel unrestrained, socialize if they want to, be alone if they want to be and do meaningful things that make them feel at home.

We hope that the next time you visit Primrose you will take the time to enjoy a cherry tomato right off the vine and a little aroma therapy in our freshly planted space full of herbs, the sound of wind chimes and color.

### **Primrose Directors**

Executive Director

John Wotring

Marketing Director

Viki Stockwell

Program Director

Jennifer Watson

Activity Director

Karina Climaco

Wellness Director

Dan O'Brien

Dietary Director

Jack Burton

Day Club Director

Lauri Connors

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**



## In the Day Club



Charlie proves that men CAN cook!



Kin has found his inner artist

The lovely month of May has given way to the sunny month of June. In May we thoroughly enjoyed our Cinco de Mayo celebration. The Mariachis were wonderful, the food was delicious, and even the weather cooperated with our fun. We celebrated Mother's day on the Monday that followed. There were yummy cookies, hot chocolate (which almost unanimously trumped the tea), and sweet quotes about motherhood.

June brings with it the opportunity to honor Father's! We will be celebrating Father's Day on the Monday that follows and it will undoubtedly include tasty treats and sweet stories about what it means to be a father. We will also be celebrating Flag day with patriotic crafts, music, and trivia. June also includes our first day of summer. How do we welcome summer? Lemonade, outdoor games, fresh fruit, sun hats, and music out on the front lawn. Come Join Us!



## Primrose Activities



Primrose residents had a lot of fun this month of May. Our residents got to celebrate Cinco De Mayo with their family members and enjoyed delicious Mexican food and Folkloric dancing. Our resident had so much fun listening and dancing to live Mariachi music. We got to hit those piñatas till the goodies came out! It was Fantastico! And to finish off, we taught our residents a couple of Spanish words and phrases. It was interesting to see how willing they were to learn a new language.

Mother's day was filled with love and joy. Residents had tea and cookies with their loved ones while reminiscing about the good old days.

Our monthly travel club made a video trip to Peru! We talked about the weather, their customs and how the raising of sheep, llamas and alpacas is a vital part of the Peruvian weaving process. For our Peruvian snack, we had Agua de Manzana drink, hot apple cider, and Alfajores with Dulce de Leche which are similar to sugar cookies filled with a nutella like cream. It was a great trip with a finger licking snack.

June is right around the corner and the wedding season is too. This month we will be hosting our annual Mock Wedding in which a lucky couple in our facility will have the honor of getting (pretend) married. We will be dancing to Michael O'Brien's piano music and enjoy delicious reception treats.

Father's day will be celebrated with an afternoon BBQ on Sunday the 21st at 3 pm. Please RSVP if you would like to join us at 578-8360. The Ukulelians are back! They will be playing June 19<sup>th</sup> 6pm. We will also be having our first outing on Friday the 26th to see Model Boats. It will be a nice scenic drive as we head out to Glenn Ellen. We would love to have volunteer helpers if you are willing and interested!



## Kitchen Corner



### PICNIC ROAST CHICKEN

The day before you plan to eat, wash and split a frying chicken. Remove the backbone and reserve the fat and giblets for stock.

Rub the halves with a judicious amount of salt and black pepper.

Place the seasoned chicken over a split garlic bulb and a good sprig of fresh rosemary and refrigerate overnight.

Roast the chicken over the garlic and rosemary in a 350 degree oven to 165 degrees internal temperature. Chill well and reserve pan juices for the stock. Save the garlic for a condiment.

You are now ready to eat your chicken cold, make a salad or reheat and grill-crisp over a gas, wood or charcoal fire.

Bon appetite. *Cheffack*

Primrose staff demonstrate traditional dances for Cinco de Mayo



Bill wears a sombrero to get in the spirit

Joyce arranges flowers for Mother's Day



## 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: Day Club is not available at this group.

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

In **Rohnert Park**, group meets **every 4th Tuesday** of every month from **10:00am - Noon** at **Rohnert Park Community Center** (5401 Snyder Lane). Note: Day Club is not available at this group.