

SEPTEMBER 2018

Reminisce News



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Newsworthy

Perhaps we take for granted the convenience of finding our daily newspapers on the front stoop or in the mailbox. On September 4, give extra thanks to our delivery boys and girls on Newspaper Carrier Day, for it was on this day in 1833 that New York City news publisher Benjamin Day hired the very first paperboy, 10-year-old Barney Flaherty. Day's advertisement looking for help requested "steady men" for the job, but Flaherty proved a sincere and hardworking lad. Soon, boys and girls could be found manning the city's street corners yelling, "Extra! Extra! Read all about it!"

Nowadays, newspaper carriers are a rare breed. A 2016 study showed that in the United States, only two out of 10 adults get their news from an actual paper. More than half of us watch the news on television. But a recent 2017 survey showed that 67% of all Americans now get the latest news through social media outlets like Facebook and Twitter. Cell phones have dramatically contributed to this change, with 72% of Americans using their phones to find out the latest headlines. While many lament that print newspapers are going obsolete, there is some good news: journalism is actually getting better.

The world is better informed today than it has ever been. Thanks to cell phones, people can follow the news with a few quick swipes of the finger. Moreover, journalists have better access to the technology that allows them to uncover facts and stories, as well as to widely distribute those facts. So, the good news is that there is a lot of good news out there. However, with so much news out there competing for our attention, it has never been more important to check the news for ourselves and get our facts straight. While those printed newspapers delivered by our celebrated newspaper carriers undergo rigorous editorial processes, sometimes online outlets do not. Reading the news is a responsibility we should all take seriously.



Ask the Expert... by Natalie Kunkel, CTRS, CDP

"If I move my loved one to a community isn't that the disease winning?"

I get some form of this question almost every week. I have never had to make this decision and can only imagine the guilt that must be contained within each act of the process. So let me speak from my experiences. I see husbands, wives, daughters and sons after they have experienced something that has brought about the realization that help is needed. I see their struggle, denial and guilt. I hear about how they feel like they are failing someone they love dearly. And at last, they take a deep breath and the decision is made. Then, the transformation begins. While everyone's story is a little different and no one is guaranteed that "happy ending," the overwhelming majority of the time the experience unfolds in this way...

The first few days the separation is hard for both people, the decision maker starts to experience some relief but they continue to wrestle with their guilt. The new resident has periods where the new-ness is awkward, but they are making friends little by little. Our *Best Friends* Approach begins to work and something magical happens between weeks 3 & 6 — our new resident begins to trust those new relationships and enjoy the interaction with new friends. Their loved one sees this and feels this and their load begins to lighten. There is an acceptance that caring can be done in more than one way. That allowing others to help can allow their relationship to move from caregiver to family again. I begin to hear laughter in their conversations and visiting becomes easier and more relaxed. After about 5 to 8 weeks, our new resident has their purpose and friends. This is the time where I hear the husband, wife, daughter or son make remarks about their loved one "being more like their old self" and "I wish I would have done this sooner — for both of us."

So it is hard for me to ever see the disease winning because of this decision. And by no means do I ever think this is a choice that could be translated into "giving up." This choice is a struggle and it is not passive. To make this choice is to give something to the person managing the journey of dementia — something that would never replace the love of family but can add to that in a supportive nurturing way. Moving to an Arbor House community can *give new meaning to life* to both the family member and the person now living in this journey.



Mums – Fall Favorites

Fall is just around the corner and we're once again partnering with Marcum's Nursery for the Sale of Mums. We will have them in a variety of colors. The Mums are in 2/gal. pots for \$20/ea. Proceeds benefit the End of Alzheimer's.

We accept cash or checks. Please make checks payable to: Arbor House.

Every fall many of us purchase Mums for our homes and offices. This year, please consider buying them from Arbor House. Proceeds benefit the End of Alzheimer's.

Thank you for your support!



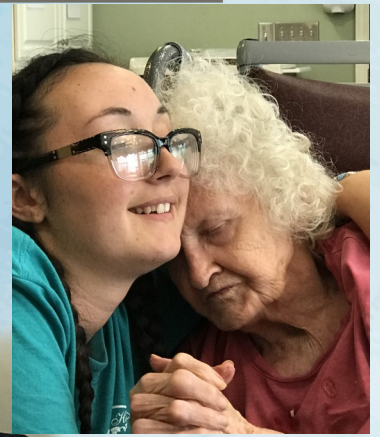
Join Team Arbor House!
2018 Walk to End Alzheimer's
Oct. 13 — Bicentennial Park
Party starts at 7:30 a.m.
Ceremony/Walk at 9:00 a.m.

Life in Motion — August Memories

Selfies with Steph!



Daily hugs are plentiful at Reminisce!



Fun & Exercise!



Residents enjoy snacks, music and entertainment, and family time!



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 individual's 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?
Contact Lil or Email
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RESIDENTS

No Resident
birthdays in Sept.

STAFF

9/8 — Latasha
9/10 — Amber
9/15 — Katerina
9/18 — Therese
9/27 — Chris



*Hummingbirds are
the only birds that
can fly backward*

A Hummer of a Bird

September 7–9 brings the Hummingbird Migration and Nature Celebration as these tiny winged marvels make their way back to warmer southern climates. Hummingbirds, sometimes called hummerbirds, get their name from the sound their wings make. These birds flap their wings so fast—about 80 times per second—that they seem to hum. Hummingbirds exist only in the western hemisphere; they range from southern Alaska to northern Chile and stop everywhere in between. Although they weigh less than a nickel, these tiny birds can fly up to 500 miles without stopping. Why not help them on their journey by putting out specially designed hummingbird feeders? These brightly colored feeders provide the sugary, high-energy nectar hummingbirds need to maintain their metabolism.

