

Arbor House

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

541-474-7887
Nurse: Roxanne



June June House News

Celebrating June

Beautiful in Your Skin Month

Soul Food Month

Lemonade Days

June 1-9

World Bicycle Day

June 3

Banana Split Days

June 7-8

Roller Coaster Day

June 13

Father's Day

June 16

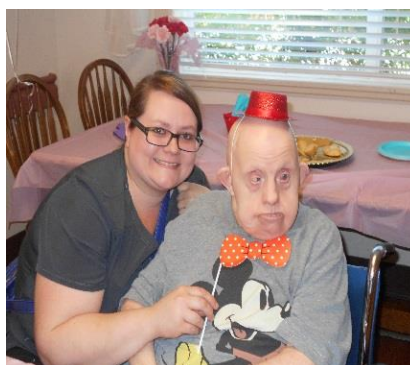
World Music Day

June 21

Social Media Day

June 30

Thank you to all who came to celebrate the Mother's Day Tea with us. It was wonderful to see all the happy faces. You are all invited to our Father's Day lunch



BBQ! Friday, June 14th. 11:30am

Please come celebrate with us, we will be serving BBQ burgers and hotdogs with baked beans, potato salad and watermelon. Please RSVP to Shaelyn by June 11th if you would like to join us.



If you come in on June 8th you can join us for banana Splits at 2pm.

Please see our activity calendar for more activities throughout the month.

~ Shaelyn and the Team at Arbor House

Alzheimer's Caregivers: What to Remember

By Ava M. Stinnett

Whether it happens gradually or overnight, there's a distinct possibility that one day you will become a caregiver for a loved one. According to the National Alliance for Caregivers, there are over 65 million unpaid caregivers aged 65 or older in the United States. That's 29% of the U.S. adult population who provide an average of 20 hours of care per week; some provide care around the clock.

Often, there's very little preparation for the daily challenges that caregivers face. There are practical answers to questions such as how to manage doctor's appointments, handling insurance paperwork, and how to take time off work. There are numerous city and state education programs and services to address the needs of those who provide long-term care for loved ones at home. But what about the physical and emotional toll, which can be overwhelming? Researchers Carol J. Farran and Eleanora Keane-Hagerty offer the following tips to keep in mind as you face the challenges of caregiving.

1. Although I cannot control the disease process, I need to remember I can control many aspects of how it affects me and my relative.
2. I need to take care of myself so that I can continue doing the things that are most important.
3. I need to cultivate the gift of allowing others to help me, because caring for my relative is too big a job to be done by one person.
4. I need to take one day at a time rather than worry about what may or may not happen in the future.
5. I need to have a sense of humor, because laughter helps put things in a more positive perspective.
6. I need to remember that my relative is not being "difficult" on purpose; rather their behavior and emotions are distorted by the illness.
7. I need to increasingly depend upon other relationships for love and support.
8. I need to focus on, and enjoy, what my relative can still do rather than constantly lament over what is gone.

Last, and most important, caregivers must often remind themselves that they are doing the best they can at this very moment.

Sources: Farran, C.J. & Keane-Hagerty, E. (1989). Twelve Steps for Caregivers. *The American Journal of Alzheimer's Care and Related Disorders and Research*, Nov/Dec.

Arbor Staff

Am

Shelby~ Melissa

PM

Kahlie~Jessie~Kelsea

NOC

Jan~Bernie~Cindy

Activities and On-call

Suzy~Kathleen

June Birthdays

13th-Shelby

18th-Jessie

26th-Shaelyn



WALK WITH ME

by Norma McNamara

Walk a while with me my friends, walk with me today,
Come and see what I see, and listen to what I say.
Yes I have dementia, and sometimes I get worse.
Please be very grateful, that you don't have this curse,
But are we all that different, the likes of you and me?
We breathe the same; we feel the same,
the same things we do see
The only difference is my friends, I don't feel that well.
When I can't remember, everything you tell,
My heart beats just as quick as yours, my blood
runs just as fast.
But because of my dementia, the shadow, it is cast.
It's the shadow cast by others, that takes away my light.
Turns my life to darkness, my pleasure into fright.
For when you cast that shadow, and it comes my way,
It drains me of my energy, makes me hide, or run away.
Sometimes I do different things, my mind is not my own.
But do YOU never talk to yourself, when you are alone?
So am I all that different, the likes of you and me,
So my friends come walk a while, the future's ours to see.

What is dementia?

Dementia is a collection of symptoms including memory loss, personality change, and impaired intellectual functions that result from disease or trauma to the brain. These changes are not part of normal aging and are severe enough to impact daily living, independence, and relationships. While [Alzheimer's disease](#) is the most common type of dementia, there are also many other forms, including [vascular](#) and mixed dementia.

With dementia, there will likely be noticeable decline in communication, learning, remembering, and problem solving. These changes may occur quickly or very slowly over time.

The progression and outcome of dementia vary but are largely determined by the type of dementia and which area of the brain is affected. Whatever your diagnosis, though, there can be plenty of things you can do to help slow or prevent symptoms of dementia and continue to enjoy a full and rewarding life.

Signs and symptoms of dementia

As we age, many of us experience lapses in memory. It can be worrying and confusing to realize that something you once took for granted isn't working as well as it used to. But learning to differentiate the signs and symptoms of dementia from normal aging can help to either set your mind at rest or encourage you to begin taking steps to slow or reverse the condition.

Common dementia signs and symptoms include:

- Memory loss
- Impaired judgement
- Difficulties with abstract thinking
- Faulty reasoning
- Inappropriate behavior
- Loss of communication skills
- Disorientation to time and place
- Gait, motor, and balance problems
- Neglect of personal care and safety
- Hallucinations, paranoia, agitation

Source: <https://www.helpguide.org/articles/alzheimers-dementia-aging/living-with-dementia.htm/>



Famous June Birthdays

The following people were born in June. Can you find their **last names**? Search horizontally, vertically, diagonally, forward, and backward.

- A. Anthony **BOURDAIN**
 B. Mel **BROOKS**
 C. Barbara **BUSH**
 D. Anderson **COOPER**
 E. Jefferson **DAVIS**
 F. Andy **GRIFFITH**
 G. Helen **KELLER**
 H. Dean **MARTIN**
 I. Paul **MCCARTNEY**
 J. Michael **PHELPS**
 K. Lionel **RICHIE**
 L. Isabella **ROSSELLINI**

N	H	C	R	Z	B	B	K	Z	R	B	K
I	H	P	D	A	Y	E	M	O	J	U	Z
A	B	T	B	I	L	Q	S	B	Q	S	N
D	R	R	I	L	L	S	K	W	U	H	U
R	O	P	E	F	E	P	H	E	L	P	S
U	O	R	V	L	F	M	A	R	T	I	N
O	K	N	L	A	R	I	D	U	S	R	G
B	S	I	Y	E	N	T	R	A	C	C	M
B	N	I	P	S	W	K	U	G	V	Z	E
I	I	O	E	I	H	C	I	R	R	I	T
Z	O	U	D	D	N	G	U	J	T	F	S
C	G	F	T	T	J	Y	K	J	P	D	N

Bonus: Match the person to the correct clue.

- | | |
|---------------------------|-------------------------|
| 1. Swimmer _____ | 7. Teacher _____ |
| 2. Beatles member _____ | 8. Political wife _____ |
| 3. TV show host _____ | 9. Director _____ |
| 4. Movie actress _____ | 10. R&B singer _____ |
| 5. Pop singer/actor _____ | 11. Chef _____ |
| 6. Politician _____ | 12. TV actor _____ |

German Chocolate Bites

A diabetic-friendly recipe

Ingredients:

- 12 medjool dates, pitted
- 1/2 cup unsweetened shredded coconut
- 1/2 teaspoon vanilla extract
- 1/4 cup pecan halves
- 1 teaspoon water
- 1/4 cup sugar-free chocolate chips
- 1 teaspoon coconut oil



Directions

1. Place dates, coconut, and vanilla in the bowl of a food processor. Blend until combined. Add pecans and water, mixing until combined.
2. Scoop dough into 1-inch balls with a cookie scoop and place on a baking sheet. Freeze one hour.
3. Place chocolate chips and coconut oil in a small microwave-safe bowl. Microwave about 1 minute, stirring every 15 seconds or until melted through.
4. Roll each ball in the melted chocolate, coating completely. Return balls to the baking sheet and freeze until firm.

Makes 10–12 servings

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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