

THE ARBOR HOUSE TIMES



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

Celebrating December



Write to a Friend Month

Bingo Birthday Month

International Volunteer Day
December 5

Pearl Harbor Day
December 7

Hanukkah
December 12-19

A Christmas Carol Published
December 17, 1843


Underdog Day
December 18

Bah Humbug Day
December 21

Eggnog Day
December 24

Christmas
December 25

Kwanzaa
December 26-January 1



MERRY CHRISTMAS AND A VERY HAPPY NEW YEAR!

This is a very busy month...for all of us.

I'm sure you agree., We want to thank all of you for coming to our Thanksgiving dinner the 21st of last month. It was so nice to spend time with all the families, and to watch the enjoyment of our residents.

Please make a note on your calendars: our Christmas Dinner is set for December 19th at 12pm. Please RSVP by the 14th so I can plan the menu. We will be serving Turkey and Ham with all the goodies that go with them. If you have a favorite dish you would like to share, we would love to have it.

All of us at Arbor House had to say goodbye to Sherm Heater. He moved over to Autumn House to be with friends he's known for a long time. He is only 5 minutes away, but it was still sad to see him leave.

**ALL OF US AT ARBOR HOUSE WISH YOU AND
YOUR LOVED ONES A MERRY CHRISTMAS
AND A HAPPY NEW YEAR!!**

Nancy, Cyndi, Lisa, Shayna, Angela, Maria, Ingris, Theresa,
Kathie and Perwin,

COMMON MYTHS ABOUT ALZHEIMER'S DISEASE

Myth 1: "Mom can't have Alzheimer's-she remembers all kinds of things."

Alzheimer's disease affects newly learned information or recent memories first. Memories of the more distant past including arcane details such as names and places—may endure for some time. The majority of longer-held memories don't typically erode noticeably until the middle stage of the disease. That's why someone recently diagnosed can often recall things in the past quite well.

In addition, someone with Alzheimer's has good days and bad days, sometimes appearing to improve or to function in a "back to normal" way for short periods. Sufferers also tend to retain basic social skills during the early stages of the disease—including the ability to "rise to the occasion" by doing their best to cover up potentially embarrassing or disruptive signs of the disease, like disorientation or memory loss.

Myth 2: "If you live long enough, you'll get Alzheimer's."

Alzheimer's and other causes of Dementia aren't inevitable part of aging. True, almost everyone forgets things occasionally from the middle age on. But not everyone develops a brain disorder that affects cognition (thinking ability), including memory, judgment, and eventually personality and behavior—which is what Alzheimer's is. Millions of people reach their 70s, 80s, and even 90s with good memories and relatively little decline in mental abilities.

Myth 3: "Alzheimer's only affects the elderly."

It's true that the vast majority of people with Alzheimer's disease are older than 65, including half of all people older than 85. In fact, for each 5 year span beyond 65, the percentage of people with the disease doubles, according to the national Institute on Aging. But a particular rare form of the disease, early-onset Alzheimer's, can affect adults as young as their 30s. It strikes most commonly in the 50s. Early-onset Alzheimer's disease accounts for only between 5 and 10 percent of the more than 4.5 million Americans with Alzheimer's.

Myth 4: "Most people with Alzheimer's are oblivious to their symptoms."

Typically someone in the early stage of Alzheimer's disease does realize at least part of the time, that something's wrong. (Whether they recognize it as Alzheimer's is another matter.)

Most people with the disorder are aware that they're experiencing memory lapse, for example, or that they're starting to have trouble doing certain familiar tasks (following a favorite card game, cooking a particular recipe). Insight varies by individual, and the degree of awareness can shift from day to day.

Myth 5: "My mom has Alzheimer's, so I'll probably get it too."

Having a parent or sibling with Alzheimer's does increase your risk for developing the disease compared to someone without a familial link. But it doesn't mean you're likely to get it. Family history only increase your risk slightly.

The role of genetics in the development of Alzheimer's disease is still under investigation. Researchers have identified a "risk

Gene" called APOE-e4 (apolipoprotein E-e4). APOE-e4 is one of the three common forms of the APOE-e4 gene. Everybody inherits some of the gene. Inheriting APOE-e4 from one or both parents is known to raise the risk of developing Alzheimer's. But how this works is unknown, and it's likely other genes are also involved.

Specific forms of Alzheimer's disease are more likely to run in families: for example, familial Alzheimer's disease, an early-onset type that accounts for fewer than ten percent of people with Alzheimer's. It's caused by one of the several very rare gene mutations. More common forms of the disease, those with a "late onset," however, don't demonstrate a clear pattern of heredity.

Myth 6: "Alzheimer's disease is preventable."

There's no known way to prevent Alzheimer's disease because the cause isn't known. Although researchers are learning more and more about the disease, they haven't yet identified the reason that brain cells progressively fall. The best you can do is try to reduce your risk.

Aside from advancing age and a genetic link, factors associated with higher risk of developing Alzheimer's include:

- *Serious head injury
- *Heart disease
- *High cholesterol
- *High blood pressure
- *Type 2 diabetes
- *Glaucoma
- *Being female

Women are more often affected (they live longer, and the risk increases with age). Obesity, smoking, and alcohol consumption are suspected but aren't considered risk factors. Note that having a risk factor doesn't mean you will get the disease. It simply raises the possibility.

Purported causes of Alzheimer's that have been discredited include getting flu shots, having amalgam fillings (the "silver" kind), and exposure to aluminum (such as eating or drinking from aluminum containers). Research is continuing on whether certain people are vulnerable to the presence of metals in food.

Myth 7: "Dad's Alzheimer's will make him an angry and aggressive person, and he will lash out at us eventually."

It's a common worry that a parent with Alzheimer's will eventually turn irate or violent. Aggression is less common than you might think, however. It's not a guaranteed part of one's experience with the disease. It's likely that your parent will feel frustrated or angry at times—perhaps especially when in an unfamiliar environment or when embarrassed—but he may not express those emotions as violent outbursts. The disease affects people differently. In fact, some people become more reserved or timid as the disease progresses. There are many ways to manage the full gamut of behaviors prompted by the disease.

By Paula Spencer

December's Loving Calm

The "Halcyon Days" are finally here. These are the seven days before the winter solstice (December 21) and the seven days after, and are thought to be days of calm and happiness. The term "halcyon" means calm and tranquil, and it comes from the ancient Greek myth of Halcyone, the daughter of Aeolus, the god of the wind.



As legend has it, Halcyone fell in love with King Ceyx. When the king was killed in a storm at sea, Halcyone was so upset that she threw herself into the ocean in grief. Aeolus, saddened by the loss of his daughter, transformed the two lovers into birds. As the god of the wind, he ensured that

for two weeks every December the seas turned calm so that the birds could lay their eggs on the surface of a smooth ocean. In other words, Aeolus calms the sea to protect his grandchildren.

The term "halcyon days" is very popular in literature, and many artists have used the term in their work. The American poet Walt Whitman wrote a poem, appropriately titled "Halcyon Days."

*Not from successful love alone,
Nor wealth, nor honor'd middle age, nor victories
of politics or war;
But as life wanes, and all the turbulent passions
calm,
As gorgeous, vapory, silent hues cover the evening
sky,
As softness, fullness, rest, suffuse the frame, like
fresher, balmier air,
As the days take on a mellower light, and the apple
at last hangs really finish'd and indolent-ripe
on the tree,
Then for the teeming quietest, happiest days of all!
The brooding and blissful halcyon days!*

Whitman, in this poem, takes the beautiful calm of the last month of December and compares it to the full, happy, later years of a life well-lived. May we all enjoy our own blissful Halcyon Days.

Art in Wax

Madame Marie Tussaud was born on December 1, 1761, in France. Her mother worked as a housekeeper to a doctor skilled in making wax models. The doctor kindly shared his skills with young Marie and eventually the girl became the best-known wax sculptor in the world. Her talents were so great and rare that she taught her art at the court of French King Louis XVI and lived in the royal palace at Versailles.

While working at the royal court, Tussaud met many famous people, including Napoleon. One of her first wax statues was of the American revolutionary Ben Franklin. Her uncanny likenesses of famous personages gained her fame and she traveled through France, England, and Ireland showing off her statues. To this day, her work and other wax sculptures can be seen in Madame Tussauds wax museums in London, Paris, New York, Hong Kong, and beyond.

Flyers or Liars?

Two Ohio bicycle makers, Orville and Wilbur Wright, changed the magical dream of human flight into a wonderful reality on December 17, 1903. Flying into December's freezing, 27 mph headwinds, the brothers flew four short flights over the sandy beaches of Kitty Hawk, North Carolina, in the world's first airplane. As important as this event was, it did not gain widespread attention. The Wright brothers' hometown newspaper, the *Dayton Journal*, refused to carry the story. Over the next few years, they made more successful flights, but the public remained skeptical. These flying experiments were often conducted in secret or with very few eyewitnesses. A 1906 headline read "Flyers or Liars?"



Finally, in 1908, Wilbur began public demonstrations in France and flew challenging figure eights. The world was finally impressed and the Wright brothers soared into fame.

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Woodburn Oregon 97071
Administrator: Shannon Souza

December Birthdays

If you were born from November 22-December 21, you are a Sagittarius, the Archer. If you were born from December 22-January 19, you are a Capricorn, the Goat. A Sagittarian is a truth-seeker, intellectual, and needs a lot of room to roam for exploration. Capricorns are stable, serious, and reliable workers who get the job done no matter how long it takes.

Bette Midler (singer) Dec. 1, 1945
Walt Disney (cartoonist) Dec. 5, 1901
Little Richard (singer) Dec. 5, 1932
Larry Bird (basketball star) Dec. 7, 1956
Sammy Davis, Jr. (entertainer) . . . Dec. 8, 1925
Emily Dickinson (poet) Dec. 10, 1830
Frank Sinatra (singer) Dec. 12, 1915
Dick Van Dyke (actor) Dec. 13, 1925
Giacomo Puccini (composer) Dec. 22, 1858
Humphrey Bogart (actor) Dec. 25, 1899
Mary Tyler Moore (actress) Dec. 29, 1936
Eldrick "Tiger" Woods (golfer) . . . Dec. 30, 1975



Postage
Information