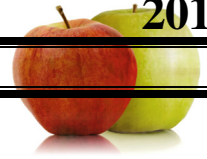


# ARBOR TIMES

September  
2011

Arbor House of Grants Pass 820 Gold Court Grants Pass, OR 97527 ~ (541) 474-7887



## Celebrating September

**Better Breakfast Month**

**Happy Cat Month**

**Labor Day**  
*September 5*

**Grandparents Day**  
*September 11*

**International Housekeepers  
Week**  
*September 11-17*

**Memory Walk of Grants Pass**  
*September 18*

**Mushroom Picking Day**  
*September 18*

**International Day of Peace**  
*September 21*

**First Day of Autumn**  
*September 23*

**Good Neighbor Day**  
*September 28*

**Fall Astronomy Week**  
*September 26 - October 2*

## Hello Everyone!!!!

Well it is that time of year where all the kids head back to school and the leaves on the trees start to change color. Fall will be here soon even though we really didn't have a summer.

First of all THANK YOU to everyone that contributed to our annual yard sale and car wash... It was a great success!!!

### DON'T FORGET:

On September 18th at 2:00 pm we will be having our 2<sup>nd</sup> annual Memory walk for Alzheimer's in Grants Pass. We will meet at The Daily Courier parking lot. Put on your walking shoes and walk with us.

SEE YOU SOON AND THANK YOU  
SHELLY AND the  
ARBOR HOUSE STAFF!!!!

September

The breezes taste of apple peel. The air is full of smells to feel- ripe fruit, old footballs, burning brush, New books, erasers, chalk, and such

~ John Updike

Alzheimer's disease and related dementias can cause a person to act in different and unpredictable ways.

Some individuals with Alzheimer's become anxious or aggressive. Others repeat certain questions and gestures. Many misinterpret what they see or hear.

These types of reactions can lead to misunderstanding, frustration and tension, particularly between the person with dementia and the caregiver. It is important to understand that the person is not acting that way on purpose.

## Myth : Only older people can get Alzheimer's

**Reality:** Alzheimer's can strike people in their 30s, 40s and even 50s. This is called younger-onset Alzheimer's. It is estimated that there are as many as 5.4 million people living with Alzheimer's disease in the United States. This includes 5.2 million people age 65 and over and 200,000 people under age 65 with younger-onset Alzheimer's disease.

## Tips for Keeping Your Loved One Engaged

If you've got a family member with an Alzheimer's or dementia diagnosis, there are many ways you can learn to cope. One suggestion: Focus on fun activities for you and your loved ones. There are a host of things you can do to keep them active and engaged:

**Socialization and Outings.** Get them out of the house, go places, do things, see people.

**Discuss Current Events.** Look at and discuss newspaper or magazine stories, preferably with color pictures.

**Cook Together.** This will probably take longer than you could do it yourself, but you'll have precious time with your loved one. Remember, safety first.

**Exercise Daily.** This can help stave off the progression of Alzheimer's, and keep your loved one fit. It's good for you, too.

## Sweetest Stuff on Earth

September is Honey Month, which means that every day is not just sweet but healthy, too. Honey may be nature's

miracle sweetener, but did you know that four thousand years ago ancient Egyptians used honey to treat wounds? It kills germs and speeds up the healing process. Honey also strengthens the immune system. It contains countless minerals, vitamins, and antioxidants, all of which help to fight off colds.

What is honey? Every spring, bees suck nectar from flower blossoms, then bring it back to the hive where they fill honeycombs. Honey color and flavor depends upon which flowers provide the nectar. In America alone there are over three hundred different varieties. Why do bees make honey? It is the food they eat throughout the winter to survive, but probably never enjoyed in a cup of hot tea.



## Alzheimer's and dementia basics

**Alzheimer's is the most common form of dementia**, a general term for memory loss and other intellectual abilities serious enough to interfere with daily life. Alzheimer's disease accounts for 50 to 80 percent of dementia cases.

**Alzheimer's is not a normal part of aging**, although the greatest known risk factor is increasing age, and the majority of people with Alzheimer's are 65 and older. But Alzheimer's is not just a disease of old age. Up to 5 percent of people with the disease have early-onset Alzheimer's (also known as younger-onset), which often appears when someone is in their 40s or 50s.

**Alzheimer's worsens over time.** Alzheimer's is a progressive disease, where dementia symptoms gradually worsen over a number of years. In its early stages, memory loss is mild, but with late-stage Alzheimer's, individuals lose the ability to carry on a conversation and respond to their environment. Alzheimer's is the sixth leading cause of death in the United States. Those with Alzheimer's live an average of eight years after their symptoms become noticeable to others, but survival can range from four to 20 years, depending on age and other health conditions.

**Alzheimer's has no current cure, but treatments for symptoms are available and research continues.** Although current Alzheimer's treatments cannot stop Alzheimer's from progressing, they can temporarily slow the worsening of dementia symptoms and improve quality of life for those with Alzheimer's and their caregivers. Today, there is a worldwide effort under way to find better ways to treat the disease, delay its onset, and prevent it from developing.

### Activities For People With Dementia

It is universally recognized that elderly people with dementia lose their short term memory first and their long term memory last. For example, they often remember people and events from their earlier years, but have difficulty remembering what they ate for breakfast the day before.

A while back, a family member asked me "what do you do with someone who can no longer carry on a normal conversation?" The short answer is "Relax and have fun." The long answer would require writing a whole book. A short summary of some activities include the following:

1. Reminisce! Everything you do together lends itself to reminiscing. If the person can still speak fairly well, say, "Tell me about..." If his vocabulary is more limited, you may have to facilitate the story. "Do you remember when..." As you bake cookies together you can talk about residents' favorite cookies, meals, etc.
2. Read aloud and use visual aids such as memory poems, family pictures, or stories about "the days gone by" stimulate reminiscences. Ideas include Chicken Soup for the Soul series and Yesterdays by NaDezan, and other short stories
3. Make music. Sing, hum, whistle, dance. Singing brings oxygen to the brain to help you think more clearly. Dancing exercises other parts of the body. Both increase your own sense of well-being as well as the well-being of the residents! Have music activities and entertainers visit. Choose the residents' favorite cassettes.

Arbor House of Grants Pass  
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Grants Pass, OR 97527

Postage  
Information

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**PACIFIC LIVING CENTERS HAS SIX LOVING HOMES  
FOR THE MEMORY IMPAIRED**

Delivering Quality of Care; Enhancing Quality of Life.

**HERITAGE HOUSE OF WOODBURN**

943 N. Cascade Dr

Woodburn Oregon 97071

Administrator: Shannon Souza

**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

Administrator: Shelly Boatman

**HAWTHORNE HOUSE OF SALEM**

3042 Hyacinth St. NE

Salem Oregon 97301

Administrator: Michele Nixon

**HARMONY HOUSE OF SALEM**

3062 Hyacinth St. NE

Salem Oregon 97301

Administrator : Michele Nixon

**APPLEGATE HOUSE OF GRANTS PASS**

1635 Kellenbeck Ave

Grants Pass, OR 97527

Administrator: Nancy Decker

## September Birthdays

Those born September 1 to 22 are hardworking, practical Virgos. Virgos are often kind and dedicated caregivers. They are at home in the company of animals. Often reserved, Virgos shy away from attention. Libras born between September 23 and 30 seek balance and harmony just like their symbol, the scales. They are very social, seek compromise, and have strong powers of critical thinking.

Conway Twitty (singer) – Sept. 1, 1933

Mitzi Gaynor (actress/singer) – Sept. 4, 1931

Bob Newhart (comedian) – Sept. 5, 1929

Sid Caesar (comedian) – Sept. 8, 1922

Otis Redding (singer) – Sept. 9, 1941

Mel Torme (singer) – Sept. 13, 1925

Greta Garbo (actress) – Sept. 18, 1905

Faith Hill (singer) – Sept. 21, 1967

Barbara Walters (journalist) – Sept. 25, 1929

Brigitte Bardot (actress) – Sept. 28, 1934