
HERITAGE HAROLD



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

Celebrating May

Clean Air Month

Motorcycle Safety Month

Sweet Vidalia Onions Month

**Bread Pudding Recipe
Exchange Week**

May 1-7

Garden Meditation Day

May 3

Cinco de Mayo

May 5

Kentucky Derby

May 7

Women's Health Week

May 8-14

Pizza Party Day

May 15

World Turtle Day

May 23

International Tiara Day

May 24

Things you need to know!

Just a quick reminder. If you want to order the best tamales around, the cut off date is May 6th. Delivery will be May 13th. Don't delay, they are worth the price and of course, benefit a great cause... the Alzheimer's Network of Oregon!!

May 8th is Mother's Day so we would like to take this opportunity to wish all of the mothers, grandmothers, etc. a wonderful day, and say we love you. There will be a Mother's Day luncheon on Friday the 6th at noon. If you can, come have lunch and spend a fun afternoon with us. Please RSVP by the 5th of May.

May also has Armed Forces and Memorial Day. Please remember to take a moment and thank a soldier if you see one.

Our employee of the quarter was Samantha Soto!!! Congratulations Sammy. You rock and we love you!!!

Dementia with Lewy Bodies

Dementia with Lewy bodies is characterized by abnormal deposits of a protein called alpha-synuclein that form inside the brain's nerve cells.

These deposits are called "Lewy bodies" after the scientist who first described them. Lewy bodies have been found in several brain disorders, including dementia with Lewy bodies, Parkinson's disease and some cases of Alzheimer's

Symptoms of dementia with Lewy bodies

- Memory problems, poor judgment, confusion and other cognitive symptoms that overlap with Alzheimer's disease.
 - Excessive daytime drowsiness.
 - Visual hallucinations.
- Cognitive symptoms and level of alertness may get better or worse (fluctuate) during the day or from one day to another.
- Movement symptoms, including stiffness, shuffling walk, shakiness, lack of facial expression, and problems with balance and falls.
- In about 50 percent of cases, dementia with Lewy bodies is associated with a condition called rapid eye movement (REM) sleep disorder.
 - REM sleep is the stage where people usually dream.
 - During normal REM sleep, body movement is suppressed and people do not "act out" their experiences while dreaming.
 - In REM sleep disorder, movement is not blocked and people act out their dreams, sometimes vividly and violently

Treatment of dementia with Lewy bodies

- There are no drugs currently approved by the U.S. Food and Drug Administration (FDA) specifically to treat dementia with Lewy bodies.
- Some experts believe this condition may have the best response of any dementia to Alzheimer drugs called cholinesterase inhibitors.
 - If the movement symptoms are severe, medications used in Parkinson's disease may be considered.
- Antipsychotic drugs should not be used in Lewy body dementia.

Individuals with Lewy body dementia are extremely sensitive to these drugs, which are sometimes used to treat hallucinations or behavioral symptoms of dementia

THE STAFF:

ADMINISTRATOR: SHANNON SOUZA

DAY SHIFT:

JOSIE SALAS
FLOR DELGADO
RANDI JAMESON

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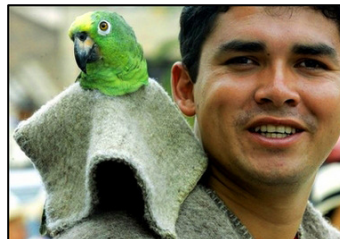
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PATTY CAMPUZANO
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Rain or Shine

Rain or shine, pack a poncho on the last Sunday in May because it's International Poncho Day. The people of Nobsa, Colombia, who are very proud of their local artisans who weave woolen ponchos, started this wacky holiday. All day long, locals wear traditional ponchos, and they're not the only ones. Cats, dogs, sheep, and even parrots sport the rain gear.



In 2008, the townspeople attempted a world record for creating the world's biggest poncho. Artisans spent two months weaving a 1,500-pound poncho that was draped over Nobsa's cathedral. In addition, a mass of people paraded through the streets wearing one massive poncho with hundreds of head-holes. In honor of this holiday, perhaps we should all hope for rain in Colombia on that day.

Grand Adventure

John Wesley Powell and his Powell Expedition began a momentous journey on May 24, 1869. Powell and his crew of nine men, in four specially built boats, with enough supplies for three months of exploration, began their trip down the Green and Colorado Rivers in Wyoming. They would be the first people to explore and record the unknown depths of Arizona's Grand Canyon. Of the ten men, only six would finish the journey.



Powell was a Civil War veteran who had lost his right arm in the Battle of Shiloh. He was strong and confident, and ready for whatever surprises the river and the

canyons had in store. Many times their boats were nearly smashed upon the raging rapids. When Powell feared that the rapids were too great, the crews got out and carried the boats.

Less than a month on the river, one of the boats was sucked into a devastating rapid and wrecked. While none of the men were hurt, this boat carried precious cargo – barometers necessary for judging the river's altitude, a major objective of the expedition. Powell mounted a rescue and retrieved the barometers, some thermometers, and a three-gallon keg of whiskey, but a third of their food was lost.

After many months of running rapids, making repairs, and surviving flash floods, they began to run out of food. The canyon around them was beautiful and majestic but it was also like a prison. How would they survive? Three more men decided that the river was too much. They left, but upon exiting the canyon were killed by Indians. Just a few days later Powell and the remaining explorers reached calm water with a new wealth of maps, data, fossils, mineral samples, and stories of the Grand Canyon. Powell's personal journal of the adventure still remains a classic tale of exploration.

The Incredible Thermos

Today, four out of five people own a common thermos. But back in May of 1904, when the thermos was first introduced to the public, the invention was a modern marvel of science. How does it keep hot drinks hot and cold drinks cold? The key to the thermos' success lies in its walls. The two layers – the inner and outer flask – form a vacuum. There is nothing, not even air, in the vacuum, and this prevents heat from leaking in or out of the liquid. How did we all come to own such a high-tech piece of scientific equipment? The physicist James Dewar invented the first thermos to hold liquid oxygen in his laboratory. But I'm sure he appreciates a hot cup of coffee just as much as the next guy.

Cookie Controversy

What is it about the macaroon? That flourless cookie, celebrated on May 31, has become as controversial as it is delicious. The coconut macaroon is the popular version of this cookie – a wonderful, crisp exterior with a sweet and chewy delight waiting for you inside. Dipped in chocolate, they are even more devastatingly rich.



But macaroon purists insist on the superiority of French *macarons*. What is so different except for a missing "o"? The French cookie is a light, flourless, cream-filled sandwich cookie with no coconut to be found. The cookie originated amongst the rich Italian de Medici family, and the word comes from the Italian *maccherone*, which means "fine dough." The delicate cookies are often made with almonds or pistachios ground into a fine flour. Their filling can be buttercream, chocolate ganache, or even jam. Which version is best? The only way to find out is to have a taste test – the macaroon versus the macaron. We welcome the challenge.

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Woodburn, OR, 97071

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Information

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HERITAGE HOUSE OF WOODBURN

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Administrator: Shannon Souza

May Birthdays

If you were born from April 20-May 20 you are a Taurus, the Bull. If you were born from May 21-June 21, you are a Gemini, the Twins. Taurus is the sign of practicality. These people are faithful, with a need for security and routines, and also possess incredible endurance. Geminis focus their energies on intelligence and communication. They love using their minds to fully express themselves, and they often find great success as a result.

The Red Baron (fighter pilot)	May 2, 1892
Pete Seeger (folk singer)	May 3, 1919
Sigmund Freud (psychologist)	May 6, 1856
Don Rickles (comedian)	May 8, 1926
Judith Jamison (choreographer)	May 10, 1943
Bea Arthur (Golden Girl)	May 13, 1922
Henry Fonda (actor)	May 16, 1905
Mary Cassatt (painter)	May 22, 1844
Peggy Lee (singer)	May 26, 1920
Vincent Price (actor)	May 27, 1911
