
Arbor Times

January
2012



Arbor House of Grants Pass, OR 97527 541-474-7887



Celebrating January

Hot Tea Month

Soup Month

Trivia Day
January 4

Old Rock Day
January 7

Bubble Bath Day
January 8

Letter Writing Week
January 8-14

Houseplant Appreciation Day
January 10

**Dr. Martin Luther King, Jr.
Day**
January 16

**Chinese New Year:
Year of the Dragon**
January 23



Australia Day
January 26

Well 2011 is gone and WOW did it go by fast. Now 2012 is here and I sure hope it goes a little slower so we can enjoy it a little longer.

I would like to say thank you to everyone for such an amazing year and I hope the New Year can bring as much joy as the last one did (even though it went by so fast).

I am sure that we all have goals for the New Year and I hope that everyone can achieve these goals. I, as well, have goals that I would love to achieve this year.

Thank you to all the families for letting us take care of your Loved Ones. It has been a pleasure and an honor.

Happy New Year from
Shelly and The Arbor House Staff

Zap It! Dinner's Ready!



Sometimes the best inventions are the ones discovered by accident – penicillin, potato chips, even the microwave oven.

In 1946, Dr. Perry Spencer, an engineer for the Raytheon Company, was testing a device called a “magnetron,” a tube that created microwaves. Magnetrons were originally invented to be installed in Britain’s radar system during World War II. The microwaves they emitted could spot Nazi warplanes high overhead.

Dr. Spencer, while testing the magnetron, suddenly discovered that the chocolate bar in his pocket had melted. The radar microwaves had cooked it! Spencer tried another experiment. He placed some popcorn near the magnetron tube, turned it on, and watched as the popcorn sizzled and popped. Spencer tried still another experiment. He called a colleague in to watch as he placed an egg near the magnetron. The egg shook, and the colleague leaned in for a closer look – perhaps too close, because the cooked egg exploded all over his face. Spencer knew he had stumbled upon something great.

Engineers went to work on Spencer’s idea. By 1947, they had constructed a six-foot tall, 750-pound box that looked like a refrigerator. This original microwave cost nearly \$5,000. Raytheon did not sell very many.

As the years went by, the design became smaller, cooking became safer, and the cost came down. Spencer patented his refined invention on January 24, 1950. Soon the “Radarange,” as this invention was called, was popular in every hotel and restaurant. By the 1970s, the radar ranges were a proven benefit in the kitchen. Once considered a luxury, they were now a necessity. How could we ever live without them?

Oatmeal in the Oven

January may be the perfect month to enjoy the warm and hearty comfort of oatmeal. Besides, it’s Oatmeal Month. This recipe for oven-baked oatmeal is sure to win the hearts, minds, and stomachs of all who eat it:

Mix together:

- 1/3 cup vegetable oil
- 1/2 cup sugar
- 1 large egg, beaten

Add, mixing well:

- 2 cups oats, rolled or quick
- 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- 3/4 cup milk

Pour into greased 9 X 5-inch loaf pan. Bake at 350 degrees F for 35 to 40 minutes (25 to 30 minutes if using quick oats), or until golden brown. Top with milk, cream, brown sugar, nuts, dried berries, or all of the above.

CONGRATULATIONS!!!!!!!!!!!!

December’s
EMPLOYEES OF THE MONTH

Goes To: ALL the STAFF

Congratulations to **Everyone** for going way above, and beyond, in December! Thank you. All the little acts of kindness do not go unnoticed.

Families please fill out Kudos when you feel that it is deserved. Thank you!!



January Birthdays!!
We wish you a very Happy Birthday!

Carl P. 4th
Dylan B. 4th

Dementia Risk and Prevention

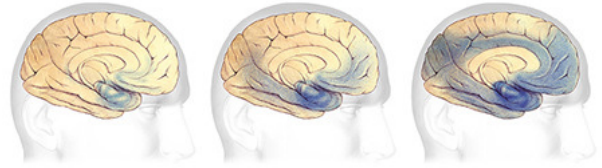
Some risk factors for dementia, such as [age](#) and [genetics](#), cannot be changed. But researchers continue to explore the impact of other risk factors on brain health and prevention of dementia. Some of the most active areas of research in risk reduction and prevention include cardiovascular factors, physical fitness, and diet.

Cardiovascular risk factors: Your brain is nourished by one of your body's richest networks of blood vessels. Anything that damages blood vessels anywhere in your body can damage blood vessels in your brain, depriving brain cells of vital food and oxygen. Blood vessel changes in the brain are linked to vascular dementia. They often are present along with changes caused by other types of dementia, including Alzheimer's disease and dementia with Lewy bodies. These changes may interact to cause faster decline or make impairments more severe. You can help protect your brain with some of the same strategies that protect your heart – don't smoke; take steps to keep your blood pressure, cholesterol and blood sugar within recommended limits; and maintain a healthy weight.

Physical exercise: Regular physical exercise may help lower the risk of some types of dementia. Evidence suggests exercise may directly benefit brain cells by increasing blood and oxygen flow to the brain.

Diet: What you eat may have its greatest impact on brain health through its effect on heart health. The best current evidence suggests that heart-healthy eating patterns, such as the Mediterranean diet, also may help protect the brain. A Mediterranean diet includes relatively little red meat and emphasizes whole grains, fruits and vegetables, fish and shellfish, and nuts, olive oil and other healthy fats.

The role of plaques and tangles



Plaques and tangles tend to spread through the cortex as Alzheimer's progresses.

Two abnormal structures called plaques and tangles are prime suspects in damaging and killing nerve cells.

Plaques are deposits of a protein fragment called beta-amyloid (BAY-tuh AM-uh-loyd) that build up in the spaces between nerve cells.

Tangles are twisted fibers of another protein called tau (rhymes with "wow") that build up inside cells.

Though most people develop some plaques and tangles as they age, those with Alzheimer's tend to develop far more. They also tend to develop them in a predictable pattern, beginning in areas important for memory before spreading to other regions.

Scientists do not know exactly what role plaques and tangles play in Alzheimer's disease. Most experts believe they somehow play a critical role in blocking communication among nerve cells and disrupting processes that cells need to survive.

It's the destruction and death of nerve cells that causes memory failure, personality changes, problems carrying out daily activities and other symptoms of Alzheimer's disease.

Arbor House of Grants Pass
820 Gold Court
Grants Pass, OR 97527

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Grants Pass Oregon 97527
Administrator: Shelly Boatman

HAWTHORNE HOUSE OF SALEM

3042 Hyacinth St.
Salem Oregon 97301
Administrator: Michele Nixon

HARMONY HOUSE OF SALEM

3062 Hyacinth St.
Salem Oregon 97301
Administrator : Michele Nixon

APPLEGATE HOUSE OF GRANTS PASS

1635 Kellenbeck Ave
Grants Pass, OR 97527
Administrator: Nancy Decker

January Birthdays

Capricorns are born from January 1 to 19. Capricorns are pragmatic and forthright, so they have no problem sharing their advice. Great improvisers, Capricorns can adopt new ideas and make quick judgments in tricky situations. If you were born between January 20 and 31, you are an Aquarius. Water Bearers have attractive personalities and are very imaginative and intuitive. Aquarians have a strong desire to help humanity, create unity, and thirst for knowledge and truth.

Paul Revere (patriot) – Jan. 1, 1735
Carl Palmer.....Jan. 4, 19??
Dylan Betchik.....Jan. 4, 19??
Paul Revere (musician) – Jan. 7, 1938
Kate Middleton (princess) – Jan. 9, 1982
Charo (comedienne) – Jan. 15, 1951
Ethel Merman (singer) – Jan. 16, 1909
George Burns (comedian) – Jan. 20, 1896
Django Reinhardt (musician) – Jan. 23, 1910