

# Arbor House

820 Gold Court, Grants Pass, OR 97527

Administrator: Athena Cromwell

Asst. Admin: Shaylene E.

541-474-7887

Nurse: Sheryl A.



## Celebrating August

### Read-a-Romance Novel Month

### What Will Be Your Legacy? Month

### International Clown Week *August 1-7*

### Twins Days *August 4-6*

### Lighthouse Day *August 7*

### Social Security Day *August 14*

### Bad Poetry Day *August 18*

### Kiss and Make Up Day *August 25*

### Love Litigating Lawyers Day *August 31*

August is here and it is my favorite time of the year. It means Fall will be here soon and it's such a colorful time of year. It will be nice to see the temperature drop a bit.

## 2017 Walk to End Alzheimer's - Southern Oregon

Take the first step to a world without Alzheimer's.  
*Saturday, September 23, 2017*

Anyone interested in joining me in the  
Walk to End Alzheimer's,  
Please come and see me.

I would like to congratulate Shaelyn E. for accepting the Assistant Administrator position. We appreciate all of your hard work, attention to detail and all that you do for our facility.

### Free Online Classes:

<https://oregoncarepartners.com/>

If your looking for a support group;  
Contact Kim Kasiah @ 541-218-6452  
She leads a group that meets the last  
Thursday of every month.

2pm-3:30pm

Oak Lane Retirement

727 SW Rogue River Ave

Grants Pass, OR 97526.

Please feel free to contact her.

### Rural Alzheimer's Patients Face (Cont'd from July 2017) Unique Struggles

In rural New Hampshire, the film follows family doctors struggling to care for Alzheimer's patients and their caregivers with limited resources. About 40 percent of people with memory problems in the state live alone.

Many struggle with fears of losing their independence, but have no access to the specialized services or even hospitals or public transportation to get medical care. Shortages of doctors and facilities to care for Alzheimer's patients are widespread in New Hampshire, leaving such patients with limited or no options.

The area's long winters pose another hazard, especially since 6 of every 10 Alzheimer's patients will wander at some point. State fish and wildlife officers may be called to search for lost patients.

Lack of funding for Alzheimer's care is a problem not only in New Hampshire but at a federal level. The film calls for increased awareness and federal funding for Alzheimer's research, noting that out of the top 10 disease causes of death, Alzheimer's is the only one with no survivors and no way to stop the progression of the disease.

The National Institutes of Health (NIH), for instance, spends \$5 billion a year on cancer research, \$3 billion on HIV/AIDS research and \$2 billion on cardiovascular research, but far less on Alzheimer's research, while related deaths increase.

### What Are the Underlying Causes of Alzheimer's Disease?

It's often said that the underlying causes of Alzheimer's disease are unknown, but there are numerous theories. The accumulating research that suggests Alzheimer's disease may have an [infectious component](#) is becoming too plentiful to ignore. In addition to viruses, bacteria and fungus, an infectious protein called TDP-43, which behaves like infectious proteins known as prions, has also been linked to the disease.

Research presented at the 2014 Alzheimer's Association International Conference (AAIC) also revealed Alzheimer's patients with TDP-43 were 10 times more likely to have been cognitively impaired at death than those without.<sup>5</sup>

Mounting research also suggests Alzheimer's disease is intricately connected to insulin resistance; even mild elevation of blood sugar is associated with an elevated risk for dementia.<sup>6</sup> Diabetes and [heart disease](#) also elevate your risk, as all three conditions are rooted in insulin resistance.

Arterial stiffness (atherosclerosis) is even associated with a hallmark process of Alzheimer's, namely the buildup of beta-amyloid plaque in your brain.<sup>7</sup>

From his research, Dr. David Perlmutter, author of "Grain Brain" and "Brain Maker," has concluded that Alzheimer's disease is primarily predicated on lifestyle choices and, in a nutshell, anything that promotes insulin resistance, like a processed food diet, will ultimately also raise your risk of Alzheimer's.

(Source: Mercola.com 7/10/17)

~To be continued next month~

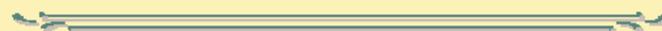
### Veggie Garden Detective



How many of these things can you find?

- 2 baskets
- Gardening gloves
- 2 knives
- 3 green onions
- Head of lettuce
- Garden spade
- 3 tomatoes
- Green pepper
- Red pepper
- 3 radishes
- Zucchini
- Cutting board

What else do you see in the picture?



## August Birthdays & Anniversaries

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**Happy Birthday**  
Samuel K. 8/9/23

**Happy Anniversary**  
Billie M. has lived here 2 years  
George C. has lived here 1 year

## Refreshing Watermelon Fruit Punch



### Ingredients:

- 1 (14-pound) seedless watermelon, peeled and diced
- 1 1/2 cups pineapple juice
- 1 1/2 cups sparkling water

### Directions

1. Place watermelon into a blender and process until liquefied.
2. Strain into a large pitcher.
3. Stir in pineapple juice and sparkling water.
4. Cover and chill until ready to serve.

Serve punch within the hour.

*Makes 10–12 servings*

## House Staff

### AM

Kristina B.  
Shaelyn E.  
Mariah B.

### PM

Mariah B.  
Shawna T.

### NOC

Brianna W.  
Joyce M.  
Janice G.

### ON-CALL

Madison L.



## An Intergenerational Approach to Dementia

By Ava M. Stinnett

It can be a joy to interact with young children, whether they're family members like grandchildren or nieces and nephews or they're your friends' children. Little ones can be a source for giving and receiving unconditional love, providing entertainment, and sharing delightful conversations. An added benefit, according to several research studies, is that spending time with youngsters may delay the onset of dementia and related diseases such as Alzheimer's; it may also slow the progression of symptoms for individuals who've already been diagnosed.

We know that there is a strong correlation between social interaction and health and well-being among older adults. The National Institute on Aging, for example, notes that watching grandchildren helps seniors be more healthy and active. For individuals with Alzheimer's, a chance to interact with a child can give them a sense of purpose; feeling useful to a child can also be a boost to a senior who feels depressed, lonely, or bored. Further, studies show that regular socialization stabilizes cognitive decline and improves mood in folks with dementia.

Here are some easy activities to try with young children:

- Jigsaw puzzles with large pieces and floor puzzles that can be done on a card table
- Age-appropriate board games, such as Candy Land and Chutes and Ladders; card games, such as "Go Fish," or "Old Maid"; and old favorites like dominoes or tic-tac-toe
- Reading books to each other from time-honored authors, such as Dr. Seuss, Eric Carle, Beatrix Potter, Maurice Sendak, Margaret Wise Brown, and Robert McCloskey
- Collecting colorful leaves, stones, flowers, and other treasures during a nature walk or taking a trip to a local zoo or farmer's market
- Household chores, such as folding towels; cutting coupons; or organizing buttons, coins, stamps, or non-hazardous nails, screws, and other hardware by size, shape, or color
- Sorting recipes and finding pictures to illustrate them, then making a "grocery list" of needed items

Regardless of the activity, making genuine connections with the people around them is critical to our loved ones' physical and psychological health. Giving and receiving emotional support and care may help seniors maintain their independence and adjust to their changing needs.

**Sources (7/10/17)** Bursack, C.B. (n.d.) Adult day care for people with Alzheimer's. Retrieved from <https://www.agingcare.com/articles/alzheimers-adult-day-care-activities-139134.htm>  
Edge, S. (June 26, 2015). Retirement home meets day care at Providence Mount St. Vincent. *The Seattle Times*. Retrieved from <http://www.seattletimes.com/seattle-news/education/retirement-home-meets-day-care-at-providence-mount-st-vincent/>  
Heerema, E. (June 28, 2016). Benefits of interacting with young children for people with dementia: How intergenerational care benefits young children and adults. Retrieved from <https://www.verywell.com/therapeutic-benefits-children-dementia-98690>  
Sauer, A. (July 27, 2016). Babysitting grandchildren could lower risk for Alzheimer's. Retrieved from <http://www.alzheimers.net/8-1-14-babysitting-grandkids-alzheimers>

Arbor House  
820 Gold Court  
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Postage  
Information

**PACIFIC LIVING CENTERS HAS SEVEN  
LOVING HOMES FOR THE  
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Delivering Quality of Care, Enhancing  
Quality of Life

**Northern Oregon Communities**

**HARMONY HOUSE OF SALEM**

3062 Hyacinth St. NE  
Salem, OR 97301

Administrator: Michele Nixon

**HAWTHORNE HOUSE OF SALEM**

3042 Hyacinth St. NE  
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