

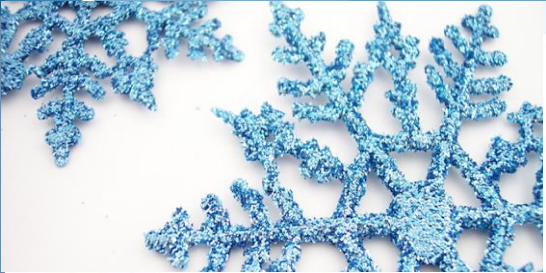
Arbor Rose Senior Care
6033 E. Arbor Ave
Mesa, AZ 85234

Postage
Information

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Celebrating December

Write a Friend Month
Bingo Month
Safe Toys and Gifts Month

Eat a Red Apple Day
December 1

International Volunteer Day
December 5

Hanukkah
December 12–20

Winter Solstice
December 21

Look for an Evergreen Day
December 19

Christmas Day
December 25

Make Cut-Out
Snowflakes Day
December 27

New Year's Eve
December 31

Birthday Critters: The Animal in You

December 1–16: Dog

You are a very loyal person who values having a small but close-knit group of friends over having many varied acquaintances. You're a hard worker, whose humble and down-to-earth attitude makes it easy to get along with you. And your friends treasure your honesty and sincerity.

December 17–25: Monkey

Always the center of attention, you love to keep the people around you entertained. While at heart you want things done the right way, you hate to be kept waiting and can sometimes be impatient. Some say you have a "sixth sense" that often saves you from falling into traps or making the wrong choice.

December 26–31: Dove

You are happy-go-lucky. No matter what life throws your way, your upbeat attitude never wavers. While you lead your friends into fun and new adventures, you are no fairweather friend; you are also a great listener in the bad times—lifting, cheering, and soothing the spirits of those near you.

December Birthdays

In astrology, those born between December 1–21 are Archers of Sagittarius. Sagittarians are travelers, open-minded, and constantly in search for meaning. Extroverted and optimistic, Archers seek change and take concrete steps to achieve their goals. Those born between December 22–31 are Capricorn's Goats. Goats are practical, determined and focused on their ambitious goals. They follow a straightforward, well-planned path and persevere with grit and honesty. Their sympathetic and caring natures make them devoted friends.

Bette Midler (entertainer) – December 1, 1945
Dave Brubeck (musician) – December 6, 1920
Eli Whitney (inventor) – December 8, 1765
Rita Moreno (actress) – December 11, 1931
Dave Clark (musician) – December 15, 1942
Ty Cobb (ballplayer) – December 18, 1886
Humphrey Bogart (actor) – December 25, 1899
Tiger Woods (golfer) – December 30, 1975
Donna Summer (singer) – December 31, 1948

Weather or Not

Many believe that the weather on December 25th can tell us quite a bit about the coming year.

What do you think of these bits of weather lore?

- A windy Christmas is a sign of a good year to come.
- A bright Christmas foretells that a hen will lay well.
- If Christmas day be bright and clear, there'll be two winters in the year.

Flower of the Month – Narcissus

What we commonly known as the daffodil may not be what you first think of when you hear its botanical name, *narcissus*. Instead, you might think of the Greek myth about Narcissus, who was so obsessed with his reflection in a pool of water that he fell in and drowned.

According to the tale, the gods turned his remains into the first narcissus flower. For this reason, the daffodil is sometimes regarded as a symbol of vanity or unrequited love in the Western world.

Or perhaps you're thinking of the word's Greek root, *narc*, referring to the daffodil bulb's medical uses. Thanks to its role in Japanese medicine, the Eastern world regards the daffodil as a symbol of wealth and good fortune.

Either way, the narcissus flower's bright shades of yellow and white serve as a memory of a ray of sunshine as we look forward to spring.

What's Lucky in December?

Lucky Color: Royal Blue
Lucky Day: Thursday
Lucky Number: 5
Lucky Letters: A and S
Lucky Animal: Reindeer



Arbor Announcements:

From Shannon, Executive Director

Hello from the Arbor Rose Family,

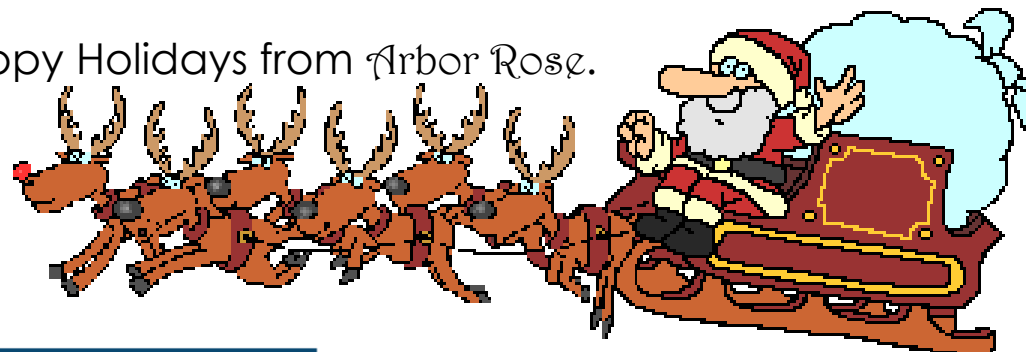
When someone is helping you with the care of your aging parent or loved one, it is natural to want to extend your appreciation. You may want to get your caregivers a gift during the holidays. We're here to share some caregiver gift ideas, as well as guidance about giving gifts to professional caregivers.

The Resident Counsel accepts donations all year long to be added to the Employee Appreciation Fund, that will be divided among all frontline staff prior to December 20th. If you wish to make a donation, please see Ruth at the front desk.

Below are other ways to honor the team at Arbor Rose:

1. Send a letter/email to their supervisor about why you think a caregiver deserves special thanks and what he/she does that is special. Not only does this have a positive impact on their work profile, it allows Arbor Rose to recognize them for a job well done.
2. Write a "Thank You" note or nice card to a caregiver (even better, send a copy to his/her supervisor or ask if you can read it at holiday party or a caregiver appreciation event.
3. Arbor Rose does have an annual holiday party. You could bring a special treat to add to the celebration, send flowers, balloons, or something else to show your appreciation and make the person feel special, while celebrating with colleagues. Check with management for more ideas and guidance.

Thank you and Happy Holidays from Arbor Rose.



Iceland's Yule Lads

Children eagerly anticipate the arrival of Santa Claus on December 25, but in Iceland children await no fewer than 13 different Santa Claus-like visits. Beginning on December 12 and for 13 nights leading up to Christmas Day, homes are visited by the elf-like Yule Lads, mischievous sprites who are naughty and nice.

The Yule Lads, like Snow White's dwarves, have unique names and personalities and get into unique mischief. According to the National Museum of Iceland, they are: Sheep-Cote Clod, who disturbs sheep; Gully Gawk, who steals foam from buckets of cow's milk; Stubby, who steals food from frying pans; Spoon Licker, who licks batter from spoons; Pot Licker, who licks food from unwashed pots; Bowl Licker, who steals food from under the bed; Door Slammer, who stomps around the house and keeps everyone awake; Skyr Gobbler, who eats up all the Icelandic yogurt; Sausage Swiper, who steals sausages; Window Peeper, who peers into windows and sometimes steals things he finds inside; Door Sniffer, who has a big nose and steals baked goods; Meat Hook, who steals leftover smoked lamb; and Candle Beggar, who steals candles. These Yule Lads arrive to fill a good child's shoe, left on the windowsill, with a gift or treat. Bad children find their shoes filled with potatoes or turnips. This may sound like a harmless Yuletide tradition, but in the past, the Yule Lads were far more terrifying.

In olden days, the Yule Lads—the offspring of two ogres—were joined on Christmas Eve by the Yule Cat, a giant black beast. According to legend, they would gobble up any person found not wearing one new item of clothing. The Icelanders definitely take their myths seriously. Magnus Skarphedinsson, a top elf researcher and headmaster of Iceland's Elf School, says that 54% of Icelanders believe in these beings. The image of the Yule Lads may have changed from naughty to nice over the centuries, but many still fret over their arrival each December.



Keep Your Footing

Scotland's Hogmanay is one of the world's greatest New Year's celebrations. *Hogmanay* is the Scottish word for the last day of the year. In Scotland, the celebration of Hogmanay was traditionally even more important than Christmas. The most important ritual of Hogmanay is the practice of *first-footing*, which begins immediately after midnight. This entails being the first person to cross over a friend or neighbor's threshold. Any first-footer must arrive bearing symbolic gifts of salt, coal, shortbread, whiskey, and black bun. Another ritual is *redding the house*, which involves cleaning the home and hearth, and then "reading" your fortune on the hearth's ashes. No Hogmanay is complete without singing "Auld Lang Syne," composed by Scotland's own national poet Robert Burns.

Sticky Business

Begin December 17 with pancakes, waffles, or French toast covered in a puddle of maple syrup because it's Maple Syrup Day. Maple syrup typically comes from sugar maple, red maple, or black maple trees. In cold climates, these trees store starch in their trunks and roots. When the weather warms, this starch is converted to sugar and then rises in sap to feed the tree. Maple sap is collected by boring a hole into the tree trunk and attaching a *spile*, or tap, through which the sap "runs." This dripping sap is collected and boiled down to remove excess water and create a concentrated syrup. It takes almost 40 gallons of maple sap to create one gallon of maple syrup. In South Korea, the sap is not even boiled down to syrup. Instead, maple trees known as *gorosoe* are tapped and the sap is drank fresh from the tree. In some regions of South Korea where the sap is believed to have health and spiritual benefits, people drink as much as five gallons at once. It is also an economic boon. The city of Hadong alone produces 317,000 gallons of sap, which fetches between \$6 and \$7 a gallon.

Arbor Announcements

From Ellen – Director of Sales & Marketing

Winter depression in the elderly can be SAD

Is a loved one feeling blue, restless and/or depressed? It might not be temperament but the weather, especially because much of the country has experienced an early winter. Shorter days, longer nights and diminishing sunlight play a role in [seasonal affective disorder](#) (SAD). Most people simply mourn the loss of bright summer days and move on. But for many, the symptoms of SAD appear each year, as surely as the leaves fall in autumn. The classic symptoms of this disorder are fatigue, depression, hopelessness, disinterest and poor sleep.

It’s not just always the “blues.” SAD is recognized as a subtype of major depressive disorder that shares the same symptoms as major depression, which may include sadness, loss of interest or pleasure, changes in sleep and appetite, feelings of worthlessness and weight loss, according to [G. Allen Power, MD](#), a geriatrician, author and consultant specializing in dementia care.

Because of chemical changes in the brain and disrupted body rhythms in the fall and winter months, long-term care (LTC) residents have little opportunity to go outdoors to be invigorated by the full spectrum of sunlight. In addition to the general symptoms of SAD, residents with dementia also may exhibit irritability or agitation, social withdrawal and difficulty communicating, Power told *Long-Term Living*. “They may not even report feelings of sadness or depression,” he says.

Because depression—including SAD—can be a serious mental health issue, a resident may need to be referred to a psychologist for treatment recommendations.

Natural sunlight is the key to alleviating some of the classic symptoms of SAD. Of course, it's more difficult to do this in LTC environments, because so many residents require assistance with dressing and with transport. Nevertheless, Power stresses the importance of at least bundling up and getting out for a few minutes a few days a week, even in cloudy weather. “Sunlight is far more beneficial for body rhythms than indoor lighting,” he says. “Studies have shown that even people without dementia often have a disrupted sleep cycle after a few weeks of living in a nursing home, due to the lack of natural light.”

Light box therapy (the daily exposure to bright artificial light when symptomatic) can be beneficial. Light therapy should be initiated at the onset of symptoms and used daily until spring or until symptoms resolve naturally. The light box unit provides a special, full-spectrum light, with ultraviolet rays filtered out. “This therapy, however, should be individualized and supervised to prevent overstimulation or eye strain if not properly balanced,” Power advises. For seniors, especially those with dementia, proper supervision is a recommended safety precaution.

Cognitive behavioral therapy (CBT) is another avenue of treatment, as Kelly Rohan, PhD, describes in an American Psychological Association [article](#). In CBT sessions, the person with SAD works with a therapist to learn how to identify and schedule engaging activities throughout the winter. In addition the person learns how to identify negative thoughts, which gives him or her tools to manage mood. Awareness of these coping techniques can help to manage moods the onset of depression each year.

In the LTC setting, **activities** such as meditation, tai chi and yoga can help to combat depression, according to Power. Find out what works for each individual. It might be aromatherapy or a massage. A bright, sunny environment adds to the pleasure and effectiveness of chasing the blues away.

Dietary supplements also can help a resident turn the “mood” corner. Melatonin can help regulate mood. Omega-3 fatty acid also can fight depression. Before adding supplements, however, talk with the president’s healthcare provider to ensure that they will not interfere with any medications.

By identifying SAD in a resident, speaking with his or her physician and family about the various options for treatment and instituting a plan of action, you can help someone weather the seasonal blues.

Arbor Announcements

From Amy – Health & Wellness Director

Preventing Falls: Are You At Risk of Falling?

As you get older, you're not as steady on your feet as you once were. And you may have health problems you didn't have when you were younger. So, it's not surprising that older people are more likely to trip and fall. Falling can be very serious. It can change your overall health and quality of life. That's why it's important to be aware of your own risk of falling.

The dangers of falling

Falls are one of the main causes of injury in people over age 65. An older person who falls may take longer to get better than a younger person. And, after a fall, an older person is more likely to have problems that don't go away. So, preventing falls can help you avoid serious health problems.

Are you at risk of falling?

Answer these questions to rate your level of risk.

- Are you a woman?
- Have you fallen or stumbled in the last year?
- Are you over age 65?
- Are you ever dizzy or lightheaded with standing?
- Do you have a hard time getting in and out of the bathtub or on and off the toilet?
- Do you lean on objects to help you get around? Or do you use a cane or walker?
- Do you have vision or hearing problems? For example, do you need new glasses or hearing aids?
- Do you have 2 or more long-lasting (chronic) medical conditions?
- Do you take 3 or more medicines?
- Have you felt depressed recently?
- Have you had more trouble with your memory in recent months?
- Are there hazards in your home that might cause you to fall, such as loose rugs or poor lighting?
- Do you have a pet that jumps on you or might trip you?
- Have you stopped getting regular exercise?
- Do you have diabetes?
- Do you have a neurologic disease, such as Parkinson or Alzheimer disease?
- Do you drink alcohol?
- Do you wear athletic shoes or slippers, or go barefoot at home?

You can help prevent falls

If you answered "yes" to any of the above questions, take steps to reduce your risk of a fall. Monitoring health conditions and keeping walkways in your home free of clutter are just two ways. Changing is sometimes easier said than done. But keep in mind that even small changes can make you less likely to fall.

The fear of falling

It's normal to be scared of falling, especially if you've fallen before. But being afraid can actually make you more likely to fall. This is because:

- Fear might cause you to become less active. Being less active can lead to a loss of strength and balance.
- Fear can lead to isolation from others, depression, or the use of more medicines or alcohol. And all these things make falling even more likely.

To break the cycle, learn more about ways to avoid falling. As you take control, you may find yourself feeling less afraid.

Preventing Falls: How to Prepare and What to Do

Falling is not something you want to think about. But it can make a big difference to plan ahead. If you're prepared, you'll know how to get help. And you'll be less likely to panic if you fall. This means you'll be able to do what's needed to get help right away.

How to prepare

- Have someone check on you daily.
- Keep a list of emergency numbers near the phone.
- Always have a way to call for help. Keep a cell phone with you at all times. Or talk with your healthcare provider about how to set up a home monitoring service. This involves wearing a small device around your neck or wrist. If you fall, you can press the button on the device. This alerts emergency responders.
- Talk with your healthcare provider about an exercise program that's right for you. Regular exercise may reduce the risk of falling and the risk for injury related to a fall.
- It's important to have good lighting in your home. Avoid using throw rugs, because they can raise your risk of tripping and falling. Add grab bars in the bathroom to help reduce the risk of falling. Small changes can make your home safer. Talk with your healthcare provider about making your home safer.

What to do if you fall

Above all, try to stay calm:

- If you start to fall, try to relax your body. This will reduce the impact of the fall.
- After you fall, press your monitor button, or phone for help.
- Don't rush to get up. First, make sure you're not hurt.
- Roll onto your side, then crawl to a chair. Pull yourself up onto the chair slowly.
- You should be checked if you struck your head, lost consciousness, were confused afterward, or have any other concerns for injury.
- Be sure to tell your doctor that you fell.

A note to family and friends

If you're with a loved one when he or she starts to fall, don't try to stop the fall. Ease the person to the floor carefully, so neither of you gets hurt. Don't leave the person alone. And don't try to move him or her. Put a pillow under his or her head. Check for injuries. If help is needed right away, be sure to call 911.

A Safe Home for the Fall Risk Patient

The older person has many causes for being at risk for falling, i.e. weakness, unsteady gait, poor balance, medications may cause dizziness, etc. Some of the suggestions below may not apply to all people but some may be very helpful in this situation.

Here are some suggestions to assist in this goal:

Equipment (if applicable)

- A 2 wheeled walker, appropriate height, in working order
- Hand rails in the bathroom
- Shower chair or bath seat
- Call bell to alert caregiver
- Bed in low position with locks on wheels, if applicable
- Arms on chairs (chairs without wheels/casters)
- Chairs that are at an adequate height, no low chairs or sofas

Floors:

- Put nonskid pads under area rugs
- Remove throw rugs
- Replace worn floor coverings
- Tack carpets firmly to each step on carpeted stairs. Put nonskid strips on the edges of uncarpeted stairs and bathmats
- Keep floors and stairs free of clutter and cords
- Arrange furniture so there are clear pathways
- Clean up any spills right away
- Rooms should be well lit

Caregivers

- Walk with the patient. Have them wear well fitting, non-skid, closed-toed shoes
- Check on patient often
- Remind the patient to ask for help before moving

Arbor Announcements

From Kendra – Resident Care Coordinator
And Lisa – Memory Support Director

Benefits of Proper Nutrition for Seniors

There are ways, however, to stimulate the appetite, Hunley said. And the benefits of proper nutrition for seniors range from increased mental capacity and higher energy levels to better resistance to illness and disease. A senior with better eating habits will feel better overall and live longer and stronger.

Some of the ways to promote healthy eating habits among seniors include:

- Increase the nutrient density, not the portion size. Large portions or a lot of different food items presented all at once can be overwhelming. For example, prepare hot cereal and soups with milk instead of water, add peanut butter to toast instead of butter or add cheese to scrambled eggs.
- Set regular eating schedules. Bodies thrive on routine. When we stray from our typical schedules the appetite is affected.
- Encourage social meals. The thought of eating alone can decrease appetite. At American Senior Communities, residents are encouraged to have meals in the dining rooms where they can socialize with others, which can help improve food intake.
- Enhance smells, flavors with herbs, sauces, marinades.
- Avoid excessive liquids before or during meals. Beverages can fill us up and reduce appetite.

“When a resident is admitted to an American Senior Community location, we complete a nutrition assessment that includes an interview to determine their typical eating pattern, favorite foods and is an opportunity to discuss any problems involving the appetite,” said Hunley.

There are many reasons that appetite can be decreased so if you are concerned about your loved one’s appetite, have them evaluated by their doctor to be sure there isn’t a more serious underlying cause, Hunley said.

A senior may face any number of obstacles in their quest for proper nutrition. Their caregivers must be observant to their loved one’s eating habits to make sure they aren’t at risk for the health threats that come with poor nutrition.

Preventing Dehydration in Seniors

Water acts as a coolant, lubricant and transport agent in your body. It’s needed to regulate your body temperature, remove toxins and waste, carry nutrients and more. Signs of dehydration include confusion, feeling fatigued or drowsy, dry mouth, low blood pressure and rapid heart rate and low urine output. If you aren’t sure if you’re dehydrated, try pulling on the skin on the back of your hand. If it doesn’t return to normal right away, it’s time to increase your water intake.

Enjoy all the health benefits drinking water provides and prevent dehydration by following these tips:

Keep a bottle of water next to you. If you have water nearby at all times you’ll be more apt to drink it regularly. Keep a bottle of water on the end table or nightstand, or fill a pitcher with water and place it on your coffee table to easily refill your glass.

Balance water output with water input. If you’re going to be partaking in any physical activity, it’s likely that you’ll be sweating, especially during these remaining warm summer days. Before, during and after your workout, make sure to drink plenty of water to ensure you’re replacing the fluids you’re losing.

Try different beverages. You don’t have to drink plain old water all the time. You can get the necessary fluids from hot drinks like tea or coffee, or cold drinks like fruit juices. Ad some lemon, limes or other fruit to your water to give it little boost in flavor.

Avoid sugary choices. While getting fluids from drinks other than just tap or bottled water is fine, avoid sodas sweetened with sugar or high fructose corn syrup. Your body doesn’t need those types of ingredients. They provide little to no nutrients, and they can contribute to developing diabetes and other problems.

Get water from other sources. Some fruits and vegetables are high in water content, with the added bonus of providing vitamins, minerals and other healthy nutrients. Eating soups or broths for lunch is another way to add more fluids and nutrients to your diet.

(ascsenior.com)

Operation Santa Paws

The December holiday season may be one of good cheer for humans, but a group of animal lovers has made sure that the warmth of the season extends to pets as well. In 2001, Justin Rudd spearheaded a movement to solicit donations to animal shelters during the holiday season. Since then, every December, animal shelters and rescue groups participate in Operation Santa Paws, an effort to collect toys, treats, and supplies for neglected and abandoned animals, especially those pets given as gifts and then left out in the cold. Providing a happier holiday season for sheltered and rescued animals can even increase the likelihood of adoption.



The Meaning of Messy

December 21 is the shortest day of the year in the northern hemisphere, so why bother making your bed when you'll soon be back under the covers? That was the rationale behind fifth grader Shannon Barba's appeal to the United States Congress asking to make Don't Make Your Bed Day an official holiday. Perhaps Barba doesn't appreciate what making a bed in the morning reveals about an individual's personality. Some psychologists claim that those who make their beds set a positive tone for the rest of the day. Bed-makers are organized go-getters. What about those who don't make their beds? These people are not necessarily unorganized, but instead enjoy not knowing what happens next. They enjoy surprises that bring excitement and energy to the day.



On Top of Technology

December 3 is Roof Over Your Head Day, a day to give thanks for the gift of shelter. The biting cold and driving snow of winter are sober reminders of the warmth and safety that a good roof can bring. Nowadays, however, roofs provide more than overhead shelter. Technological advances allow roofs to provide us with renewable energy, a cleaner environment, and even fresh food.

Entrepreneur Elon Musk is best known for his company Tesla, its electric cars, and his aspirations to colonize Mars. Lesser known, but just as visionary, is his work to produce a new kind of roof. Tesla is designing solar glass roof shingles that look exactly like traditional roof shingles, but with the benefit of harnessing the sun's power and turning it into valuable energy to run a home. The durable glass is specially designed to withstand hailstones falling at over 100 mph. At \$42 per square foot, these tiles are much costlier than the average asphal shingle, which costs \$5 per sqare foot. And while these tiles also cost more than the large, rectangular solar panels now perched atop many roofs, they look nicer and more natural than the clunky rooftop panels.

Another innovative roof option is the "green roof," where shingles are completely eschewed for a roof composed of soil, plants and shrubs. Residential home owners and urban building managers are opting for living rooftop gardens, where plants help clean the air, manage stormwater runoff, reduce air conditioning and heating costs, absorb heat, provide habitat for birds and animals, offer park space for people, and even provide fresh fruits and vegetables via rooftop farms. Innovations do not stop at green roofs; there are also designs for green walls, bridges, and railroad tracks. In all of these cases, success depends on the expertise of the engineer in considering a roof's ability to retain moisture, allow drainage, prevent erosion, repel pests, and determine which plants will be most successful. In the near future, homes will provide more than just a roof over our heads.

Dates to Remember:

- December 4th & 18th – Tai Chi Easy w/ Roxanne 5:30pm. Open to all!
- December 7th – Santa Hat Day
- December 12th – Caregiver Support Group – 5pm
- December 15th – Ugly Sweater Day
- December 16th – Annual Holiday Party – Brunch 11am – 1pm
 - Brunch, mimosas, Pictures w/Santa, Open to All!
- December 25th – **Day Club will be closed for the Christmas holiday.**
- December 29th – New Year's Eve Party!

Outings:

- December 6th – Restaurant Outing – LoLo's Chicken & Waffles - \$15
- December 11th – Shopping Outing - Walmart
- December 21st – Young Adults – Bowling
- December 26th – Casino Outing – Ft. McDowell Casino

The Lyric of the Nation

While not everybody appreciates the fine lyricism of poetry, governments all around the world acknowledge the importance of this art form by nominating *poets laureate*, poets who are expected to compose poems for important national events and occasions. In recognition of their patriotic contributions, December 20 is Poet Laureate Day.

The term *laureate* refers to the crowning of poets and other heroes with laurel leaves, a practice which began in ancient Greece. The notion of nominating a poet laureate regained popularity during the 1300s in Renaissance Italy when Albertino Mussato was made the poet laureate of Padua. Mussato was a poet, historian, and statesman who acted as an ambassador between Padua in Italy and the court of Henry VII, the King of Germany and Emperor of the Holy Roman Empire. Mussato's works and influence were deemed so important to the legacy of Padua's politics that he was officially appointed poet laureate, the first such appointment made after the Greeks.

Nowadays, governments all over the world appoint poets laurate. In general, these poets strive to increase the appreciation of poetry among the citizenry and many of them work within a nation's national library as a consultant in preserving poetry. The position in the United States has been filled by Archibald MacLeish, Gwendolyn Brooks, and today by Juan Felipe Herrera. In England, the title has been bestowed upon Geoffrey Chaucer, William Wordsworth, Alfred, Lord Tennyson, and today by Dame Carol Ann Duffy. In Canada, poets must be able to write in both English and French. Canada's current laureate is Michel Pleau. While the honor of being poet laureate is always temporary, the service these poets provide is timeless. According to England's Carol Ann Duffy, "Poets sing out human music for us."

