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# HERITAGE HAROLD

February  
2010

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Heritage House of Woodburn

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Phone # 503-982-1506

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## **Celebrating February**

**Blah Buster Month**

**Celebration of Chocolate  
Month**

**Robinson Crusoe Day**  
February 1

**Weatherman's Day**  
February 5

**Super Bowl XLIV**  
February 7

**XXI Winter Olympics Open**  
February 12

**Valentine's Day &  
Chinese New Year**  
February 14

**Mardi Gras**  
February 16

**World Thinking Day**  
February 22



## **THINGS YOU NEED TO KNOW !!!!!**

**Have a happy Valentine's day to each and every one of you!!!**

**We will be, once again, selling our Valentine's bears with balloons and flowers to benefit the Alzheimer's network of Oregon!!**

**For further details, please watch for our separate flier which will be coming out Feb. 1<sup>st</sup> !!**

**As many of you know, dayshift med aide Flor Delgado's brother is in Iraq serving his country!! We all would like to support him, and his troops, by adopting them. Our goal is to send out a care package at the end of every month. If you have anything you would like to contribute, please feel free to drop it off here at Heritage House. Our packages will also include letters from our residents, and hopefully yours too. Some of these courageous men and women do not receive care packages, or any correspondence from home. So please help us remind them just how appreciated they are!!**



Some change in memory is normal as we grow older, but the warning signs of Alzheimer's disease are more than simple lapses in memory.

People with Alzheimer's experience difficulties communicating, learning, thinking and reasoning — problems severe enough to have an impact on an individual's work, social activities and family life.

The Alzheimer's Association has developed a checklist to help you recognize the difference between normal age-related memory changes and possible warning signs of Alzheimer's disease.

There's no clear-cut line between normal changes and warning signs. It's always a good idea to check with a doctor if a person's level of function seems to be changing. The Alzheimer's Association believes that it is critical for people diagnosed with dementia and their families to receive information, care and support as early as possible.

#### 10 warning signs of Alzheimer's

**1. Memory loss.** Forgetting recently learned information is one of the most common early signs of dementia. A person begins to forget more often and is unable to recall the information later.

**What's normal?** Forgetting names or appointments occasionally.

**2. Difficulty performing familiar tasks.** People with dementia often find it hard to plan or complete everyday tasks. Individuals may lose track of the steps involved in preparing a meal, placing a telephone call or playing a game.

**What's normal?** Occasionally forgetting why you came into a room or what you planned to say.

**3. Problems with language.** People with Alzheimer's disease often forget simple words or substitute unusual words, making their speech or writing hard to understand. They may be unable to find the toothbrush, for example, and instead ask for "that thing for my mouth."

**What's normal?** Sometimes having trouble finding the right word.

**4. Disorientation to time and place.** People with Alzheimer's disease can become lost in their own neighborhood, forget where they are and how they got there, and not know how to get back home.

**What's normal?** Forgetting the day of the week or where you were going.

**5. Poor or decreased judgment.** Those with Alzheimer's may dress inappropriately, wearing several layers on a warm day or little clothing in the cold. They may show poor judgment, like giving away large sums of money to telemarketers.

**What's normal?** Making a questionable or debatable decision from time to time.

**6. Problems with abstract thinking.** Someone with Alzheimer's disease may have unusual difficulty performing complex mental tasks, like forgetting what numbers are for and how they should be used.

**What's normal?** Finding it challenging to balance a checkbook.

**7. Misplacing things.** A person with Alzheimer's disease may put things in unusual places: an iron in the freezer or a wristwatch in the sugar bowl.

**What's normal?** Misplacing keys or a wallet temporarily.

**8. Changes in mood or behavior.** Someone with Alzheimer's disease may show rapid mood swings – from calm to tears to anger – for no apparent reason.

**What's normal?** Occasionally feeling sad or moody.

**9. Changes in personality.** The personalities of people with dementia can change dramatically. They may become extremely confused, suspicious, fearful or dependent on a family member.

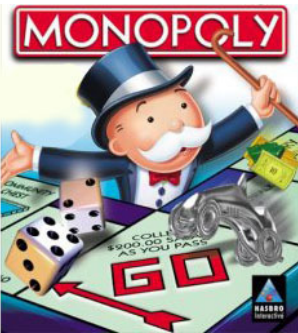
**What's normal?** People's personalities do change somewhat with age.

**10. Loss of initiative.** A person with Alzheimer's disease may become very passive, sitting in front of the TV for hours, sleeping more than usual or not wanting to do usual activities.

**What's normal?** Sometimes feeling weary of work or social obligations.

## Take a Chance on Monopoly

Monopoly, the world's number one board game, has a very curious and interesting past. The very first version of the game was invented by a woman named Elizabeth Magie, and it was called "The Landlords Game." This game was originally designed as a teaching tool – players would buy and sell properties in order to learn that monopolies were bad for tenants and renters. (Maybe more games today should have a teaching element.)



Although the game belonged to its inventor, Elizabeth Magie, players taught each other the game, changing the rules and even changing the names of the properties on the board as they saw fit. A woman named Ruth Hoskins, who lived in Atlantic City, New Jersey, is

responsible for the property names on the current version of the board game. She changed all the names to Atlantic City street names.

Finally, a man named Charles Darrow learned Ruth Hoskins' version of the game, now called Monopoly, and he became obsessed. He wrote down the rules and began making Hoskins' board by hand. Darrow added the color stripes and cartoons and sold the game to Parker Brothers in 1935. On February 6, 1935, Monopoly as we know it today went on sale for the first time.

Here are some little known facts about the world's most popular board game:

- General Dwight Eisenhower played the game to relieve stress.
- The Beatles played it during their 1964 tour of the United States.
- A special version was created for WWII prisoners of war, with maps, compasses, real money, and other tools to escape hidden inside.
- Mr. Monopoly's original name was Rich Uncle Pennybags, and his appearance was inspired by the banker J.P. Morgan.

## Think About It

February 22 is World Thinking Day, a day set aside to think about our global community and the positive impacts we can make in the world. Rearrange the letters below to reveal some of the world's most inspirational thinkers:

R E S T A O S C    \_ \_ \_ \_ \_  
R E U C I    \_ \_ \_ \_ \_  
N S N E T I E I    \_ \_ \_ \_ \_  
A N I C D I V    \_ \_ \_ \_ \_  
T E O N W N    \_ \_ \_ \_ \_  
L R I E T O T A S    \_ \_ \_ \_ \_

ANSWERS: SOCRATES, CURIE, EINSTEIN, DA VINCI, NEWTON, ARISTOTLE

## Return Shopping Carts Month

Here's an unusual holiday you probably didn't know about, but it affects the cost of everything you buy at a store with shopping carts, so pay close attention.



According to the Supermarket Institute in Washington, D.C, a shopping cart is stolen every 90 seconds in the United States and the thefts cost the retail industry 800 million dollars a year - which you pay for with higher prices for goods.

AWOL carts are a big problem. They wind up on sidewalks, in streams and parks, and outside residential buildings near stores. Each cart costs retailers about \$135, but now a company called Cartronics is treating grocery carts like wandering dogs. A wire buried under the parking lot's perimeter activates a special front wheel that Cartronics fits to each cart in a supermarket's fleet. The wheel locks when it crosses the parking lot's border. After locking, the wheel can only be released by a supermarket staff member using an electronic resetting device. Supermarket owners are pleased with the results, but don't look for reduced store prices anytime soon - the special wheels alone cost about \$75 each.

## THE STAFF:

**ADMINISTRATOR: SHANNON SOUZA**  
**R.N : SANDY LESTER**

### DAY SHIFT:

**JOSIE SALAS**  
**FLOR DELGADO**  
**RANDI JAMESON**

### SWING SHIFT:

**LUCY NAJERA**  
**IRENE BELTRAN**  
**AMANDA VEGA**

### NOC SHIFT:

**PATTY CAMPUZANO**  
**MARIA TOVAR**  
**MARIA GARCIA**

## February Birthdays

If you were born from January 20-February 18, you are an Aquarius, the Water Carrier. If you were born from February 19-March 20, you are a Pisces, the Fish. Aquarians possess strong and attractive personalities, are imaginative, and enjoy quiet meditation. Pisces are extremely creative and have "old souls," thirsting for spiritual knowledge.

Clark Gable (actor)	Feb 1, 1901
Norman Rockwell (painter)	Feb 3, 1894
Rosa Parks (activist)	Feb 4, 1913
Bob Marley (musician)	Feb 6, 1945
Jimmy Durante (actor)	Feb 10, 1893
Charles Darwin (scientist)	Feb 12, 1809
Jack Benny (comedian)	Feb 14, 1894
Susan B. Anthony (reformer)	Feb 15, 1820
Vanna White (game show hostess)	Feb 18, 1957
Nina Simone (singer)	Feb 21, 1933
Jackie Gleason (Honeymooner)	Feb 26, 1916
Elizabeth Taylor (actress)	Feb 27, 1932



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Postage  
Information