
HERITAGE HAROLD



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

Celebrating January

Glaucoma Awareness Month

Blood Donor Month

Soup Month

Cuddle Up Day

January 6

Fruitcake Toss Day

January 8

Letter Writing Week

January 8-14

Martin Luther King, Jr. Day

January 17

Opposite Day

January 25

Fun at Work Day

January 28

**Bubble Wrap Appreciation
Day**

January 31

**Inspire Your Heart with Art
Day**

January 31

THINGS YOU NEED TO KNOW!!!

Well it's the beginning of a new year!! The weather is cold, the holidays are over, the resolutions made, and if you are like me, they probably are broken!!!

One of the resolutions that we at Heritage House have made, and truly intend to keep, is to make life as easy as we possibly can for you, the loved ones of our residents. To ensure this we have made contact with a nurse practitioner who will not only provide the best possible care for your loved one and will come to the building to do it!!!

On Wednesday January 12th at 9 am we will be having our quarterly family support meeting. John Welers from Cascade Family Care will be here to answer your questions and talk about the possibility of becoming your loved one's primary care physician.

Last, but certainly not least, our employee of the quarter is Randi Jameson. We thank you Randi for all your hard work and the care and love you give all the residents!!

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.

About Parkinson Disease con't.

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.

But Is It Art?

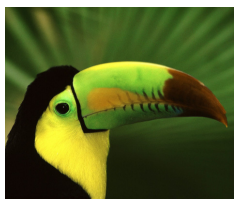
Mention Campbell's Soup and most everybody will think of its trademark cherry red and bright white can. This design, which was trademarked on January 9, 1906, has changed very little in over one hundred years. Its inspiration came when one company executive, who liked Cornell University's red and white football uniforms, decided to use the same colors for the soup can label.



The artist Andy Warhol liked the can so much that he devoted his art to it. Why did he choose the Campbell's Soup can as art? He claimed he ate the soup every day for twenty years. For him, it was the perfect American product. No matter if you were rich or poor, it always tasted the same. For that reason, it should not just be a can, but it should be art. The Campbell Soup Company's response? They didn't take him to court to defend their trademark. Instead, they sent the artist two free cases of tomato soup.

A Day for the Birds

Take a seat by the window. Do you see any birds? Close your eyes. Do you hear them singing? Can you identify them by their feathers or by their song? Each day we live side-by-side with hundreds of these magnificent animals. You can enjoy them on a casual stroll through the park or spy on them with binoculars and check them off a list. On January 5, be sure to take notice of our feathered friends for National Bird Day.



Birds are so captivating that many countries take pride in choosing its national bird. Birds often reflect the country's character and are protected as cherished

national symbols. The bald eagle is the national bird in the United States. It was officially adopted in 1787, although some voted for the turkey. Below, challenge your knowledge of other national birds by matching each bird to its home country. Good luck!

- | | |
|-----------------|------------------------|
| 1. Rooster | a. Austria |
| 2. Peacock | b. Bahamas |
| 3. Toucan | c. France |
| 4. Flamingo | d. Canada (unofficial) |
| 5. Common Loon | e. India |
| 6. Barn Swallow | f. Belize |
| 7. White Stork | g. Germany |

Answers: 1. c; 2. e; 3. f; 4. b; 5. d; 6. a; 7. g

“If a man is called to be a street sweeper, he should sweep streets even as Michelangelo painted, or Beethoven composed music, or Shakespeare wrote poetry. He should sweep streets so well that all the host of heaven and earth will pause to say, here lived a great street sweeper who did his job well.”

~ Martin Luther King, Jr.

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

Diamonds in the Rough

On January 26, 1905, a rare discovery was made in South Africa. Frederick Wells, manager of the Premier Mining Company, discovered a 3,106.75 carat diamond that weighed over one pound. This raw diamond is the largest ever found. It was named the Cullinan diamond after Sir Thomas Cullinan, the owner of the mine. The diamond was bought by the South African government and given to the King of England on his birthday. To secure its passage to England, a steamboat was loaded with detectives and police, but this was all a clever diversion. The actual diamond was shipped back to England via regular registered parcel post.



Cutting a diamond in 1905 was not easy. It was done with hand tools. Legend has it that the expert who first cut the diamond was so nervous that he fainted upon cutting it in half. The diamond was eventually carved into nine pieces. The largest two are part of the Crown Jewels of England, with one on the royal sceptre and the other on the crown. All nine diamonds are worth well over four hundred million dollars.

Heritage House of Woodburn
943 N. Cascade Dr
Woodburn, OR, 97071

Postage
Information

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

Delivering Quality of Care, Enhancing Quality of Life.

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

January Birthdays

If you were born from December 22-January 19, you are a Capricorn, the Goat. If you were born from January 20-February 18, you are an Aquarius, the Water Bearer. Capricorns are the most stable and serious signs of the zodiac. Reliable, resourceful, and determined, they make excellent leaders and managers. Aquarians are very original and independent thinkers. They are emotional, intuitive people who have a great desire to help humanity.

J. Edgar Hoover (FBI Director)	Jan. 1, 1895
Isaac Asimov (author)	Jan. 2, 1920
Victor Borge (comedian)	Jan. 3, 1909
Galina Ulanova (ballerina)	Jan. 8, 1910
Andy Rooney (commentator)	Jan. 14, 1919
Ethel Merman (singer)	Jan. 16, 1908
Jack Nicklaus (golfer)	Jan. 21, 1940
Sam Cooke (singer)	Jan. 22, 1931
Paul Newman (actor)	Jan. 26, 1925
Oprah Winfrey (talk show host)	Jan. 29, 1954
