

June 2019

Reminisce News



Our Staff

Katherine Chadrick
Executive Director

Carrie Elmore
Director of Nursing

Lillian "Lil" Kenney
Admissions & Marketing Director

Joe McIntosh
Dietary Supervisor

Melissa Riojas
Wellness Coordinator

Kim Vincent
Administrative Assistant

Shelley Jones
RN Consultant

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The Magnificent Abyss

June is World Ocean Month, a time to celebrate everything in and under the sea. What would our world be without the ocean? The ocean produces over half of the air we breathe. Covering 70% of the planet's surface, the ocean's currents distribute heat all around the globe, regulating both the world's climate and weather patterns. And although 95% of the ocean remains unexplored, it is home to over two million different species, including the largest animal ever known to have existed on Earth.

The blue whale, capable of growing to almost 100 feet long and weighing in at 190 tons, is larger by far than any dinosaur that ever walked the earth.

This massive creature relies on one of the ocean's smallest animals for its

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Farewell, Adios, Au Revoir, Ciao, Aloha...



As I write this article my heart is filled with emotions for this is the last newsletter I will design for you. After nine years at Arbor House, I am retiring effective this June. I have absolutely loved my job! I have had the pleasure of meeting many lovely, caring people. Although I will miss you all, I know in my heart that it is the right time for me to bid you farewell.

So as I celebrate my 66th birthday, I look forward to the next phase in my life—and, I will hand over my princess crown (*ha,ha*) to your new Marketing Director. She's an amazing young woman who some of you will remember. She's returning home and I'm thrilled for you and for the Arbor House Team.

Thank you for your love and support. I wish you good health and happiness. And, remember to SMILE! For the simple act of a smile can lead you to feel joy and happiness. Scientists believe that smiling changes your brain chemistry. So, smile often.

With much love,
Lil

Ask the Expert...

Communication

Ninety percent of what people with dementia understand is not the words that come out of your mouth, but your body language and tone of voice. Ninety percent! That's a big number. Your tone of voice should convey a matter-of-fact, friendly, helpful, calm and respectful attitude.

Positive Non-verbal Communication

- Be aware of your body language and send a positive message.
- Try a calm, gentle, matter of fact approach.
- Reduce background noise by talking to the person in a place that is free of distractions.
- Position yourself directly in front of the person, at eye level, and make sure you have their attention before you start to speak.
- Touching a person on the shoulder or holding their hand may help them focus on what you are trying to communicate.
- Show the person what you want to do by demonstrating.

- Praise non-verbally through hugs, a caring smile, or a pat on the back.
- Walk away and try again later with a different approach.

Positive Verbal Communication

- Speak slowly in a low-pitched voice.
- Enunciate your words.
- Use short, familiar words and simple sentences.
- Ask simple questions that require a choice of yes/no answer.
- Give positive instructions and avoid "don't or can't" or any other negative commands.
- Give simple instructions for one task at a time (The simple task of brushing teeth contains 11 steps).
- Keep talking to the person with dementia, even if they cannot talk back. For example, when a toddler is learning to talk, if you respond as though you don't understand, they become frustrated and keep repeating themselves until you do understand. It's human nature to want to be understood.

The Magnificent Abyss — *Cont. from pg. 1*

chief food source. The blue whale eats krill, those tiny two-inch-long, shrimp-like crustaceans that swarm by the tens of thousands. That the world's largest animal should rely on one of the smallest should not come as a surprise, for this is just another example of Earth's great symbiosis. Whether on land or in the sea, all organisms are interdependent on each other for their survival.

The vast diversity of life in our oceans is astounding. Large and charismatic animals such as whales, sharks, dolphins, rays, walruses, and seals get the lion's share of attention. Tourist hotspots such as reefs, beaches, and lagoons along the coasts draw visitors. But the mystery of the ocean lies

in its vast depths. Humans are most familiar with the upper ocean, perhaps the top 500 feet. What is astounding is that the average depth of the ocean is over 13,000 feet deep. That's as high as the peaks of the Rocky Mountains! So what mysteries lie at those unplumbed depths? Scientists have discovered sea anemones and upside-down swimming fish under ice sheets, coral reefs off Greenland, and new species of shrimp and sponges near underwater sea vents. Who is to say that mermaids do not exist, given the fact that so many parts of the ocean have been unexplored?

Life in Motion . . .



*Spring is here!
We're enjoying
the outdoors!*



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.

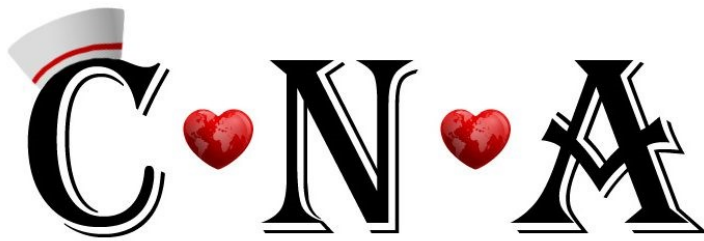
A partnership exists between residents and staff to promote individual's independence while providing the necessary support to function at his/her highest level.

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



HAPPY NATIONAL NURSES ASSISTANT WEEK

Please help us by saying

THANK YOU

To our Care Friends during C.N.A. Week

June 13-19



@ Arbor House Assisted Living