

# Arbor House

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

541-474-7887  
Nurse: Roxanne



## May

Happy May everyone! We are excited to see all the flowers and the garden growing after all the rain we had last month. The residents of Arbor had a great time doing the Easter Egg Hunt. It was a beautiful day! Thank you to those who joined us.



### Celebrating May

**Physical Fitness & Sports Month**

**Older Americans Month**

**Meditation Month**

**Be Kind to Animals Week**

*May 5–11*

**Teacher Day**

*May 7*

**Mother's Day**

*May 12*

**Nylon Stockings Day**

*May 15*

**Memorial Day: U.S.**

*May 27*

**Paper Clip Day**

*May 29*

We want to wish our Activities director Suzy a Happy Birthday. We also will be celebrating Doris's Birthday on May 8<sup>th</sup>. We will have Cake and ice cream at 2:30pm, please come and join us.



We invite you to celebrate Mother's Day with us on Saturday May 11<sup>th</sup> at 1pm, we will be hosting a Mother's Day Tea with tea and cookies. Come out and help us celebrate these wonderful women at Arbor House.

Please RSVP to Shaelyn at 541 474 7887  
by May 6<sup>th</sup>.

Please see our Activity Calendar for more fun events.

~ Shaelyn and the Team at Arbor House

## Can You Reduce Your Risk for Dementia?

By Ava M. Stinnett

As you may know, dementia is not a specific disease. It is an overall term for a complex set of symptoms that are caused by disorders affecting the brain, such as Alzheimer's disease, vascular dementia, and dementia from Parkinson's disease. The causes of dementia can produce similar, overlapping symptoms such as confusion, memory loss, and difficulty performing everyday activities.

According to the Alzheimer's Association, there are approximately 46.8 million people worldwide with Alzheimer's or other dementias. By 2030, the number of cases could increase to nearly 75 million people. How can you reduce your risk for dementia?

- **Adopt a healthy diet.** A diet that includes lots of fruits, green leafy vegetables, legumes, fish, olive oil, and [whole grains](#) and is low in saturated fats, dairy products, meat, poultry, [and added sugar](#) may help preserve cognitive function.
- **Exercise regularly.** A study conducted by researchers at UCLA Medical Center and the University of Pittsburgh found that virtually any type of aerobic physical activity may improve brain volume and cut the risk of dementia by approximately 50 percent. Good exercise choices include walking briskly, dancing, swimming, cycling, and even gardening.
- **Get refreshing sleep.** First, get as much natural sunlight as possible early in the day. Try to go to sleep and get up at the same time every day. Avoid napping during the day. Limit caffeine, nicotine, alcohol, and big meals at night. Take time for relaxing activities before sleep, such as meditation; slow, deep breathing; progressive muscle relaxation; or visualizing a peaceful, restful place. If it helps, listen to some soft music or a book on tape.
- **Maintain your blood pressure at a healthy level.** Try to lose extra weight—especially around the waistline—and maintain a healthy weight; reduce sodium by reading food labels and reducing processed foods; and limit alcohol consumption.
- **Take a complete multivitamin.** Although some preliminary studies support the use of vitamin and mineral supplements (especially Vitamin K because of its role in anti-aging) and certain spices, it's best to discuss the use of such supplements with your physician *before* adding them to your diet.



**Come Help us celebrate the Birthday of Doris on May 8<sup>th</sup> at 2:30pm for cake and ice cream**

**Happy Birthday Suzy!**

**Arbor Staff**

**AM: Shelby – Melissa**

**PM: Kahlie – Jessie – Kelsea**

**NOC: Jan – Cindy – Bernie**

**On-Call: Kathleen**

**Activities: Suzy**

- **Play games and laugh more!** Mentally stimulating memory games, coloring, doodling, doing crossword or jigsaw puzzles, and socializing with others engage the brain, grow new brain cells, and may ultimately help delay the onset of dementia.

Researchers believe that these lifestyle factors may help reduce the risk or delay the onset of dementia when we get older. Before making any substantial diet or lifestyle changes, it's advised that you first speak with your physician. Keep in mind that promising results of medical research studies appear in the headlines every day. In fact, the National Institute on Aging supports more than 30 clinical trials. As of now, however, prevention is the best cure for dementia.

### Source

Mayo Clinic. "Dementia: Self-Management." Retrieved on February 21, 2019, from [www.mayoclinic.org/diseases-conditions/dementia/manage/ptc-20199100](http://www.mayoclinic.org/diseases-conditions/dementia/manage/ptc-20199100)

## What Is Alzheimer's Disease?



**Alzheimer's disease is a progressive form of dementia in which sufferers experience memory issues that begin gradually and gradually worsen, explains the Alzheimer's Association.** Alzheimer's disease typically occurs in senior citizens aged 65 and over, but symptoms can also develop in individuals in their 40s and 50s.

In addition to memory impairment, symptoms of Alzheimer's disease include anxiety, mental delusions, loss of cognitive function and sleep difficulties, according to Mayo Clinic. Alzheimer's disease is believed to be linked to a combination of factors that include a family history of the illness, lifestyle behaviors and environmental elements. The brains of Alzheimer's patients commonly contain cell abnormalities referred to as plaques or tangles. Plaques hinder brain cell communication, and tangles prevent nutrients from reaching the brain cells, which in turn results in cell death, adds Mayo Clinic.

Source:

<https://www.reference.com/article/alzheimer-s-disease-d1e2bac7dca0a2d6?aq=history+of+alzheimer%27s+disease&qo=cdpArticles>

## Refreshing Watermelon Fruit Punch



### Ingredients:

- 1 (14-pound) seedless watermelon, peeled and diced
- 1 1/2 cups pineapple juice
- 1 1/2 cups sparkling water

### Directions

1. Place watermelon into a blender and process until liquefied.
2. Strain into a large pitcher.
3. Stir in pineapple juice and sparkling water.
4. Cover and chill until ready to serve.

Serve punch within the hour.  
*Makes 10–12 servings*



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820 Gold Court  
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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: Stacey Smith

**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