

All About Seniors, Inc.

Resource, Referral, and Placement Services

March 2011

Serving our Clients with Compassion and Dignity



Helping adult clients with their care and housing needs.

Our Dedicated Team:

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If you have any suggestions or comments, please contact us at

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We've sure had a busy month over here at All About Seniors. We have been working on our new Guide and of course we are staying busy with Senior Referrals. We are so excited to be launching the Adult Care Home Guide. Our initial printing of this book will showcase Adult Care Homes as care setting options. However, we will also include other senior related companies that want to advertise with us.

We will be publishing a Guide for other care options such as Retirement, Assisted Living, Residential Care, etc. in the near future.

Response to the Guide has been strong and we want to thank all of the care providers that have purchased an advertisement with us. Although we are wrapping up the First Edition of our Guide, don't hesitate to call us if you would like to be added in to the next one which will be out at the end of March.

~ Ken, Jennifer and Staff



DRUG INTERACTION CHECKER

<http://healthtools.aarp.org/drug-interactions>

Enter any list of prescription drugs, over-the-counter drugs, herbals and supplements to see how they interact with each other and with other substances. We hear a great deal of feedback regarding drug interactions and feel it is so important for you to take a look at this website.



SOLVE THE RIDDLE

There are 3 stoves. A glass stove, a brick stove and a wood stove. You only have one match. Which do you light first?

The first two people with the right answer from each County to call us will receive a \$10.00 Starbucks gift card.

Answer to February riddle: Lettuce

Best Ever Banana Bread

By: Rose
Allrecipes.com

Original Recipe Yield 1 -
9x5 inch loaf



INGREDIENTS

- 2 eggs, beaten
 - 1/3 cup buttermilk
 - 1/2 cup vegetable oil
 - 1 cup mashed bananas
 - 1 1/2 cups white sugar
 - 1 3/4 cups all-purpose flour
 - 1 teaspoon baking soda
 - 1/2 teaspoon salt
- 1/2 CUP CHOPPED PECANS (OPTIONAL)

DIRECTIONS

Preheat oven to 325 degrees F (165 degrees C).
Spray one 9x5 inch loaf pan with non-stick spray coating.

Blend together the eggs, buttermilk, oil and bananas.

Sift together the sugar, flour, baking soda and salt. Add to banana mixture and stir in pecans. Mix well.

Pour into prepared loaf pan and bake 1 hour and 20 minutes or until a cake tester inserted in the center comes out clean.

Somerset Lodge

Gracious Retirement Living

*8330 Cason Road.
Gladstone, Oregon 97027*

503-723-7868

Please call to schedule a tour

Advertise your business here

*Please call Ken or
Amy for more
information about
advertising*

503-659-3815

Pop's Adult Care Home

*Lidia Pop
626 NE 155th Ave.
Portland 97230
(503)252-8707*

*We care for residents
with care needs ranging
from minimal to heavy
care.*



Gladstone/Oak Grove Rotary 21st Annual

**Max Patterson Memorial
Pancake Breakfast
Saturday, April 23rd, 2011**

8 am-11 am

Adults: \$5

Child/Senior: \$4

Family (4): \$15

**Gladstone High School
18800 Portland Ave
Gladstone, OR**

March Home Garden Tips

March is the month that spring starts to peek its welcome presence out into the open; even the calendar declares that spring is coming! However, just because the dates indicate warmer weather approaching doesn't mean that there isn't danger.

In fact, in Oregon, there is still danger of frost into May, so tread carefully with your planting and gardening activities.

What to Plant

By the time March appears, you should have begun seed starting in full force.

The best home garden tips indicate that even warm loving plants should be started by March.

If your frost date is mid-May, things like tomato and pepper seedlings should be planted at the first of this month, giving them a full six weeks to grow strong enough for transplanting.

Transplant to larger containers if they have already been planted and are getting big.

March is also the ideal month to plant out the cold loving crops.

You should be able to direct seed the following plants towards the end of the month:

- Spinach
- Lettuce
- Peas
- Radishes



Some of your most sturdy seedlings are also ready to plant in your garden area. These include:

- Broccoli
- Cauliflower
- Kale
- Cabbage



This information came from northwestgardenplants.com

The Best Home Garden Tips...Be Wise, Be Careful

Don't overdo it. There is still a high likelihood that frost will occur.

While cold crops can handle some frost, a deep freeze can still wipe out your first plantings. Stagger your plant-out dates for these items, to ensure that you have options in case of damage.

Also, use a cold-frame, or keep a floating row cover on hand to provide last minute protection from hard frost. Potatoes should be planted towards the end of March. Unlike other plants, they can be placed in the ground as soon as it is workable. The soil will insulate them from frost damage and they won't begin to grow until conditions are ideal.

Sesame Spinach and Broccoli

Recipe from Epicurious

- 1/2 bunch broccoli
- 1 clove of garlic
- 1 Tablespoon sesame seeds
- 1 teaspoon vegetable oil
- 1/4 teaspoon dried hot red pepper flakes
- 1 bunch spinach
- 2 teaspoons sesame oil

Cut broccoli into 1 inch florets and cut stems lengthwise into 2 x 1/4 inch sticks. Mince garlic. In a dry 10 inch skillet toast sesame seeds over moderate heat, stirring, until golden and transfer to small bowl. In a skillet heat oil over moderate heat until hot and cook broccoli, garlic and red pepper flake, stirring occasionally, until broccoli is crisp and tender, about 7 minutes. Add spinach and cook, stirring, until wilted about 2 minutes. Remove skillet from heat and toss vegetables with sesame oil, seeds and salt to taste.

Happy St. Patrick's Day

Go Nuts!

Several studies over the past few years have shown the health benefits of nuts which contain monounsaturated fat, vitamin E, folic acid, magnesium, copper, protein, and fiber, and are rich in antioxidant phytochemicals.

Nuts are a powerhouse of good nutrition that can dramatically reduce the risk of heart disease. They've also been shown to play an important role in helping to lower "bad" cholesterol levels and raise "good" cholesterol levels. In addition, they can help dilate blood vessels and prevent hardening of the arteries.

The Nurses Health Study, which followed 86,016 nurses for 14 years, found those who ate 5 ounces or more of nuts per week reduced their risk of dying from heart disease by 35%. The researchers also noted that the nut-eaters tended to weigh less than the nurses who did not eat nuts.

From:

<http://www.medicinenet.com/script/main/art.asp?articlekey=56560>



If you would like to receive this newsletter via email please email Ken at

Kenrone@allaboutsensorsinc.com. or
Amy at amylandon@allaboutsensorsinc.com

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For God hath not given us the spirit of fear, but of power, and of love, and of a sound mind.

2-Timothy1:7