
HERITAGE HAROLD

November
2010



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

Celebrating November

Aviation Month

**Native American Heritage
Month**

Family Stories Month

Peanut Butter Lovers' Month

All Saint's Day
November 1

**Veterans Day &
Remembrance Day**
November 11

Homemade Bread Day
November 17

Game and Puzzle Week
November 21-27

US: Thanksgiving Day
November 25

Square Dance Day
November 29

**Mark Twain's & Winston
Churchill's Birthday**
November 30



Things You Need To Know!

We would like to start by inviting everyone to attend our Thanksgiving dinner with your loved ones. It will be on Thanksgiving Day at noon. If you would like to be here please RSVP by 11-17-10. We also would like to encourage you to bring a family favorite dessert, side dish, or any other goodies.

We would like to take this opportunity to express how thankful we are for all of you, and the chance we have to be a part of your life and help take care of your loved ones.

A few things our employees are thankful for this season are:

Flor- her job.

Josie - that everyone is happy and healthy.

Sam - the residents. If it wasn't for them none of us would be here.

Shannon - the residents and wonderful staff that take care of them.

Randi - her family, friends, and all her coworkers and wonderful boss who allows her to take care of our great residents!!!

Amanda - her life

Maria T- her job, all her coworkers, and great boss.

Maria G - her job, her kids, and having two great bosses.

Patty - for all things that have happened this year.

We hope all of you have plenty to be thankful for and have a wonderful, safe holiday season!!!!!!!!!!!!!!

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 Fourteenth Lama

On November 17, 1950, a mere fifteen-year-old boy was enthroned as the leader of Tibet. This was no ordinary boy. He was the fourteenth reincarnation of the Dalai Lama, the spiritual leader of Tibetan Buddhism.

At the age of two, Tenzin Gyatso, one of nine farmer's children, was recognized as the reincarnation of the Bodhisattva. The Bodhisattva is an enlightened being who has postponed his own ascension into heaven and nirvana in order to return to earth and serve humanity. In 1959, the Dalai Lama was forced to leave Tibet after a Chinese invasion. He has been a ruler in exile in India ever since, but his teachings of compassion, religious tolerance, forgiveness, and self-discipline have still touched millions around the world.

November's Harvest



Although November grows cold in the Northern Hemisphere, there are still a surprising number of fruits and vegetables that can spring from a November garden. With Thanksgiving just around the corner, you can consider which November-harvested fruits and vegetables to serve on your holiday table.

Spinach hates the heat and is often the perfect cool weather vegetable to grow. But other vegetables, too, actually improve their taste with a little frost – like kale varieties with wintry names like Winterbor and Red Russian. Swiss chard is both delicious and beautiful, with colors of silver, gold, orange, pink, and red. Brussels sprouts are a slow-growing crop that needs the cool weather of fall and early winter. It's also time to start planting crops that will stay in the ground over winter and be ready to harvest in early spring. Garlic, shallots, beans, and peas are best.

THE STAFF:

ADMINISTRATOR: SHANNON SOUZA

DAY SHIFT:

JOSIE SALAS
FLOR DELGADO
RANDI JAMESON

SWING SHIFT:

LUCY NAJERA
SAMANTHA SOTO
AMANDA VEGA

NOC SHIFT:

PATTY CAMPUZANO
MARIA TOVAR
MARIA GARCIA

ON CALL

SAN JUANA MONTES

Cartoon Fantasy

On November 13, 1940, Disney released their musical epic *Fantasia*, a movie that elevated cartoons from children's television to an art form.

The movie began as a nine-minute cartoon, the famous "Sorcerer's Apprentice" segment with Mickey Mouse directing an army of charmed brooms and buckets. These nine minutes cost a staggering \$125,000, a cost that could never be recouped. As a result, Disney decided to expand the film into an entire animated concert with famous classical music pieces. While it did not enjoy initial success at the box office, *Fantasia* has gone on to be one of the most cherished movies of all time, and it is considered a film classic by young and old alike.



New York's Lost Landmark

New York City's Pennsylvania Station opened on November 27, 1910. The train station was hailed as a masterpiece, an architectural jewel, and a temple to transportation. It was made of pink granite and lined with strong columns. Its interior was the size of St. Peter's Cathedral in Rome, one of the largest public indoor spaces in the world. Hundreds of trains arrived and departed daily, whisking passengers off to Chicago, St. Louis, and beyond. Penn Station was the greatest train station in the world.

By the 1950s, travel by train had shrunk as passengers began to travel by airplane and by car along the new interstate highway system. The Pennsylvania Railroad company could not afford to maintain such a monumental structure as Penn Station, and the majestic station's demolition began in 1963 to make way for Madison Square Garden. But New York took the loss hard, and many vowed to protect the city's other architectural landmarks. In 1965 a Landmarks Commission was created that would preserve the Empire State Building and Central Park.

Race Across the Sea



Commissioned on November 22, 1869, the *Cutty Sark* is the only remaining clipper ship from the 1800s. The trading ship was built for speed, designed to race across the globe from China to England, transporting the first tea of the year. The tea trade was incredibly competitive, and the *Cutty Sark's* chief rival was the *Thermopylae*. In 1872, both ships left Shanghai on the same day, loaded with tea, but two weeks later the *Cutty Sark* lost her rudder near Java. The hobbled ship arrived only a week after the *Thermopylae*, lending the *Cutty Sark* legendary status as one of the world's fastest ships.

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HERITAGE HOUSE OF WOODBURN

943 N. Cascade Dr
Woodburn Oregon 97071
Administrator: Shannon Souza

November Birthdays

If you were born from October 23-November 21, you are a Scorpio, the Scorpion. If you were born from November 22-December 21, you are a Sagittarius, the Archer. Scorpions are determined, independent, and resourceful, which makes them very ambitious. Sagittarians are some of the luckiest people. Their positive attitudes, creative imaginations, and big hearts make them a joy to be around.

Burt Lancaster (actor)	Nov. 2, 1913
Morley Safer (newsman)	Nov. 8, 1931
Alger Hiss (accused spy)	Nov. 11, 1904
Grace Kelly (actress)	Nov. 12, 1929
Robert Fulton (inventor)	Nov. 14, 1765
Ted Turner (millionaire)	Nov. 19, 1938
Hoagy Carmichael (songwriter)	Nov. 22, 1899
Bruce Lee (martial artist)	Nov. 27, 1940
Madeleine L'Engle (novelist)	Nov. 29, 1918
G. Gordon Liddy (burglar)	Nov. 30, 1930

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