



The Primrose Press

**Primrose
Alzheimer's Living**

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

Volume 1, Issue 26 February 2014

Speak to the Heart

We often do things that are seemingly minute to us, but these things can mean a great deal to others. Imagine that you have Alzheimer's or dementia. Little by little your memory fades away. Not only would you forget how to do things like use the microwave and cook, but you forget your family and friends and are no longer able to express your feelings: however, you are still in there somewhere.

This would make it very difficult not only for you to communicate with others, but for others to communicate with you as well. If you are unable to use words to communicate with others, it is important to find other ways to communicate with them. The small things we can do to communicate with those who suffer from dementia are numerous. You can communicate through touch: a hug, holding hands, a back rub; you can communicate with them by being attentive to their needs: combing/brushing their hair, cleaning their glasses; or talking to them and not expecting a response back:

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.*

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



Lauri Connors
New Day Club Director

Lauri Connors is our new Day Club Director. She grew up in Healdsburg and attended our local Junior college. She then went to the University of Hawai'i to study Philosophy and then on to Sofia University for Psychology.

Lauri has always had a great fondness for seniors. She loves all things old-fashioned and previously worked as the activities assistant in an assisted living facility in Santa Rosa. Her daughter, Sara, is her "darling little sweetheart". They like to cook, garden, and read together. We recently discovered that Lauri likes to play the piano and do sing-a-longs.

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.