

Arbor House

820 Gold Ct. Grants Pass, OR 97527

Administrator: Athena Cromwell

Asst. Admin: Shaelyn E.

541-474-7887

Nurse: Dotsie P.



Celebrating August

Happiness Happens Month

**Read a Romance Novel
Month**

Watermelon Day
August 3

Farmers' Market Week
August 5-11

Garage Sale Day
August 11

Mail Order Catalog Day
August 18

Senior Citizens Day
August 21

Toasted Marshmallow Day
August 30



We are ready for it to be fall already or at least to stop being so smoky outside. Most of the residents open the back door to go outside and smell the smoke and come right back in. We are all ready to enjoy some fresh air and the back yard again.

Let's give a warm welcome to our newest resident Dorothy and to our newest staff member Destiny. We are happy that you both have joined us.

Saturday, September 22, 2018

2018 Walk to End Alzheimer's - Southern Oregon

Take the first step to a world without Alzheimer's.

Time:

Registration at 10:00am

Ceremony at 10:45am

Walk at 11:00am

Location:

U.S. Cellular Community Park

300 N. Lowry Ln.

Medford, OR 97501

Anyone interested in joining us please come see me.

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.

Bathing a Loved One Who Has Dementia

By Ava M. Stinnett

Caregivers face various challenges when providing assistance for someone who has Alzheimer's disease. One particular activity that can be very stressful is bathing. There are numerous behaviors that indicate a loved one is frustrated or confused, such as hitting or kicking, verbal agitation, and crying or rocking.

As a caregiver, it's important to remember why bathing is important. "Doctors recommend older adults shower or bathe a minimum of twice a week to reduce the chance of infection, especially urinary tract infections in women," says [Carole] Larkin, geriatric care manager at ThirdAge Services and trainer of caregivers in home care companies, nursing homes, and memory care communities. "If you can get them to bathe more, kudos to you. If not, be satisfied with twice a week, unless another medical condition demands more frequent bathing."

If you see any of the behaviors listed above, you'll want to determine the cause. Some common triggers include unmanaged pain, feeling too hot or too cold, feeling awkward or embarrassed, and confusion about what is happening. The same goes for hair washing and drying. Larkin provides some tips to help caregivers minimize frustration for both patient and caregiver.

- Tell the person what you are going to do, step by step, and allow him or her to do as much as possible.
- Involve the person in the bathing process. Larkin suggests that caregivers have the person try to wash themselves first ... That gives them ownership of the task and something they can succeed at.
- Follow up on the positive reinforcements so that your loved one gets rewarded for complying ... Always praise and compliment them after the bathing is done.
- Some people are extremely modest ... Respect their dignity by allowing them to cover up with something while in the shower or bath.
- Plan the bath or shower for the time of day when the person is most calm and agreeable. Be consistent. Try to develop a routine.

Continue to adapt your methods by observing your loved one's behavior over time.

Sources (6/6/18)

Larkin C. (2018). ThirdAge Services. Retrieved from <http://www.thirdageservices.com/about/about.htm>

Alzheimer's Society. (2018). Washing and bathing. Retrieved from <https://www.alzheimers.org.uk/get-support/daily-living/washing-and-bathing>

Buttery Baked Peaches



Ingredients:

- 3 large ripe peaches, halved and pits removed
- 2 tablespoons salted butter
- 2 tablespoons light brown sugar
- 1/4 teaspoon ground cinnamon
- Vanilla ice cream, whipped topping, or caramel sauce for serving

Directions

1. Preheat oven to 375°F.
2. Place peaches in a baking pan, cut side up.
3. Divide butter into 6 equal pieces. Place one piece on each peach half.
4. Combine brown sugar and cinnamon in a small bowl. Sprinkle evenly over peaches.
5. Bake 8–12 minutes or until just brown.
6. Serve warm and top with ice cream, whipped topping, or caramel sauce, if desired.

Makes 6 servings



Kathleen 8/1

Elisa 8/2

Dawn 8/9

Lewy Body Dementia vs Alzheimer's (Cont'd from July 2018)

This is also referred to as Dementia with Lewy Bodies. It is the third most common type of dementia. It is caused by abnormal clumps of a protein, alpha-synuclein. The build-up occurs in the cortex which is responsible for learning and memory.

There are differences between Dementia with Lewy Bodies and Alzheimer's Disease. Where memory loss is one of the first symptoms of Alzheimer's, the first symptoms of dementia with Lewy Bodies are changes in judgement, planning and visual perception. Memory loss will eventually be present with dementia with Lewy Bodies.

Symptoms of movement impairment will most likely render a Dementia with Lewy Bodies patient disabled before memory loss becomes significant. REM sleep disorder is very common in early stages of Dementia with Lewy Bodies. There is a significantly greater potential for falls due to impaired movement and lack of balance due to Dementia with Lewy Bodies versus other cases of dementia.

Many experts believe that Dementia with Lewy Bodies and Parkinson's Disease have the same root cause. Lewy bodies are present in Alzheimer's, Dementia with Lewy Bodies, and Parkinson's Disease. Dementia with Lewy Bodies and Parkinson's Disease are linked by the similarity with movement impairments. However, experts still recommend to treat these as independent diagnoses.

Primary symptoms of Dementia with Lewy Bodies are:

- Problems with attention
- Problems driving
- Hallucinations
- Slowed, unbalanced movements, similar to Parkinson's Disease symptoms
- Memory loss show up in later stages
- Parkinson's Disease Dementia, diagnosed if dementia symptoms present 1 year after Parkinson's Disease diagnosis based on movement symptoms.

Source: www.seniorguidance.org/senior-living/dementia-vs-alzheimers
(6/6/18) ~ To be continued next month ~



National Lighthouse Day honors and commemorates a beacon of light that symbolizes safety and security for boats at sea.

Mixed-Up Barbecue

Unscramble the letters to reveal words associated with a barbecue.

1. GRLIL _____
2. SMKEO _____
3. HAMERRGBU _____
4. HTO DGO _____
5. CHIKENC _____
6. RSIB _____
7. SAKTE _____
8. POTOTA SAADL _____
9. BAEDK BNSEA _____
10. BARCUEBE SUCEA _____



House Staff

AM

Shaelyn E.
Shelby S.
Debra Y.

PM

Kahlie H.
Shianne S.
Star T.

NOC

Janice G.
Cynthia B.
Julian M.

On-Call

Kathleen G.
Jahazel G.
Susan T.

Arbor House
820 Gold Ct.
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