

DECEMBER 2018

Reminisce News



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Go A-Wassailing



Whether you have a good singing voice or not, get into the swing of the holiday season with Go Caroling Day on December 20. You may be surprised to hear that carols did not originate as holiday songs at all. Carols were folk dances, and *carol* meant "to dance in a ring." Most often these dances and their accompanying songs were sung in the pubs (along with the presumptive overindulgence of ale). So when did carols make the jump from the ale-house to the church house? The answer might lie in Victorian England.

Wassailing, or the act of wishing good fortune on your neighbors, was a fairly common practice during the medieval era. It was believed that if you passed well wishes to your neighbors, they would reward you in turn. Caroling, or performing folk songs of well-wishes to neighbors, became traditional during local festivals and on holidays like May Day. But it was during the Victorian Era that caroling became forever merged with Christmastime. Legend has it that the first Christmas carol service was held in Truro, England, in 1880, when Edward White Benson attempted to lure carolers out of the pub on Christmas Eve by publicizing a carol service at church. Benson would go on to become the Archbishop of Canterbury.

It was also during Victorian England that Christmas became more popular and commercialized. Publishers began compiling and printing vast anthologies of carols. Some went so far as to take ancient songs and rewrite them as hymns to the birth of Christ. Many of the most famous Christmas carols date from this period, including "God Rest Ye Merry Gentlemen," "The First Noel," "Hark! the Herald Angels Sing!" and "Joy to the World." Nowadays, Christmas caroling is almost uniquely found during church services. Rarely do carolers venture door-to-door *a-wassailing* as they once did in olden times. But on December 20, Go Caroling Day, the practice may be revived. So don't be surprised if you hear a knock on your door and a choir of voices.

Ask the Expert...by Natalie Kunkel

I stay current on the latest research and medication options for Alzheimer's Disease, I have taken [my loved one] to the doctor several times to make sure he is receiving the most current medication options, I do not see improvement. What else can I do?

I am not a doctor, but I have learned much over the last years of my specialized work in dementia care from the wonderful people living with and managing this illness and many wise people who have more experience and knowledge. The two most important things they have taught me is: 1) Everyone's journey is personal and unique and, 2) nothing replaces patience.

Alzheimer's research is getting a lot of press, it is important to understand who has participated in specific studies and specifically what their results were. Your loved one may not be well suited for some medical interventions. Additionally, all interventions need time to reach a therapeutic level. Introducing alternatives too quickly can cause

a disruption, both medically and mentally.

People managing dementia causing diseases have a brain that is unable to respond to chemical additions and subtractions as quickly as a "normal" brain. When introducing a new therapeutic intervention it is important not to change other medications or even their routine for the recommended time. The doctor usually develops this "recommended time" based on how long a medication or intervention reaches a therapeutic level.

While there have been many advances and promising discoveries in the treatment of Alzheimer's Disease, there is still no magic bullet. Remember to stop and enjoy the days and time you have together now — don't forget to create a moment of joy today!

A Grimm Tale Turned White

The history of Disney's success with feature-length animated films began on December 21, 1937, when it released *Snow White and the Seven Dwarfs*. Many versions of this Grimm brother's fairy tale existed before Walt Disney put his hand to it. The first film version of *Snow White* hit theaters in 1902, but it was the Disney film that was considered groundbreaking. Indeed, the film won a specially designed Academy Award: one regular-sized Oscar statue with seven miniature Oscar statuettes. No less impactful was Disney's transformation of the story from a wicked tale of murder into a magical cartoon. The original unknown dwarfs were given funny personalities (not including the rejected names of Blabby, Jaunty, and Hoppy-Jumpy). Also forgotten was the evil Queen's fate of dancing to death in hot iron shoes. But this has always been the magic of Disney, providing the most exceptional and enduring family entertainment. *Snow White and the Seven Dwarfs* has not lost any of its original luster.



Life in Motion — November Memories



(Above) Fun time for all! Residents enjoyed a painting social and icy (non-alcoholic) Margaritas.



Everyone enjoyed the children who visited on a Saturday afternoon. Together they read and engaged in having fun with puzzles. Special thanks to Oklahoma Hospice for inviting the children to spend quality time with our residents. It was a special day.



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.



RESIDENTS

Mary E — 12/6
Tommy W — 12/6
Deloris L — 12/8
Syble P — 12/9
Martha J — 12/12
Maydell B — 12/13
Lou K — 12/20
Kat H — 12/30

STAFF

Rachel — 12/21
Melissa — 12/24



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