

All About Seniors, Inc.

Serving our Clients with Compassion and Dignity

October 2008



It's All About Choices
It's All About Seniors

What sets us apart?

- A trusted team of helpful professionals.
- 50+ combined years of healthcare experience.
- Personalized care and attention.
- Comprehensive and timely services.
- Locally co-owned and operated by an RN.
- Long standing members of the community.

Helping adult clients
with their care and
housing needs.

Please contact us at
(503) 659-3815

Welcome to the All About Seniors Newsletter

We started All About Seniors, Inc. in the year 2001, right after 9/11. We were working then at an Assisted Living Facility in the Milwaukie area, Jennifer as the Administrator and I was the Marketing Director / Assistant Administrator.

All About Seniors, Inc. provides personalized referral and placement services for seniors and disabled adults. We help you find just the right care settings to meet your needs and wishes. We work with all types of care settings from Assisted Living, Residential Care, Adult Care Homes, Memory Care to Nursing Facilities throughout the Portland area. We provide

comprehensive services starting with an in depth assessment and after move-in follow-up. We will work closely with all involved to meet your needs and wishes.

We have also created another business called Totally Seniors. Totally Seniors is a website that provides resources for seniors and their family members.

If you would like more information about Totally Seniors or All About Seniors or have any other questions, please give us a call. We would enjoy talking further with you.

Warm Regards,

Ken Roney &
Jennifer Roney, RN

Welcome Amy Landon.

Amy joined us August 08. She is a Long Term Care Placement Specialist. If you haven't met her yet, she will be coming around to introduce herself in the near future.

Welcome aboard Amy!

Turn to the back to learn more about Amy.

All About Seniors, Inc.

503-659-3815

allaboutsensors1@cs.com
www.allaboutsensorsinc.com

Totally Seniors

503-659-4204

www.totallyseniors.com

Save A Buck.

Even the most dazzling events are showing less glitter in these cost-conscious times, says Washington, D.C., caterer Bill Homan, who has a few tips for prudent party-givers: For centerpieces, create a garden of potted herbs or arrange apples, lemons and other fruit into topiary trees. At weddings, instead of the popular bubbly, add wine or vodka to a sparkling soda with strawberries or blueberries. Replace lavish bouquets with a single long-stemmed flower. And skip the extra dessert: Let them eat cake!

Article from AARP Bulletin today

www.bulletin.aarp.org/yourmoney/saveabuck/articles/mo09

Upcoming Community Events

October 17-19

Annual Hood River Valley Harvest Fest

Hood River Expo Center

Call 1-800-366-3530 for more information.

Tuesday Oct. 21

Alzheimer's Support Group at:

Willamette Falls Hospital

Call 503-657-6947 for more information

Wednesday Oct. 22 7-8 pm

Arthritis and Osteoarthritis: New Research

Advances and Treatment Options

OHSU Center for Health and Healing

503-494-8311 for more information.

Wednesday October 29 7-8 pm

Maintaining BS Improving Your Memory

OHSU Center for Health and Healing

503-494-8311 for more information

Now through the end of the month

Corn Maize on Sauvie Island

1625 NW Gillihan Rd.

Portland, Oregon

Willamette Falls Hospital

Diabetes Education

New class sessions every month.

503-650-6822 for more information.

We are often asked questions pertaining to Alzheimer's disease so we thought this bit of information may help people have a better understanding of the Disease. This information comes from the Alzheimer's Association of Oregon.

Alzheimer's disease is a brain disorder named for German physician [Alois Alzheimer](#), who first described it in 1906. Scientists have learned a great deal about Alzheimer's disease in the century since Dr. Alzheimer first drew attention to it. Today we know that Alzheimer's:

- **Is a progressive and fatal brain disease.** As many as 5 million Americans are living with Alzheimer's disease. Alzheimer's destroys brain cells, causing problems with memory, thinking and behavior severe enough to affect work, lifelong hobbies or social life. Alzheimer's gets worse over time, and it is fatal. Today it is the sixth-leading cause of death in the United States. For more information, see [Warning Signs](#) and [Stages of Alzheimer's Disease](#).
- **Is the most common form of dementia**, a general term for the loss of memory and other intellectual abilities serious enough to interfere with daily life. Vascular dementia, another common type of dementia, is caused by reduced blood flow to parts of the brain. In mixed dementia, Alzheimer's and vascular dementia occur together. For more information about other causes of dementia, please see [Related Dementias](#).
- **Has no current cure.** But [treatments for symptoms](#), combined with the right services and support, can make life better for the millions of Americans living with Alzheimer's. We've learned most of what we know about Alzheimer's in the last 15 years. There is an accelerating worldwide effort under way to find better ways to treat the disease, delay its onset, or prevent it from developing.

For more information: www.alz.org

Hello, my name is Amy Landon and I started working for All About Seniors at the beginning of August. I have worked in the Senior Care field since 2002. I started as an Office Manager at Monterey Court Alzheimer's Care and then became the Administrator. I went on to work as the Operations Coordinator for the same company at their Corporate Office. Soon after I started that position I clearly realized that I wanted to work more directly with seniors and now here I am. I live in the Milwaukie area with my husband and daughter who will be two in December. I am very excited to be a part of this wonderful team here at All About Seniors. Amy

Jokes One afternoon, I was in the backyard hanging the laundry when an old, tired-looking dog wandered into the yard. I could tell from his collar and well-fed belly that he had a home. But when I walked into the house, he followed me, sauntered down the hall and fell asleep in a corner. An hour later, he went to the door, and I let him out. The next day he was back. He resumed his position in the hallway and slept for an hour.

This continued for several weeks. Curious, I pinned a note to his collar: "Every afternoon your dog comes to my house for a nap."

The next day he arrived with a response pinned to his collar: "We have ten children - he's trying to catch up on his sleep."

A little boy opened the big and old family Bible with fascination, and looked at the old pages as he turned them. Suddenly, something fell out of the Bible, and he picked it up and looked at it closely. It was an old leaf from a tree that had been pressed in between the pages.

"Momma, look what I found," the boy called out.

"What have you got there, dear?" his mother asked.

With astonishment in the young boy's voice, he answered: "I think it's Adam's suit!"