

Arbor House News

820 Gold Court Grants Pass, OR 97527
Administrator: Shaelyn Edinger

541-474-7887
Nurse: Cindy B.



Celebrating February

Haiku Writing Month

Mend a Broken Heart Month

Library Lovers Month

Bubble Gum Day

February 1

Groundhog Day

February 2

Celebration of Love Week

February 10-16

Valentine's Day

February 14

Love Your Pet Day

February 20

Tooth Fairy Day

February 28

Will you be my Valentine?

Super Bowl Party February 3rd

Arbor House will host a Super Bowl Party for our residents and their loved ones. We will serve hot chocolate, tea, popcorn, and nuts.

Come join us!

Tea Party February 11th

Arbor House invites families to join us for tea & cookies. Bring in photo albums and let's reminisce.

Valentines Party February 14th

Arbor House would like to invite all of you to join us at 1pm. We will be having sweet treats & drinks! Staff and residents will exchange Valentine cards amongst each other.

Love your pet day

February 20th

Bring your pet to visit 1pm-3pm

~Shaelyn & Arbor Staff~



Do Not Ask Me to Remember
 Do not ask me to remember,
 Don't try to make me understand,
 Let me rest and know you're with me,
 Kiss my cheek and hold my hand.
 I'm confused beyond your concept,
 I am sad and sick and lost.
 All I know is that I need you
 To be with me at all cost.
 Do not lose your patience with me,
 Do not scold or curse or cry.
 I can't help the way I'm acting,
 Can't be different though I try.
 Just remember that I need you,
 That the best of me is gone,
 Please don't fail to stand beside me,
 Love me 'til my life is done.
 - Owen Darnell



Sweet Raspberry Yogurt Bites

Ingredients:

- 1 cup frozen raspberries
- 2/3 cup plain Greek yogurt
- 1-2 teaspoons honey
- Heart sprinkles

Directions

1. Place raspberries in a medium bowl and smash with a potato masher.
2. Stir in yogurt and honey.
3. Fill small silicone muffin cups with equal amounts of the mixture. Top each with equal amounts of sprinkles.
4. Place muffin cups in the freezer. Freeze for 2 hours or until firm. Serve cold.

Makes 6-8 servings



Feb 3rd – Margaret

Feb 5th – Dorothy

Feb 18th – Jo



APPLE
 BANANA
 CHERRY
 GRAPES
 LEMON
 ORANGE
 TOMATO

Communication: When Logic and Dementia Don't Mix

By Ava M. Stinnett

Communication mix-ups happen all the time. In dementia-related diseases such as Alzheimer's, communication mix-ups may start slowly with difficulty finding the right word—retrieving names, for example—or incorrectly substituting one word for another. Persons living with Alzheimer's may invent entirely new words to describe familiar objects or repeat a question over and over.

As the disease progresses, communication gets harder. They may struggle to organize words logically or may rely on gestures. They may not be able to understand what you are saying or only be able to grasp part of it. Problems with being reasonable, rational, and logical become more visible. Caregivers often find themselves carefully explaining the situation, but that requires calling on a sense of appropriateness; however, the person with dementia is often unable to respond to our argument in that way.

Losing the ability to communicate can be one of the most frustrating and challenging problems faced by people with dementia-related diseases, their family members, and caregivers. It's important to keep in mind that each person is unique, and that difficulties in communication are very individual. Although they may not understand what is being said, feelings such as joy, anger, sadness, fear, and love remain.

Consider these communication tips:

- Keep it simple. Use short sentences and plain words, asking only one question at a time. Yes-no questions may work best.
- Be patient and allow plenty of time for what you have said to be understood.
- It may take longer for your loved one to process and respond. Don't interrupt or finish their sentences. Just listen and avoid rushing and correcting.
- Remain calm and talk in a gentle, straightforward manner. The tone of your voice can send a clearer message than what you actually say.
- Don't argue. Be aware that one's reasoning and judgment will decline over time. If necessary, leave the room to avoid confrontation.

Arbor House Staffing:

AM:

Melissa ~Shelby ~

PM:

Jasmine ~Kahlie ~ Shianne

NOC:

Bernie ~ Cindy ~ Jan

On call :

Kathleen

Activities:

Suzy

- Therapeutic lying reduces stress. We tend to be meticulously honest with people; however, when someone has dementia, honesty can lead to distress for both parties. Ask yourself whether it's important for your loved one to believe they are still employed at a particular place or has had certain experiences.
- Don't make agreements. What you've asked your loved one to remember will soon be forgotten as the disease advances. Taking action and rearranging the environment, rather than talking and discussing, is usually a more successful approach. For example, getting a coffee maker with an automatic "off" switch is better than warning someone of the dangers of leaving it on.

Communication may be challenging, especially as the disease progresses from early to moderate to severe. Whether a family member or a caregiver, it's critical to remember not to take it personally if the person with dementia becomes paranoid or accusatory. Patience and understanding are at the heart of effective communication.

Arbor House of Grants Pass
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: Linda Ayala

ARBOR HOUSE OF GRANTS PASS

820 Gold Ct.
Grants Pass, OR 97527
Administrator: Shaelyn Edinger

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