
ARBOR HOUSE TIMES



May
2010

PACIFIC LIVING CENTERS** ARBOR HOUSE 820 Gold Ct. Grants Pass, Or. Ph. # 541-474-7887

Celebrating May

Asparagus Month

Better Sleep Month

Be Kind to Animals Week
May 2-8

Kentucky Derby
May 1

Weather Observers' Day
May 4

Cinco de Mayo
May 5

Mother's Day
May 9

Tulip Day
May 13

Visit Your Relatives Day
May 18

Blueberry Cheesecake Day
May 26

Memorial Day
May 31



HELLO EVERYONE !

Did we survive the weather in April?
We had wind, rain, snow and warm sunny
days. Let's see what May brings us.

MARK YOUR CALENDARS...

May 5th, at noon: Cinco de Mayo.
We will be serving: Taco's, Beans and Rice,
Nachos and Margaritas.

May 7th, at 3 pm. Join us for our "Mother's
Day Tea". We will be serving: Desert and
Beverages.

May 28th, at noon: Memorial Day B. B. Q.
We will be serving: Hamburgers and Hot-
Dogs, Potato Salad and desert.

**PLEASE JOIN US AND YOUR
LOVED ONE FOR GOOD FOOD
AND A LOT OF FUN.**

SEE YOU HERE,
Nancy and the staff of Arbor House

May On Display

When you run out of space for your collection of Pez dispensers, don't throw them away; turn your collection into a museum! May 18 is International Museum Day, and if you are tired of seeing the same old art, visit one of these unique and bizarre collections instead:

The British Lawnmower Museum

When Edwin Beard Budding invented the lawnmower in 1830 people thought he was crazy, so he tested his invention at night so no one would see him. Not only does this museum house the world's largest collection of vintage lawnmowers, but displays lawnmowers of the rich and famous, hosts a lawnmower race, and includes a collection of toy lawnmowers.



Toronto, Canada's Bata Shoe Museum

Not just women enjoy learning about the 4,500-year history of footwear. Footwear is about both fashion and function. Among the thousands of

shoes, you can see a pair of ten-inch-tall Syrian stilt shoes, designed to lift feet off the hot floor of a Turkish bath, and a pair of spiked chestnut-crushing clogs from France.

Massachusetts Museum of Bad Art

Visit a museum that dares to admit that the art is ugly. Dog and cat portraits, a queen holding a chocolate chip cookie, an entire exhibition of people painted blue, and every single painting is poorly done. Best of all, admission is free. Who would pay money to see this bad art?

SPAM Museum of Minnesota

Fans of this beloved canned pork treat can venture to Austin, Minnesota, to indulge in over 16,000 square feet of SPAM-related artifacts, including a wall made of 5,000 cans of SPAM. Visitors can also don white jackets and hairnets and head off to work in a scale model SPAM manufacturing plant.

ALZHEIMER'S & CAREGIVING

Many Baby Boomers are currently worried that their aging parents may succumb to Alzheimer's. And as they age, they worry about themselves as well. It is important to note that for the vast majority of people, genetics is NOT a risk factor for developing Alzheimer's. So what are the signs you should be aware of? Here they are:

10 Warning Signs of Alzheimer's

1. Memory loss
2. Difficulty performing familiar tasks
3. Problems with language
4. Disorientation to time and place
5. Poor or decreased judgment
6. Problems with abstract thinking
7. Misplacing things
8. Changes in mood or behavior
9. Changes in personality
10. Loss of initiative

As we age, everyone experiences these problems occasionally. The key to understanding the warning signs is to distinguish between "normal" age related memory change and more extensive problems. Alzheimer's "forgets entire experiences" while someone with normal memory changes that are age-related "only forgets part of an experience."

The Monster of Loch Ness



On May 2, 1933, the *Inverness Courier* newspaper from the north of Scotland published an article titled "A Strange Spectacle on Loch

Ness." This column made the first official mention of a "monster" living in Loch Ness, the largest lake in the United Kingdom. For the next seventy years, the Loch Ness monster, known as Nessie, would become one of the most investigated and most beloved mysteries the world had ever, or never, seen.

The first famous sighting was made by Mrs. Aldie MacKay, who reported seeing a whale-like creature in the lake near Aldourie Castle. She shouted to her husband to stop their car, but by then the creature had disappeared, leaving an enormous disturbance in the water.

Three months later, after repeated sightings of the monster in the water, another couple, Mr. and Mrs. George Spicer, claimed to have seen the monster on land. They reported that "a dragon or pre-historic animal" crossed the road in front of them carrying a small lamb or other animal in its mouth. It was twenty-five feet long with a long neck. Decades later, a monk from a local abbey claimed to have glimpsed the creature while strolling along Loch Ness with the abbey's organist.

Several expeditions have attempted to confirm Nessie's existence. The Loch Ness Phenomena Investigation Bureau worked throughout the 1960s and '70s to photograph the creature, but their snapshots were ambiguous. In the 1980s, Operation Deepscan used sonar to probe the lake's icy depths. Although no definitive evidence of Nessie was found, three large sonar contacts were made, which indicated something below the water larger than a shark but smaller than a whale. While not the proof the world was clamoring for, these sonar records helped keep the legend alive.



"KUDOS' KORNER"

Most Kudos' for April!!!
Goes to – Shayna Marquez &
Cyndi Canon
(we had a tie)

Employee of the Quarter!!!
Goes to – Kathie Schwane

Great job Shayna, Cyndi, & Kathie for going above and beyond more than once, and we noticed.

Thank you!

Do you know someone that has done something "GREAT"...maybe "went the extra mile"... "above and beyond"...let them know you noticed!

GIVE THEM A KUDO'S!

The True Heavy Metal

The first Friday in May is International Tuba Day, a day when we should all pay respect to that largest and lowest-pitched brass instrument. Frequently, the tuba does not get the respect it deserves. It has earned a goofy reputation as the oaf of instruments, a huge, unwieldy blower of low notes. Even though on this day the tuba may be elevated to the king of brass, you can still enjoy a few good tuba jokes.

Q: How do you fix a broken tuba?

A: With a "tuba" glue.

Q: What's a "tuba for"?

A: A piece of lumber.

Q: What is the range of a tuba?

A: Twenty yards if you've got a good arm.



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

Delivering Quality of Care; Enhancing Quality of Life.

ARBOR HOUSE OF GRANTS PASS

820 Gold Court
Grants Pass Oregon 97527
Administrator: Nancy Decker

AUTUMN HOUSE OF GRANTS PASS

2268 WILLIAMS Hwy
Grants Pass Oregon 97527
Administrator: Becky Scriber

HARMONY HOUSE OF SALEM

3062 Hyacinth St.
Salem Oregon 97301
Administrator: Michele Nixon

HAWTHORNE HOUSE OF SALEM

3042 Hyacinth St.
Salem Oregon 97301
Administrator: Holli Crown

HERITAGE HOUSE OF WOODBURN

943 N. Cascade Dr
Woodburn Oregon 97071
Administrator: Shannon Souza

May Birthdays

If you were born from April 20-May 20, you are a Taurus, the bull. If you were born from May 21-June 21, you are a Gemini, the twins. A Taurus is patient, reliable, industrious, and persistent. They respect property, avoid falling into debt, and enjoy art. Gemini's are complex and dual-natured. Like children, they are lively, happy, and love to explore new things.

Jack Paar (television host)	May 1, 1918
Frankie Valli (singer)	May 3, 1934
Audrey Hepburn (actress)	May 4, 1929
Brian Williams (news anchor)	May 5, 1959
Willie Mays (Say Hey Kid)	May 6, 1931
Billy Joel (musician)	May 9, 1949
Irving Berlin (songwriter)	May 11, 1888
Gabriela Sabatini (tennis pro)	May 16, 1970
Cher (diva)	May 20, 1946
Fats Waller (jazz pianist)	May 21, 1904
Mary Cassatt (painter)	May 22, 1844
Rose Faus (resident)	May 28
Carroll Baker (actress)	May 28, 1931



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Postage
Information