

MARCH 2017

Arbor House

Pacific Living Centers. Inc.

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

541-474-7887
Nurse: Sheryl Aldstadt



Celebrating March

International Ideas Month

Women's History Month

Mad for Plaid Month

**Write a Letter of
Appreciation Week**
March 1-7

Iditarod Begins
March 4

International Bagpipe Day
March 10

Button Week
March 19-25

World Storytelling Day
March 20

As Young as You Feel Day
March 22

Mothering Sunday
March 26



Happy St. Patrick's Day

Please come and join us
March 17th 2017
For Corned Beef and Cabbage
At 12pm

I am so excited to get started with some gardening in March. We plan on growing a few things and continuing to see our strawberries grow.

We are excited to be able to do more activities outside and soak up some of the sunshine.

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 and Arbor House Staff



Spring Ahead March 12th

A Support Guide for Caregivers

By Ava M. Stinnett

Whether it happens gradually or overnight, there's a distinct possibility that one day you will become a caregiver for a loved one. It may be for a parent, a spouse, or even one of your children. According to the National Alliance for Caregiving, there are over 65 million unpaid caregivers of adults aged 65 and older in the United States. Often, there's very little preparation for the daily challenges that caregivers face.

There are numerous city and state education programs and services to address the needs of those who provide long-term care for loved ones at home. You'll also find many wonderful books that address the topic of caregiving. But what about those times when you need to talk to someone who is traveling a parallel journey, another caregiver who can offer not just a sympathetic ear but a possible solution to a challenge? A support group—whether it's a local set of folks who meet regularly or an online group—may be the perfect solution. The [Alzheimer's Association](#), the Family Caregiver Alliance, A Place for Mom, and Eldercare Locator are just a few of many online organizations that provide valuable information and links to support groups.

You may also be able to locate a support group on Facebook. Numerous private groups (new members must be approved by the group's administrator) allow community members to reach out to other caregivers. Some members are new to being care partners, while others have already made the climb and broken the trail for those who are following behind them.

Perhaps what is most helpful in these communities is an open forum for the types of questions, comments, and emotional support that one may not find in a best-selling book. For example, practical questions, such as how to manage doctor's appointments, insurance paperwork, and how to take time off work are addressed. But there are also very poignant and soul-searching posts, such as:

- "I miss my mom, even though she's asleep in the next room."

(Continued in next column)

Lemon Cream Cheese Cookies

Ingredients:

- 1/2 cup butter, room temperature
- 1/4 cup cream cheese, room temperature
- 1 cup sugar
- 1 large egg
- 1/2 teaspoon vanilla
- 2 tablespoons lemon zest
- 3 tablespoons fresh lemon juice
- 2 3/4 cups flour, divided
- 2 teaspoons cornstarch
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- Cooking spray



Directions

1. Cream butter and cream cheese in the bowl of a stand mixer. Mix in sugar, egg, and vanilla until fluffy.
2. Add lemon zest, lemon juice, half the flour, cornstarch, baking soda, and salt to the mixture and combine well. Stir in remaining flour.
3. Cover and chill for 1 hour or until firm.
4. Preheat oven to 350°F. Spray a baking sheet with cooking spray.
5. Roll dough into 1 1/2-inch balls and place on prepared baking sheet.
6. Bake 8–10 minutes.

Makes about 2 dozen

- "How do I tell my husband that I've decided to have someone come in for a few hours a day while I'm at work? I'm exhausted and could really use some help but I don't want to upset him."
- "My mom is receiving birthday cards from friends who may not be aware of her Alzheimer's diagnosis. Should I let them know and if so, how?"
- "My dad seems lonely and fearful and follows me from room to room. I've assured him that he's safe and that I'll always be here. How do I deal with the resentment that's building because other family members aren't here to help out?"

Sometimes, just knowing that you're not alone is all it takes to stay the course.

Sources

Brackey, J. (2016). *Creating moments of joy along the Alzheimer's journey: A guide for families and caregivers* (5th ed.). West Lafayette, IN: Purdue University Press.

Mace, N.L., & Rabins, P.V. (2012). *The 36-hour day: A family guide to caring for people who have Alzheimer disease, related dementias, and memory loss*. New York: Grand Central Publishing.

Scot, P.S. (2014). *Surviving Alzheimer's: Practical tips and soul-saving wisdom for caregivers*. San Francisco: Eva-Birch Media.

The Alzheimer's Association (<http://m.alz.org/support-groups.asp>)

Eldercare Locator (www.eldercare.gov)

The Family Caregiver Alliance (<https://www.caregiver.org/support-groups>)

A Place for Mom (<http://www.aplaceformom.com/>)

A Spot of Tea

Keep your afternoon open on the third Tuesday in March for Tea for Two Tuesday. Afternoon tea was invented in England by the seventh Duchess of Bedford in 1840. She found she was always hungry for a snack around four in the afternoon. Her solution was an afternoon tea break, which evolved into more formal social gatherings that gained popularity amongst England's upper classes.



This "low" tea is a fancy affair typically served early, around four o'clock, long before dinner, complete with finger sandwiches and walks in the garden. High tea

was most often for the middle and lower classes. It was served later in place of dinner, with tea and a much heavier meal. The terms *low* and *high* come from the height of the tables the tea is served on. Low tea is served in a parlor or drawing room on a low table. High tea was served on a high-legged dinner table. Low or high, Earl Grey or English breakfast, caffeinated or decaf, enjoy the pleasures of your afternoon spot of tea.



Birthdays

Joshua Hoggart- 3/1/84
Kristina Brown- 3/29/84

Anniversaries

George Clisby
has lived here for 1 year
&
Barbara Reid
has lived here for 2 years



House Staff

AM

Kristina Brown
Shaelyn Edinger
Joyce Martin

PM

Mariah Bradley
Josh Hoggart
Nancy Kamenicky

NOC

Brianna Weldon
Shawna Torres
Janice Grosenbach

ON-CALL

Melissa Smith

The Pilots of Tuskegee



On March 19, 1941, the U.S. War Department established the 99th Pursuit Squadron, which became famously known as the Tuskegee Airmen. America's first African American pilots made up the squadron. African Americans had hitherto been banned from high-ranking military positions, but several historically black colleges joined the Civilian Pilot Training Program, a program created by Congress in 1939 to train pilots. President Franklin D. Roosevelt authorized the enlistment of these black aviators, which led to an all-black fighter pilot unit, trained at the Tuskegee Institute in Alabama. The pilots confronted racism at home and put their lives on the line abroad, but their success record was exemplary during World War II, paving the way to President Truman's desegregation of the military.



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 MEDFORD

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