

**JUNE  
2009**

# Heritage Harold

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## ***Celebrating June***

***Candy Month***

***Bathroom Reading Month***

***First Drive-In Movie Opens  
June 6, 1933***

***Nursing Assistants Week  
June 11-18***

***Flag Day***  
*Finland: June 4*  
*Sweden: June 6*  
*U.S.: June 14*

***U.S. Open Golf Championship  
June 15-21***

***World Juggling Day  
June 20***

***Baby Boomer Recognition  
Day  
June 21***

***Father's Day  
June 21***

***Take Your Dog to Work Day***

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

Father's Day is June 21<sup>st</sup> so we would like to take this opportunity to wish all the fathers and grandfathers out there a **HAPPY FATHER'S DAY!** We will be having a BBQ on Friday the 19<sup>th</sup> at 12 noon in celebration and you are all invited!! Please RSVP by Monday the 15<sup>th</sup> so we can prepare.

As part of our continued fundraising efforts for the Alzheimer's network we would ask that any of you who can, please save your bottles and cans for us, as we are doing a can drive!!

We are also going to be having a garage sale in July. Any donations that you have would be greatly appreciated and you may start dropping items off at any time!!

You may have noticed that we have several new faces...if you see someone you do not recognize, please take a moment to introduce yourself!!!

Have a great Father's day and hope to see everyone during our fundraising efforts!!

## Make Dreams Come True Down Under



History shows that humans first arrived in Australia over 50,000 years ago. The descendants of these Aboriginal Australians will honor and celebrate their ancient culture from June 5-8 with a festival called “The Dreaming”

“Dreaming,” to these indigenous Australians, has nothing to do with sleep. Instead, “The Dreaming” is a spiritual term, referring to a magical time when the world and all its beings were created. During the festival, at Woodford, Australia, indigenous groups from all over Australia share traditional ceremonies that many outsiders have never seen before.

The Anangu people travel from Ayers Rock (a large rock formation in central Australia) to share the stories of their religious beliefs. Wearing costumes made of human hair and bush twine, they dance to the clapping of boomerangs. Other dance groups, 200 to 300 people strong, stomp with such force that the earth shakes. Some rituals are so private that audience members are forbidden to take pictures and must look away.

Not all events during the three-day festival are traditional. Indigenous artists share their rich cultural heritage through film, theater, and comedy, while modern dancers perform dramatic pieces on stilts. Visitors can wander through stalls and join workshops that teach painting techniques or offer tastes of local food and wine.

In recent years, the festival has become a celebration for indigenous cultures from all around the globe. Today, native artists from Australia perform alongside native peoples from New Zealand, Canada, the United States, and the South Pacific. This festival truly turns the dream of cultural understanding into a beautiful reality.

## Remembering D-Day

On the morning of June 6, 1944, Allied forces staged a brave landing along 50 miles of Normandy’s beaches on the north coast of France. General Dwight D. Eisenhower proclaimed, “We will accept nothing less than full victory.” The cost was steep – 9,000 Allied soldiers were killed or wounded. But soon, more than 100,000 troops were marching across Europe in an effort to defeat Hitler and crush the Nazi empire.

This operation was the largest single-day amphibious invasion in history. 160,000 Allied troops stormed Normandy’s beaches. Two million tons of war materials supported their heroic efforts, including 5,000 ships, 13,000 aircraft, and 50,000 tanks, armored cars, jeeps and trucks. The Germans believed the weather conditions on that June morning were too harsh for such an assault, but the Allies were not deterred. The second front had finally opened.

## Let It All Hang Out



In simpler times, children would help their parents hang wet clothes on clotheslines to dry, then take them down hours later and smell the wind and sun in their shirts. Times have changed. Today, 75% of all households use dryers, and dryers use lots of energy. Using a clothesline conserves electricity and makes our planet healthier.

For one week, from June 6-13, people all over the world will dry clothes the old-fashioned way for International Clothesline Week. Worried about the neighbors gawking at your drying unmentionables? Hang a line inside. Not only will you conserve energy, but you don’t even need to empty the lint tray.



## ***What is Huntington's Disease?***

Huntington's disease (HD) results from genetically programmed degeneration of brain cells, called neurons, in certain areas of the brain. This degeneration causes uncontrolled movements, loss of intellectual faculties, and emotional disturbance. HD is a familial disease, passed from parent to child through a mutation in the normal gene. Each child of an HD parent has a 50-50 chance of inheriting the HD gene. If a child does not inherit the HD gene, he or she will not develop the disease and cannot pass it to subsequent generations. A person who inherits the HD gene will sooner or later develop the disease. Whether one child inherits the gene has no bearing on whether others will or will not inherit the gene. Some early symptoms of HD are mood swings, depression, irritability or trouble driving, learning new things, remembering a fact, or making a decision. As the disease progresses, concentration on intellectual tasks becomes increasingly difficult and the patient may have difficulty feeding himself or herself and swallowing. The rate of disease progression and the age of onset vary from person to person. A genetic test, coupled with a complete medical history and neurological and laboratory tests, helps physicians diagnose HD. Presymptomatic testing is available for individuals who are at risk for carrying the HD gene. In 1 to 3 percent of individuals with HD, no family history of HD can be found

## ***Is there any treatment?***

Physicians prescribe a number of medications to help control emotional and movement problems associated with HD.

In August 2008 the U.S. Food and Drug Administration approved tetrabenazine to treat Huntington's chorea (the involuntary writhing movements), making it the first drug approved for use in the United States to treat the disease. Most drugs used to treat the symptoms of HD have side effects such as fatigue, restlessness, or hyperexcitability. It is extremely important for people with HD to maintain physical fitness as much as possible, as individuals who exercise and keep active tend to do better than those who do not

## ***What is the prognosis?***

At this time, there is no way to stop or reverse the course of HD. Now that the HD gene has been located, investigators are continuing to study the HD gene with an eye toward understanding how it causes disease in the human body.

## ***What research is being done?***

Scientific investigations using electronic and other technologies enable scientists to see what the defective gene does to various structures in the brain and how it affects the body's chemistry and metabolism. Laboratory animals are being bred in the hope of duplicating the clinical features of HD so that researchers can learn more about the symptoms and progression of HD. Investigators are implanting fetal tissue in rodents and nonhuman primates with the hope of understanding, restoring, or replacing functions typically lost by neuronal degeneration in individuals with HD. Related areas of investigation include excitotoxicity (overstimulation of cells by natural chemicals found in the brain), defective energy metabolism (a defect in the mitochondria), oxidative stress (normal metabolic activity in the brain that produces toxic compounds called free radicals), tropic factors (natural chemical substances found in the human body that may protect against cell death).

**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

***June Birthdays***

If you were born from May 21-June 21, you are a Gemini, or the twins. If you were born from June 22-July 22, you are a Cancer, the crab. A Gemini sometimes seems to have two natures, loves to talk, is intellectual, forges strong relationships, and can be the life of the party. A Cancer is emotional, caring, ready to lend a helping hand, and dedicated to supporting both people and causes they believe in.

Marilyn Monroe (actress) . . . . . June 1, 1926  
Allen Ginsburg (poet) . . . . . June 3, 1926  
Dean Martin (singer) . . . . . June 7, 1917  
Frank Lloyd Wright (architect) . . June 8, 1867  
Judy Garland (actress) . . . . . June 10, 1922  
Anne Frank (Holocaust diarist) . . June 12, 1929  
Paul McCartney (Beatle) . . . . . June 18, 1942  
Lou Gehrig (baseball great) . . . . . June 19, 1903  
June Carter (country music star) June 23, 1929  
Gilda Radner (comedian) . . . . . June 28, 1946

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Postage  
Information