

The

Arbor House Happenings

Arbor House of Grants Pass 820 Gold Ct. Grants Pass, Or. 97527 541 474 7887 541 474 7005

Celebrating April

Jazz Appreciation Month (JAM)

*Humor Month &
Daffynitions Month*

Foot Health Awareness Month

Decorating Month

Kite Month

Garden Month

Poetry Month

Baseball Season Begins

Administrative Professionals Week
April 19 – 25

April Fools' Day
April 1

Passover Begins
Sundown, April 8

Easter Sunday
April 12

Wear Your Pajamas to Work Day
April 16

Earth Day

Greetings to all,

Wow, spring is finally here, I am so excited that the weather is finally warming up. We will soon be doing some outdoor activities, walks, planting. It is almost BBQ season. YAY

The residents, staff and I will be planning a traditional Easter dinner. If you would like to come in and eat with your loved one, please RSVP so that we can accommodate for you. The dinner will be on Sunday April 12th at 5pm. We will have a ham and all the traditional fixing's.

There will be a Family support group meeting on April 30th, at 6 pm. It will be held at Autumn House. 2268 Williams Hwy. We will have a guest speaker, who will talk about Alzheimer's, the effects it has on both the resident and families. Please join us, and bring your questions.

Arbor House has 4 new staff members, Michele C. She is from England and likes to play the guitar and sing for the residents, she is working on day shift. Cassandra W. She transferred to us from Autumn House, She is working day shift also. Dustin L. He is on PM shift and Cyndi, who will work on call for Arbor House. Please make sure to introduce yourself.

Well, all of us here at Arbor House sure hope that you all are enjoying the weather, we look forward to planning BBQ's in the future.

Hope to see you soon,

Jacalyn Watson
administrator

The Importance of Good Communication Skills

Communicating with a person with a dementing illness such as Alzheimer's disease can be a terribly difficult task. Often in early stage dementia people have trouble finding the words to express their thoughts or may be unable to remember the meaning of simple words or phrases; but these problems are usually minor inconveniences or frustrations. The later stages may be much more difficult with language skills quite impaired, resulting in nonsensical, garbled statements, and great difficulty in understanding.

When people cannot comprehend what is being said, or cannot find the words to express their own thoughts, it can be painful, frustrating and embarrassing for everyone. The following are some suggestions of things to think about when communicating with an impaired person.

Your Approach – You set the tone....

- ❖ Think about how you are presenting yourself. Are you tense? Frowning? Are you being bossy or controlling? People with dementia are often extremely aware of non verbal signals such as facial expressions, body tension and mood. If you are angry or tense, they are likely to become angry, anxious or annoyed.

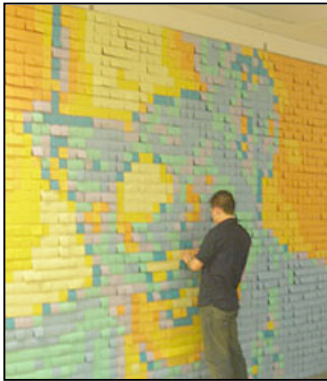
Try a calm, gentle, matter of fact approach. You set the mood for the interaction. Your relaxed manner may be contagious

- ❖ Use a non demanding approach – try humor, cajoling, cheerfulness. Humor or gentle teasing often helps caregivers through difficult moments. Convincing someone to get out of bed or go to the bathroom is usually easier if you can make a game or joke of it. Ordering or demanding may be much less successful with some people.
- ❖ Try using touch to help convey your message. Sometimes touch can show that you care, even when your words don't, or when they are not understood. Some people shy away from being touched, but most find a gentle touch reassuring.

Begin your conversation socially. Winning the person's trust first can often make a task much simpler. One way of doing this is to spend some time chatting before approaching the task at hand. For example, you might spend ten minutes talking about weather, or family members, or some reassuring topic, to help get the person in a relaxed frame of mind. Again, you are creating a pleasant mood

Sticking With It

On April 6, 1980, Post-it Notes showed up at stationery stores nationwide in the U.S., but we are getting ahead of the story. In 1968, Spencer Silver, a research scientist for 3M (Minnesota Mining & Manufacturing) came up with an unusual adhesive – one that would stick to an object, but would also lift off easily. It was interesting, it was different, and it was useless, or so the company thought at the time.



In 1974, Art Fry, another 3M product development researcher, applied this oddball adhesive (which wouldn't stay stuck) to a problem he was having with his hymnal. Fry's bookmarks had an odd habit of fluttering

out between services, leaving this member of a St. Paul, Minnesota, choir scrambling for his place during the service. A ray of inspiration struck this frustrated choir member, and once back in the lab, he set about testing his theory.

Could the "unglue" be the answer? Fry swiped the edge of his bookmark with Silver's glue and found the bookmark would stay in place, but could be moved without causing any harm to the pages of the hymnal. The rest, as they say, is history. Today, Post-it Notes are one of the most popular office supply products on the market. They have become a national phenomenon, now showing up in over 350 varieties in a range of different colors, sizes, and designs.

Today, Post-it Notes are a part of pop culture. Rebecca Murtaugh, an artist from California, uses Post-it Notes in her artwork. In 2001, she covered her entire bedroom in Post-it Notes. David Alvarez, a 19-year-old college student in Washington, used more than 2,000 Post-it Notes to create a giant image of Ray Charles. Now that's sticktoitiveness!

Be Comfortable While You Work

There is nothing more comfortable than sitting at your desk in cozy cotton flannel pajamas or wearing your favorite slippers while you contemplate the day's tasks. The Pajama Gram Company believes that people need a break, especially the day after income taxes are due. That's why they are celebrating National Wear Your Pajamas to Work Day.

The company believes wearing pajamas to work can be relaxing and can actually help employees be more productive. At The Pajama Gram Company, it's not unusual to find employees wearing their pajamas in board meetings or at their desks. The company even coined the term "life is bananas, send some pajamas," to describe how they feel about the crazy, hectic world we live in.

How Does Your Garden Grow?

Can you find all of the gardening words?

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

COMPOST		SCARECROW
FERTILIZER		SEEDS
GARDENER		SUNFLOWER
HOE		TOMATO
MULCH		TROWEL
PLANTING		WATER
RAKE		WORMS

Arbor House Staff

Nancy D
Kassandra W
Michelle C

Tonya R
Angela M
Dustin L

Theresa A
Kathie S
Manny C

On Call
Cyndi C

April Birthdays

If you were born in April, you are stable, practical, and conservative. You have a strong appreciation for material possessions and are very creative. In addition, people born in April have a strong sense of wit, and just in case you don't believe it, here are some famous "funny folks" born in April:

- Eddie Murphy April 3, 1961
- Frank Gorshin April 5, 1934
- Ken Goodwin April 7, 1933
- Jaci Watson April 7th
- David Letterman April 12, 1947
- Charlie Chaplin April 16, 1889
- Conan O'Brien April 18, 1963
- George Lopez April 23, 1961
- Carol Burnett April 26, 1933
- Jay Leno April 28, 1950
- Jerry Seinfeld April 29, 1954

HAPPY APRIL BIRTHDAY!



*Arbor House of Grants Pass
820 Gold Ct.
Grants Pass, Oregon
97527*

Postage
Information

Your Mailing Address
Street Number and Name
City, State Zip Code