

The

JUNE
2009

Arbor House Happenings

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Celebrating June

Candy Month

Bathroom Reading Month

***First Drive-In Movie Opens
June 6, 1933***

***Nursing Assistants Week
June 11-18***

***Flag Day
Finland: June 4
Sweden: June 6
U.S.: June 14***

***U.S. Open Golf Championship
June 15-21***

***World Juggling Day
June 20***

***Baby Boomer Recognition
Day
June 21***

***Father's Day
June 21***

Take Your Dog to Work Day

Hello to all,

Hope the warm weather is treating you well. I know that the residents here at Arbor House sure seem to enjoy the outdoor activities.

Last month we had Wild Life Images come in and show us some birds of prey. The residents enjoyed seeing the wild life. Many of them asked very good questions about each of the birds that they saw.

The Memorial day BBQ sure was fun. There is nothing better then good food and good friends to celebrate a holiday.

There is a new face here at Arbor House. Her name is Carolyn. She moved in with us in May. Please make sure to stop and say hi to her.

There are a couple of Birthdays this month, Carolyn on the 10th will be 84 years young. Cathy will be 76 years young on the 17th. We will have a birthday celebration for all birthdays in June on the 25th. Make sure to stop in for cake and ice cream on that day.

Everyone here at Arbor House hopes that you have a wonderful start to the summer, remember to stay hydrated and we hope to see you soon!

Best wishes,
Jaci

Make Dreams Come True Down Under



History shows that humans first arrived in Australia over 50,000 years ago. The descendants of these Aboriginal Australians will honor and celebrate their ancient culture from June 5-8 with a festival called “The Dreaming”

“Dreaming,” to these indigenous Australians, has nothing to do with sleep. Instead, “The Dreaming” is a spiritual term, referring to a magical time when the world and all its beings were created. During the festival, at Woodford, Australia, indigenous groups from all over Australia share traditional ceremonies that many outsiders have never seen before.

The Anangu people travel from Ayers Rock (a large rock formation in central Australia) to share the stories of their religious beliefs. Wearing costumes made of human hair and bush twine, they dance to the clapping of boomerangs. Other dance groups, 200 to 300 people strong, stomp with such force that the earth shakes. Some rituals are so private that audience members are forbidden to take pictures and must look away.

Not all events during the three-day festival are traditional. Indigenous artists share their rich cultural heritage through film, theater, and comedy, while modern dancers perform dramatic pieces on stilts. Visitors can wander through stalls and join workshops that teach painting techniques or offer tastes of local food and wine.

In recent years, the festival has become a celebration for indigenous cultures from all around the globe. Today, native artists from Australia perform alongside native peoples from New Zealand, Canada, the United States, and the South Pacific. This festival truly turns the dream of cultural understanding into a beautiful reality.

Remembering D-Day

On the morning of June 6, 1944, Allied forces staged a brave landing along 50 miles of Normandy’s beaches on the north coast of France. General Dwight D. Eisenhower proclaimed, “We will accept nothing less than full victory.” The cost was steep – 9,000 Allied soldiers were killed or wounded. But soon, more than 100,000 troops were marching across Europe in an effort to defeat Hitler and crush the Nazi empire.

This operation was the largest single-day amphibious invasion in history. 160,000 Allied troops stormed Normandy’s beaches. Two million tons of war materials supported their heroic efforts, including 5,000 ships, 13,000 aircraft, and 50,000 tanks, armored cars, jeeps and trucks. The Germans believed the weather conditions on that June morning were too harsh for such an assault, but the Allies were not deterred. The second front had finally opened.

Let It All Hang Out



In simpler times, children would help their parents hang wet clothes on clotheslines to dry, then take them down hours later and smell the wind and sun in their shirts. Times have changed. Today, 75% of all households use dryers, and dryers use lots of energy. Using a clothesline conserves electricity and makes our planet healthier.

For one week, from June 6-13, people all over the world will dry clothes the old-fashioned way for International Clothesline Week. Worried about the neighbors gawking at your drying unmentionables? Hang a line inside. Not only will you conserve energy, but you don’t even need to empty the lint tray.

What It's Like to Have Dementia

Understanding dementia symptoms from the inside can make you a better caregiver – and bring you closer to your loved one.

By [R. Morgan Griffin](#)

WebMD Feature

Reviewed by [Brunilda Nazario, MD](#)

You know how frustrating and heartbreaking dementia symptoms are from the point of view of a caregiver. You know the pain of slowly seeing a loved one slip away. But what is it like for her? What is it like for a person to slowly -- or sometimes quickly -- forget almost everything she ever knew?

Dementia is ultimately a lonely condition, and you can never truly know what it's like for your loved one. But by asking experts – and people who are themselves in the early stages of the disease – we can get some idea.

"It's devastating," says Mary Ann Becklenberg, of Dyer, Ind., who was diagnosed with Alzheimer's disease in 2008 at the age of 62. "I am acutely aware of all those areas in which I am not competent anymore, both small and large. Coming to terms with my own deficiencies is so hard."

Learning something about the other side, beyond the dementia symptoms you see, could make you feel closer to your loved one. It could also make you a more understanding and effective caregiver.

Memory Loss: "Everything Became Fuzzier"

Dementia symptoms result from damage to the brain caused by disease or injury. As brain cells die, it becomes difficult or impossible to store new memories or access old ones. Sometimes dementia comes on suddenly, after a stroke or head injury. Often it comes on more slowly as the result of conditions like Alzheimer's disease or Parkinson's disease. Most causes of dementia cannot be reversed.

Mary Ann Becklenberg is in the early stages of Alzheimer's disease, but her dementia symptoms have already had an enormous impact on her life. In 2006, she had to leave her position as a clinical social worker because she could no longer meet the responsibilities. "The world became much less defined than it had been," says Becklenberg. "Everything became fuzzier."

The diagnosis didn't come until later. John Becklenberg says that he first knew that his wife had Alzheimer's disease after she returned from a monthlong trip to California. "I was there with her for a week of her stay," he says. "But when she got back, she didn't remember that I'd been there at all."

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Dementia Symptoms: What Memory Loss Means

Some people think of memory loss superficially, as merely forgetting words or names. But it's much more profound than that. Everything we do is premised on memory. When you walk into the kitchen to make dinner, your actions are almost unconscious. You grab food from the fridge, turn on the oven, take out plates and silverware – your memories are a foundation, and they give you a context for what you're supposed to do in a given situation.

Dementia Symptoms: What Memory Loss Means continued...

For a person with dementia, that context is ripped away. A woman with Alzheimer's disease may walk into a kitchen and have no idea why she's there or what she's supposed to be doing. She might still be able to make dinner – especially in the early stages of the disease – but it's a struggle. Each step has to be reasoned out and thought through. That's why people with dementia tend to act more slowly than they once did.

In the advanced stages of the disease, the actions of a person with dementia may seem irrational. But Beth Kallmyer, MSW, director of client services for the national office of the Alzheimer's Association in Chicago, says that they often make a kind of warped logic.

"Our brains are built to reason," says Kallmyer, "and even when the brain has been affected by a disease like Alzheimer's, it's still struggling to reason." The problem is that as memories are lost, the brain just doesn't have enough information to interpret situations correctly.

Happy Birthday “Happy Birthday to You”



It is estimated that the song “Happy Birthday to You” is sung somewhere in the world every minute of every day, but there was a time when this familiar song did not exist.

Mildred J. Hill, a schoolteacher from Kentucky, first composed the now-famous music on June 27, 1859. The lyrics originated as “Good Morning to All,” and were first published in the book *Song Stories for Sunday School*. Mildred’s sister, Patty Smith Hill, is responsible for adding a stanza with the lyrics “Happy Birthday to You” in 1924.

Sadly, Mildred Hill died on June 5, 1916, never hearing the words that would make her music famous, and never having someone sing “Happy Birthday to You” to her on her own birthday.

June Birthdays

If you were born from May 21-June 21, you are a Gemini, or the twins. If you were born from June 22-July 22, you are a Cancer, the crab. A Gemini sometimes seems to have two natures, loves to talk, is intellectual, forges strong relationships, and can be the life of the party. A Cancer is emotional, caring, ready to lend a helping hand, and dedicated to supporting both people and causes they believe in.

Marilyn Monroe (actress)	June 1, 1926
Allen Ginsburg (poet)	June 3, 1926
Dean Martin (singer)	June 7, 1917
Frank Lloyd Wright (architect) . .	June 8, 1867
Judy Garland (actress)	June 10, 1922
Anne Frank (Holocaust diarist) . .	June 12, 1929
Paul McCartney (Beatle)	June 18, 1942
Lou Gehrig (baseball great)	June 19, 1903
June Carter (country music star)	June 23, 1929
Gilda Radner (comedian)	June 28, 1946

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Information