
THE ARBOR HOUSE TIMES



PACIFIC LIVING CENTERS 820 GOLD COURT (541) 474-7887PHONE (541) 474-7005FAX

Celebrating February

Blah Buster Month

**Celebration of Chocolate
Month**

Robinson Crusoe Day
February 1

Weatherman's Day
February 5

Super Bowl XLIV
February 7

XXI Winter Olympics Open
February 12

**Valentine's Day &
Chinese New Year**
February 14

Mardi Gras
February 16

World Thinking Day
February 22



HELLO EVERYONE

Here we are again. I can't believe it's February already. I think we all take January to re-organize our homes as well as our minds. I am looking forward to our new year together.

I have enjoyed the time we've spent together going over the care-plans of your loved one. I feel it gives you the opportunity to know me better, and to better understand the care we give to your loved one.

Join us for our Valentines Day Dessert on Friday, February 12th at 3pm. We will be serving "delectable" goodies. If you have a special dessert you would like to share with everyone, that too would be great.

**HAPPY
VALENTINES
DAY
TO EVERYONE**

Nancy and the staff of Arbor House

Light Bulb Moments

On February 11, 1983, President Ronald Reagan proclaimed “Inventors’ Day.” He chose February 11 because it is the birthday of one of the world’s most famous inventors, Thomas Edison. Not only did Edison invent the incandescent light bulb and the phonograph, he also had over one thousand other inventions, including the motion picture camera.

The holiday is a time to recognize not only the amazing inventors whose inventions make our lives more enjoyable and productive, but also to appreciate the hard work and dedication that goes into inventing. As Edison himself said, “Genius is one percent inspiration and ninety-nine percent perspiration.” Can you match the inventor to the five famous inventions below?

1. Mary Phelps Jacob
 2. Les Paul
 3. Mary Anderson
 4. Ben Franklin
 5. Alfred Nobel
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- A. Bifocal Lens –eyeglasses with two different lenses of differing strengths.
 - B. Dynamite – the nitroglycerine-based explosive.
 - C. Electric Guitar – a guitar that amplifies the sound coming from the vibrating strings.
 - D. Windshield Wipers – originally designed to assist streetcar operators in New York City.
 - E. Modern Brassiere – a more comfortable alternative to corsets. (The first bra was made of two silk handkerchiefs sewn together using pink ribbon and cord.)



ANSWERS: 1.E., 2.C., 3.D., 4.A., 5.B.



Valentine’s Day in Chicago

Valentine’s Day is a time for giving chocolates and flowers to loved ones, but on February 14, 1929, the infamous Chicago gangster Al Capone had other things in mind.

During Prohibition, Al Capone and his gang ran a lucrative business selling bootleg alcohol, although his business card said he worked as a used furniture dealer. On that Valentine’s Day morning, Capone assigned his hit men, disguised as Chicago police, to rub out his enemies. Al Capone himself was in Florida – a perfect alibi – and the rival gang leader, Bugs Moran, who was supposed to be the prime target, showed up late and thereby escaped unharmed. With seven dead, the event came to be known as the St. Valentine’s Day Massacre.

The incident attracted so much attention from local and federal police that both gangs suffered tremendously. Capone finally went to jail in 1931, and Moran died penniless years later, both proving that crime doesn’t pay.

A Reminder to Be Kinder

If someone surprises you with a random act of kindness on February 17, don’t be surprised. Be inspired, because this is Random Acts of Kindness Day. Scientific studies have proven that acts of kindness are healthy for you. The rush of happiness, followed by a period of calming lightness after performing a kind act is known as the “helper’s high.” This releases the body’s natural painkillers, endorphins.



Attending a club regularly, volunteering, even entertaining friends or strangers has the happiness equivalent of getting a college degree or doubling your income. Spreading kindness is easy. Bring flowers to a friend, write a thank you note, leave an extra big tip, give a bag of groceries to a homeless person, give up your parking spot to another driver, or just smile more.

Blood Pressure Drugs May Cut Dementia Risk

Angiotensin receptor blockers protect against Alzheimer', study suggests

Medicines commonly used to treat high blood pressure and heart disease may cut the risk of developing Alzheimer's disease and dementia, U.S. scientists said on Wednesday.

Researchers from Boston found that older people taking a certain type of blood pressure medication known as angiotensin receptor blockers (ARBs) were significantly less likely to develop the brain-wasting illnesses.

Dementia affects some 35 million people around the world and the number of cases-and their impact on health policy and the economic and social costs of healthcare- is set to grow dramatically as populations age.

Despite decades of research, doctors still have few effective weapons against dementia and experts commenting on the latest study said it could have major implications.

Alzheimer's Disease International predicts the number of dementia sufferers globally will almost double every 20 years-to 66 million in 2030 and more than 115 million in 2050-with much of the rise coming in poorer nations.

The study, led by Benjamin Wolozin from Boston University School of Medicine, looked at the incidence of dementia in 800,000 mostly male patients in the United States from 2002 to 2006.

They all had heart disease and were 65 or older.

One group was using ARB's, another was taking a different type of the blood pressure lowering drug, an ACE inhibitor called Lisinopril, and a third was on other heart medications.

The results, published in the British Medical Journal, show that those taking ARB's were significantly less likely to develop Alzheimer's disease or dementia, Wolozin said.

High blood pressure is a known risk factor for vascular dementia, where brain function is damaged by a series of small strokes.

Diovan, or valsartan, made by Swiss drug firm Novartis, and Atacand, or candesartan, made by the Anglo-Swedish firm AstraZeneca, are two of the biggest selling ARB medicines.

The team also found that ARB's have an added effect when combined with angiotensin-converting enzyme (ACE) inhibitors in patients who have already developed Alzheimer's or dementia. Those taking both drugs were less likely to die early or be admitted to nursing homes.

"The public health implications of finding an effective way of preventing dementia are immense," said Colleen Maxwell and David Hogan, experts in geriatric medicine at the University of Calgary, Canada, who wrote a commentary on the study.

But they said further work was needed to verify whether blood pressure drugs, and ARBs in particular could help.

Previous studies have suggested that taking steps to stave off heart disease and diabetes may also improve the chances of avoiding dementia and Alzheimer's.

Research found that people who take cholesterol-lowering drugs known as statins have lower risk of developing all forms of dementia. And diabetics who take pills that help their bodies use insulin better have a lower risk of Alzheimer's.

By Alzheimer's Disease-msnbc.com

**ARBOR HOUSE WILL BE COMPLETING
ALL CARE-PLANS THIS MONTH.**

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KUDO's

**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!

Located in our Dining room on the bulletin board. They are counted every 3 months for our "Employee of the Quarter" **Maria** won the last quarter of 2009. **Great job Maria!**

**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
Administrator: Nancy Decker

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
Woodburn Oregon 97071

February Birthdays

If you were born from January 20-February 18, you are an Aquarius, the Water Carrier. If you were born from February 19-March 20, you are a Pisces, the Fish. Aquarians possess strong and attractive personalities, are imaginative, and enjoy quiet meditation. Pisces are extremely creative and have "old souls," thirsting for spiritual knowledge.

Clark Gable (actor)	Feb 1, 1901
Ron White	Feb 2, 1925
Norman Rockwell (painter)	Feb 3, 1894
Mary Lanoux (resident)	Feb 3, 1935**
Rosa Parks (activist)	Feb 4, 1913
Bob Marley (musician)	Feb 6, 1945
Maria Chandler(P.M. shift)	Feb 8, 1973**
Jimmy Durante (actor)	Feb 10, 1893
Charles Darwin (scientist)	Feb 12, 1809
Jack Benny (comedian)	Feb 14, 1894
Susan B. Anthony (reformer)	Feb 15, 1820
Vanna White (game show hostess)	Feb 18, 1957
Nina Simone (singer)	Feb 21, 1933
Jackie Gleason (Honeymooner)	Feb 26, 1916



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Postage
Information