

# Arbor House

820 Gold Court., Grants Pass, OR 97527

Administrator: Athena Cromwell

Asst. Admin: Shaelyn E.

541-474-7887

Nurse: Dotsie P.



## Celebrating September

**International Square  
Dancing Month**

**Library Sign-Up Month**

**Ice Cream Shake Month**

**College Colors Day**  
*September 1*

**Opposite Day**  
*September 9*

**Assisted Living Week**  
*September 10–16*

**International Country  
Music Day**  
*September 17*

**Love Note Day**  
*September 26*

**Good Neighbor Day**  
*September 28*



**September 12<sup>th</sup> @ 1:30pm please come join us  
for hot tea and cookies as we listen to  
The Song Bird Trio.**

Thank You to everyone who has donated to a worthy  
cause and to those that will be joining us for the  
Alzheimer's walk.

Registration is at 10am with a ceremony at 10:45am.  
The walk starts at 11am.  
U.S. Cellular Park  
300 N. Lowry Lane  
Medford, OR 97504

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

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

### **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.**

## Rocking Chair Therapy and Dementia: Promoting Emotional and Physical Balance

By Ava M. Stinnett

What draws us to a rocking chair? Whether it's seeing an empty glider on a comfy front porch or a rocker in a child's nursery, there's an almost audible calling to sit and enjoy the comforting back-and-forth motion. Perhaps it hails from our original development in the womb where the rhythm of our mother's movements stimulated blood flow and a sense of calm, much like the sensory stimuli attached to gentle waves against a boat.

We know that a rocking chair can soothe a fussy baby, but how might using a rocking chair benefit those who have dementia? Two studies from the University of Rochester School of Nursing found that the repetitive action of using a rocking chair helped ease tension and behavioral disorders, improve balance and muscle tone, and reduce the need for pain medication. In the studies, nursing home residents diagnosed with dementia due to Alzheimer's or other causes rocked for half an hour to two and a half hours each day for five days a week. Although not all residents showed improvement in psychological and emotional well-being, those who rocked the most improved the most through the manageable, non-weight-bearing exercise of mild rocking. Nancy M. Watson, PhD, RN, who conducted the studies, said that "a gentle repetitive motion has a soothing effect... and seniors could literally rock away their anxiety and depression. The patients required less medication and their balance improved as well. Further benefits included a happier nursing home staff. And families of rocking seniors were happier because their loved ones were happier."

One of the reasons for a reduction in pain could be that the gentle exercise of rocking may release endorphins and improve mood. Further, it is believed that the spinal cord can work only in one direction at a time, so when the brain is sending motor impulses down the spinal cord to make the legs rock the chair, pain impulses from the back are blocked and prevented from reaching the brain. Then, muscles in the lower back relax. Orthopedic surgeons often recommend rocking to improve strength and flexibility in the knees and hips.

Whether it's a traditional rocker or a glider, you'll want to use a chair that has a solid foundation and a comfortable seat. To maintain or improve physiological relaxation, use a chair that allows the senior's feet to comfortably reach the floor. Watch carefully to see whether they can easily sit down in and rise up from the chair—with or without help. You may want to gauge the amount of time spent in the chair, slowly increasing the time spent rocking based on beneficial secondary results such as reduced agitation, better sleep, and better pain management.

**Sources:** Rocking Chair Therapy Research. Retrieved from <http://www.rockingchairtherapy.org/research.html>. Houston, K. (1993). An investigation of rocking as relaxation for the elderly. *Geriatric Nursing*, 14, 186-189. Watson, N. M., Wells, T. J., and Cox, C. (1998). Rocking chair therapy for dementia patients: Its effect on psychosocial well-being and balance. *American Journal of Alzheimer's Disease & Other Dementias*, 13(6), 293-308.

## Searching for September



The words listed below can all be found horizontally in the puzzles.

AUTUMN  
HARVEST  
LABOR DAY  
LEAVES  
LIBRA

SCHOOL  
SEPTEMBER  
VIRGO  
MONTH  
NINE

N	I	N	E	I	P	P	U	R	V
Z	H	A	R	V	E	S	T	O	O
A	U	T	U	M	N	D	D	R	W
L	I	B	R	A	V	I	R	G	O
X	N	M	U	T	S	O	Q	R	S
R	O	M	O	N	T	H	E	E	X
B	S	E	P	T	E	M	B	E	R
X	Q	L	S	C	H	O	O	L	R
J	L	E	A	V	E	S	W	E	D
M	I	L	A	B	O	R	D	A	Y



**Billie M. - 9<sup>th</sup>**  
**Leah M. - 8<sup>th</sup>**



**Congratulations Joyce M.**  
**Thank you for everything you do.**

## Fresh Apple Peanut Butter Cookie Slices



### Ingredients:

- 1/4 cup peanut butter
- 1 apple, cored and sliced into 1/4-inch slices
- 2 tablespoons coconut flakes
- 2 tablespoons chopped nuts
- 2 tablespoons miniature chocolate chips

### Directions

1. Spread an even layer of peanut butter on one side of each apple slice.
2. Sprinkle each evenly with equal amounts of coconut flakes, nuts, and chocolate chips.

*Makes 1–2 Servings*

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## House Staff

### AM

Kristina Brown  
Shaelyn Edinger  
Mariah Bradley

### PM

Leah Mortenson  
Shawna Torres

### NOC

Joyce Martin  
Janice Grosenbach

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

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.

More next Month~ (Source: Mercola.com 8/9/17)

Arbor House  
820 Gold Court  
Grants Pass, OR 97527

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. 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