

Weatherford Arbor House Informer

ASSISTED LIVING & MEMORY CARE

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Make Everyday Independence Day!

**Promoting Independence, Reducing “Learned Helplessness”
-A primary goal for Arbor House.**

Family caregivers and professional caregivers are often guilty of “over caring”. I never thought this was a possibility until I heard the theory of “Learned Helplessness”. This theory tells us that someone (particularly someone with a dementia-causing disease) will lose or reduce their ability to perform a task by not performing this task for as little as 3 days.

A caregivers’ reduced expectation of what someone can do because they have a diagnosis of Alzheimer’s or the like isn’t done intentionally. I encourage all caregivers to stop seeing yourself as a caregiver but rather a partner, a supporter, a friend, a spouse...a cheerleader. Instead of waiting on this person hand and foot, give them the opportunity to wait on you. Know the persons’ limits and don’t put the person in a situation of failure leading to frustration. At the same time, be open to the possibilities that this person can still make their bed, open their mail, pick out their own clothes, etc. We must remember that dementia is a processing disorder and because of that it can take longer for a person to complete a task. In fact, the recommended time allowance for someone in the middle part of their journey is 90 seconds for processing. It is, no doubt, often easier for us to do things for the person – but it is more beneficial for the person if we give them the time they need to process and perform the task themselves. This takes A LOT of patience!

Our Life in Motion program uses “purpose” based programs as a very important part of our residents’ day. Our residents are encouraged to help with chores and daily tasks such as making the bed and even taking out the trash! I have seen men walk straighter and speak more clearly when helping one of our ladies take out the trash. Pride is a powerful thing. Being needed fills the soul. Our team members are taught and encouraged to see the “I Cans” and the possibilities.

Please let us know if there is a purpose based opportunity for your loved one that we have not yet discovered.

Thoughts from the Expert

Memories Fade But Feelings Remain

A new University of Iowa study further supports an inescapable message: caregivers have a profound influence -- good or bad -- on the emotional state of individuals with Alzheimer's disease. Patients may not remember a recent visit by a loved one or having been neglected by staff at a nursing home, but those **actions can have a lasting impact on how they feel.**

The findings of this study are published in the September 2014 issue of the journal, *Cognitive and Behavioral Neurology*. UI researchers showed individuals with Alzheimer's disease clips of sad and happy movies. The patients experienced sustained states of sadness and happiness despite not being able to remember the movies.

"This confirms that **the emotional life of an Alzheimer's patient is alive and well,**" says lead author Edmarie Guzmán-Vélez, a doctoral student in clinical psychology, a Dean's Graduate Research Fellow, and a National Science Foundation Graduate Research Fellow.

Guzmán-Vélez conducted the study with Daniel Tranel, UI professor of neurology and psychology, and Justin Feinstein, assistant professor at the University of Tulsa and the Laureate Institute for Brain Research.

Tranel and Feinstein published a paper in 2010 that predicted the importance of attending to the emotional needs of people with Alzheimer's, which is expected to affect as many as 16 million people in the United States by 2050 and cost an estimated \$1.2 trillion.

"It's extremely important to see data that support our previous prediction," Tranel says. "Edmarie's research has immediate implications for how we treat patients and how we teach caregivers."

Despite the considerable amount of research aimed at finding new treatments for Alzheimer's, no drug has succeeded at either preventing or substantially influencing the disease's progression. Against this foreboding backdrop, the results of this study highlight the need to develop new caregiving techniques aimed at improving the well-being and minimizing the suffering for the millions of individuals afflicted with Alzheimer's.

For this behavioral study, Guzmán-Vélez and her colleagues invited 17 patients with Alzheimer's disease and 17 healthy comparison participants to view 20 minutes of sad and then happy movies. These movie clips triggered the expected emotion: sorrow and tears during the sad films and laughter during the happy ones.

About five minutes after watching the movies, the researchers gave participants a memory test to see if they could recall what they had just seen. As expected, the patients with Alzheimer's disease retained significantly less information about both the sad and happy films than the healthy people. In fact, four patients were unable to recall any factual information about the films, and one patient didn't even remember watching any movies.

Before and after seeing the films, participants answered questions to gauge their feelings. Patients with Alzheimer's disease reported elevated levels of either sadness or happiness for up to 30 minutes after viewing the films despite having little or no recollection of the movies.

Quite strikingly, the less the patients remembered about the films, the longer their sadness lasted.

While sadness tended to last a little longer than happiness, both emotions far outlasted the memory of the films. The fact that forgotten events can continue to exert a profound influence on a patient's emotional life highlights the need for caregivers to avoid causing negative feelings and to try to induce positive feelings.

"Our findings should empower caregivers by showing them that their actions toward patients really do matter," Guzmán-Vélez says. **"Frequent visits and social interactions, exercise, music, dance, jokes, and serving patients their favorite foods are all simple things that can have a lasting emotional impact on a patient's quality of life and subjective well-being."**

By Natalie Kunkel

Smile Break



Did You Know:

There are 417 national parks in the U.S., spanning across more than 84 million acres. And if you're 62 or older, \$10 will get you into all of them for the rest of your life.

It's not just national parks. The National Park Service said the \$10 Senior Pass provides access to more than 2,000 recreation sites managed by five federal agencies, including the Fish and Wildlife Service, USDA Forest Service, the Bureau of Land Management, the Bureau of Reclamation and the U.S. Army Corps of Engineers.

But that price is about to go up significantly. According to the AARP, the lifetime pass for senior citizens will go up to \$80 before the end of 2017.

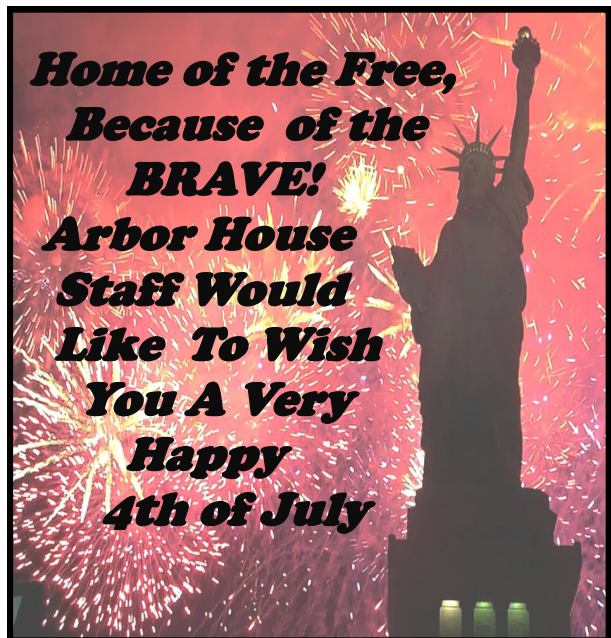
But don't panic just yet. NPS said the price increase is not expected within the next few months.

The price increase comes after Congress approved the National Park Service Centennial Act in December 2016, which raises fees and sets up an endowment to help pay for projects and visitor services.

If you get a Senior Pass online or through the mail, it adds \$10 to the over all fee. If you don't want to pay that extra \$10, here's a list of where you can get the pass in person:

<http://12ne.ws/2o7uqkZ>

Senior National Parks
Lifetime Pass Just \$10







Nurses Notes Jana Brown, LVN

8 Summer Steps for Healthy Living

In the warmer, longer, lazier days of summer, the living may not be easy, but your life probably feels less chaotic. We tend to adopt a more lethargic attitude in summer. That's why this is a perfect time to improve your health in a fashion so seasonally laid back you'll barely notice the effort.

Here are eight ways to improve your health with steps so simple you'll barely notice the effort.

1. Give Your Diet a Berry Boost

If you do one thing this summer to improve your diet, have a cup of mixed fresh berries -- blackberries, blueberries, or strawberries -- every day. They'll help you load up on antioxidants, which may help prevent damage to tissues and reduce the risks of age-related illnesses. Blueberries and blackberries are especially antioxidant-rich. A big bonus: Berries are also tops in fiber, which helps keep cholesterol low and may even help prevent some cancers.

2. Get Dirty -- and Stress Less

To improve your stress level, plant a small garden, cultivate a flower box, or if space is really limited, plant a few flower pots -- indoors or out.

Just putting your hands in soil is "grounding." And when life feels like you're moving so fast your feet are barely touching the stuff, being mentally grounded can help relieve physical and mental stress.

3. Floss Daily

Flossing reduces oral bacteria, which improves overall body health, and if oral bacteria is low, your body has more resources to fight bacteria elsewhere. Floss daily and you're doing better than at least 85% of people.

4. Get Outside to Exercise

Pick one outdoor activity -- going on a hike, taking a nature walk, playing games such as tag with your kids, cycling, or swimming -- to shed that cooped-up feeling of gym workouts.

5. Be Good to Your Eyes

To protect your vision at work and at play, wear protective eyewear. When outdoors, wear sunglasses that block at least 99% of ultraviolet A and B rays. Sunglasses can help prevent cataracts, as well as wrinkles around the eyes.

6. Vacation Time!

Vacations have multiple benefits: They can help lower your blood pressure, heart rate, and stress hormones such as cortisol, which contributes to a widening waist and an increased risk of heart disease

7. Alcohol: Go Lite

A sangria (table wine diluted with juice), a cold beer, or a wine spritzer are all refreshing but light. In moderation -- defined as one to two drinks daily -- alcohol can protect against heart disease.

8. Sleep Well

Resist the urge to stay up later during long summer days. Instead pay attention to good sleep hygiene by keeping the same bedtime and wake-up schedule and not drinking alcohol within three hours of bedtime. It's also a good idea to avoid naps during the day unless you take them every day at the same time, for the same amount of time.

There they are: Eight super simple ways to boost your health this summer. Try one or try them all. They're so easy you won't even know they're -shhhh -- good for you



Arbor House of Weatherford Communities consist of Memory Care, Assisted Living, and Independent Apartments.

Our Independent Living Community offers privacy and can be tailored to meet the needs of the residents with services such as medication management, housekeeping, home-cooked meals delivered or in our private dining room as desired. The Assisted Living Communities creates an environment of independence with 24 hour assistance in needed areas.

The Memory Care community has a secured and enclosed yard/patio where they can be closer to nature. The smaller setting promotes a greater independence and dignity for those managing dementia causing diseases. We practice “Social Dining,” a technique in which the care team dines with our residents to promote conversation and provide socially appropriate cueing and assistance, while offering home-cooked meals. Our engagement program offer a consistent routine to increase independence and are designed to touch key areas of interest. These are structured and purpose-filled programs to help reduces stress and sun downing. Our staff longevity and ratio allows more personal care, while building a strong relationship with residents and family. Our home-like environment lets our residents know they are loved and encourages visits from family and friends. It provides the residents a strong sense of belonging.

*The greatest compliment you can give us is your referral.
We'd love to give your friends a tour of our home-like community.*



Giving New Meaning to Life

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