

# Arbor House News

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## **Celebrating August**

**Read-a-Romance-Novel  
Month**

**Happiness Happens Month**

**International Clown Week**  
*August 1-7*

**Watermelon Day**  
*August 3*

**Elvis Week**  
*August 8-16*

**Creamsicle Day**  
*August 14*

**Senior Citizens Day**  
*August 21*

**National Park Service Day**  
*August 25*

**Matchmaker Day**  
*August 31*

**Look at all the things we get to  
celebrate in the month of August!**

First off thank you to everyone who is visiting their loved one. We understand the rules are hard to adjust to, but we are trying to prevent anyone from getting sick. Hope you all are enjoying the outings also and appreciate you all for answering the questions. Please remember to call ahead of time and schedule your visit or pick up time for your loved one.

Clown week, watermelon day and Elvis week.  
Let the fun begin.

Who knew they had a Senior Citizens Day? As we celebrate our residents daily here at Arbor House.

Becky, Brenda and the staff of Arbor House

# Dementia stages

Sometimes, dementia is roughly split into four stages:

**Mild cognitive impairment:** characterized by general forgetfulness. This affects many people as they age but it only progresses to dementia for some.

**Mild dementia:** people with mild dementia will experience cognitive impairments that occasionally impact their daily life. Symptoms include memory loss, confusion, personality changes, getting lost, and difficulty in planning and carrying out tasks.

**Moderate dementia:** daily life becomes more challenging, and the individual may need more help. Symptoms are similar to mild dementia but increased. Individuals may need help getting dressed and combing their hair. They may also show significant changes in personality; for instance, becoming suspicious or agitated for no reason. There are also likely to be sleep disturbances.

**Severe dementia:** at this stage, symptoms have worsened considerably. There may be a loss of ability to communicate, and the individual might need full-time care. Simple tasks, such as sitting and holding one's head up become impossible. Bladder control may be lost.

Source:

[https://www.medicalnewstoday.com/articles/142214#dementia\\_stages](https://www.medicalnewstoday.com/articles/142214#dementia_stages)

## Arbor House Staff

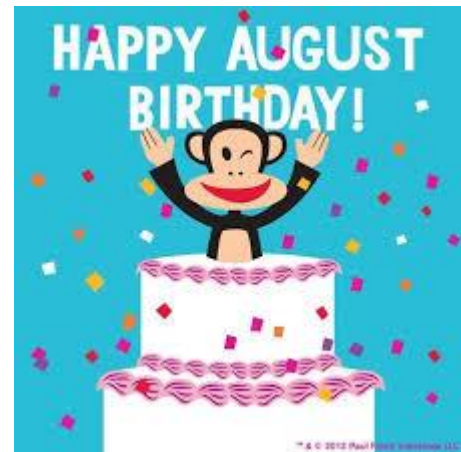
AM ~Brenda  
Shayna  
Trinity  
Emily

PM ~Robert  
Kathleen  
Maya

NOC ~Jan  
Amy  
Angella



Natane  
Ron  
Tonya



August 1<sup>st</sup> ~ Kathleen

August 2<sup>nd</sup> ~ Elisa

Happy Birthday to these 2  
wonderful ladies!

## Television and Movies for People with Dementia

By Brooke DeNisco

People with Alzheimer's disease and other dementias are often very sensitive to emotional and vocal cues. A distressed character in a film or television show can make someone with dementia feel genuinely upset, even after the show ends. While it may seem overbearing to "censor" the television, showing violent programming (including the news) causes unnecessary anxiety for people with dementia who are contending with so much.

As an activity director, I made unwitting mistakes in my screen selections. For example, I once put on a nature movie that I thought would be very benign for a group of people in a memory care community. One scene featured a blazing forest fire. Shortly after the documentary ended, a community member began earnestly trying to help everyone out of their rooms to evacuate because of "the fire." High-definition televisions with huge screens can be startlingly realistic. People may believe that what they see on the screen is actually in the room, which can be terrifying.

So why not just skip screen time? Because television and movies can bring people great joy. Many shows and images are familiar and comforting. They may also spark good memories and bring on laughter. When watching with a group, television can become an easy, low-pressure way to socialize.

Peggy Cahill, program coordinator for the nonprofit Artists for Alzheimer's (ARTZ), teamed with a movie theater in Massachusetts to produce quarterly movie events for people with dementia. Her program, featured on the AARP website, tracks reactions to the film program and collects comment cards from participants' family members and care staff. She noted, "Many of the participants came away with more positive moods than usual and a greater attention span that lasted beyond the theater experience. They were also more communicative and engaged with staff and peers and reminisced about their past."

### Retirement Hobby Detective



©ActivityConnection.com - Junk Drawer Detective EZ

### Retirement Hobby Detective

How many of these things can you find?

- 4 binoculars
- 2 fabric sunhats
- Wildflowers pocket guide
- 2 bottles of water
- Notepad
- 2 bird books
- Snake
- 5 butterflies
- 2 spiders
- 4 leaves
- Wristwatch
- 3 pinecones

What else do you see in the picture?

### Fried Apple Dippers

#### Ingredients:

- Cooking spray
- 4 apples, cored, peeled, and cut into wedges
- 1/2 cup cornstarch
- 2 cups graham cracker crumbs
- 6 tablespoons brown sugar
- 4 eggs, beaten
- Caramel sauce



#### Directions

1. Spray the air fryer basket with cooking spray.
2. Toss apples and cornstarch in a large bowl. Set aside.
3. Combine graham crackers and brown sugar in a small bowl. Place beaten eggs in a shallow dish.
4. Preheat air fryer for 3 minutes at 350°F.
5. Roll apple slices in the eggs, coating completely. Roll apples in the graham cracker crumbs and place in the air fryer basket in a single layer.
6. Cook at 380°F for 3–4 minutes, flipping halfway through. Repeat to cook the remaining apples. Serve warm with caramel sauce.

*Makes 8 servings*

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: 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: Becky Scriber

**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