

THE

HERITAGE HAROLD

December
2011



Heritage House of Woodburn 943 N Cascade Dr., Woodburn, OR 97071 Phone # 503-982-1506



Celebrating December

Bingo Month

Fill the Cookie Jar Month

**Learn a New Language
Month**

Pearl Harbor Day
December 7

Maple Syrup Day
December 17

First Day of Hanukkah
December 20

Flashlight Day
December 21

Christmas
December 25

Boxing Day
December 26

Kwanzaa
Begins December 26

New Year's Eve
December 31

THINGS YOU NEED TO KNOW!!

Well, the weather outside is frightful, but, the holidays are so delightful!!

We will be having our family support meeting on Fri. Dec 9th from 3-4 pm. We will have refreshments and plenty of conversation and moral support, so please plan on attending if you are available.

We wish you all a very Merry Christmas and Happy New Year!! We would like to invite you to our annual Christmas party on Dec. 16th from 2-4:00 pm. Every year we have such a good time. We look forward to seeing you and hope you can join us. I also have from a good source that a jolly man in a red suit will be stopping by!!

As this is the last newsletter of the year please let all of us at Heritage House wish everyone out there the happiest, safest New Year possible.

Stages of Alzheimer's

Alzheimer's disease and developed several methods of "staging" based on these patterns. Experts have documented common patterns of symptom progression that occur in many individuals with Staging systems provide useful frames of reference for understanding how the disease may unfold and for making future plans. But it is important to note that not everyone will experience the same symptoms or progress at the same rate. People with Alzheimer's die an average of four to six years after diagnosis, but the duration of the disease can vary from three to 20 years. The framework for this section is a system that outlines key symptoms characterizing seven stages ranging from unimpaired function to very severe cognitive decline. This framework is based on a system developed by Barry Reisberg, M.D., Clinical Director of the New York University School of Medicine's Silberstein Aging and Dementia Research Center. Within this framework, we have noted which stages correspond to the widely used concepts of mild, moderate, moderately severe and severe Alzheimer's disease. We have also noted which stages fall within the more general divisions of early-stage, mid-stage and late-stage categories.

Stage 1: No impairment (normal function)

Unimpaired individuals experience no memory problems and none are evident to a health care professional during a medical interview.

Stage 2: Very mild cognitive decline (may be normal age-related changes or earliest signs of Alzheimer's disease)

Individuals may feel as if they have memory lapses, especially in forgetting familiar words or names or the location of keys, eyeglasses or other everyday objects. But these problems are not evident during a medical examination or apparent to friends, family or co-workers.

Stage 3: Mild cognitive decline

Early-stage Alzheimer's can be diagnosed in some, but not all, individuals with these symptoms

- Word- or name-finding problems noticeable to family or close associates
- Decreased ability to remember names when introduced to new people
- Performance issues in social or work settings noticeable to family, friends or co-workers
 - Reading a passage and retaining little material
 - Losing or misplacing a valuable object
 - Decline in ability to plan or organize

Stage 4: Moderate cognitive decline (Mild or early-stage Alzheimer's disease)

At this stage, a careful medical interview detects clear-cut deficiencies in the following areas:

- Decreased knowledge of recent occasions or current events
- Impaired ability to perform challenging mental arithmetic-for example, to count backward from 75 by 7s
- Decreased capacity to perform complex tasks, such as planning dinner for guests, paying bills and managing finances
 - Reduced memory of personal history

Stage 5: Moderately severe cognitive decline (Moderate or mid-stage Alzheimer's disease)

Major gaps in memory and deficits in cognitive function emerge. Some assistance with day-to-day activities becomes essential. At this stage, individuals may: Be unable during a medical interview to recall such important details as their current address, their telephone number or the name of the college or high school from which they graduated Become confused about where they are or about the date, day of the week or season Have trouble with less challenging mental arithmetic; for example, counting backward from 40 by 4s or from 20 by 2s Need help choosing proper clothing for the season or the occasion Usually retain substantial knowledge about themselves and know their own name and the names of their spouse or children Usually require no assistance with eating or using the toilet

Stage 6: Severe cognitive decline (Moderately severe or mid-stage Alzheimer's disease)

Memory difficulties continue to worsen, significant personality changes may emerge and affected individuals need extensive help with customary daily activities. At this stage, individuals may:

Lose most awareness of recent experiences and events as well as of their surroundings

Recollect their personal history imperfectly, although they generally recall their own name

Occasionally forget the name of their spouse or primary caregiver but generally can distinguish familiar from unfamiliar faces

Need help getting dressed properly; without supervision, may make such errors as putting pajamas over daytime clothes or shoes on wrong feet

- Experience disruption of their normal sleep/waking cycle
- Need help with handling details of toileting (flushing toilet, wiping and disposing of tissue properly)
- Have increasing episodes of urinary or fecal incontinence
- Experience significant personality changes and behavioral symptoms, including suspiciousness and delusions (for example, believing that their caregiver is an impostor); hallucinations (seeing or hearing things that are not really there); or compulsive, repetitive behaviors such as hand-wringing or tissue shredding Tend to wander and become lost

Stage 7: Very severe cognitive decline (Severe or late-stage Alzheimer's disease)

This is the final stage of the disease when individuals lose the ability to respond to their environment, the ability to speak and, ultimately, the ability to control movement. Frequently individuals lose their capacity for recognizable speech, although words or phrases may occasionally be uttered Individuals need help with eating and toileting and there is general incontinence of urine

Individuals lose the ability to walk without assistance, then the ability to sit without support, the ability to smile, and the ability to hold their head up. Reflexes become abnormal and muscles grow rigid. Swallowing is impaired

Speaking of Hope



Dr. Ludovic Lazarus Zamenhof had a unique dream. His dream was to create a new language that would foster peace and understanding between all the nations of the world.

In 1887, he wrote a book of grammar for

this new language. He spent years translating books into his new language. Zamenhof called his language *Esperanto*, a word that means “hopeful,” and many people are indeed filled with hope on December 15, Zamenhof Day.

L.L. Zamenhof was born on December 15, 1859, in Bialystok, Poland. His father spoke Russian and his mother Yiddish. All around him lived people speaking German, Polish, and Belarusian. Neighbor sometimes fought against neighbor, with the two sides often arguing in a language that the other did not understand. Zamenhof believed that communication was the bridge between these rival groups.

Zamenhof himself learned English, but he thought it was too difficult. He also learned to speak German, French, Latin, Greek, Hebrew, Italian, Spanish, and Lithuanian. However, none of these languages created a feeling of unity, peace, and mutual understanding he was looking for.

Esperanto is supposed to be five times easier to learn than other foreign languages, and while it is spoken by people all around the world, it is not yet a major language. Interested in learning some simple Esperanto phrases?

Hello = Saluton

Good Morning = Bonan Matenon

Thank You = Dankon

Do you speak Esperanto? = Cu vi parolas Esperanton?

Merry Christmas = Feliĉan Kristnaskon

Lofty Peaks

Snowcapped mountain peaks are more than just picture perfect. Mountains are an important part of every healthy ecosystem. December 11 is International Mountain Day. How much do you know about the world’s tallest places?

- The tallest mountain, measured from the sea floor, is Mauna Kea in Hawaii at over 33,000 feet tall.
- Everest is 29,035 feet above sea level.
- The world’s longest mountain range is the Ocean Ridge, a chain of underwater mountains that runs under five oceans for over 40,400 miles.
- The longest mountain range on land is the Andes in South America.
- Tenzing Norgay, the Nepali Sherpa mountaineer, accompanied Sir Edmund Hillary to the top of Mt. Everest in 1953.

THE STAFF:

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**PACIFIC LIVING CENTERS HAS SIX LOVING HOMES
FOR THE MEMORY IMPAIRED**

Delivering Quality of Care, Enhancing Quality of Life.

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1635 Kellenbeck Ave.
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943 N. Cascade Dr
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Administrator: Shannon Souza

December Birthdays

Sagittarius rules those born from December 1 to 21. Sagittarians are often on the go, and their endless optimism is infectious. These are easygoing and curious people who love to learn new things. Capricorns are born from December 22 to 31. They are pragmatic and forthright, so they have no problem sharing their advice. Great improvisers, Capricorns can adopt new ideas and make quick judgments in tricky situations.

Maria Callas (soprano) – Dec. 2, 1923

Little Richard (musician) – Dec. 5, 1932

Louis Prima (jazz singer) – Dec. 7, 1910

Sammy Davis, Jr. (entertainer) – Dec. 8, 1925

Christopher Plummer (actor) – Dec. 13, 1929

Steven Spielberg (director) – Dec. 18, 1946

Jane Fonda (actress) – Dec. 21, 1937

Mary Higgins Clark (writer) – Dec. 24, 1927

Louis Pasteur (scientist) – Dec. 27, 1822

Donna Summer (musician) – Dec. 31, 1948