
HERITAGE HAROLD



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

Celebrating February

**International Friendship
Month**

Black History Month

Cherry Month

Groundhog Day
February 2

Chinese New Year
February 3

Super Bowl XLV
February 6

Jell-O Week
February 6-12

Get a Different Name Day
February 13

**Ferris Wheel Day &
Valentine's Day**
February 14

Presidents' Day (U.S.)
February 21

International Polar Bear Day
February 27

THINGS YOU NEED TO KNOW!!!

We would like to tell you about an event that we are very excited to be partnered with Wellspring. On February 5th, at 6:30 pm Wellspring will be showing "The Notebook". A beautiful love story that's worth seeing again, and again. It will be held at Wellspring. Admission is \$2.00 per person, food will start at \$3.00. Alcohol and soft drinks will be available. It's being promoted as a date night, but, we all know that your date can be anyone from your spouse to your grandchild! So please grab a friend and join us. RSVP at 971-983-5387. Please remember, it's a wonderful story with good food for a great cause!!

As tax season is upon us I would like to remind you to ask for any mail that may have come here as we all know, the government is not the most reliable source for getting things to the right place and tax documents may very well show up here.

We will be having a Super Bowl party for the residents on Sunday February 6th. You are welcome to attend. There will be goodies and fun to be had. The party will start at 2 pm so come on over and enjoy the game!!!!

There will be a Valentine's Day party on Monday February 14th at 3 pm. Music, goodies, gifts, etc. will be plentiful. We hope to see you there.

About Parkinson Disease

What is Parkinson disease?

Parkinson disease is a brain disorder. It occurs when certain nerve cells (neurons) in a part of the brain called the substantia nigra die or become impaired. Normally, these cells produce a vital chemical known as dopamine. Dopamine allows smooth, coordinated function of the body's muscles and movement. When approximately 80% of the dopamine-producing cells are damaged, the symptoms of Parkinson disease appear.

What are the signs and symptoms of Parkinson disease?

The loss of dopamine production in the brain causes the primary symptoms of Parkinson disease. The key signs of Parkinson disease are:

- Tremor (shaking)
- Slowness of movement
- Rigidity (stiffness)
- Difficulty with balance

Other signs of Parkinson disease may include:

- Small, cramped handwriting
- Stiff facial expression
- Shuffling walk
- Muffled speech
- Depression

Who gets Parkinson disease?

Parkinson disease affects both men and women in almost equal numbers. It shows no social, ethnic, economic or geographic boundaries. In the United States, it is estimated that 60,000 new cases are diagnosed each year, joining the 1.5 million Americans who currently have Parkinson disease. While the condition usually develops after the age of 65, 15% of those diagnosed are under 50.

How is Parkinson disease diagnosed?

The process of making a Parkinson disease diagnosis can be difficult. There is no X-ray or blood test that can confirm Parkinson disease. A physician arrives at the diagnosis only after a thorough examination. Blood tests and brain scans known as magnetic resonance imaging (MRI) may be performed to rule out other conditions that have similar symptoms. People suspected of having Parkinson disease should consider seeking the care of a neurologist who specializes in Parkinson disease.

What is the treatment for Parkinson disease?

There are a number of effective medicines that help to ease the symptoms of Parkinson disease. Most symptoms are caused by lack of dopamine. The medicines most commonly used will attempt to either replace or mimic dopamine, which improves the tremor, rigidity and slowness associated with Parkinson disease. Several new medicines are being studied that may slow the progression. Many promise to improve the lives of people with Parkinson disease.

Can surgery help Parkinson disease?

Surgery can ease the symptoms of Parkinson disease, but it is not a cure. Because of the risks associated with brain surgery, it is usually not considered unless all appropriate medications have been tried unsuccessfully. When considering surgery, it is important to see both a neurologist and brain surgeon who specialize in the treatment of Parkinson disease.

Miracle on Ice

On February 22, 1980, the United States hockey team played underdog to the USSR at the Lake Placid Olympics. The Soviet team was touted as the best in the world. The US team was full of amateurs, mostly college players who had never before played together. The decades-old Cold War intensified this rivalry. In many ways, it was no longer just about hockey, it was about who would become the next world superpower.

The rink was packed with American fans waving flags and singing "God Bless America." The US team fell behind by one goal early, and by the end of the second period the USSR led three to two. But the third period belonged to the Americans, and with ten minutes left, they scored a goal that put them ahead four to three. As the seconds ticked down, the US defense held fast and won the historic miracle on ice. The game was not even for the gold medal, but the USA's win has become the stuff of Olympic legend.

The Best Idea

Countries have long valued nature for its beauty, peace, and the vital importance of natural ecosystems, but it was not until February 29, 1872, that American President Ulysses S. Grant declared Yellowstone the world's first protected national park.



In the 1800s, the American west was still an unexplored wilderness. Pioneers ventured across the continent via covered wagon along the

Oregon Trail. Eventually stories of a beautiful land made their way back east. Mountains pierced the sky. Enormous waterfalls dropped into bottomless canyons. Geysers shot steam out of the earth. Mud boiled in earth pots. Amazing beasts roamed free. Many of these stories were taken as the delusions of mountain men who had lived away from civilization for too long. Finally, a man named Ferdinand Hayden decided to see this miraculous land for himself.

In 1871, Hayden secured \$40,000 from the US government to lead an expedition to the west. He assembled a team of scientists, mapmakers, and artists, including a painter and, most importantly, a photographer to take photos as evidence. What Hayden found was beyond his wildest dreams, a magnificent unspoiled land. His team submitted a 500-page report to Congress, and he travelled the country sharing his findings. Thanks to Hayden, Yellowstone became a preserve for the benefit of all mankind.

Since America's protection of Yellowstone, many other countries have followed suit. Parks can be explored all over the world in places like India, China, Australia, and Iran. The largest national park is in Greenland. Perhaps nobody will ever visit it, but then again, perhaps that is for the best. National parks have been called "America's best idea." They may be the best idea the world has ever had.

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

Feeling Blue

Levi's blue jeans, with their trademark red tag, are coveted the world over as genuine

American denim. But

the owner of the famous American company, Levi Strauss, was born in Bavaria, Germany, on February 26, 1829, and denim was a fabric innovated in France. Nevertheless, Strauss is largely responsible for making American-style blue jeans popular all over the world.



Levi Strauss came to the United States at the age of eighteen at the height of the California Gold Rush. He set up shop in San Francisco selling canvas pants to miners. The pants sold well, but miners complained that they chafed. That's when Strauss began using a cotton fabric from France that was dyed blue, known as "serge de Nimes." This fabric, nicknamed "denim," was stronger and more comfortable than anything the miners had ever worn before. They were a hit and became the perfect work pants. In 1885, a pair of blue jeans cost \$1.50. In the 1950s, James Dean turned them into a teenage phenomenon when he wore them in the movie *Rebel Without a Cause*. Today, designer jeans are a luxury item that can cost many hundreds of dollars.

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Woodburn, OR, 97071

Postage
Information

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

Delivering Quality of Care, Enhancing Quality of Life.

APPLEGATE HOUSE OF GRANTS PASS

1635 Kellenbeck Ave
Grants Pass Oregon 97527
Administrator: Sue Powell

ARBOR HOUSE OF GRANTS PASS

820 Gold Court
Grants Pass Oregon 97527
Administrator: Nancy Decker

AUTUMN HOUSE OF GRANTS PASS

2268 WILLIAMS Hwy
Grants Pass Oregon 97527
Administrator: Becky Scriber

HAWTHORNE HOUSE OF SALEM

3042 Hyacinth St.
Salem Oregon 97301
Administrator: Michele Nixon

HARMONY HOUSE OF SALEM

3062 Hyacinth St.
Salem Oregon 97301
Administrator: Michele Nixon

HERITAGE HOUSE OF WOODBURN

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

February Birthdays

If you were born from January 20-February 18, you are an Aquarius, the Water Bearer. If you were born from February 19-March 20, you are a Pisces, the Fish. Aquarians are very original and independent thinkers. They are emotional, intuitive people who have a great desire to help humanity. Pisces are mysterious and alluring. They are very creative and imaginative people, leading them to pursue the arts and reject a nine-to-five life.

John Ford (director)	Feb. 1, 1895
Norman Rockwell (painter)	Feb. 3, 1894
Laura Ingalls Wilder (author)	Feb. 7, 1867
James Dean (rebel)	Feb. 8, 1931
Jack Lemmon (actor)	Feb. 8, 1925
Michael Bloomberg (mayor)	Feb. 14, 1942
Harvey Korman (comedian)	Feb. 15, 1927
Louis Comfort Tiffany (artist)	Feb. 18, 1848
Jackie Gleason (actor)	Feb. 26, 1916
Elizabeth Taylor (actress)	Feb. 27, 1932
