

April 2019

# Reminisce News



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## Welcome



Welcome Director of Nursing, Carrie Elmore! Carrie has been a nurse for the senior population for 20 years. "My heart is in senior care. I've never wanted to do anything different," she said. "I'm glad to join the Arbor House team—and, I'm so impressed with the Reminisce staff."

Originally from Texas, Carrie and her husband have two grown children. In her spare time, she enjoys crafts and creating beautiful pieces by re-purposing windows and frames. Her favorite time of year is summertime when she can enjoy lake life—it's her peaceful place.

If you haven't had a chance to meet Carrie, please stop by her office and say "hello."

Welcome to the Team, Carrie!



***Spring on Over!***

***Thurs., April 18***

***2—4 p.m.***

*Meet the newest additions to  
Arbor House Reminisce!*

## Ask the Expert...

### Symptoms that are better sometimes and worse at other times

Families often observe that a person with dementia can do something one time but not another time.

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

*"My wife can use the bathroom alone at home, but she insists she needs help at our daughter's house."*

*"My husband does not get as angry and upset at 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 dementing illnesses. 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—or, if the person is in our Reminisce community visit with the Director of Nursing. Our staff is always available to address your concerns.

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

## April Holidays

Here's a look at the history behind a few of the holidays celebrated in April:

**April Fools' Day**, celebrated on April 1, most likely began in 1564—the year France moved the start of its calendar from April 1 to January 1. It is said that those still celebrating the new year in April reportedly had paper fish (or April Fish) stuck to their backs by pranksters. And so, an April "fools" ritual was born.

**Earth Day** was launched on April 22, 1970, following a 1969 oil spill off the coast of California. Founded by Wisconsin Senator Gaylord Nelson, it reportedly inspired 20 million Americans to demonstrate in marches for the environment. Organizers continue to lead events worldwide on April 22 and credit this day to the formation of the U.S. Environmental Protection Agency.

**National Arbor Day**, held the last Friday in April, began in 1872 thanks to the efforts of Nebraska Territory pioneer J. Sterling Morton. Morton's first tree-planting holiday included prizes for the most trees planted; more than one million trees were planted in Nebraska that first Arbor Day.

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*

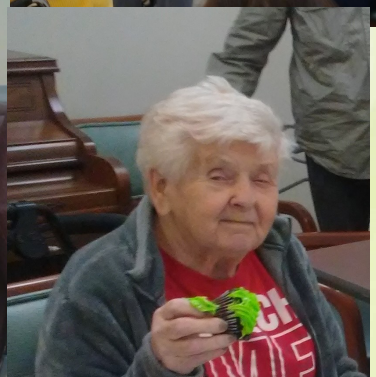


## Life in Motion — March Memories

(Right) Residents enjoy Parachute exercise and indoor volleyball.

(Below) GREEN was the color of the day—with St. Patrick's Day crafts, activities, and snacks!

And, oh what FUN we had baking cakes! Because we always have time for dessert breaks!  
Mmm quite delicious...



## 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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@ Arbor House Assisted Living



## OHAI Presentation

Join us on **Tuesday, April 16 at 2:00 p.m.** at Arbor House on Main St for the Healthy Brain, Healthy Mind presentation provided by the Oklahoma Healthy Aging Initiative (OHAI). This presentation is designed for individuals and caregivers who want to learn about the various pathways through which they can improve both their mental and physical health. Developed within the University of Oklahoma Health Sciences Center Department of Geriatric Medicine, the Healthy Brain, Healthy Mind Intro Presentation is designed to give individuals an overview of the many different techniques that help maintain a healthy brain which is vital for good mental health. This one-hour presentation will cover more than a dozen ways to improve mental and physical health. Enroll today to get the information you need to take action towards a healthier mind and a healthier you! Call 405-292-9200.

