

JANUARY 2017

# Arbor House

Pacific Living Centers, Inc.

820 Gold Court, Grants Pass, OR 97527  
Administrator: Athena Cromwell

541-474-7887  
Nurse: Sheryl Aldstadt



## Celebrating January

**Hot Tea Month**

**International  
Brain Teaser Month**

**Self-Love Month**

**New Year's Day**  
*January 1*

**Cuddle Up Day**  
*January 6*

**Hunt for Happiness Week**  
*January 15-21*

**Martin Luther King Jr. Day  
(U.S.)**  
*January 16*

**Chinese New Year**  
*January 28*

**Bubble Wrap  
Appreciation Day**  
*January 30*

As we say goodbye to 2016 we remember the love ones we may have lost and the memories we made with them. I look forward to making more memories in 2017. No one knows what lies ahead for us but cheers to loving, laughter and being alive.

Thank You to everyone who came to our Christmas Party. It is always nice when we can all get together. I hope you all know how much we truly care for the residents and thank you for allowing us to do so.

Congratulations Brianna Weldon for being our Employee of the quarter. Thank you for the loving and compassionate care that you give to the residents and for making sure that the community looks and smells nice.

I encourage families to fill out a 'Kudos' if a resident tells you about something great that the staff has done or if you see them going above and beyond. We appreciate your opinion.

### **Free Online Classes**

<https://oregoncarepartners.com/>

If you are looking for a support group, one is listed below that you might be interested in.

Kim Kasiah  
Last Thursday of every month  
2pm-3:30pm  
Oak Lane Retirement  
727 SW Rogue River Ave.  
Grants Pass, OR 97526

For more information  
541-218-6452

Athena & Arbor House Staff



## Dementia and Journaling: Tracking the Journey

By Ava M. Stinnett

You've probably heard or read about the benefits of keeping a journal. Perhaps it was Oprah recommending that you record five things that you're grateful for every day, or maybe it was a teacher or counselor who viewed journaling as a way to clarify your thoughts and feelings and to help solve problems. Regardless of the reason, there are great benefits to journaling, especially if you've been diagnosed with dementia or you're a caregiver to someone who has been diagnosed.

Scientific evidence supports journaling. While the left side of your brain, which is analytical and rational, is occupied, the right side is free to create and feel. Expressing feelings in writing isn't just a good way of tracking the progress of dementia and looking for specific trends; it's also a tool to help orient the person with dementia. When dementia starts to make it difficult to find the right words, writing can reduce feelings of powerlessness and provide a way of processing the changes that are occurring.

Whether living with a dementia diagnosis or being a caregiver, starting a journal may seem overwhelming. It may be helpful to use a sensory image, a list, or a sentence starter. In her book *You Want Me to Do What? Journaling for Caregivers* (2008), B. Lynn Goodwin provides 200 open-ended sentences, such as "Today, I feel..." or "I remember the time..." or "I wish my family knew..." to help you get started. Although the book was written for caregivers, many of the prompts work just as well for someone in the early stages of dementia.

Here are some more simple tips to keep in mind:

- Start with the day, the date, and the year. Include a brief description of the weather if you feel moved to do so.
- Allow just 15 minutes to write, perhaps first thing in the morning, to develop the ritual of writing.
- Forget about grammar, spelling, and punctuation! Just let the feelings and words flow, whether it's one sentence or an entire page.

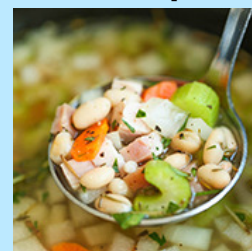
(Continued on page 3)

## Hearty Ham and White Bean Soup

A slow-cooker recipe

### Ingredients:

- 1 hambone
- 2 cups diced ham
- 2 cloves garlic, minced
- 1 onion, diced
- 3 carrots, diced
- 2 stalks celery, diced
- 2 (15-ounce) cans white beans, drained and rinsed
- 1/2 teaspoon dried oregano
- 6 cups water
- Salt



### Directions

1. Combine all ingredients in the bowl of a slow cooker.
2. Cover and cook on low heat for 7–8 hours or 3–4 hours on high heat.
3. Serve warm.

Makes 8 servings

## Planting Interest

Some people are just incapable of keeping houseplants. So how, then, should they celebrate Houseplant Appreciation Day on January 10th? Perhaps by trying to care for some extremely low-maintenance plants. *Lotho* is a large-leaved plant that can thrive with minimal water and varying degrees of light, a perfect plant for those without green thumbs. Even better, this indoor plant has air-purifying qualities that can absorb toxins like formaldehyde that are emitted by carpets. Succulents like jade plants and aloe are desert plants, so they do not like lots of water. Rubber trees thrive in dimmer light and cooler climates, and just a little water allows these beauties to grow eight feet tall. Of course, an artificial plant will thrive forever—it just won't purify the air.



**Eye Glass Month**

(Continued from page 2)

- Technology can be useful if handwriting is too difficult. A tape recorder, video camera, typewriter, or computer can provide the means for continuing the routine of journaling.
- If the loved one feels that the journal is private, it's important to respect that, despite a desire by the caregiver to look for changes in the stage of the disease.

Goodwin says that it doesn't matter if what's recorded is legible or not. "Journaling provides both the caregiver and care recipient the opportunity to reach beyond themselves and communicate their complicated thoughts and feelings." It's a way to give a voice to conflicting emotions in a safe way.

### Article Resources

Botek, A-M. *Dear Diary: Journaling for Caregivers*. Retrieved from <https://www.agingcare.com/Articles/Journaling-for-Caregivers-148782.htm>

Goodwin, L. B. (2008). *You Want Me to Do What? Journaling for Caregivers*. Mustang, OK: Tate Publishing.

Purcell, M. *The Health Benefits of Journaling*. Retrieved from <http://psychcentral.com/lib/the-health-benefits-of-journaling/>

10 Benefits Journaling Provides Caregivers. Posted on Feb 26, 2015 by A Place for Mom Staff. Retrieved from <http://www.aplaceformom.com/blog/2-26-15-journaling-for-caregivers/>

# JANUARY

## Birthdays

Janice Grosenbach ~ 1/20  
&  
Lois Farber ~ 1/10



## House Staff

### AM

Mariah Bradley  
Kristina Brown  
Shaelyn Edinger

### PM

Joyce Martin  
Josh Hoggart  
Nancy Kamenicky

### NOC

Brianna Weldon  
Shawna Torres  
Janice Grosenbach

## Opposites Attract

You may be shocked to learn that January 9 is Static Electricity Day. Most every child discovers the delights of static electricity, whether by shocking themselves on a door handle, having their hair fly away after going down a slide, or by sticking a balloon to their head. But what is this strange energy? It all begins with invisible atoms. All things are made up of atoms, which hold electrons that are positive or negative. Amazingly, when two things are rubbed together, say a balloon against someone's hair, the invisible electrons move from the balloon's atoms to the hair's atoms, creating an imbalance of positives and negatives. Because opposites attract, the balloon will stick to the hair. But this imbalance of electrons is only temporary. When one side regains its lost electrons, static electricity is discharged with a shocking *SNAP!*



MARTIN LUTHER  
KING, JR.  
1929-1968



Arbor House of Grants Pass  
820 Gold Ct.  
Grants Pass, OR 97527

Postage  
Information

**PACIFIC LIVING CENTERS HAS SEVEN  
LOVING HOMES FOR THE MEMORY  
IMPAIRED**

Delivering Quality of Care, Enhancing Quality of Life

**Northern Oregon Communities**

**HERITAGE HOUSE OF WOODBURN**

943 N. Cascade Dr.  
Woodburn, OR 97071  
Administrator: Shannon Souza

**HAWTHORNE HOUSE OF SALEM**

3042 Hyacinth St.  
Salem, OR 97301  
Administrator: Kirshanna Jaramillo

**HARMONY HOUSE OF SALEM**

3062 Hyacinth St.  
Salem, OR 97301  
Administrator: Michele Nixon

**Southern Oregon Communities**

**AUTUMN HOUSE OF GRANTS PASS**

2268 Williams Hwy.  
Grants Pass, OR 97527  
Administrator: Tanella Valenzuela

**ARBOR HOUSE OF GRANTS PASS**

820 Gold Ct.  
Grants Pass, OR 97527  
Administrator: Athena Cromwell

**APPLEGATE HOUSE OF GRANTS PASS**

1635 Kellenbeck Ave.  
Grants Pass, OR 97527  
Administrator: Stacey Smith

**BARTLETT HOUSE OF MEDFOR**

3465 Lone Pine Rd.  
Medford, OR 97504  
Administrator: Christina Stanley