

APRIL 2017

Arbor House

Pacific Living Centers, Inc.

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

541-474-7887
Nurse: Sheryl Aldstadt



Celebrating April

Licorice Month

International Guitar Month

Stress Awareness Month

Read a Road Map Day
April 5

Robotics Week
April 8-16

Cherish an Antique Day
April 9

Easter
April 16

National Volunteer Week
April 23-29

Poem in Your Pocket Day
April 27

International Jazz Day
April 30

Happy Easter

I want to invite families to join us for an Easter Egg Dye on April 13th from 1- 3pm & an Easter Egg Hunt on April 14th @ 6pm. We will have fun activities for the kids along with punch and snacks.

On April 19th 3 Rivers Chorale will be here to entertain the residents. Family is more than welcome to come join us for the fun.

Everyone please give a big shout out to our employee of the quarter Shaelyn Edinger. Thank You for all your hard work and dedication to the residents. Your love and compassion for what you do is much appreciated.

Let us welcome our new residents.
Ted Haggie and Melvin Brown!
We are so happy to be part of your life.

Free Online Classes

<https://oregoncarepartners.com/>

If you are looking for a support group, one is listed below that you may 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.

Keeping Family Members on the Same Page

By Ava M. Stinnett

As our loved ones enter their senior years, a new set of challenges often develops. Some concerns involve financial security; loneliness due to a changing social environment and the passing of friends; conditions such as arthritis, cataracts, and heart disease; and physical aging with a loss of mobility and independence. It is important to learn about coping with these types of issues before they happen.

When the diagnosis is Alzheimer's or other dementias that threaten a senior's cognitive and physical abilities, however, there isn't always time to prepare. And as the disease progresses, family conflicts about care decisions can bring out strong feelings.

According to writer Jeff Anderson (2014), family disputes generally revolve around the following:

- Differing views on a parent's condition and, therefore, their needs
- Parents who value their independence and resist any change in their care
- When caring for an aging parent falls to one particular family member (e.g., the oldest sibling, the child who lives closest), which can cause resentment if others are unable or unwilling to help
- When family members feel left out—whether it involves getting regular updates on an elder person's condition or feeling that they don't have a voice in the decision-making
- Determining how to pay for care if a loved one does not have the necessary resources

There are numerous organizations and educational resources—both online and at your local library or a health care provider's office—that can provide assistance for families with aging parents. Some provide support services and guidance to help families develop a practical care plan for when the need arises. Others offer family conflict programs to help improve communication, clarify roles, and develop a feasible team approach to making decisions when a parent can no longer live independently. Arranging for a visiting nurse with a background in elder care assessments or getting information from the senior's primary physician can also clarify what level of care is needed when family members disagree.

Dealing with dementia-related diseases can intensify emotions. Developing strategies to keep the focus on a loved one's needs is the key.

Sources: Anderson, J. (2014, March 1). "10 Reasons Families Fight about Senior Care." Senior Living Blog. A Place for Mom. Retrieved January 6, 2017, from <http://www.aplaceformom.com/blog/reasons-families-fight-about-senior-care-02-27-2012/>

Creamed Ham Dip

Ingredients:

- 1 (8-ounce) package cream cheese, room temperature
- 1/3 cup mayonnaise
- 2 1/2 ounces sliced ham, chopped
- 2 green onions, chopped
- 2 tablespoons prepared mustard
- Cut vegetables, crackers, or chips for serving



Directions

1. Combine all ingredients in a medium bowl.
2. Cover and chill until ready to serve. Serve with cut vegetables, crackers, or chips.

Makes 8 servings

April Birthdays

George Clisby
4/14/1929

&

Juanita Compton
4/13/1923

That's News to Me

Sixty-two percent of all Americans now get their daily news not from a newspaper or the radio but from online social media outlets like Facebook, Twitter, Instagram, YouTube, and Snapchat. If you've never heard of these things, then chances are you're in the minority who still get their news the old-fashioned way. Lest we forget the importance of these traditional news outlets, let's celebrate Snailpapers Day (that's the home-delivered news) on April 7 and Newspaper Columnists Day on April 18.



While technology certainly has its upside, when it comes to online news, there is some cause for concern. People who gather news via social media have been compared to packrats, gathering small bits of information here and there, without remembering to verify sources, and without getting the whole story. Social media has also made it easier to spread false information and ignore stories that do not reinforce our own opinions.

So are printed "snailpapers" essential to a well-informed society? They certainly bring in-depth news stories to the public, focusing on facts rather than fanatacism. But perhaps the most important role of a true snailpaper is, in the words of Richmond, Virginia's newspaper editor, "the relationship between a newspaper and the community it covers." This relationship, on the local level, provides a community with invaluable investigative resources into local stories and a platform to sing the praises of local heroes.

The importance of the journalists who bring us the news is no less important. It has been said that the purpose of journalism is to bring citizens the information they need to be free and self-governing. In this way, newspaper columnists are an integral part of free societies and healthy democracies. All the more reason on April 18 to celebrate the journalists who bring us news that is accurate, unbiased, whole, and unfiltered.

House Staff

AM

Kristina Brown
Shaelyn Edinger
Joyce Martin

PM

Mariah Bradley
Josh Hoggart
Nancy Kamenicky

NOC

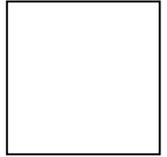
Brianna Weldon
Shawna Torres
Janice Grosenbach

Aww, Nuts

While everyone agrees that April 14 is Pecan Day, many still debate this word's proper pronunciation. Is it *PEE-can*? Or *puh-KAHN*? In Georgia, pecans are as dear as peaches, and according to the Georgian Pecan Growers Association, it's pronounced *puh-KAHN*. Southerners may indeed enjoy a small majority when it comes to pronunciation: A survey conducted by the National Pecan Shellers Association revealed that 45% of Americans pronounce it *PEE-can*, especially in the northeastern United States. Is the pecan pronunciation divide just a matter of North vs. South? Apparently even single individuals can be divided. Pecan farmer Duke Lane III says *PEE-can trees* but eats *puh-KAHN pie*. And let's not even mention those sophisticated few who say *puh-CAN*.



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: Robyn Vierra

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