

# Arbor House

820 Gold Court Grants Pass, OR 97527  
Administrator: Athena Cromwell Asst. Admin: Shaelyn E.

541-474-7887  
Nurse: Dotsie P.



*Happy Thanksgiving!  
To You And Your Family*

## **Celebrating November**

**Adopt-a-Turkey Month**

**Novel Writing Month**

**Aviation History Month**

**Sherlock Holmes Weekend**

*November 3-5*

**Easy-Bake Oven Day**

*November 4*

**Veterans Day (U.S.)**

*November 11*

**World Diabetes Day**

*November 14*

**Homemade Bread Day**

*November 17*

**International Men's Day**

*November 19*

**Thanksgiving Day (U.S.)**

*November 23*

**I want to invite everyone to come to our Thanksgiving Feast Wednesday November 15<sup>th</sup> at 5pm. Please bring your favorite dessert.**

**I am so thankful that I am here to celebrate another Thanksgiving with you all. Thank You for allowing us to continue to care for your loved one. We have made so many memories together and they all have a special place in my heart.**

**Thank You to everyone that participated in the Alzheimer's Walk either by making a donation to the cause or by walking with us.**

**See below if you are in need of more information about Alzheimer's/Dementia or caregiver tips.**

**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.**

### **What Are Some Behavioral or Mood Changes to Watch Out For? (continued from October 2017)**

Dementia can manifest itself differently in everyone, which is why the most important changes to watch out for are those that are unusual for your loved one. A person may, for instance, stop doing something they've always loved to do, be it cooking a certain dish for your birthday or watching the evening news.

Apathy is another common sign, although some people may display more blatant changes like suddenly becoming sexually promiscuous or developing the habit of snatching food off other people's plates.<sup>7</sup> The Alzheimer's Association noted:<sup>8</sup>

*"The mood and personalities of people with Alzheimer's can change. They can become confused, suspicious, depressed, fearful or anxious. They may be easily upset at home, at work, with friends or in places where they are out of their comfort zone."*

In the early stages of the disease, irritability, anxiety or depression may occur. In fact, a study published in the journal Neurology not only found that people who eventually developed dementia were twice as likely to develop depression earlier on in their lives, but they also tended to display mood changes in a consistent pattern.<sup>9</sup> Time reported:<sup>10</sup>

*"The symptoms appeared in consistent phases: first, irritability, depression and nighttime behavior changes; followed by anxiety, appetite changes, agitation and apathy. The final phase was elation, motor disturbances, hallucinations, delusions and disinhibition."*

In order for early mood and/or behavioral changes to be considered MBI, the change in behavior must persist for at least six months. Maria C. Carrillo, Ph.D., chief science officer, Alzheimer's Association, explained in a news release:<sup>11</sup>

*"Alzheimer's is a deadly brain disease, and while memory loss is a hallmark of the disease, early symptoms such as anxiety, confusion and disorientation are often more common, troubling and obvious to family members."*

*This proposed new checklist describes and helps identify a new clinical stage in the disease and has the potential to represent a paradigm shift in formal neurodegeneration testing — away from a sole focus on the memory to also encompass behavior."*

### **Signs of Mild Cognitive Impairment**

In some people, MCI may follow the earliest changes in mood and behavior. MCI is a slight decline in cognitive abilities that increases your risk of developing more serious dementia, including Alzheimer's disease (although it is by no means a guarantee). It's estimated that up to 20 percent of people aged 65 and older may have MCI.<sup>12</sup>

Simply misplacing your keys on occasion is not cause for alarm, however forgetting important information that you would have normally recalled, such as appointments, conversations or recent events, may be a sign. You may also have a harder time making sound decisions, figuring out the sequence of steps needed to complete a task, or judging the time needed to do so.

If you've been diagnosed with MCI, be aware that some cases do not progress and may even improve. Regular exercise, proper diet and engaging in mentally and socially stimulating activities may help to [boost your brainpower](#).

(Source: By Dr. Mercola@mercola.com 10/1/17) ~to be continued next month~

## **Potato Stamp Leaves Painting**

You will need:

- Russet potato
- Kitchen knife
- Wooden skewer
- White paper (8 1/2" X 11" or larger)
- Acrylic or tempera paint (assortment of autumn colors)
- Paper or foam plate
- Newspaper or craft paper

Directions:

1. Use a kitchen knife to cut a potato in half lengthwise.
2. Use a kitchen knife and/or a wooden skewer to carve leaf veins in the potato as shown in the left-hand photo below. For an added touch, cut out small wedges along the edges to make one of the stamps a small oak leaf.
3. Cover your work surface with newspaper/craft paper.
4. Squeeze a bit of each paint color onto a plate.
5. Stamp leaves on the white paper as shown. Some of the leaves may be darker, and some may be lighter.
6. Sign and frame the finished project.



Ted H. 11/5  
Robert T. 11/25



Jeannie B. & Lois F. – You have both lived here a year and we are all so happy you are here.

Janice G. – You have worked here a year now and we are so happy you are part of the team. Thank You for your hard work and dedication to our community.

## Spotlight on Alzheimer's Awareness

By Ava M. Stinnett

As you may know, the terms *dementia* and *Alzheimer's disease* are often used interchangeably. It's important to know that they are not the same thing. Dementia is not a specific disease. It is an overall term for a set of symptoms that are caused by disorders affecting the brain. The most common cause is Alzheimer's disease. November is National Alzheimer's Awareness Month, and with the disease affecting increasingly more families—physically, emotionally, and financially—it's a good time to learn and share the facts about Alzheimer's.

When President Ronald Reagan designated November as National Alzheimer's Disease Awareness Month in 1983, fewer than two million Americans had Alzheimer's. Today, 1 in 10 people aged 65 and older has Alzheimer's dementia. There are approximately 47 million people worldwide with Alzheimer's or other dementias, and the number of people living with Alzheimer's is growing—fast. With the increasing number of baby boomers reaching age 65, the number of new cases of Alzheimer's and other dementias is projected to soar. What can you do to promote awareness?

**Know the signs.** Early symptoms of Alzheimer's disease are sometimes mistaken for the normal memory loss that tends to occur with aging. Recognizing the common signs of Alzheimer's is critical to getting an early diagnosis and treatment. Learn the 10 warning signs of Alzheimer's disease at <http://www.alz.org/10signs>.

**Attend or support a community fundraiser.** To honor those who are facing Alzheimer's with strength, heart, and endurance, host or attend an event with the intention of raising much-needed awareness for care and support of those with Alzheimer's, as well as funding research for a cure.

**Go Purple with a Purpose.** Alzheimer's disease awareness is represented by the color purple. Encourage friends to wear purple—whether it's a blouse, a tie, an Alzheimer's awareness lapel pin, ribbon, or bracelet. Discover how to go purple on Facebook, Twitter, and other forms of social media.

**Protect yourself.** Learn how you may keep your brain healthy as you age. See <http://www.alz.org/10ways>.

For more information about Alzheimer's disease, see the sources below. Together, we must fight for a cure.

**Sources:** Alzheimer's Association. Alzheimer's Association 2017 Alzheimer's disease facts and figures. Retrieved August 10, 2017, from <http://m.alz.org/facts-and-figures.asp> - Quick

Mayo Clinic. Alzheimer's disease: Overview. Retrieved August 10, 2017, from <http://www.mayoclinic.org/diseases-conditions/alzheimers-disease/home/ovc-20167098>

Alzheimer's Foundation of America. <http://www.alzfdn.org/>

## Frosted Apple Cinnamon Cookies



### Ingredients:

- Cooking spray
- 1 cup butter
- 1 cup sugar
- 1/2 cup brown sugar
- 2 eggs
- 4 teaspoons vanilla extract, divided
- 3 1/4 teaspoons cinnamon, divided
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 cup finely diced and peeled tart apples
- 3 cups flour
- 1/2 cup butter, room temperature
- 1 (8-ounce) package cream cheese, room temperature
- 4 cups powdered sugar

### Directions

1. Preheat oven to 375°F. Spray a baking pan with cooking spray.
  2. Cream butter, sugar, and brown sugar in a large bowl. Beat in eggs and 1 teaspoon vanilla.
  3. Stir in 3 teaspoons cinnamon, baking powder, baking soda, and salt. Stir in apples.
  4. Add flour in increments until well incorporated.
  5. Drop by tablespoonful onto the prepared baking sheet.
  6. Bake 13–15 minutes. Allow to cool.
  7. Combine butter, cream cheese, and 3 teaspoons vanilla in a medium bowl. Gradually add powdered sugar, stirring well with each addition until smooth.
  8. Frost each cookie with equal amounts of frosting and sprinkle evenly with remaining cinnamon.
- Makes about 32 servings*

## House Staff

### AM

Shaelyn E.  
Mariah B.  
Aimee S.

### PM

Alyssa G.

### NOC

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