Come join us for a Father’s Day BBQ
On Friday June 17th at 12pm.
We will be serving BBQ hamburgers and hotdogs.
Along with potato salad, baked beans and coleslaw.
Please bring your favorite dessert to share with residents, guests and staff.
Please RSVP by Monday June 13th to Stacey at (541) 474-6493.
Hope to see you there.

Parent’s Murphy’s Law
1. Parenting is a 24-hour-a-day job with no salary, no raises, no promotions and very few vacations.
2. Parents are responsible for everything that happens to their children.
3. Guilt and self-blame are occupational hazards.
4. Parents don’t get worker’s compensation or any other fringe benefits.
5. Parents can never retire -- even when their kids ask them to.
6. Parents "don't get no respect" --until they die--and then it's too late.
   Bruce Lanksy

Stacey & The Applegate Staff
Living with Alzheimer’s: Denial and Acceptance
By Ava M. Stinnett

When a loved one starts to exhibit signs of dementia, it can be difficult to know what to do first. Are the signs typical of the normal aging process? Maybe it’s a medical issue that mimics dementia but is treatable and, perhaps, reversible. Or maybe it’s cognitive decline. Whatever the clue might be, how do we deal with a parent, spouse, or friend who refuses to seek medical attention?

One of the most difficult steps may be engaging them in a discussion of what is happening. Some folks are willing to talk about symptoms because they want to gather as much information as possible to make plans for the future. Others, however, may be reluctant to see a doctor because they believe that their occasional forgetfulness or trouble coming up with the right word is perfectly normal. Then there are those who refuse to talk about it at all. This may be due to denial. Admitting that a problem exists may mean having to deal with the truth before one is ready to do so. The thought of making plans for future living arrangements or drawing up the necessary legal documents (e.g., durable power of attorney, living will, healthcare directive, and last wishes) may seem overwhelming. Yet once a person has a diagnosis of Alzheimer’s, their signature may no longer be legally binding.

In addition, people who have always been independent are often adamant about handling their own affairs. The need for this control may intensify as the ability to navigate one’s daily life begins to slip away. A formal assessment and diagnosis can be helpful in admitting the need for help. Although awareness of dementia-related diseases such as Alzheimer’s has gotten much more attention in recent years, it still carries with it a terrible stigma.

What to Do?
First and foremost, remember that the earlier the diagnosis, the better the chances are for treating and possibly slowing the progress of the disease. However, try not to argue with your loved one about the need for a doctor’s visit.

Trying to force the issue may only increase your frustration and their resolve not to go. Maintaining their self-esteem and a sense of control will work much better in the long run.

(Continued from previous column)

Second, dementia-related diseases such as Alzheimer’s are family diseases. You may find that denial exists even among siblings or close family friends. Keep in mind that people don’t always know how to help or what to say. Strive for open communication and look for ways to divide caregiving tasks among those closest to your loved one.

It helps to realize that people in the early stages of Alzheimer’s disease may simultaneously acknowledge and resist aspects of their disease in order to maintain some sense of control in the face of cognitive losses. Acknowledgement is expressed in terms of acceptance of the disease and its symptoms, expression of feelings about the disease, and strategies to cope with the symptoms. Resistance may be expressed as denial and reminiscence about life achievements and past experiences. Living with Alzheimer’s disease should not be described as either denial or acceptance but rather a combination that includes both acknowledgement and resistance. (Macquarrie 2005)

Reference

Sharp Cheddar & Roasted Red Pepper Dip
A diabetic-friendly recipe

Ingredients:
1 (15-ounce) container roasted red peppers, packed in water, drained & dried
1 cup reduced-fat sour cream
1/2 cup shredded sharp cheddar cheese
1/2 cup fresh basil leaves
1/2 teaspoon garlic powder
1/2 teaspoon salt
1/4 teaspoon black pepper

Directions
1. Place all ingredients in a food processor.
2. Pulse until combined to desired consistency.
3. Cover and chill until ready to serve.

Makes 10 servings

(Continued from previous column)
Stupid Is Not as Stupid Does

Never asking for directions. Wearing the same old ratty clothes over and over. Making everything a competition. Endlessly quoting movies. Do you know a man who sometimes does “stupid guy things”? Why do they do it? And just how can we differentiate a stupid action from a uniquely “stupid guy” action anyway? We’ll get to the bottom of these questions on June 22, Stupid Guy Thing Day.

According to a 2014 study by the *BMJ* (formerly the *British Medical Journal*), men do engage in more “stupid things” than women. Research shows that men partake in more risk-seeking behavior, have more emergency hospital visits, and suffer higher mortality rates than women. But the *BMJ* researchers also put forth a “male idiot theory,” or MIT, postulating that men engage in more overly risky, “idiotic” behaviors as rites of male passage or to increase their esteem amongst males. The scientists conclude that there must be an “as yet unidentified” advantage for those who do not become casualties of their own idiocy. It will take further scientific investigation to discover what those unknown advantages might be. Luckily for the scientists, there is no shortage of willing test subjects.

Other studies suggest that men doing “stupid guy things” aren’t trying to impress other men or women, but they are instead trying to make women laugh. A 2015 study published in the journal *Evolutionary Psychology* explains how a good sense of humor is one of the most sought-after characteristics in a romantic partner. They conclude that shared laughter is a “pathway toward a more long-lasting relationship.” Men who do “stupid guy things” are just trying, honestly but uneffectively, to woo women.

How do men and women survive together at all? Relationship experts assure us that opposites do indeed attract. Successful couples need not only security but adventure, for which stupidity can be a key ingredient.

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**House Staff**

**AM**
~ Robyn ~ Jessica ~
~ Joanne ~

**PM**
~ Shanan ~ Francine ~
~ Kay ~

**NOC**
~ Marta ~ Merrilee ~
~ Esperanza ~

**On-Call**
~ Laurie ~

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**JUNE**

**Summer Time**

Time sure does fly when you’re having fun, I can’t believe the year is half over already. June 20th Summer begins, time for kids to be out playing, fair time, BBQ’s and hot days. With the heat comes the risk of dehydration, remember to keep hydrated and drink lots of water. You are always welcome to come visit us and cool off. Saturday afternoons at 2:30pm we will be having ice cream socials and would love for you to join us.

If you have any summer dessert recipes that your loved one enjoyed please bring it in for us to make and share.

~ Stacey ~
PACIFIC LIVING CENTERS HAS SEVEN LOVING HOMES FOR THE MEMORY IMPAIRED
Delivering Quality of Care, Enhancing Quality of Life

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Woodburn, OR 97071
Administrator: Shannon Souza

HAWTHORNE HOUSE OF SALEM
3042 Hyacinth St.
Salem, OR 97301
Administrator: Kirshanna Jaramillo

HARMONY HOUSE OF SALEM
3062 Hyacinth St.
Salem, OR 97301
Administrator: Michele Nixon

Southern Oregon Communities

AUTUMN HOUSE OF GRANTS PASS
2268 Williams Hwy.
Grants Pass, OR 97527
Administrator: Tanella Valenzuela

ARBOR HOUSE OF GRANTS PASS
820 Gold Ct.
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Administrator: Authena Cromwell

APPLEGATE HOUSE OF GRANTS PASS
1635 Kellenbeck Ave.
Grants Pass, OR 97527
Administrator: Stacey Smith

BARTLETT HOUSE OF MEDFORD
3465 Lone Pine Rd.
Medford, OR 97504
Administrator: Christina Stanley