

ARBOR HOUSE OF MIDWEST CITY

The Branch

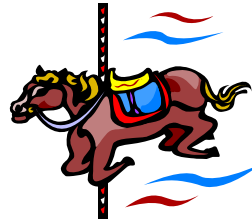
Message from the Director

Greetings from "Central Station Arbor House". For those of you who don't know, that is my office.

Can you believe it's already September? Kids are back to school, we are planning Fall events .. Wow, where did the summer go? Well, I am looking forward to cool

weather. If you remember, I am from the northeast and I remember very distinct season changes. Fall & Spring are my favorite.

Keep your eyes opened for our fantastic fall events coming your way. Connie and Heather are working hard planning for you.



God Bless

Jeff

The Staff

Jeff Chalakani

Executive Director

Ann Wilson

Director of Nursing

Connie Henderson

Activities Director

Heather Dickinson

Memory Care

Activities Director

Loraine Crabtree

Dietary Manager

Yvette Montez

Community

Relations

Shelley Jones

RN Consultant

Heather's Highlights

Get your ZZZs

No matter whether they have dementia or not, as people get older their sleeping patterns change. They might go to bed @ 1:00, stay up for a couple hours go back to sleep until 6:00 and then take two naps during the day.

Fragmented sleeping is an issue that evolves with age. Fatigue is a major cause of many challenges we face. In the past we resorted to keeping people up all day, thinking they will sleep better at night.

But this will usually back fire and adds great fatigue during the day. Be sure you and your loved one gets at least one nap a day.

Connie's Connection

Our Bingo store is a booming business the residents enjoy shopping with their Bingo Bucks . If you would like to donate items to our store please contact me.

Our antique car show was a big hit . We would like to thank Charles for bringing out his 1926 Ford and Harvey for bringing out his 1936 Chevy.





Western Day was a success
and now on to the Carnival
See you there!!!!



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Nursing Notes

Alzheimer's Disease Stages Continued

Stage 4 (Late Confusion) Moderate cognitive decline. Clear cut deficit on clinical interview.

- A. Decreased knowledge of current and recent events
- B. May exhibit some deficit in memory of one's personal history
- C. Concentration deficit elicited on serial subtractions
- D. decreased ability to travel, handle finances, ect.
- E. Decreased ability to travel, handle finances, ect.

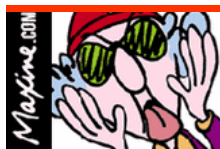
Frequently no deficit in the following areas:

- A. Orientation to time and person
- B. Recognition of familiar persons and faces
- C. Ability to travel to familiar locations



Wisdom from Alice

You know you are getting old when you try to straighten out the wrinkles in in your socks only to find you aren't wearing any.



Brownie's Special Moments

Plant a word of love heart-deep in a person's life. Nurture it with a smile and a prayer and watch what happens

-Max Lucado

Yummy Cake

Ingredients

- 1 cup raisins, coarsely chopped
- 1 1/2 cups all-purpose flour
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground cloves
- 1 teaspoon salt
- 1/2 cup butter, softened
- 1 cup white sugar
- 1 teaspoon baking soda
- 1 cup unsweetened applesauce

Directions

1. Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 9 inch square pan. In a medium bowl, combine raisins and flour. Add cinnamon, cloves and salt. Set aside.
2. In a large bowl, cream butter and sugar until light and fluffy. Dissolve baking soda into applesauce and mix into creamed butter. Add flour mixture. Mix until smooth. Pour batter into a 9 inch square pan. Bake at 350 degrees F (175 degrees C) for 40 to 50 minutes or until a toothpick inserted into center of cake comes out clean.



Things to come....

Happy Birthday

Residents

Jessie K. 9-20

Juvene L. 9-22

Employee

Lawana J. 9-12

Heather D. 9-24

Yvette M. 9-28



Annual Carnival

September 10

2-4pm

Join us for lots of fun & games

If you would like to volunteer please contact
Connie 455-3900

Alzheimer's

Support Group

Thursday,

September 16th at
6pm

☺ Memory Walk 2010 will be October 23rd please look for upcoming fundraising events. If you would like to help out in any way, or come out and walk for the cure please contact Jeff at (405)455-3900.

Thank you

Arbor House of Midwest City

9240 East Reno

Midwest City, OK 73130

Phone: (405) 455-3900

Fax: (405) 610-6937



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, healthful lifestyles, dignity, and a sense of security. The right to each resident to determine his/her need is respected at each level of care and promoted by providing services in ways that recognize each resident's individual needs, and preferences. A partnership exists between residents and staff to promote individual independence while providing the necessary support to keep each resident functioning at his/her highest level of well being.

Services and Accommodations our services are offered in the spirit of our philosophy, which is to focus assisting a resident to do as much for his/herself as they can, or cares to do. Arbor House