

The Reminisce



Our Staff

Tonya Hodges
Executive Director

Keri Taylor
Director of Nursing

Lillian "Lil" Kenney
Admissions & Marketing Director

Amber White
Engagement Coordinator

Linda Goodson
Dietary Supervisor

Melissa Riojas
Wellness Coordinator

Lela Wilkerson
Administrative Assistant

Shelley Jones
RN Consultant

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Frogs of the Amazon

Most people know that the Amazon is the world's largest rain forest. It covers 2.72 million square miles—almost the size of the 48 contiguous United States—and touches the countries of Brazil, Peru, Colombia, Venezuela, Ecuador, Bolivia, Guyana, Suriname, and French Guiana. The Amazon represents more than half of the world's remaining rain forest, home to an estimated 390 billion individual trees. It is within this magnificent forest that we find another of nature's marvelous animals: the frog. Scientists are not sure how many frog species inhabit the Amazon, but every year they are finding more. The latest estimate stands at 1,000 different frogs, toads, and tree frogs, which give us 1,000 reasons to celebrate April as Frog Month.

Perhaps the best recognized frog of the Amazon is the poison dart frog, the brilliant celebrity of the rain forest. These amphibians get their name from the indigenous tribes of the Amazon who dip their darts in the frog's poison to kill their prey. Another poisonous frog from the Peruvian Amazon is making headlines for its healing properties. Local tribespeople burn a small part of their skin and apply the toxin so that it is quickly absorbed into the bloodstream. After a few moments of serenity, the poison causes sensations of suffering, which leads to vomiting. Practitioners claim that the experience cures everything from depression to drug addiction and high blood pressure.

Researchers continue to add more frogs to this list of amazing creatures. Nearly one year ago, scientists discovered two new clown frog species, quite a surprise considering that only two species were known to exist. Researchers also found a new transparent *yaku* frog in Ecuador, named for its transparent abdominal skin, which reveals its heart. As recently as last November, researchers came upon the jaguar-snouted tree frog in the middle of an abandoned road, a new species that may already be endangered. This is some food for thought on April 28, Save the Frogs Day.



*"Our spring has come at last with the soft
laughter of April suns and shadow
of April showers."*

~ Byron Caldwell Smith

Ask the Expert...

Symptoms that are Better Sometimes and Worse at Other Times

Families often observe that the person can do something one time but not another time.

"In the morning my mother does not need as much help as she does in the evening."

"My husband does not get as angry and upset at the day-care as he does at home. Is this because he is angry with me?"

"Bill said a whole sentence yesterday, but today I can't understand a thing he says. Was he trying harder yesterday?"

Fluctuations in ability are common in people with dementia. Well people also have fluctuations in ability, but they are less noticeable. People with dementia have good days and bad days; some are better in the morning, when they are rested; some have more problems in less familiar settings; some do better when they feel more relaxed. Some fluctuations have no explanation. Whatever the likely reason, such fluctuations are normal and do not signal a change in the

course of the disease.

People with dementia are more vulnerable than others to minor changes in health. An abrupt change in the ability to do something or in overall level of function may indicate a medication reaction or a new illness. If you suspect this kind of change, it is important to contact the person's physician.

The brain damage itself accounts for some fluctuation. It is possible that damaged nerve cells that fail most of the time do work occasionally. It is also possible that less damaged or undamaged areas can intermittently take over and temporarily "fix" a defective system.

All of these causes for variation in ability are beyond the person's deliberate control. People with dementia are usually trying as hard as they can. You can help them the most by learning which things in their environment bring out their best and which things cause more disability.

Source: the 36-Hour Day

Family Support Group

Please remember... **WE ARE HERE FOR YOU!**

Arbor House has a monthly Support Group for families and friends caring for a loved one experiencing memory loss. We heard your requests and made it convenient for those who were unable to attend our lunch meetings. Now you can stop by on your way home and join us for Dessert and Coffee! Our next meeting is:

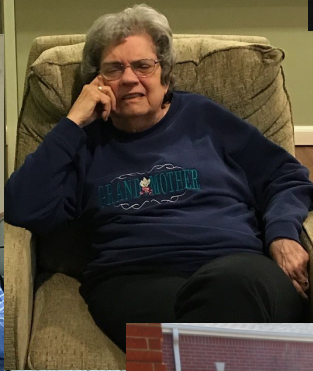
Thursday, April 5, at 5:30 p.m. at Arbor House on Main St.

Please R.S.V.P. — (405) 310-2499 or (405) 292-9200





February
Memories



Celebrating
Employee Appreciation
Day with a BBQ



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.

Arbor House
Reminisce Center
151 48th Ave SW
Norman, OK 73072

(405) 310-2499

www.arborhouseliving.com

Story or article suggestions?
Contact Lil or Email
lil@arborhouseliving.com



@ Arbor House Assisted Living

Pampered and Purposeful



April 27 is Little Pampered Dog Day, but before you poo-poo the notion of honoring little lap dogs, bear in mind that humans lived with lap-sized canines 15,000 years ago. Scientists have traced our history with small dogs to France, where our cave-dwelling ancestors may have used the dogs to both keep them warm and assist them in the hunt. Wild canines called *dholes* grew to less than 17 inches tall, about the size of a beagle or cocker spaniel. Many small dog breeds today bear similarities to these ancient companions: they are tenacious hunters of small ground-dwelling prey animals, they are alert watchdogs that let out loud warnings when intruders are near, and yes, during the Renaissance, miniature poodles were used by nobility as handwarmers. The small dogs were put inside sleeves of shirts, becoming known as "sleeve dogs." Others were used to warm laps in damp castles or on chilly carriage rides. All of these are good reasons to pamper the little dog in your life.



Time for a Change

Times Square is one of New York City's most famous landmarks, but many don't know where it got its name. Before it was Times Square, the intersection was known as Longacre Square, named after London's Long Acre Square. Both places were hubs for horse carriages, brothels, and saloons. When Adolph Ochs acquired *The New York Times* newspaper in 1896, he sought a part of town far from City Hall and "Newspaper Row" for his growing news empire. He found his spot in Longacre Square, which the mayor renamed Times Square for the newspaper's offices on April 8, 1904.

