

Arbor House

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

541-474-7887
Nurse: Cindy B.



Celebrating March

**Irish-American Heritage
Month**

Optimism Month

Craft Month

Celebrate Your Name Week
March 3–9

Mardi Gras
March 5

International Women's Day
March 8

Pi Day
March 14

St. Patrick's Day
March 17

**Make Up Your Own Holiday
Day**
March 26



Happy St. Patrick's Day! Please join us to celebrate on March 17th at 1:30pm.

We will be serving up Green Milkshakes! Yum!

Don't forget to wear green!



Please join us on Wednesday's for visiting and sharing stories in the late morning.

Friday's will be pick a craft in the evenings. Please share any ideas for crafts that you may have.

March 26th is Make up your own Holiday Day. Let's see if we can come up with a good one.

Thank You,
Shaelyn Edinger & Arbor Staff

Vascular Dementia / Multi-Infarct Dementia vs Alzheimer's

1 in 10 dementia patients are diagnosed with vascular dementia. It is characterized by not enough blood reaching the brain. This causes damage to blood vessels or blockages leading to mini-strokes or brain bleeding. Vascular Dementia is also known as multi-infarct or post-stroke dementia.

Unlike Alzheimer's, memory loss is not always the first symptom with Vascular Dementia. Because different parts of the brain are responsible for different functions, the area of the brain damaged will determine the functions affected.

Unlike other types of dementia, actions can be taken to avoid vascular dementia. Lifestyle plays a significant role in the onset of vascular dementia. This means that implementing an exercise routine, healthy eating, and not smoking could help to prevent vascular dementia. Maintaining healthy levels of blood pressure is a key factor in avoiding vascular dementia.

However, the onset of vascular dementia is similar to other cases of dementia. Damage done to brain cells is irreversible. There is currently no drug approved to treat vascular dementia.

Source:

Senior Guidance

<https://www.seniorguidance.org/senior-living/dementia-vs-alzheimers/>



Arbor Staff

AM **Shelby~Shianne~Melissa**

PM **Kahlie~Jasmine**

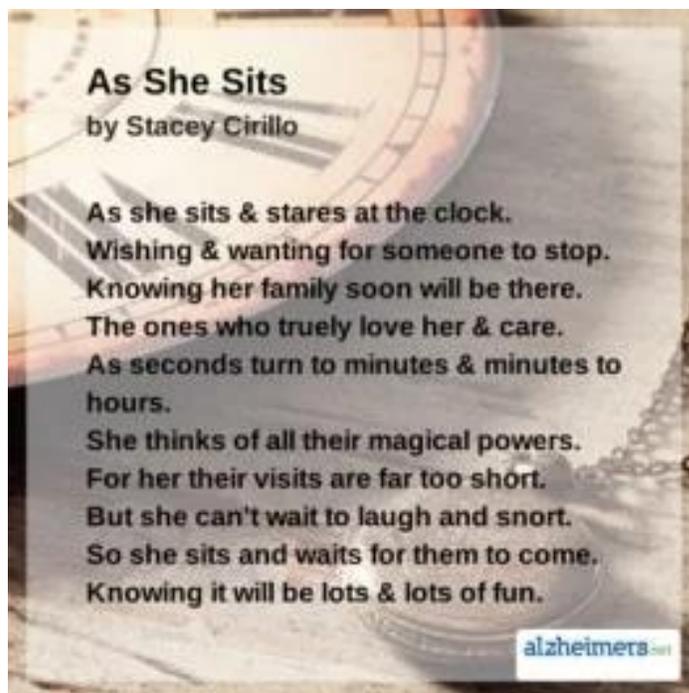
NOC **Jan~Cindy~Bernie**

ON-CALL **Kathleen**

Activities **Suzy**

**Happy 1 Year Anniversary
Kathleen!**

**Happy Two years of living with us
Ted!**



Alzheimer's Disease Versus Vascular Dementia

By Ava M. Stinnett

When we hear the word *dementia*, we often think of Alzheimer's disease; however, dementia and Alzheimer's are not one in the same. Dementia is not a specific disease. It is a descriptive term for a group of symptoms (e.g., memory loss, inability to solve problems, impaired language skills) caused by various disorders that affect the brain. Some of the diseases that can cause symptoms of dementia include Alzheimer's disease and vascular dementia. Alzheimer's disease is by far the most prevalent form of dementia, accounting for 60 to 80 percent of all individuals with dementia. Statistics vary widely as to the prevalence of vascular dementia, but it's estimated that it affects between one and four percent of people over age 65. That percentage doubles every five to 10 years after age 65. They have several symptoms and characteristics that overlap, but there are also some clear differences between the two types of dementia.

Causes. While there are several ways to decrease the chance of developing Alzheimer's, including exercise and maintaining an active mind, what causes Alzheimer's to develop isn't fully understood. There appear to be many contributing components, such as genetics, lifestyle, and other environmental factors. Unlike Alzheimer's, vascular dementia often results from a specific event such as a succession of small strokes, also referred to as transient ischemic attacks. Strokes can cause a weakening of the blood flow to the brain, which in turn brings about confusion and the failure to think or speak clearly. Common risk factors include diabetes, high blood pressure, high cholesterol, and heart disease.

Cognition. Cognition can vary somewhat in Alzheimer's; the person's ability to think and use their memory gradually declines over time. There is not usually a sudden, significant change from one day to the next. In vascular dementia, cognitive abilities often seem to decline suddenly and then remain stable for a time. These changes are often described as step-like since in between them, brain functioning may hold steady.

Treatment and Progression. Medications exist to reduce symptoms and delay the progression of the disease; however, these medications are only effective in some people and for brief periods of time. Alzheimer's is still a progressive disease, and the person's condition will worsen with time. On average, individuals with Alzheimer's typically live between 4 and 8 years with the disease, but some can live as long as 20 years. There are currently no approved drugs for the treatment of vascular dementia. There is, however, some evidence that certain drugs used to treat the symptoms of Alzheimer's disease may provide some benefit to those with vascular dementia. The most important thing for now is to control the risk factors that

Baked Lemon Garlic Artichoke Heart Bites

Ingredients:

- 2 (14-ounce) cans halved artichoke hearts, drained
- 2 garlic cloves, minced
- 1/4 cup olive oil
- 2 tablespoons fresh lemon juice
- 1/3 cup Italian breadcrumbs
- 1/3 cup shredded Parmesan cheese

Directions

1. Preheat oven to 400°F.
2. Place artichoke hearts on a baking sheet, cut-side up.
3. Combine garlic, olive oil, and lemon juice in a small bowl. Pour mixture evenly over artichoke hearts.
4. Combine breadcrumbs and cheese in another small bowl. Sprinkle mixture evenly over artichoke hearts.
5. Bake 20 minutes. Allow to cool slightly before serving.

Makes 6 servings



....Continued

that contributed to the dementia in the first place (e.g., blood pressure or cholesterol levels). Individuals with vascular dementia live for about five years on average after their symptoms begin.

Coping with Alzheimer's or vascular dementia as the diseases progress can be challenging. Getting support from family, friends, and health care professionals is critical to ensuring the best possible quality of life.

Source

Heerema, E. (2018). *What's the Difference Between Alzheimer's and Vascular Dementia? A Comparison Between These Two Kinds of Dementia*. Retrieved from <https://www.verywellhealth.com/the-differences-between-alzheimers-vascular-dementia-98750>

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

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