

FEBRUARY 2017

# Arbor House

Pacific Living Centers, Inc.

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

541-474-7887  
Nurse: Heidi G.



## Celebrating February

**Love the Bus Month**

**Mend a Broken Heart Month**

**Spunky Old Broads Month**

**Candy-Making Day**  
*February 1*

**Ice Cream for Breakfast Day**  
*February 4*

**Weatherman's Day**  
*February 5*

**Celebration of Love Week**  
*February 12-18*

**Valentine's Day**  
*February 14*

**Diesel Engine Day**  
*February 23*

**For Pete's Sake Day**  
*February 26*



May your hearts be full of love, laughter and making memories with the ones you love.

Please welcome Sylvia Hansen to our facility. We are so glad that you have joined the Arbor House family.

We will be having an early Valentine's Celebration and I hope that you can make it.

### Valentine Party

Please Join us for  
Tea, coffee and cookies  
February 7<sup>th</sup> 2017 @ 1:30pm  
Entertainment: Song Bird Trio

Everyday is a new adventure and there are always stories told and memories made. I want to just say a special thank you to every interaction you have here with the staff and residents. You may come here to see your loved ones but your interactions with

### 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 has a support group the last Thursday of every month from 2pm-3:30pm at Oak Lane Retirement 727 SW Rogue River Ave Grants Pass, OR 97526.

She can be contacted at 541-218-6452 for more information.

Athena & Arbor House Staff

## Reducing Your Risk for Dementia

By Ava M. Stinnett

As you may know, dementia is not a specific disease. It is an overall term for a complex set of symptoms that are caused by disorders affecting the brain, such as Alzheimer's disease, vascular dementia, and dementia from Parkinson's disease. The causes of dementia can produce similar, overlapping symptoms such as confusion, memory loss, and difficulty performing everyday activities.

While we can't control age or genetics, there are lifestyle factors that researchers believe may help reduce the risk or delay the onset of dementia when we get older. Before making any substantial diet or lifestyle changes, it's advised that you first speak with your physician.

- Adopt a healthy diet. A diet that includes lots of fruits, green leafy vegetables, legumes, fish, olive oil, and whole grains and is low in saturated fats, dairy products, meat, poultry, [and added sugar](#) may help preserve cognitive function.
- Exercise regularly. A study conducted by researchers at UCLA Medical Center and the University of Pittsburgh found that virtually any type of aerobic physical activity may improve brain volume and cut the risk of dementia by approximately 50 percent. Good exercise choices include walking briskly, dancing, swimming, cycling, and even gardening.
- Get refreshing sleep. First, get as much natural sunlight as possible early in the day. Try to go to sleep and get up at the same time every day. Avoid napping during the day. Limit caffeine, nicotine, alcohol, and big meals at night. Take time for relaxing activities before sleep, such as meditation; slow, deep breathing; progressive muscle relaxation; or visualizing a peaceful, restful place. If it helps, listen to some soft music or a book on tape.
- Maintain your blood pressure at a healthy level. Try to lose extra weight—especially around the waistline—and maintain a healthy weight; reduce sodium by reading food labels and reducing processed foods; and limit alcohol consumption.

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## Strawberry Cake Kiss Cookies

### Ingredients:

- 48 chocolate kiss candies, unwrapped
- 1 (15.25-ounce) box strawberry cake mix
- 8 tablespoons butter, melted
- 1 egg
- 1 teaspoon strawberry extract
- 4 ounces cream cheese, room temperature
- Pink sugar sprinkles



### Directions

1. Combine cake mix, butter, egg, and extract in a medium bowl until a dough forms. Mix in cream cheese.
2. Cover and chill for 30 minutes.
3. Preheat oven to 350°F.
4. Roll dough into 48 1-inch balls. Roll balls in sugar sprinkles, coating completely, and place on an ungreased baking sheet.
5. Bake 8 minutes. Transfer cookies to a cooling rack and top each with one chocolate kiss candy while cookie is warm.
6. Allow to cool before serving.

Makes 4 dozen

## Eternal Peace

The peace symbol is universally recognized today, but it was a shocking new design when Gerald Herbert Holtom first presented it on February 21, 1958. Holtom was a member of the Direct Action Committee Against Nuclear War and wished to use his symbol in his crusade for peace. Holtom's design, he explained, was modeled on himself. He drew himself as a long thin line within a circle, with his arms stretched outward and downward, with palms up, in despair. Later in life, Holtom expressed regret that his symbol came from despair. He wanted the symbol to be turned upside down, with the arms lifted to the sky in joy. Holtom continued to draw his peace sign this way up until he finally found eternal peace.



(Continued from page 2)

- " Take a complete multivitamin. Although some preliminary studies support the use of vitamin and mineral supplements, especially Vitamin K because of its role in anti-aging, and certain spices, it's best to discuss the use of such supplements with your physician before adding them to your diet.
- Play games and laugh more! Mentally stimulating memory games, coloring, doodling, doing crossword or jigsaw puzzles, and socializing with others engage the brain, grow new brain cells, and may ultimately help delay the onset of dementia.

Results of medical research studies appear in the headlines every day. In fact, the National Institute on Aging supports more than 30 clinical trials. As of now, prevention is the best cure for dementia.

**Sources**

Mayo Clinic. "Dementia: Self-Management." Retrieved on November 15, 2016, from [www.mayoclinic.org/diseases-conditions/dementia/manage/ptc-20199100](http://www.mayoclinic.org/diseases-conditions/dementia/manage/ptc-20199100)  
"How to sleep better." Retrieved on November 15, 2016, from [www.helpguide.org/articles/sleep/how-to-sleep-better.htm](http://www.helpguide.org/articles/sleep/how-to-sleep-better.htm)



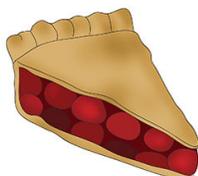
# FEBRUARY

## Birthdays & Anniversaries

Eleonore Gove-2/19

Paulette Hill-2/21

Nancy Kamenicky- 2/2



## HOUSE STAFF

### AM

Kristina Brown  
Shaelyn Edinger  
Joyce Martin

### PM

Mariah Bradley  
Josh Hoggart  
Nancy Kamenicky

### NOC

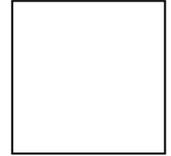
Brianna Weldon  
Shawna Torres  
Janice Grosenbach

## Galentine's Day

The sitcom *Seinfeld* gave us the fictional holiday *Festivus* as a comedic alternative to Christmas. Now the sitcom *Parks and Recreation* has given us an alternative to Valentine's Day, *Galentine's Day*. The episode aired before Valentine's Day on February 11, 2010, and it seemed to capture the angst and pressure many feel to celebrate this amorous holiday. According to the show, Galentine's Day falls on February 13, and women leave their boyfriends and husbands behind to share a breakfast celebrating friendship, complete with waffles and frittatas. Since the episode aired in 2010, women all over have been celebrating Galentine's Day. Some stores have even begun stocking Galentine's Day gifts and greeting cards. And why shouldn't women celebrate their friendships with other women? Who knows, Galentine's Day might even inspire guys to create their own holiday and celebrate Dudentine's Day.



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



**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