

# Arbor House

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

541-474-7887  
Nurse: Sheryl Aldstadt



## Celebrating June

**Skyscraper Month**

**International Men's Month**

**Camping Month**

**Milk Week**

*June 1-4*

**The Wicket World of  
Croquet Day**

*June 3*

**Corn on the Cob Day**

*June 11*

**Worldwide Day of Giving**

*June 15*

**Father's Day**

*June 18*

**Pink Flamingo Day**

*June 23*

**Day of the Seafarer**

*June 25*

June 18th

# HAPPY FATHER'S DAY!

You are all invited to come join us for our  
**"Fathers Day Breakfast"**  
**June 16<sup>th</sup> at 8:30am**

June is here and it has been hot outside!  
Between the staff and residents we are  
making sure that we keep our plants watered.  
Check out our beautiful strawberries next time  
your here. The residents have been enjoying  
a little sunshine in the backyard on our  
beautiful summer furniture.

**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.**  
**Please contact her at 541-218-6452**  
**for more information.**

## Busy Fingers: Tools for Dementia-Related Fidgeting

By Ava M. Stinnett (from Activity Connection)

During the mid to late stages of Alzheimer's and other dementia-related diseases, specific behaviors typically occur. These might include aggression in the form of shouting or hitting; repetition of words, phrases, or actions; suspicion that causes misperception of particular events; or paranoia surrounding the actions of caregivers and family members. Another symptom—agitation—might be displayed as being restless or fidgeting. For example, you might notice seniors with dementia repeatedly picking at blankets or clothing, wringing their hands, twirling a wristwatch or ring, or folding and unfolding pieces of paper. This could be due to anxiety caused by increased confusion, disorientation, or the frustration that accompanies cognitive decline.

There are numerous activities that caregivers can try to help reduce loved ones' anxiety while making them feel engaged, productive, and satisfied. Granted, it can be challenging to find ways of encouraging someone with dementia to participate in an activity. But being entertained, staying busy, and feeling a sense of accomplishment often translates to a better mood and reduced agitation.

One item that can help reduce agitation is a "fidget blanket." These lap-sized blankets or quilts are made of a mixture of fabrics with different textures like flannel, denim, satin, leather, or burlap. To keep restless fingers busy, tightly anchored items are attached. A loved one might enjoy gadgets such as snaps, zippered or buttoned pockets, Velcro closures, cross-stitched or decorated patches, a clock face, or shoe eyelets with shoelaces attached. You might want a more personalized fidget blanket with items to help elicit curiosity, memories, or awareness. These could include keychains, small laminated family photos, or inexpensive jewelry pieces.

Fidgeting tools can be homemade or purchased on Amazon, Pinterest, or Etsy. And they aren't limited to blankets or quilts! A knitting group in the United Kingdom, for example, was inspired to knit hand muffs (cylinders that keep hands warm) using soft, chunky, or novelty yarns to keep hands warm and provide visual, tactile, and sensory stimulation. If you do a Google search, you'll also find aprons, activity mats, tool belts, bibs, purses, and even a fisherman's vest.

Before making or purchasing a fidgeting blanket, you'll want to consider whether the attachments should be removable for laundering purposes, if you want to include a name tag, and how to choose safe, accessible items (i.e., not too sharp or easily lost, clearly visible). Regardless of the type of "fidget" or "twiddle" piece you choose, know that it might be just the thing that helps a senior with dementia feel calm, more focused, and able to cope.

## Father's Day Word Search

R E H T A F Q Q Q D  
B A S E B A L L D R  
W Y A K E C W O G A  
P D C V I X G I G C  
G G N I H S I F X V  
B C N N E C K T I E

BASEBALL  
CARD  
FATHER  
FISHING  
GOLF  
NECKTIE



### Easy Barbecue Sauce

#### Ingredients

- 1 cup ketchup
- 3/4 cup brown sugar
- 1 small onion, finely chopped
- 1/4 cup teriyaki sauce
- 1/4 cup hot sauce
- 1 teaspoon liquid smoke flavoring

#### Directions

Stir ketchup, brown sugar, onion, teriyaki sauce, hot sauce, and liquid smoke together in a bowl until sauce is well combined. Transfer sauce to a jar and refrigerate until flavors blend, 8 hours to overnight.

## Alzheimer's: Every Minute Counts

By Dr. Mercola

Alzheimer's disease has grown to be one of the most pressing and tragic public health issues facing the U.S. With no known cure and the number of people affected expected to triple by 2050, the Alzheimer's Association estimates that by mid-century someone in the U.S will develop Alzheimer's disease every 33 seconds.<sup>1</sup>

In the documentary above, "Alzheimer's: Every Minute Counts," you can see firsthand the steep social and economic consequences of this disease, along with its ability to completely overwhelm not only the patient but also their caregivers. Families dealing with this disease are families in crisis.

"This 'tsunami' of Alzheimer's will not only be a profound human tragedy, but an overwhelming economic one as well. Due to the length of time people live with the illness and need care, it's the most expensive medical condition in the U.S.," the film's website explains, adding:<sup>2</sup>

*"Future costs for Alzheimer's threaten to bankrupt Medicare, Medicaid and the life savings of millions of Americans. It is estimated that if the number of patients triples as projected in the years ahead, the costs to care for them will exceed \$1.1 trillion."*

### Roles of Mother and Daughter Reversed

Via three featured personal stories, the documentary takes you into the lives of those living with the realities of Alzheimer's every day. Aside from the emotional and physical toll, many struggle to pay for the long-term care this disease requires, while others are isolated in rural communities without access to care at all.

There, simply "the risk of wandering off can be fatal," the film poignantly points out. While Alzheimer's disease is typically diagnosed in people aged 65 and over (5.2 million of the 5.4 million Americans living with Alzheimer's disease are 65 or older), about 200,000 people have younger-onset Alzheimer's.<sup>3</sup>

This is also addressed in the film, via the story of Daisy Duarte, the full-time caregiver for her mother Sonia, who was diagnosed with a genetic form of early-onset Alzheimer's five years ago. "Daisy also carries the gene, so she is witnessing her own future as she cares for her mother," the film explains.

Daisy is taking part in a clinical trial of an experimental drug to see if it changes the outcome of the genetic mutation, which, according to the film, virtually guarantees she'll develop early-onset Alzheimer's like her mother.

As the years pass, Daisy watches her mother lose the ability to help around the house, feed herself or shower. She also can no longer identify her daughter. With her mother now virtually helpless and unable to take care of her basic needs, the role of mother and daughter have been reversed.

(Source: Mercola.com article. 5/23/17)

~ To be continued next month ~



Mariah B.  
6/10

Shaelyn E.  
6/26

## Arbor House Staff

### AM

Kristina B.  
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Mariah B.  
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Janice G.

Arbor House  
820 Gold Court  
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Postage  
Information

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

Delivering Quality of Care, Enhancing Quality of Life

**Northern Oregon Communities**

**HARMONY HOUSE OF SALEM**

3062 Hyacinth St. B  
Salem, OR 97301

Administrator: Michele Nixon

**HAWTHORNE HOUSE OF SALEM**

3042 Hyacinth St.  
Salem, OR 97301

Administrator: Kirshanna Jaramillo

**HERITAGE HOUSE OF WOODBURN**

943 N. Cascade Dr.  
Woodburn, OR 97071

Administrator: Shannon Souza

**Southern Oregon Communities**

**APPLEGATE HOUSE OF GRANTS PASS**

1635 Kellenbeck Ave.  
Grants Pass, OR 97527

Administrator: Stacey Smith

**ARBOR HOUSE OF GRANTS PASS**

820 Gold Ct.

Grants Pass, OR 97527

Administrator: Athena Cromwell

**AUTUMN HOUSE OF GRANTS PASS**

2268 Williams Hwy.

Grants Pass, OR 97527

Administrator: Robyn Vierra

**BARTLETT HOUSE OF MEDFORD**

3465 Lone Pine Rd.

Medford, OR 97504

Administrator: Christina Stanley