



FROM MCU ADMINISTRATOR: *Moments*

This month's Moment training is on understanding **Dementia**.

WHAT IS DEMENTIA?

Dementia refers to a loss of intellectual function and other cognitive functions, sufficient to interfere with an individual's ability to perform activities of daily living or carry out social or occupational activities.

Dementia is not a disease itself, but rather a group of symptoms that may accompany certain condition or diseases.

Some symptoms of dementia

include: Impaired memory, specifically short-term memory, difficulty with communication and language, poor judgement, difficulty with concentration (ability to pay attention and focus), impairments to visual perception and difficulty with task sequencing.

Dementia falls into 2 Categories, **Irreversible** and **reversible**.

Reversible dementia: The leading diseases/conditions that cause dementias that are normally reversible include: depression, medication (side effects, drug interactions, drug overdose), alcohol abuse, drug abuse, dietary (vitamin and mineral deficiencies such as A, C B-12 and Folate), trauma (due to falls, concussions or contusion to the head), Hormonal dysfunction (i.e. thyroid problem), infections, heart disease, brain disease tumors) and environmental toxins.

Irreversible dementia:

Alzheimer's disease, Vascular Dementia, Lewy body dementia, frontotemporal dementia and Parkinson's dementia are the most common irreversible dementia.

Steven T. Mays



Ken P.	May 01
Dan F.	May 16
Esther M.	May 18
Steve C.	May 18
Helen "Faye" H.	May 24
Marjorie R.	May 27
Dolores C.	May 31

Welcome Corner:

We would like to extend a special welcome to the wonderful elders who have joined our community over the last couple of months.

Ernest "Ernie" H. Kathleen H.
Jon K. Riley M.
Helen M.

PRAIRIE HOUSE
Assisted Living and Memory Care

MAY ACTIVITIES

MAY 7TH

Casino trip to warm springs

MAY 11TH

Mothers day tea at 2 pm

MAY 10TH

Veteran's Breakfast

MAY 10TH

Alzheimer's support group

MAY 14TH & 28TH

Taco Night

@ American Legion

MAY 15TH

Trip to Wal-Mart Bend

ROCKSTARS OF THE MONTH



We are now doing an appreciation award for our residents called the Resident Rockstar of the Month. We encourage residents and employees to vote on a fellow resident who you feel are amazing and need to be told they are a shining star at Prairie House.

Prairie House has many amazing employees that carry our core value each day and go above and beyond. So each month we have one the chance for one Rockstar to be recognized for all their hard work and dedication to our residents and our amazing community. We appreciate all that our amazing staff do here and we are excited that you are Rockstar get another moment to shine .Thank you for all your hard work!

Resident Rockstar of the Month: Pauline F.

Employee Rockstar of the Month: Sarah Jackson Shaw

UPDATE ON MEALS:

We encourage you to enjoy a meal with our elders, we would ask that you give us a 24 hr. notice if you will be joining if possible. Prices for meals for dining with our elders will now be 5 dollars.

In Loving Memory

*Though they have left
our presence, they will
never leave our hearts.*

Norma P.
Lovita W.
Bruce C.

Steven M.
Edna S.

We will miss you dearly.



PHOTO HIGHLIGHTS CONTINUED



Mother's Day is Sunday, May 13

Mother's Day is a celebration honoring the mother of the family (whether it is a biological mother, surrogate, foster, aunt, cousin, neighbor, nana, or grandmother), as well as motherhood.

The American incarnation of Mother's Day was created by Anna Jarvis and Julie Ward Howe in 1908 and became an official U.S. holiday six years later on May 8, 1914. On this day, daughters, sons, and husbands usually have plans to make this day extra special and memorable. So, take a moment on May 13 to say thank you to that special woman who has helped make your life meaningful!



Control Cholesterol Through Your Diet

1. Eat in moderation. Excess food can lead to weight gain or obesity.
2. Stay away from fatty foods.
3. Steer clear of sweets as they are a principal source of saturated fats.
4. Eat more vegetables. Vegetables contain vitamins and minerals, which are cholesterol-lowering elements.
5. Boost your fiber intake. Fiber-rich foods are also known to lessen cholesterol in the blood.

PRAIRIE HOUSE

Assisted Living and Memory Care

51485 Morson Street
La Pine, OR 97739
Office: 541-536-8559
Fax: 541-536-1373
www.PrairieHouseALF.com

COMMUNITY STAFF

LOVE PEARSON

Administrator

STEVEN MAYS

Memory Care Administrator

HAROLD BAILEY

Marketing Director

RICK KENNADAY

Registered Nurse

BECKY HOLT

Resident Care Coordinator

DEBBIE GANIEANY

Office Manager

SHANNON PALMER

Life Enrichment Coordinator

JONATHAN MITCHELL

Maintenance

VIVIAN PALMER

Housekeeping

PHILIP KEIFER

Dietary Manager



RIDGELINE
MANAGEMENT COMPANY

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MAY – WORD SEARCH

N	S	R	V	M	M	E	M	O	R	I	A	L	Q	Q
R	O	J	B	G	E	T	F	T	D	B	F	T	F	N
U	L	E	O	V	Z	K	W	C	B	I	R	D	S	D
Q	D	W	T	A	R	M	O	T	H	E	R	H	P	O
T	I	X	Y	V	U	C	H	Y	O	Q	E	S	B	I
U	E	C	H	O	L	E	S	T	E	R	O	L	W	H
N	R	U	O	S	T	E	O	P	O	R	O	S	I	S
U	S	H	Y	H	H	D	T	S	T	O	R	I	E	S
R	F	H	Y	K	V	I	S	I	O	N	U	I	N	N
S	I	R	J	S	X	Z	E	G	X	A	P	Y	E	S
E	A	R	T	E	R	I	E	S	S	H	D	J	J	F
H	R	F	O	G	O	L	D	E	N	H	M	I	O	U
P	T	E	L	P	C	E	L	E	B	R	A	T	E	N
S	V	L	Q	S	T	R	O	K	E	E	F	E	U	T
S	D	E	Y	C	U	V	Y	O	U	T	H	F	U	L

ARTERIES
BIRDS
CELEBRATE
CHOLESTEROL
DIET

GOLDEN
MEMORIAL
MOTHER
NURSE
OSTEOPOROSIS

SOLDIERS
STORIES
STROKE
VISION
YOUTHFUL