

Reminisce News



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At Your Leisure

January 1st rings in more than the new year; it's also the start of Hobby Month, so you should add practicing a new skill to your list of New Year's resolutions. One of the trendiest new hobbies is hand-lettering. This hobby might sound simple at first. You are, after all, just drawing letters as opposed to writing them. But as you let your imagination take over, you may find that your highly decorative and detailed lettering demands fine-tuned attention and a wide variety of tools: rulers, grid paper, and archival-quality pens of different weights and colors. Also in vogue is the hobby of bullet journaling. Your diary no longer desires a long and rambling narrative about your day. Instead, bullet journaling features lists and short phrases that capture your thoughts. These journals become to-do lists, sketchbooks, notebooks, diaries, and organizational systems. Of course, they can be embellished with colorful flourishes to make them as wonderfully unique as you are.

If arts and crafts aren't your thing, then there are plenty of hobbies in the kitchen. Currently, pickling and fermenting

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*You are Cordially Invited
to the
Winter Ball
Thursday, January 11
5:30 p.m.*

Reminisce Center

*Enjoy an evening with
family and friends!*

Music and Entertainment!

Ask the Expert...

Problems with Speech and Communication

You may have problems understanding or communicating verbally with the person with dementia. There are two kinds of problems of communication: the problems a person with dementia has in expressing to others, and the problems in understanding what people say to them. They may understand more than they can express or express more than they can understand. Do not make assumptions about what they understand or not.

The nature of communication problems and whether or not they will get worse depend on the specific disease. Do not assume that things will get worse.

Some people have only occasional difficulty finding words. They may have trouble remembering the names of familiar objects or people. They may substitute a word that sounds similar, such as saying “tee” for “tie” or “wrong” for “ring.” They may substitute a word with a related meaning, such as “wedding” for “ring” or “music thing” for “piano.” They may describe the object they cannot name, such as “it’s a thing that goes around” for “ring” or “it’s to dress up” for “necktie.” Such problems usually do not interfere with your ability to understand what the person means.

Some people have difficulty communicating their thoughts.

Mr. Zuckerman was trying to say that he had never had a neurological examination. He said, “I really have not, not really, ever have been done, I have never...”

With some language problems, the person cannot communicate the whole thought but can express a few of the words in the thought.

Mr. Mason wanted to say that he was worried about missing his ride home. He could say only, “Bus, home.”

Sometimes people are able to ramble on quite fluently, and it seems as if they are talking a lot. They will often string together commonly used phrases, so what they say at first seems to make sense, but on reflection the listener may not be sure the person understood the thought being expressed.

In next month’s issue of our newsletter, we will continue to learn about speech and communication in the person experiencing memory loss.

Source: The 36-Hour Day

At Your Leisure... from page 1

food is all the rage. To pickle something, preserve it in a salty brine or acid like vinegar or lemon juice. Fermented foods call for submerging your veggies in a brine, whey, or even a store-bought starter culture. Fermentation has one advantage over pickling: it creates beneficial bacteria that aids in digestion, preserves the vitamin content of foods, and also suppresses the growth of harmful bacteria. Another trendy hobby akin to fermentation is brewing beer at home. Whereas the by-product of fermented foods is beneficial bacteria, the by-product of fermenting water, malt, hops, yeast, and sugar is beer.

For hobbyists looking to get outdoors, flower arranging is now à la mode. Arrange flowers by color, size, height, and shape to create the perfect bouquet. The Japanese even have a name for their ancient tradition of artistic flower arrangements: *ikebana*.



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



Residents

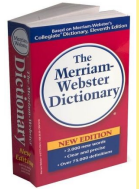
Al — 1/2
Jackie — 1/3
Mary Sue — 1/6
Aline — 1/13
Byron — 1/22
Shelia — 1/25
Richard — 1/26
Millicent — 1/30

Staff

Joseph — 1/2
Linda H. — 1/16
Jennifer W — 1/19
Jana — 1/20

Gone for Good

Every year, Lake Superior State University reveals its list of overused words or phrases that it feels *must* be banished from use forever. Which words made the cut? As you can imagine, a few choice words from the American political sphere, namely:



bigly, meaning “a swelling or blustering manner,” and *post-truth*, meaning “a society where facts matter less than impressions.” There are also plenty of words related to social media and the Internet: *ghost*, which is “to abruptly end communication on social media,” and *listicle*, which is “a numbered or bulleted list created to attract views over the Internet.” Judges are ready to choose the worst of the lot come New Year’s Day, and a likely winner (or loser?) is the word *disruption*, a term used to describe the radical change experienced as the result of a social movement or innovation.

