



The Primrose Press

**Primrose
Alzheimer's Living**

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

Volume 1, Issue 43, August 2015

Several Ways to “Boost Your Brain”

There are several ways that we can boost our brain power. Try integrating the following tips into your everyday life:

- Pay attention – concentrating on what you want to remember.
- Find ways to decrease the stress in your life : through exercise, meditation, or spending time doing something you love.
- Use all of your senses : ie. Sight, smell, touch, taste, and hearing.
- Use both sides of your brain : one side is artistic and abstract and the other is logical and methodical
- Keep your mind active: do mind games, learn a new language, or play a game.
- Try to avoid distractions such as excess noise and movement when trying to learn new things
- Limit multi-tasking: focusing on one thing at a time makes it more meaningful and you can do a better job.
- Play board games, do crossword puzzles, word searches, Sudoku.
- Limit mindless TV watching—focus on shows like Jeopardy, History or Discovery Channels, PBS.
- Take classes in your community. Stay involved and informed on what’s going on in your area.
- Remain active in pursuits that are meaningful to you, whether it be gardening or exercise, or even joining a book club.
- Learning a second language uses other parts of the brain.
- Develop new hobbies and interests which stretch your comfort zone.



Resident Evelyn shows a staff member how to keep in shape

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 be careful coming in and out of our drive-in gate. Stop and wait for the gate to close before proceeding.

Make sure that there are no residents close by, and drive slowly in our driveway to keep residents safe.

Thank You





Carver meets an African Fox from our friends at Lyon Ranch.



Reva is dressed for the occasion at the County Fair

In the Day Club

As we play our way through summer, there have been so many opportunities for fun in the sun and relaxation in the shade. It's hard to imagine it will ever be winter again. With such a fun bunch of folks here in the Day Club, almost anything can happen-and does. We finished off July with our Primrose County Fair. Hopefully you had the chance to come by and see the chickens and goats, try your hand at some of our games, and most especially taste the results of our ice cream-making contest (wow!) We all had a wonderful time.

As for the other ongoing fun, last month we set up a new magnetic dart board. We've been enjoying it so thoroughly, we're going to have to set up competitions soon. Also, we've been steadily progressing on some paper-mache heads- very interesting. If you haven't seen them yet, come take a peek; they're quite the production.

This month (August) - well let's just say we've been inspired by the ice cream contest and you can expect to hear about some delicious new flavors coming out of the Day Club. Looking forward to our Sweet Summer Luau coming near the end of the month; maybe we'll start experimenting with some tropical flavors. A virgin pina colada sorbet will go so well with hula dancing and coconut bowling.



Emily celebrates the Fourth of July in her newly tie-dyed tee shirt

Primrose Activities

July was a great month to be with family and friends. Our Chef Jack prepared a wonderful Fourth of July lunch to celebrate Independence Day. We took a scenic drive to Sebastopol this month down Florence Ave to see the Sculptures created by a local artist.

We would like to thank Lyon Ranch for bringing their animals for our residents to see. It was a nice outdoor activity and we had the opportunity to see and even kiss a Camel! It was incredible.

The Sonoma County Fair is now open and we took a small group of our residents out to the fair for lunch. They all had a great time eating fair food while watching the kids and all the excitement.

In the month of August our residents will be attending the **Gravenstein Apple Fair** for lunch on **Sunday August 9th at 11am**. **If you would like to volunteer for this outing, please give us a call.**

Santa Rosa was once a film location in the 1940's. This month we will be driving our residents down McDonald Avenue, to see its many attractive Victorian homes, which have appeared several times in films by Alfred Hitchcock, such as the film "Shadow of Doubt".

Celine bonds with Humphrey the Camel during a visit from our friends at Lyon Ranch



Kitchen Corner

Oh Happy Day!

The new Sensory garden is in full swing with plenty of fresh basil and tomatoes for the summer menu. The Garden Club members regularly deliver a surprise basket of vegetables for us to work into our meals and one good and flexible way to go is an Old Fashioned Chef's Salad. For the Primrose chef's salad we like to work our fresh herbs, tomatoes and cucumbers into a base of chopped lettuce, carrots and cabbage lightly dressed simply with olive oil and vinegar.

To round out the presentation we include either deviled or egg salad, bean salad and cheese for protein. Sometimes we will include some Chicken or Tuna salad or some old fashioned potato or macaroni salad. When the tomatoes are ripe we might include a traditional Greek Salad and I will include a guide to creating a salad based on my fond memories of seaside suppers in the casual village tavernas on the island of Crete.

Matala Summer Salad

Combine the following and enjoy with a sandwich or freshly baked bread and a glass of crisp white wine.

1/2 cucumber, in chunks
1/2 cup sweet peppers, in chunks
1/2 red onion, slivered
1/2 cup parsley, chopped
1 cup feta cheese, crumbled
1 cup kalamata olives

Dress with:

1/3 cup best quality olive oil
2 Tbs. red wine vinegar
Fresh oregano, salt and black pepper



Yasoo!

Chef Jack

Community Presentations

OUR SPEAKER, RAMMOHAN RAO, PHD, RESEARCH ASSOCIATE PROFESSOR AT THE BUCK INSITUTE FOR RESEARCH ON AGING, WILL DISCUSS:

“REVERSING AGE—ASSOCIATED COGNITIVE DECLINE: AN INTEGRATIVE APPROACH”

ON FRIDAY, AUGUST 14TH, 2 — 4 PM

PLEASE CALL (578-8360) BY MONDAY AUGUST 10TH TO RSVP (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: 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.