

Arbor House

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

Admin. Asst.: Shaelyn E.

541-474-7887
Nurse: Dotsie P.



Celebrating October

Emotional Wellness Month

Vegetarian Awareness Month

Roller Skating Month

Mystery Series Week
October 1-7

Guardian Angels Day
October 2

Face Your Fears Day
October 10

Mulligan Day
October 17

Chemistry Week
October 22-28

World Pasta Day
October 25

All Hallows Eve
October 31

Halloween ~ Fall Weather ~ Leaves These are a few of my favorite things!

I want to welcome some new employees - Thank You for joining the team Kristy, Aimee and Alyssa. We are so happy to have you with us.

Halloween Fun- October 31st at Arbor House
Please bring the little ones by to trick or treat and for other fun activities. If you know that your loved one would enjoy handing out candy feel free to drop some off for them.

Thank You to everyone who has donated to a worthy cause and to those of you that are coming with us for the Alzheimer's Walk. Registration is at 10am with a ceremony at 10:45am and then 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, October 21, 2017

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.



Resident – Jeannie B. 10/31

Staff - Alyssa G.~10/7
Athena C.~10/27



Congratulations Shaelyn E.
Thank you
for everything you do.

The Subtle Early Signals of Dementia in Someone You Love

Worldwide, 47.5 million people are living with dementia. This is expected to increase to 75.6 million by 2030 and more than triple by 2050, according to the World Health Organization (WHO).¹

Dementia is not a disease in itself but rather is a term used to describe a number of different brain illnesses that may affect your memory, thinking, behavior and ability to perform everyday activities. The most common type of dementia is Alzheimer's disease, which accounts for 60 percent to 80 percent of cases.²

Many people associate dementia with memory loss — and this is a red flag — however, not all memory problems are due to Alzheimer's (and some causes of dementia-like symptoms, including memory loss, can be reversed, such as those related to thyroid problems and vitamin deficiencies).³

If you've noticed yourself or a loved one becoming increasingly forgetful or experiencing changes in thinking abilities, you should see a health care provider right away.

Oftentimes, however, the first symptoms are so subtle they may be easily missed — and they may manifest as changes in behavior and mood long before memory problems become apparent.

Personality Changes May Be an Early Dementia Sign

Before memory and thinking problems become obvious, people with dementia may display changes in mood and behavior, according to a team of neuropsychiatrists and Alzheimer's experts, who say the latter symptoms may be among the earliest signs of dementia.

At the 2016 Alzheimer's Association International Conference (AAIC) in Toronto, the team released a 34-question checklist they believe could eventually be used to diagnosis a new condition called mild behavioral impairment (MBI). Similar to mild cognitive impairment (MCI), which is defined by a noticeable decline in cognitive abilities that does not yet interfere with most daily functions, MBI describes changes in behavior and mood that may occur prior to MCI and the cognitive changes associated with dementia.

The checklist is intended to identify patients at risk of dementia earlier, as according to team member Dr. Zahinoor Ismail, a neuropsychiatrist at the University of Calgary, among people with MCI, those with mood and behavior changes will progress to full-blown dementia faster.⁴

Some have expressed concern that the checklist may lead to overdiagnosis or false diagnosis, putting some people through increased medical testing and worry unnecessarily.

In the case of MCI, for instance, not everyone diagnosed will go on to develop Alzheimer's or other types of dementia. In fact, the Times reported, up to 20 percent of those with MCI later turn out to be cognitively normal.⁵

Still, others say keeping an eye out for unusual behavioral or personality changes can help people get help, at least symptom relief, faster. Sadly, there is currently no cure for Alzheimer's disease and, as it progresses, the disease is devastating not only for those diagnosed but also their friends and family (Source: By Dr. Mercola@mercola.com 9/1/17)

~ to be continued next month ~

Help Wanda the witch find her pet cat, Spooky.

Halloween Maze



Dementia Behaviors: Repetitive Phone Calling

By Ava M. Stinnett

Whether your loved one has been diagnosed with Alzheimer's disease or another type of dementia, it's important to know that confusion, memory loss, and difficulty performing everyday activities are common overlapping symptoms. A healthcare provider may use a simple three-phase model (mild/early, moderate/middle, and severe/late) to describe the progression of the disease. Although symptoms will vary for each person, learning more about how dementia unfolds over several years can guide you as you plan for a loved one's care. In the mild to moderate stage, symptoms may include loss of awareness of recent events, personality changes, confusion about surroundings, and repetition of particular actions or behaviors. For example, some people with dementia make phone calls to their loved ones over and over again—particularly in the middle of the night or early morning. This might occur because they forget that they have already called; it's also possible that they're feeling insecure, anxious, or even bored and need to be occupied. Still others with dementia call just to make sure someone answers the phone. Medical professionals sometimes call this act of going through the motions of familiar activities "perseveration" (Rosenzweig, 2017). As a loved one on the receiving end of the phone calls, it can be frustrating or distressing—even more so when your elder calls your neighbors, other relatives, or even physicians when they don't reach you after several unanswered calls. Additionally, the expense of long distance calls or overage of mobile phone minutes can become problematic. What steps can you take to alleviate this behavior?

First, talk with your loved one's healthcare provider to determine whether medication needs to be adjusted or if another type of treatment for dementia is warranted. It might help to get a phone with a number recognition display so that you, other family members, and friends can decide whether or not to answer. Switching ringers off at night is another option. While you may feel guilty about not answering every call, it's important to try to stop the repetitive calling—for you and for your loved one. Another option, depending on how far the disease has progressed, is to purchase a telephone that has no dial or buttons to place calls; the phone is for incoming calls only. In that case, however, you must first assess the situation to ensure that safety options are available in case of emergency.

If you can, create a pleasant diversion such as taking a walk, looking through a photo album, sorting and folding clothes, or listening to soothing music. Try to redirect by changing the focus from anxious behavior to a favorite pastime such as sanding wood, gardening, or providing a safe environment for cooking or baking. Once you can identify the emotion associated with the behavior (e.g., fear, anxiety, boredom, anger, loneliness), you can react to it instead of to the question or behavior. Taking time to express words of reassurance, understanding, and caring can do wonders to ease the challenges of being a caregiver. (The Alzheimer's Association. (2017). *Repetition and Alzheimer's*.)

Chicken Taco Bites



Ingredients:

- 1 teaspoon salt, divided
- 1 teaspoon grated lime zest
- 1/2 teaspoon chili powder
- 3 cups shredded cooked rotisserie chicken
- 1 large avocado, diced
- 1 tablespoon lime juice
- 1/3 cup sour cream
- 2 tablespoons chopped fresh cilantro
- 24 tortilla chip scoops

Directions

1. Combine 1/2 teaspoon salt, lime zest, and chili powder in a medium bowl. Add chicken and toss to coat. Set aside.
2. Combine avocado, lime juice, and 1/2 teaspoon salt in a small bowl.
3. To assemble the bites, place 1 teaspoon of the avocado mixture in a tortilla cup, followed by 1/2 teaspoon sour cream, then top with about a teaspoon of seasoned shredded chicken. Repeat until all tortilla cups are filled.
4. Sprinkle all bites evenly with cilantro.
Serve immediately. (Makes 24 servings)

House Staff

AM

Shaelyn E.
Mariah B.
Aimee S.

PM

Leah M.
Alyssa G.

NOC

Joyce M.
Janice G.
Kristy P.

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