
ARBOR HOUSE TIMES



November
2009

PACIFIC LIVING CENTERS 820 GOLD COURT GRANTS PASS phone 474-7887 fax 474-7005



Celebrating November

Family Stories Month

Peanut Butter Lovers' Month

Daylight Saving Time Ends

November 1

Saxophone Day

November 6

US: Veterans Day

Canada: Remembrance Day

November 11

Loosen Up, Lighten Up Day

November 14

**Clean Out Your Refrigerator
Day**

November 14

Games & Puzzles Week

November 22-28

US: Thanksgiving Day

November 26

Buy Nothing Day

November 27

Hello Friends & Families,

Can you believe another month has gone by so quickly? Ready or not.....here's November!

Outside, the trees are changing colors, the leaves are falling and there is a chill in the air. Inside, the fireplace is glowing, it's warm and cozy. Now is the time to bring out the decorations and plan our wonderful Thanksgiving dinner.

I am looking forward to spending time with all of you so please RSVP by November 9th with me. The date to remember is November 21st at 12:00 pm.

BRING YOUR APPETITES

As long as we're talking about dates to remember, mark your calendarDecember 19th at 12:00pm will be our Christmas dinner. Please remember to RSVP by December 5th with me.

We have received the flu vaccine so all residents will finally get their flu shot. Thank you all for being conscientious during this flu season.

Thank You,

Nancy , Becky and the staff of Arbor House

“STRESSED???”

It is a fact that family, caregivers, as well as people with dementia (PWD), experience stress. It frequently permeates their lives. The question is: how best to handle stressful situations as they arise? I wish there was an easy answer but unfortunately it doesn't exist. We all have different temperaments and varying abilities to cope with difficult, complex, and at times volatile situations, but utilizing the following simple suggestions may help reduce what I refer to as “head banging behaviors.”

1. **Learn to go with the flow.** Think about what is truly important. Does it matter if the PWD is wearing mismatched clothing or does not want to bathe everyday? What truly matters is if the PWD is demonstrating behaviors, which put someone at risk- such as not bathing for long periods of time or cooking and leaving the pot unattended on the stove – not behaviors that may be embarrassing or annoying you as a caregiver.
2. **Keep it simple.** Do not overload the PWD with too much information or plan too many activities in a day. The PWD may get fatigued at the end of the day, which can result in increased, agitated behavior.
3. **Slow it down.** A PWD lives in a much slower world and sometimes has difficulty following conversation (make a concerted effort to include the PWD but do not overwhelm with information). Getting ready for an outing in a short period of time can also be difficult and frustrating.
4. **Develop the art of being wrong.** If the PWD attempts to blame you for not doing something or saying something (even if you did), tell the person you are sorry as this will help defuse agitated situations.
5. **Try not to impose your framework on the PWD.** Consider the PWD's personal history and preferences before making suggestions or plans.
6. **Take time for yourself.** Be sure to take time on a regular basis to do something you enjoy-read a book, exercise, take a yoga class, or go to a

concert. Whatever you enjoy, do it! If you do not take time for yourself, you will not be able to help the PWD.

7. **Accept the situation.** You cannot change the PWD and he or she is incapable of changing. Acknowledge that the relationship has changed and that it is up to you to communicate differently.

8. **Ask for help. You cannot do it alone.** If you do not have family members who can assist you, seek help from others.

9. **Educate yourself.** Look for upcoming meetings in your area. Call the Alzheimer's Association in your area.

10. **Join a support group.** Meet with others who are facing similar difficulties and collectively strategize how to resolve difficult situations. If your loved one is in a facility ask them about their support meetings.

By Amy Trommer

Tuesday, November 17th “Alzheimer's Disease and the Holidays”

11:30am to 1:00pm at Lovejoy Hospice,
939 SE 8th St. Grants Pass, Oregon.
Please R.S.V.P. at 541- 474-1193.

Man Invents Mouse

Walt Disney's first famous cartoon character was Oswald the Rabbit, but this character was taken from him after a business dispute. On the long train ride back to Los Angeles from New York City, Walt Disney dreamed up another character, this time a cheery mouse in red velvet pants. He named it Mortimer, but after consulting with his wife, he decided to change the mouse's name to Mickey. On November 18, 1928, the world met Mickey Mouse as the star of the first sound cartoon, Steamboat Willie. Can you answer these questions about Disney's other famous characters? 1. What is Donald Duck's middle name? 2. Which Disney character was known as family man George Geef? 3. What are the only words Pluto the dog has ever spoken?
ANSWERS: Fauntleroy, 2. Goofy, 3. “Kiss Me”.

A Parade of Pachyderms



The elephant is Thailand's most beloved animal and for good reason. These animals are among the smartest on earth and they display very human-like qualities, such as compassion, grief, play, and they even know how to use tools. So great is the Thai people's admiration for elephants

that they have domesticated them and work side-by-side with them in the fields and forests of Thailand. But it is not all work for these amazing beasts. Every third weekend in November the Thai round up hundreds of these beautiful behemoths in the northern province of Surin and show off their strength, grace, and intelligence.

The Surin Elephant Round-Up begins with a parade of three hundred elephants through the city streets. Each elephant is under the care of a "mahout," or elephant handler. These mahouts grow up with their elephants from childhood, and the knowledge and skills of elephant handling are passed down from generation to generation. The elephant is truly considered to be part of the family and life-long bonds are forged.

Visitors from all over the world gather to watch the mahouts guide their elephants – dragging logs with their trunks one moment and then delicately picking up matchsticks the next. Elephants display their speed, agility, and playfulness when they are formed into teams and play a soccer match with a two-foot ball. An elephant referee even runs beside the players with an extra ball in his trunk just in case the first one is squashed.

The excitement builds in anticipation of the reenactment of an ancient elephant war where the elephants are dressed in armor and war paint. Years ago, the Burmese invaded Thailand from the north but Thailand stopped them in a great battle with their war elephants. The Thai are very proud of this victory and reenact this battle each year. The Surin Elephant Round-Up reminds every visitor that the bond between humans and elephants will endure.

Best Invention Since Sliced Bread

November 3 is Sandwich Day, so grab your sandwich knife and start stacking! The term "sandwich" is named after John Montagu, the 4th Earl of Sandwich. Legend has it that Montagu was an infamous rascal. During one 24-hour gambling session, he asked for meat between two slices of bread so he could eat and continue playing cards. Others saw him and asked for "the same as Sandwich." The sandwich was born. Hungry to celebrate this holiday? Build this healthy treat:

- two slices toasted whole grain bread
- sliced cooked turkey
- sliced sharp cheddar cheese
- thin slices of green apple
- red leaf lettuce
- mayonnaise or grainy brown mustard

Stack them together and enjoy over a game of cards!

America's Exotic House Guest

Zoos and circuses are found in most major cities these days, but in the 1700s, there were no such things. The wealthy sometimes kept their own menageries, but these



were private collections of rare and exotic animals. It was on November 26, 1716, that the first exotic animal was put on display in America. A lion was brought to Boston, Massachusetts from Africa, and it was housed in the private home of Captain Arthur Savage, a wealthy sea captain and merchant. The captain advertised his lion in a Boston paper:

"All persons having the curiosity of seeing the noble and royal beast the Lyon, never one before in America, may see him at the House of Capt. Arthur Savage near Mr. Colman's Church, Boston."

Another lion would not be seen in America until 1791.

PACIFIC LIVING CENTERS HAS FIVE LOVING HOMES FOR THE MEMORY IMPAIRED

Delivering Quality of Care- Enhancing Quality of Life.

Autumn House of Grants Pass

2268 Williams Hwy
Grants Pass Oregon 97527
Administrator: Becky Scriber

Arbor House of Grants Pass

820 Gold Court
Grants Pass Oregon 97527
Assistant Administrator: Nancy Decker
Administrator: Becky Scriber

Hawthorne House of Salem

3042 Hyacinth St.
Salem Oregon 97301
Assistant Administrator: Crystale Fleming
Administrator: Michele Nixon

Harmony House of Salem

3062 Hyacinth St.
Salem Oregon 97301
Administrator: Michele Nixon

Heritage House of Woodburn

943 N. Cascade Dr.
Wood burn Oregon 97071
Administrator: Shannon Souza

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November Birthdays

If you were born from October 23-November 21, you are a Scorpio, the Scorpion. If you were born from November 22-December 21, you are a Sagittarius, the Archer. Scorpions are determined, forceful, and emotional. Their intensity makes them successful workers and faithful friends. A Sagittarian is a truth-seeker, an intellectual, and needs a lot of room to roam for exploration.

Daniel Boone (pioneer)	Nov. 2, 1734
Art Carney (actor)	Nov. 4, 1918
Joni Mitchell (musician)	Nov. 7, 1943
Spiro Agnew (vice president)	Nov. 9, 1918
George Patton (general)	Nov. 11, 1885
Grace Kelly (actress)	Nov. 12, 1929
Danny DeVito (actor)	Nov. 17, 1944
Billy the Kid (outlaw)	Nov. 23, 1859
Joe DiMaggio (ballplayer)	Nov. 25, 1914
Tina Turner (musician)	Nov. 26, 1939
Winston Churchill (politician)	Nov. 30, 1874

ARBOR HOUSE OF GRANTS PASS
820 GOLD COURT
GRANTS PASS, OREGON 97527

Postage
Information