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# HERITAGE HAROLD

July 2010



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Heritage House of Woodburn

943 N Cascade , Woodburn, Or, 97071

Phone # 503-982-1506

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## **Celebrating July**

**Picnic Month**

**Recreation & Parks Month**

**Anti-Boredom Month**

**Canada Day**  
*July 1*

**U.S.: Independence Day**  
*July 4*

**Hop-a-Park Day &  
Clerihew Day**  
*July 10*

**France: Bastille Day**  
*July 14*

**Cow Appreciation Day**  
*July 17*

**Ugly Truck Day**  
*July 20*

**Hammock Day**  
*July 22*

**Cheesecake Day**  
*July 30*



## **THINGS YOU NEED TO KNOW!!!**

I would like to start by announcing that our employee of the quarter is Samantha Soto!! Sam is a compassionate, caring caregiver and wonderful team player!! Congratulations Samantha!!!!

It has come to my attention that mail has become a problem, so I would like to remind all of you to please remember to periodically check your loved ones mail box located in my office to avoid problems or issues with their bills.

Our garage sale to benefit the Alzheimer's network will be on July 9<sup>th</sup> and 10<sup>th</sup> from 10am to 3pm. If you have donations, please feel free to drop them off. We look forward to seeing all of you there too!!

We will be doing fireworks on the 4<sup>th</sup> of July around 8pm. If you would like to come enjoy them with your loved one, you are more than welcome to do so.

I hope you and yours have a wonderful, safe summer.

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## Huntington's Disease

Huntington's disease is a fatal brain disorder caused by inherited changes in a single gene. These changes lead to destruction of nerve cells in certain brain regions.

Scientists identified the gene in 1993. Anyone with a parent with Huntington's has a 50 percent chance of inheriting the gene, and everyone who inherits it will eventually develop the disorder. In about 1 to 3 percent of cases, no history of the disease can be found in other family members.

### Symptoms of Huntington's

- Involuntary movements such as twitches and muscle spasms.
  - Problems with balance and coordination.
  - Personality changes such as irritability, depression and mood swings.
    - Trouble with memory, concentration, or making decisions.
- The age when symptoms develop and the rate of progression varies from person to person.

### Treatment of Huntington's

- There is currently no treatment for Huntington's. Research is accelerating since scientists identified the gene involved

NEXT MONTH :  
STAGES OF ALZHEIMER'S

## 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**  
**IRENE BELTRAN**

## France's Yellow Jersey

France's race for the yellow jersey takes place from July 3 to July 25. This demanding 2,200-mile bicycle race has been compared to running a marathon several days a week for almost three weeks. Each day, cyclists pedal as fast as they can to finish that stage, with some stages cruising over flat ground, and other stages rising up over grueling mountain passes. The winner dons the yellow jersey.



The Tour is a source of national pride in France, and millions of people watch by the roadside, sometimes even causing collisions with cyclists. The first Tour de France was staged in 1903, and in its 107-year history there has been only one seven-time winner. The American Lance Armstrong won the race for seven straight years, from 1999 to 2005.

## Pack Your Picnic Basket

July is Picnic Month, and there is no better month for packing your basket full of goodies, laying a blanket over the soft, green grass, and enjoying food, friendship, and fresh air.



The first picnics were not held outdoors at all. The first usage of the word was in 1692, in a French dictionary, where the word “pique-nique” was

used to describe a group of people who brought their own wine into a restaurant. It was not until the mid-1700s that the word picnic referred to a fun meal eaten outdoors. Still, no one knows where the French got the rhyming term “pick-nick,” although many rumors of its origin exist.

In the early 1800s, a group of Londoners formed an official “Picnic Society,” where each member agreed to bring a different dish, as in a potluck. More recently, in the year 2000, the French formed a 600-mile-long picnic to celebrate the first Bastille Day of the new millennium. Towns from coast-to-coast participated, using over 400 miles of red-checked tablecloth.

July 10 is the Teddy Bears’ Picnic Day, a day honoring both picnics and the classic tune by John Walter Bratton and Jimmy Kennedy. This marks the perfect day for children to gather their teddy bears, lay down a blanket, and eat some snacks with their stuffed friends. They can even sing the song that made that day famous. Here’s the first verse:

*If you go out in the woods today,  
You're sure of a big surprise.  
If you go out in the woods today,  
You'd better go in disguise.*

*For every bear that ever there was□  
Will gather there for certain, because□  
Today's the day the teddy bears have their  
picnic.*

## Not-So-Scary Scarecrows

While scarecrows are commonly associated with autumn, Build-a-Scarecrow Day falls on the first Sunday of July. That’s so your finished scarecrow can keep the crows out of the fields all summer long. Clever crows, however, quickly learn to ignore those stuffed scarecrows. Yet people still keep scarecrows as a wonderful seasonal decoration.

Making a scarecrow requires five materials: pair of blue jeans with belt loops, an old shirt, some twine, a pair of panty hose, something for stuffing (straw, leaves, grass, or old rags).

Step 1: Stuff the pantyhose to make the head and arms. (The waist becomes the head, and the arms are slipped through the shirtsleeves.)

Step 2: Stuff the rest of the shirt and the pants. Attach them together by knotting the twine through the belt loops as suspenders.

Step 3: Decorate your basic scarecrow with handkerchiefs, gloves, boots, a hat, tools, or any other decoration. Don’t make it too scary!

## Santa’s Busy Summer

Can you imagine Christmas without snow and sleigh bells? Well, in the Southern Hemisphere, Christmas falls in the middle of the summer. For those who desire a little winter wonderland, the answer is simple – have Christmas in July.



The scientists on Antarctica really like their Christmas cold. July is the middle of Antarctica’s winter, with temperatures reaching -90 degrees Fahrenheit. High winds and ice make it too dangerous to land supply planes, so food, mail, and gifts must be dropped by parachute. The delightful arrival of presents dropping from the sky is like a mid-winter visit from Santa. On July 25, don’t be surprised if you hear sleigh bells.

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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: Holli Crown

**HARMONY HOUSE OF SALEM**

3062 Hyacinth St.  
Salem Oregon 97301  
Administrator: Michele Nixon

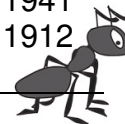
**HERITAGE HOUSE OF WOODBURN**

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

## July Birthdays

If you were born from June 22-July 22, you are a Cancer, the crab. If you were born from July 23-August 22, you are a Leo, the lion. A Cancer can be highly emotional, caring, generous, and intuitive. Leos are creative, enthusiastic, charismatic, and highly ambitious.

Dan Aykroyd (actor)	July 1, 1952
Geraldo Rivera (host)	July 4, 1943
Ann Landers (advice columnist)	July 4, 1918
P.T. Barnum (circus showman)	July 5, 1810
Doc Severinsen (band leader)	July 7, 1927
Giorgio Armani (fashion mogul)	July 11, 1934
Phyllis Diller (comedienne)	July 17, 1917
"Red" Skelton (clown)	July 18, 1913
Natalie Wood (actress)	July 20, 1938
Don Drysdale (pitcher)	July 23, 1936
Dorothy Hamill (ice skater)	July 26, 1956
Paul Anka (singer/songwriter)	July 30, 1941
Milton Friedman (economist)	July 31, 1912



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Postage  
Information