

Arbor House

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

541-474-7887
Nurse: Roxanne



Celebrating July

Picnic Month

Tour de France Month

Canada Day

July 1

Independence Day

July 4

Don't Step on a Bee Day

July 10

Yellow Pig Day

July 17

Zookeeper Week

July 21-27

Tell an Old Joke Day

July 24

Lipstick Day

July 29

July

House News

I am pleased to let you know that we again have a hairdresser to come see our residents. Jessica is a licensed Hair Stylist and Esthetician who is eager to work with our loved ones here at Arbor. Please see Shaelyn if you are interested.



July 4th at 2:30pm

we will be celebrating with an Ice Cream Social! You and guests are invited to come join us for ice cream and socializing.

July 18th at 2:30PM - Sharran's Birthday

We will be serving cake and Ice cream. Please join us in celebrating this wonderful lady.

Please see our calendar for a full list of activities in July.

~ Shaelyn and the team at Arbor House

The Benefits of Reminiscence Therapy in Treating Dementia

By Ava M. Stinnett

As you may know, in many cases of Alzheimer's or other forms of dementia, it is recent memories that begin to deteriorate first. Reminiscence therapy is "a treatment that uses all the senses—sight, touch, taste, smell and sound—to help individuals with dementia remember events, people and places from their past lives." As part of this process, caregivers might use objects to help individuals recall memories. By sharing memories from the past through reminiscence therapy, it is believed that people with dementia can develop more positive feelings while managing some of the more distressing symptoms of the illness such as stress and agitation. In addition, it can help boost mood and stimulate conversation. How does it work?

Reminiscence therapy uses the ability to recall events that happened long ago, even when short-term memory is failing. The caregiver or professional reminiscence therapist will start by showing some key multi-sensory items designed to trigger memories (e.g., a photograph of the first moon landing, a 1950s kettle, or an old-fashioned egg beater). They might also play a popular song from the 1940s or '50s, or show clips from a film of the same era. The photographs, treasured items, or favorite songs are then used to stimulate conversation and remind the person with dementia of their identity.

With this type of minimal prompting, individuals with dementia may recall memories from childhood and young adulthood. This can help people feel more confident and provide them with the ability to talk about those things that are meaningful to them. Reminiscence therapy is often carried out in care settings; however, it can also be done at home with a loved one and be just as beneficial. Here are some tips:

- Create a memory box filled with items that have meaning to your loved one. This could include photographs, baby items, or anything that you perceive might be treasured or would evoke a memory. If necessary, do some research to determine which items would signify key events that they might remember. Allow time to rummage through the items and talk about what they mean.



Arbor Staff

AM

Shelby~Melissa

PM

Kahlie~Kelsea

NOC

Jan~Cindy

ON-Call/Activites

Kathleen~Suzy

Birthdays

Sharran

Kahlie

Happy Anniversary Dorothy!

- Then include simple activities, such as guided conversation and storytelling, to help your loved one with dementia to feel less isolated and more connected to the present.

For people with dementia, reminiscence therapy can help reinstate personal identity—even for a short time—and help them hold on to cherished memories.

Sources

Eldercare Alliance. (2019). Benefits of reminiscence therapy. Retrieved from <https://eldercarealliance.org/blog/benefits-reminiscence-therapy/>

Huntsman, M. (2014). How reminiscence therapy improves the lives of Alzheimer's patients. Alzheimer's.net. Retrieved from <https://www.alzheimers.net/reminiscence-therapy-improves-alzheimers/>

How Many Americans Have Alzheimer’s Disease?

Estimates vary, but experts suggest that as many as 5.5 million Americans age 65 and older may have Alzheimer’s. Many more under age 65 also have the disease. Unless Alzheimer's can be effectively treated or prevented, the number of people with it will increase significantly if current population trends continue. This is because increasing age is the most important known [risk factor](#) for Alzheimer’s disease.

What Does Alzheimer’s Disease Look Like?

Memory problems are typically one of the first signs of Alzheimer’s, though initial symptoms may vary from person to person. A decline in other aspects of thinking, such as finding the right words, vision/spatial issues, and impaired reasoning or judgment, may also signal the very early stages of Alzheimer’s disease. [Mild cognitive impairment \(MCI\)](#) is a condition that can be an early sign of Alzheimer’s, but not everyone with MCI will develop the disease.

People with Alzheimer’s have trouble doing everyday things like driving a car, cooking a meal, or paying bills. They may ask the same questions over and over, get lost easily, lose things or put them in odd places, and find even simple things confusing. As the disease progresses, some people become worried, angry, or violent.

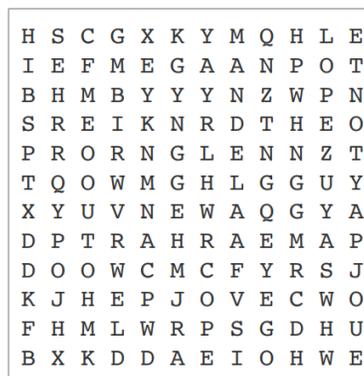
Source: <https://www.nia.nih.gov/health/what-alzheimers-disease>



Famous July Birthdays

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

- A. Dan **AYKROYD**
- B. Alton **BROWN**
- C. Amelia **EARHART**
- D. Henry **FORD**
- E. John **GLENN**
- F. Ernest **HEMINGWAY**
- G. Mick **JAGGER**
- H. Jennifer **LOPEZ**
- I. Nelson **MANDELA**
- J. Walter **PAYTON**
- K. Alex **TREBEK**
- L. Natalie **WOOD**



Chocolate Zucchini Cocoa Cookies

Ingredients:

- 1 cup flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 4 tablespoons coconut oil, melted and cooled
- 1/2 cup dark brown sugar
- 1/4 cup sugar
- 1 egg
- 1 teaspoon vanilla extract
- 1 cup shredded zucchini
- 2 cups old fashioned oats
- 1/2 cup sweetened coconut flakes
- 3/4 cup semisweet chocolate chips



Directions

1. Preheat oven to 350°F. Line a baking sheet with parchment paper.
2. Combine flour, baking soda, and salt in a medium bowl.
3. Combine coconut oil, sugars, egg, and vanilla in a large bowl. Stir in zucchini.
4. Add flour mixture, a little at a time, stirring to combine. Fold in oats, coconut, and chocolate chips.
5. Drop dough by tablespoonful onto the prepared baking sheet.
6. Bake 10–12 minutes. Allow to cool on a cooling rack.

Makes 2 1/2 dozen

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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