



The Primrose Press

**Primrose
Alzheimer's Living**

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

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Giving Back Through "The Walk to End Alzheimer's" by Jennifer Watson

In the last 6 years I have experienced the loss of my father, uncle, and an aunt to Alzheimer's Disease. This has been a long term battle for my family, and we have been fighting this disease every way we know how. My father and uncle were my greatest inspirations through their participation in an Alzheimer's research study at UCSF.

Early on in the disease process, my father wrote us a letter stating that it was important to him to participate in the study in order to help try to find a cure before Alzheimer's effects any more members of our family. He faced his disease process bravely and with grace, and I want to honor him by continuing his fight by supporting the Alzheimer's Association's "Walk to End Alzheimer's".

I have been participating in the annual walks since the 1980's when they began. They have grown both in popularity as well as recognition, sadly because of the increase in people effected by the disease. We need to show our support through not only walking, but also donating funds to keep research working toward finding a cure.

This problem will only get worse as we "Baby Boomers" age. Please show your support by joining our Primrose Team and walking with us on **October 18th**. You can also support the cause by donating in honor of your loved-one.

The "Walk to End Alzheimer's" is a fun and inspiring event that spans generations and brings together family, friends, caregivers and community members who are committed to this movement.

Our local "Wine Country Walk to End Alzheimer's" will take place on Saturday, October 18th, at the Coyne Building, 1450 Technology Lane & Shollenberger Park, Petaluma. Check-in opens at 8:30 am and the walk starts at 10 am.

If you would like to participate, you can either form a team or join our existing one. There is no fee to register, but if you raise \$100 or more you will receive a 2013 Walk T-shirt. There are more rewards for more money raised to help the cause to cure Alzheimer's.

For more information, you can visit us at Primrose, or visit: www.alz.org/walk

Info on the Walk to End Alzheimer's provided by the Alzheimer's Association



Dr. Donald Minkler
Jennifer Watson's Father



Primrose Directors

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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



Gloria with cat from art club

In the Day Club

"Do you remember the kind of September when life was slow and oh, so mellow? . . ." Maybe not the most well known song, but a sweet one -and enough of us knew it to have a pretty lovely lunch chorus one day. I can't say that we've been entirely slow and mellow in the day club this month, but we have had a lot of fun.

Amongst other things we rediscovered croquet, which was quite smashing. With instruction from a family member we managed to set up an outdoor court and enjoy some old fashioned fun on the grass. Our mock wedding was a hit, starting with a procession of residents in a beautiful fake wedding ensemble. The bride was, of course, gorgeous and the groom quite a gentlemen. The mock wedding was followed by delicious cupcakes and a lot of dancing. The Autumn leaves are officially falling, so in October we'll strive to spend as much time outside as possible, soaking up every last bit of good weather we can get. We're also coming into craft season, so you can expect to see a lot of fun things being made in the day club.



Gloria J demonstrates the hula for our Luau

Primrose Activities



Shirley and Bill as Bride and Groom at our Primrose "Mock Wedding"

The kids may be back in school, but we're still having lots of fun at Primrose! We started the month with Labor Day trivia and poetry about work.

Our "Mock Wedding" was a big hit with Shirley as the bride and Bill as the groom. We had a fabulous reception complete with a money dance and wedding cupcakes for all to enjoy. Please log on to our web site for more pictures of the event!

In October we look forward to celebrating the coming of fall with it's changing leaves and beautiful colors. We will be writing our annual fall poems, and baking and sampling fall treats.

For Octoberfest , residents will be making homemade pretzels and drinking "beer" while learning how to polka.

Halloween is always another excuse to party with goulish treats and a costume contest.



Eileen with her beautiful lei from our Luau.



Kitchen Corner



Happy Harvest!

It has been said that no two gardens are the same and no two days are the same in any garden. With this in mind, the Primrose Dietary Staff would like to invite you to enjoy some time in our kitchen garden, smelling the herbs and sampling the cherry tomatoes. We have a new butterfly garden that was planted by a local girl scout troop to also enjoy.

Cheers! Chef Jack

Primrose Dream Bars

Preheat oven to 350 degrees, Blend in the mixer until smooth and then press into a sprayed 1/2 sized sheet pan:

- 1 Lb butter, Softened
- 2 cups brown Sugar
- 4 cups all purpose flour

Bake in crust in the oven for 10 minutes. Combine the following ingredients in the mixer and blend well:

- 8 eggs
- 4 cups brown sugar
- 1/2 cup flour
- 1 tbs + 1 tsp baking powder
- 2 tsp salt
- 4 cups coconut, shredded
- 4 cups almonds, slivered

Pour filling over crust and bake 35 minutes or until set and lightly browned.

Community Presentations



Our speaker, **Roy Johnston, Esq, Elder Law Specialist** will be presenting:



“Legal Authority and Planning for Dementia & Alzheimers”

At Primrose, 2080 Guerneville Rd., Santa Rosa

Friday, October 24, 2014 from 2:00 – 4:00 pm

Please call by October 22nd to RSVP at (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.*