

The Reminisce News



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Inside this issue:

Ask the Expert	2
Support Group	2
Hitting the Century Mark	2
Life in Motion	3
Birthdays	4
Alzheimer's Fundraising	4
Mission	4

Television's Fall Feast

It's September, and that means it's time to ring in another new season of television. Why does the television season begin in September? This harkens back to the days of radio, when new radio shows would begin their runs in September, continue through the winter into the spring, and then take the summer off when most people spend time outside away from their radios and televisions. September is also an important time for television networks because the Nielsen Company begins its measurement of television audiences and ratings. The better the ratings for a television show, the easier it is for a network to sell advertising. So September marks a frantic time for television makers, raters, and advertisers, not to mention fans awaiting the return of their favorite shows like NBC's *This Is Us* and the premieres of new ones such as CBS's *Young Sheldon*, a spin-off of the wildly successful comedy hit *The Big Bang Theory*.



Great classics like *Cheers*, *M*A*S*H*, *All in the Family*, *The West Wing*, and *Seinfeld* adhered strictly to the September schedule. However, cable now competes with network TV for dominance. Cable channels HBO, Showtime, and Starz all draw Hollywood talent for their small-screen gems, such as *The Young Pope*, *American Gods*, and *Game of Thrones*. And cable shows do not have to air in September. They can premiere new shows whenever they want.

Even more disruptive of television is streaming video. Netflix, Hulu, and Amazon Prime all offer shows that can be accessed only by paying for their particular service. The advantage is that you no longer have to pay for cable to watch popular shows like *House of Cards*, *The Handmaid's Tale*, and *Mr. Robot*. Viewers can watch them whenever they like directly from a computer, smartphone, or Internet-connected television. September may offer a bonanza of new network television, but there are countless ways to watch new shows all year long.



*"As Summer into Autumn slips
And yet we sooner say
'The Summer' than 'the Autumn,'
lest we turn the sun away."*

~ Emily Dickinson

Ask the Expert...

Repeating the Question

Many families find that confused people ask the same question over and over and that this is extremely irritating. In part, this may be a symptom of the fear and insecurity of a person who can no longer make sense out of his surroundings. The person may not remember things for even brief periods, so may have no recollection of having asked you before or of your answer.

Sometimes instead of answering the question again, it is helpful to reassure the person that everything is fine and that you will take care of things. Sometimes the person is worried about something else and is unable to express it. If you can correctly guess what this is and reassure the person, he/she may relax. For example:

Mr. Rockwell's mother kept asking, "When is my mother coming for me?" When Mr. Rockwell told her that her mother had been dead for many years, she would either get upset or ask the question again in a few minutes. Mr. Rockwell realized that the question really expressed her feelings that she was lost, and began saying, "I will take care of you." This obviously calmed his mother. Mr. Rockwell might also try saying, "Tell me about your mother," or "Do you remember when your mother took us to the play?"

Source: *The 36-Hour Day*

Family Support Group

Our Support Group is intended to provide you with an opportunity to learn about the disease, receive support from families and caregivers, and visit with the Leadership Team. Last month we hosted an evening support group. Although our attendance was low, we will continue to host evening sessions every *other* month for the rest of 2017.

Our next meeting will be lunch on **Thurs., Sept. 7**, at Noon, in the Arbor House Conference Room. Please RSVP—(405) 310-2499 or (405) 292-9200, or lil@arborhouseliving.com.

See you in September!!!

Hitting the Century Mark



There are 55,000 centenarians in the United States alone.

What is the secret to living a long life upward of 100 years? Perhaps the residents of Acciaroli, Italy, know the secret. This small coastal hamlet south of Naples has the highest concentration of centenarians—that's people living to 100 years of age—in the world. No doubt, the residents of Acciaroli will be rocking on Sept. 22, Centenarians Day.

What is Acciaroli's secret? Mayor Stefano Pisani thinks the longevity is due to his town's relaxed, low-stress lifestyle. Researchers credit the diet of locally caught fish and locally grown fruits and vegetables. One cardiologist believes there may be a genetic component attributed to small, efficient blood vessels. Luigina Vigiconte, aged 101, believes that one must "always be optimistic, never bitter, and always be polite with people." Vincenzo Barrata, at 103, has a different theory: "A lot of women in my life."

Must we all move to Acciaroli to become a "super-ager," with less Alzheimer's, fewer cataracts, fewer bone fractures, and a stronger heart? Or are there real lifestyle changes we can make to live to 100? Doctors have been trying to decipher the secret to longevity for a long time. Weight control, they believe, is a big factor to living a long, healthy life. People should not only consume fewer calories but maximize the nutrition of each calorie. Also, eat a lot of fiber, which reduces heart disease and bad cholesterol and increases weight loss. Of course, activity such as walking and running is a plus, just as spending time with others keeps our brains happy and nimble. But what do the doctors really know? After all, centenarians rarely give medical advice when they talk about the secret to their long lives. Centenarian Haruo Ito advises, "Sleep well." Justina Sotomayor says, "Be loveable." Frieda Falk believes that "learning new things makes you happy and keeps your mind active." The truth is most likely to be a mix of lifestyle and luck, and any added stress you suffer worrying about how to live longer is bound to be counterproductive.

Life in Motion

Enjoying daily life at Reminisce with family and friends, good food, games and entertainment.



Our Philosophy

Giving new meaning to Life

The Arbor House Philosophy is based on the belief that each resident is entitled to the highest quality of life through wellness services that work to promote independence, healthy lifestyles, dignity, and a sense of security.

The right of each resident to determine his/her need is respected at each level of care, and promoted by providing services in ways that recognize individuals needs and preferences.

A partnership exists between residents and staff to promote individual's independence while providing the necessary support to function at his/her highest level.

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Story or article suggestions?
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@ Arbor House Assisted Living

SEPTEMBER BIRTHDAYS



RESIDENTS

Louise S—9/16

Join Us!

FAMILY NIGHT

Tues., Sept. 14—5:30 pm

Annual Fundraising Event to

End Alzheimer's

Friday, Sept. 8

Lunch *or* Dinner (*or both!*)

Sooner Legends

24th & Lindsey, Norman

Remember to mention the Arbor House Alzheimer's event
at the Restaurant or Bar area!!!

PLUS! Take a Chance at Some Fabulous Baskets!

