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# THE AUTUMN HOUSE TIMES



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PACIFIC LIVING CENTERS 2268 WILLIAMS HWY 541-474-6399 phone 541-474-6736 fax

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## Celebrating June

Iced Tea Month

Dairy & Dairy Alternative  
Month

Hurricane Season Begins  
*June 1*

Donut Day  
*June 4*

World Environment Day  
*June 5*

Fishing & Boating Week  
*June 5-13*


Clay Week  
*June 13-19*

Power of a Smile Day  
*June 15*

World Juggling Day  
*June 19*

Father's Day  
*June 20*

First Day of Summer  
*June 21*



**“Summer is a promissory note signed in June, its long days spent and gone before you know it, and due to be repaid next January.—Hal Borland**

21 more days and it will officially be Summer!!! Watch for the BBQ's and the fun in the sun at Autumn House. Our 1<sup>st</sup> official BBQ went well on May 28<sup>th</sup>. The food was great and the weather was sunny.

Thank you to all who came to our Mother's Day tea and dessert. Boy those cream puffs were yummy!!

On June 18<sup>th</sup> we will be celebrating Father's Day with Root Beer floats and ice cream at 3 PM. Come and celebrate with our Dads and tell them you love them.

Congratulations to our sister facilities Hawthorne House of Salem and Heritage House of Woodburn for a deficit free survey.

Just a note to let you know that we will be having a Memory Walk for Alzheimer's in Grants Pass on September 19<sup>th</sup>. More information will be coming in the next couple of months. Be ready to walk for your loved one.

The Autumn House Staff  
Becky, Dale, Bill, Michelle, Shelly, Kate, Pat,  
Arlin, Rosenda and Manuely

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## **ADVISE FROM A ALZHEIMER'S PATIENT**

- Don't hurry me. Hurrying me tends to make me forget and then I tend to get confused.
- If I forget something, remind me gently. If I seem to forget that company is coming or that we are due to be somewhere, help me realize that it is okay if we are a little late or that everything needed is not ready.
- Do not keep asking questions. This frustrates me and makes me feel like I am being tested.
- When I forget, either laugh with me or hug me, but please do not try to make excuses for me. When you do that, it makes me angry and I feel that you do not understand what I am feeling inside.
- When I say, "I don't know how to turn on the oven," etc., just come and help me. No words are needed and chances are, tomorrow I will be able to do it on my own.
- When I tell you something "dumb" that I did please listen and try to understand that what I am really trying to tell you is that I am scared and hurting. I need to be loved and given time to talk about what is happening to me.
- When I am silent and unable to sleep, chances are that I am struggling with my own fears about how this is going to hurt you as time goes on. I am asking myself what is going to happen to me and how are we as a family going to cope and survive.
- Try to understand that some days I almost convince myself that there is nothing wrong with me...and the there are days when I have no doubt that my head is not working normally. These latter days are the ones when you're most apt to find me down in spirit. Try to understand that I am really finding it difficult to believe that this is really happening to me. The big questions "why" and "how long?" keep going through my head.

# **KUDOS**

## **Congratulations!!**

Michelle Murray from the AM shift you are the employee of the month for May. Your coworkers appreciate all the extra help you give them.

## **Close Encounters**

On June 24, 1947, a pilot named Kenneth Arnold was flying near Mount Rainier in Washington State when he witnessed a string of unidentified flying objects, or UFOs. He described the crafts as saucers, discs, and pie-plates, saying, "the objects moved like saucers skipping across the water." With Arnold's report, the term "flying saucer" and UFO hysteria were born.

Thousands of UFO sightings were reported in the months that followed. On July 8, 1947, the U.S. Air Force base in Roswell, New Mexico, reported in a local newspaper that they had recovered a flying saucer, only to later retract the story, claiming that their UFO was actually a weather balloon. As recently as 2006, twelve airport employees at Chicago's O'Hare Airport reported seeing a flying disc hovering over gate C-17, lending more credence to the idea that we are not alone in the universe.

## **Lend a Hand**

It's amazing that a simple handshake conveys feelings of mutual respect, trust, and comfort, and symbolizes the building of new relationships. On June 21, put your handshaking skills on display for World Handshake Day. If you really want to "get a grip," also celebrate National Handshake Day on June 24.



The handshake can mark an informal greeting, or it can seal business agreements and establish friendships and treaties between nations. Most importantly, the handshake embodies a spirit of equality, offering the intimacy of a touch to a friend or even a stranger. On June 21, the creator of World Handshake Day asks everyone to place their hands in the sea and let the waves carry their handshake throughout the entire world.

## June's Drawing Board



When you were a child did you doodle or scribble in the margins of your school notebooks? Today, do you ever scrawl shapes or drawings on napkins or sheets of paper?

Or have your talents grown, and do you now paint landscapes or sketch portraits? Whether your work is big or small, in pencil lead, ink, paint, or crayons, share your work with the world on June 5, International Drawing Day.

On June 5, Drawing Day organizers hope to amass one million drawings. You have heard of the expression, "a picture is worth a thousand words." Well, one million pictures are going to speak volumes. Each drawing will offer a joyful and individual expression of life. While many artists, with the help of technology, will create digital drawings on computers, many people will participate by scrawling simple doodles or sketching out a still life or their favorite scene.

The act of drawing is a powerful one. Scientific studies have proven that drawing strengthens memory and improves concentration. Artists are forced to make important choices, weighing the positive and negative aspects of their subjects, deciding what to emphasize and what to ignore, before finally creating a work of art. Drawing Day is a celebration of this dynamic creative process.

Some believe that there is hidden meaning to artwork. Drawing flowers signifies that you have a gentle nature and childlike innocence. Arrows represent ambition, direction, and the desire to take action. Sketching houses indicates the state of your home life. Neat, orderly houses show a happy, stable home. Crooked lines, asymmetrical shapes, and the absence of windows hint at unhappiness. Hidden meanings aside, drawing is a creative act that can let your imagination soar. Grab a pencil and fly!

## Southern Romance

On June 30, 1936, Margaret Mitchell's masterpiece *Gone with the Wind* was published. Mitchell's sweeping drama about a plantation owner of the American South struggling through the Civil War was her only novel, yet it won her a Pulitzer Prize and has sold over thirty million copies worldwide.

Mitchell herself explained that she was ten years old before she learned that the South lost the war. It took her seven years to write the book, and another eight months to check all the historical facts that have made it such an authentic record of Southern life. As a former reporter for *The Atlanta Journal* newspaper, Mitchell was well qualified to interview her relatives and neighbors who were alive during the Civil War.

## Niagara's Balancing Act



The awesome power of Niagara Falls has always drawn daredevils, and the most famous was Jean Francois Gravelet, known as The Great Blondin. On June 30, 1859, Blondin thrilled 25,000 onlookers when he crossed the

Niagara gorge on a three-inch tightrope. He awed the crowd when, halfway across, he calmly sat down on the rope and lay down on his back. Before reaching the Canadian side, Blondin capped off his breathtaking stunt by performing a backwards somersault.

Blondin loved Niagara so much he returned again and again, once pushing a wheelbarrow hauling a small stove across the thin rope. Halfway across the gorge he lit the burner and cooked an omelet! He then lowered the omelet down to a tour boat in the river where the tourists ate his breakfast. Blondin died at age 73 at his home in England, which he had affectionately named "Niagara."

**PACIFIC LIVING CENTERS HAS FIVE  
LOVING HOMES FOR THE MEMORY  
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Delivering Quality of Care, Enhancing Quality of Life.

**AUTUMN HOUSE OF GRANTS PASS**

2268 WILLIAMS Hwy  
Grants Pass Oregon 97527  
Administrator: Becky Scriber

**ARBOR HOUSE OF GRANTS PASS**

820 Gold Court  
Grants Pass Oregon 97527  
Administrator: Nancy Decker

**HAWTHORNE HOUSE OF SALEM**

3042 Hyacinth St.  
Salem Oregon 97301  
Administrator: Holli Crown

**HARMONY HOUSE OF SALEM**

3062 Hyacinth St.  
Salem Oregon 97301  
Administrator: Michele Nixon

**HERITAGE HOUSE OF WOODBURN**

943 N. Cascade Dr  
Woodburn Oregon 97071  
Administrator: Shannon Souza

## June Birthdays

If you were born from May 21-June 21 you are a Gemini, the twins. If you were born from June 22-July 22, you are a Cancer, the crab. Geminis are complex and dual-natured. Like children, they are lively, happy, and love to explore new things. A Cancer can be highly emotional, caring, generous, and intuitive. Cancers are great supports for family and friends, being both soothing and nurturing.

Morgan Freeman (actor)	June 1, 1937
Rafael Nadal (tennis champion)	June 3, 1986
Gwendolyn Brooks (poet)	June 7, 1917
Tara Lipinski (figure skater)	June 10, 1982
Jim Nabors (actor)	June 12, 1930
Donald Trump (business mogul)	June 14, 1946
Prince William (British royalty)	June 21, 1982
Alan Turing (mathematician)	June 23, 1912
Sonia Sotomayor (Justice)	June 25, 1954
Peter Lorre (actor)	June 26, 1904
<b>Robert Semler</b>	<b>June 28, 1920</b>
<b>Bill Garrett</b>	<b>June 28, ????</b>



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Postage  
Information