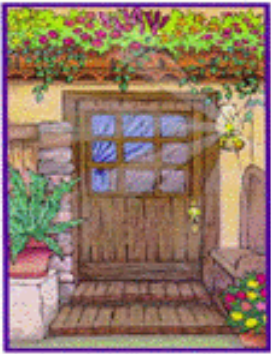


All About Seniors, Inc.

Resource, Referral, and Placement Services

September 2010

Serving our Clients with Compassion and Dignity



**It's All About Quality
It's All About Choices
It's All About Seniors**

**Helping adult clients with
their care and housing
needs.**

Our Dedicated Team:

Jennifer Roney, RN

Amy Landon

Melisa Buschow

Ken Roney

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

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10 warning signs of Alzheimer's:

1. Memory loss that disrupts daily life
2. Challenges in planning or solving problems
3. Difficulty completing familiar tasks at home, at work or at leisure
4. Confusion with time or place
5. Trouble understanding visual images and spatial relationships
6. New problems with words in speaking or writing
7. Misplacing things and losing the ability to retrace steps
8. Decreased or poor judgment
9. Withdrawal from work or social activities
10. Changes in mood and personality

For more information go to the Alzheimer's Association website, www.Alz.org

Have you tried Quinoa?
(Pronounced KEEN-wah)

Quinoa is a grain-like crop grown primarily for its edible seeds. It originated in the Andean region of South America, where it has been an important food for 6,000 years.

In contemporary times, this crop has become highly appreciated for its nutritional value, as its protein content is very high (12%–18%). Unlike wheat or rice (which are low in lysine), and like oats, quinoa contains a balanced set of essential amino acids for humans, making it an unusually complete protein source among plant foods. It is a good source of dietary fiber and phosphorus and is high in magnesium and iron. Quinoa is gluten-free and considered easy to digest.

Quinoa has a light, fluffy texture when cooked, and its mild, slightly nutty flavor makes it an alternative to white rice or couscous.



Source: <http://en.wikipedia.org/wiki/Quinoa>

SOLVE THE RIDDLE



My sides are firmly laced
Yet nothing is within
My head is strange indeed
Being nothing else but skin

The first two people from each county will receive a \$10.00 Starbucks gift card.

Answer to August riddle: Snake

“It's difficult to think anything but pleasant thoughts while eating a homegrown tomato.” Lewis Grizzard



Slow-Roasted Cherry Tomatoes

Cherry, grape or pear tomatoes (or whatever tiny tomatoes you prefer)

Garlic cloves, unpeeled

Olive oil

Kosher salt

Combination of dried Italian herbs (such as fennel, oregano, basil, or thyme)

1. Line a half-sheet pan with parchment paper and heat oven to 225 degrees.
2. Cut enough tomatoes to fill the sheet pan (about 2 small baskets should do the trick) and place them cut-side up on the parchment paper. Scatter a handful of unpeeled garlic cloves throughout the tomatoes.
3. Drizzle olive oil all over the tomatoes, then sprinkle lightly with kosher salt.
4. Mix together some of your favorite dried Italian herbs (or just use a commercial blend) and measure out about 2 teaspoons of the mixture. Grind the herbs into a powder using a spice grinder or mortar and pestle then sprinkle evenly over the tomatoes.
5. Bake tomatoes at 225 degrees for 3-4 hours, or until they have shriveled but still contain a bit of moisture inside. The time will depend on the size of your tomatoes, so start checking early.
6. Let cool and eat immediately or store in a covered container in the refrigerator. The garlic cloves can be peeled and eaten or stored in the jar with the tomatoes for a few days, refrigerated.

Use these yummy tomatoes to make a salad or pasta sing. For a special treat, spread soft cheese on a toasted baguette and top with a roasted tomato. Viola, you have an appetizer to make any guest salivate.

Source: <http://pinchmysalt.com/2009/09/22/smitten-with-slow-roasted-cherry-tomatoes/>

The Coolest Trick for Cherry Tomatoes

Step 1- All you need is two tops from the typical take out or food storage containers.

Step 2- Lay your cherry tomatoes (or like-shaped goodies) in one lid.

Step 3- Place the other lid on top.

Step 4- Holding the whole stack in place, and keeping your fingers out of the way, saw through the gap between the two lids. (I prefer a serrated knife for this.)



And there you have it, perfectly sliced cherry tomatoes.

What are the steps to successful aging?

As we age, we make choices about our lifestyle, health care, personal pursuits, and our plans for aging. A few "steps to successful aging" will help guide us to healthy and active golden years.



1. Adopt and maintain healthy habits and positive lifestyles:

Avoid cigarette smoking.

Have no more than one alcoholic beverage in a 24 hour period.

Exercise regularly, maintaining the triad of weight bearing, aerobic, and balance activities.

Maintain a comfortable weight.

Get regular medical checkups.

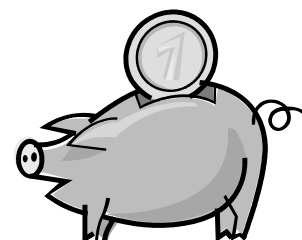
2. Maintain intellectual stimulation and socialization:

Pursue hobbies and interests with passion, particularly those such as dancing that are social.

Strengthen family relationships.

Resolve intergenerational conflicts.

Engage in adult educational activities to challenge your mind.



3. Be wise in financial planning:

Plan in advance for retirement.

Carefully manage investments and assets.

Assure adequate insurance coverage.

Decide on your possible future living arrangements.

4. Work to maintain dignity and good health in old age:

Choose a physician knowledgeable in the medical care of older adults.

Choose a health care system that facilitates appointments and care for elders.

Communicate your goals of care to your family and physician.

Express your advance directives in writing.

Source: <http://ask.doctoroz.com/question/steps-to-successful-aging>



Sole Support for Parkinson's

Sunday, September 26

Willamette Park, Portland

An Awareness Walk for

Parkinson's Disease

www.SoleSupport.org

800.426.6806



Memory Walk is the nation's largest event to raise awareness and funds for Alzheimer care, support and research — and it calls on people of all ages to take action in the fight. Year-round, our participants are leaders in the effort to defeat this devastating disease.

We're on the MOVE to end Alzheimer's

2010 Memory Walk Portland

Goal: \$282,000
2,700 Walkers
250 Teams

When: Sunday, September 26, 2010
Registration at 9 am
Walk starts at 10 am

Where: Portland, OR
Pioneer Courthouse Square

SEE YOU THERE!

All About Seniors, Inc
PO Box 68887
Milwaukie, OR 97268

"It takes just a moment to change your attitude. And, in that quick moment, you can change your entire day." - - Author Unknown