

Arbor House

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

Asst. Admin: Shaelyn E.

541-474-7887
 Nurse: Dotsie P.



Merry Christmas



Celebrating December

Write a Friend Month

Bingo Month

Safe Toys and Gifts Month

Eat a Red Apple Day
December 1

International Volunteer Day
December 5

Hanukkah
December 12–20

Look for an Evergreen Day
December 19

Christmas Day
December 25

Make Cut-Out
 Snowflakes Day
December 27

Merry Christmas and a Happy New Year
 I am thankful for all of the memories we
 have made here at Arbor House. We
 truly are blessed with amazing staff
 and residents.

**Thank You to all the families that attended
 our Turkey Dinner.**

**I hope to see everyone for our Christmas
 Party on December 19th @ 1:30pm**
 We will have “In Accord” here to bless us
 with some wonderful Christmas Carols and
 we can enjoy some tasty Christmas treats.

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.**

Dementia and the Holidays: Tips for Caregivers

By Ava M. Stinnett

For some, the holidays are a favorite time of the year. The days are about experiences and people, family traditions, recalling old memories and creating new ones, and tuning into whatever you feel like doing at the moment. For caregivers and people living with dementia-related conditions such as Alzheimer's, however, there will come a time when it's just not feasible or practical to do everything you once did. How do we celebrate special occasions when one of the people involved doesn't remember or even understand what the celebration is about? How do caregivers on the dementia journey with a loved one—not just on the holidays, but all day every day—manage to keep it together?

The holiday season can be stressful, so it's critical to adjust your expectations. Caregiver expert Amy Goyer describes caregiver burnout, saying, "The prolonged stress builds up, we are robbed of energy, and sometimes we reach a point of total emotional, mental, and physical exhaustion. We may lose motivation completely or feel we just don't care about our loved ones, our other relationships, or our work. We may feel that we've lost ourselves in the vastness of caregiving and that nothing we can do will make a difference. If you feel like this most of the time, you may have reached burnout" (Goyer, 2015). The following tips may help caregivers weather the holiday season.

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- Although it may be challenging, try to maintain a similar routine for your loved one and yourself so that holiday preparations don't become disruptive. Changes to the daily schedule can increase disorientation and anxiety for those with cognitive impairment.
- Trust your instincts. Keeping past traditions alive, such as eating favorite holiday foods, visiting with family and good friends, or looking at family photo albums and heirlooms—activities that take advantage of long-term memory—can help an elder connect to holiday celebrations. However, you recognize more than anyone else how much you and your loved one can handle without feeling overwhelmed. Feel free to reschedule or decline invitations when needed.
- Prioritize self-care and don't be afraid to share your wish list. Whether it's having a break to go to a movie, take a walk, or meet a friend for lunch, or having someone cook a meal or help clean the house—having even a short time off can provide a change in perspective and allow you to recharge your batteries.

Be aware that the holidays may evoke memories of better times—not just for your loved one but for you as a caregiver. Talking with a close friend or a counselor often helps one manage the emotions that come with holidays and other special days. You can also find help for caregivers from the Family Caregiver Alliance, AARP, your local Alzheimer's Association chapter, or support groups through hospitals, mental health programs, and community support organizations.

Sources:

The Alzheimer's Association. (n.d.). Holidays and Alzheimer's families. Retrieved from <https://www.alz.org/care/alzheimers-dementia-holidays.asp>
 Goyer, A. (2015). *Juggling life, work, and caregiving*. Chicago: American Bar Association.
 Family Caregiver Alliance. (2014, December 31). Caregiving and the holidays: From stress to success! Retrieved from <https://www.caregiver.org/caregiving-and-holidays-stress-success>.



KISSmas Trees

Turn chocolate kisses into KISSmas trees to use as decorative place cards for a holiday table setting or to share with family.

You will need:

- Hershey's Kisses
- Scrapbook paper (shades of green)
- Toothpicks
- Ruler
- Glue stick
- Scissors

Directions:

1. To make the trees, cut narrow rectangles of scrapbook paper in various sizes. Cut a 2" X 6" rectangle to make a tall tree; cut a rectangle measuring 1" X 4" to make a shorter tree. Then vary the sizes in between.
2. Fold the paper in half and glue the front and back together with a toothpick ("tree trunk") sandwiched between as shown in the left-hand photo below.
3. Cut off the sides as shown and then push the tree trunk into a Kiss.
4. For an added touch, write names on the trees and use them as place cards.





Citrus Shortbread Cookies

Ingredients

2 cups all-purpose flour
 1/4 teaspoon baking powder
 1/8 teaspoon salt
 1 cup butter, softened
 3/4 cup confectioners' sugar

2 teaspoons vanilla extract
 1/2 teaspoon almond extract
 1 tablespoon grated orange zest, or more to taste
 2 cups sweetened dried cranberries, chopped

Directions

1. Combine flour, baking powder, and salt in a bowl; set aside. Beat the butter and confectioners' sugar with an electric mixer in a large bowl until smooth. Stir in the vanilla and almond extracts and orange zest. Mix in the flour mixture until just incorporated. Fold in the cranberries; mixing just enough to evenly combine.
2. Divide the dough into 2 equal portions, then roll into logs about 7 inches long. Wrap each log in wax paper or plastic wrap, and chill in the refrigerator for at least 4 hours.
3. Preheat an oven to 350 degrees F (175 degrees C).
4. Remove wax paper, and cut the cookie dough into 1/2-inch slices. Arrange the slices on a baking sheet about 1 inch apart.
5. Bake in the preheated oven until firm but not browned, about 10 minutes.

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House Staff

AM

~ Shaelyn E. ~
 ~ Aimee B. ~
 ~ Shelby S. ~

PM

~ Alyssa G. ~

NOC

~ Janice G. ~
 ~ Kristy P. ~

Dementia: When to Worry? (cont'd from November 2017)

It can be difficult to gauge if a loved one is declining mentally. If you have suspicions but aren't sure, try keeping a notebook to jot down instances that concern you. You may be able to identify a pattern of events that makes the picture clearer.

"Agnes B. Juhasz, nurse, dementia care specialist and author of 'The Dementia Whisperer: Scenes From the Frontline of Caring,' suggested making note of anything out of ordinary for that particular person. She wrote in the [U.K.]'s Mirror news.¹³

"Naturally, there are a few typical signs and possible changes that are worth watching out for more closely. These include the level of forgetfulness; acute or permanent confusion about certain things; disorientation in time and place; significant changes in behavior and personality; decreased judgment; changes in speech or writing; and withdrawal from social interactions and activities.

But all these suggested signs ultimately lead us back to the essential, magical question we always have to ask before we can arrive at any further conclusions: 'Is this abnormal for this individual, or is it part of who they have always been?' When we notice that something is new and odd, that has never occurred in a person's life before, as far as we have observed, that is the point when further help may be needed."

Early Warning Signs of Alzheimer's

While absent-minded mistakes, like putting a mug in the wrong cabinet, is not a cause for alarm, feeling confused about day-to-day tasks is.

Losing interest in hobbies, repetitive behaviors (phrases, gestures or questions), mispronouncing words or stuttering can also be signs. And while typical forgetfulness, like forgetting why you were walking into a room, is not typically reason to worry, more profound confusion, like the room itself feeling unfamiliar, may signal a problem.¹⁴

The Alzheimer's Association also compiled differences between symptoms of dementia including Alzheimer's and typical age-related changes:¹⁵

Signs of Alzheimer's/dementia

Poor judgment and decision-making
 Inability to manage a budget
 Losing track of the date or the season
 Difficulty having a conversation
 Misplacing things and being unable to retrace steps to find them

Typical age-related changes

Making a bad decision once in a while
 Missing a monthly payment
 Forgetting which day it is and remembering it later
 Sometimes forgetting which word to use
 Losing things from time to time

According to the Alzheimer's Association, typically at least two core mental functions on the following list must be impaired to be considered dementia:

- Memory
- Communication and language
- Ability to focus and pay attention
- Reasoning and judgment
- Visual perception

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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. 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