
HERITAGE HAROLD



May
2010

Heritage House of Woodburn

943 N Cascade , Woodburn, Or, 97071

Phone # 503-982-1506

Celebrating May

Asparagus Month

Better Sleep Month

Be Kind to Animals Week
May 2-8

Kentucky Derby
May 1

Weather Observers' Day
May 4

Cinco de Mayo
May 5

Mother's Day
May 9

Tulip Day
May 13

Visit Your Relatives Day
May 18

Blueberry Cheesecake Day
May 26

Memorial Day
May 31

Things you need to know!!!!

We would like to take this opportunity to wish all the mothers, grandmothers, etc. a very happy Mother's Day!!

The troops that received our care package have sent out a great big THANK YOU to all who contributed letters and/or items. They really enjoyed getting "A piece of home!" Remember, we will be sending out a package at the end of every month so please continue to support our troops.

May means flowers, so please buy one to help support the Alzheimer's Network and you will get your name on our wall!!!

We are going to be selling raffle tickets starting May 1st. This is for a 4th of July basket to enjoy over the holiday weekend. Please come see what you can win and buy some tickets at \$3.00 a piece.

We will be having our annual car wash/ bake sale on May 22nd. This too will benefit the Alzheimer's Network, so please send some goodies our way and come get a car wash!! We will also have our hot dog deal so come hungry!!!

We would like to welcome Samantha Soto to our full time team!! We are very happy to have her. Samantha is a very caring, friendly person so be sure to say hi and introduce yourself when you see her!!

A few events to look forward to....we will be having our big garage sale in June, the annual zoo trip in Sept., and PLEASE put aside Sept. 11th to come walk with us in the Alzheimer Network's Walk To Remember!! I know it feels like we are pushing this early, but every 70 seconds somebody in the USA is diagnosed with Alzheimer's!! Can we afford to wait?

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.

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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.

Coco's No. 5

On May 5, 1921, "Coco" Chanel unveiled her first fragrance, Chanel No. 5. As the world's most legendary perfume, a bottle of Chanel No. 5 is sold worldwide every thirty seconds. When asked what she would name her perfume, Coco replied, "I always launch my collection on the 5th day of the 5th month, so the number 5 seems to bring me luck. Therefore, I will name it *No. 5*."



Legend surrounds the fragrance's inspiration. Some even claim that the perfume's chemist, Ernest Beaux, modeled the scent after the fresh smell of Russia's northern lakes on the Kola Peninsula, where he was stationed during the Russian Civil War.

The Monster of Loch Ness



On May 2, 1933, the *Inverness Courier* newspaper from the north of Scotland published an article titled "A Strange Spectacle on Loch

Ness." This column made the first official mention of a "monster" living in Loch Ness, the largest lake in the United Kingdom. For the next seventy years, the Loch Ness monster, known as Nessie, would become one of the most investigated and most beloved mysteries the world had ever, or never, seen.

The first famous sighting was made by Mrs. Aldie MacKay, who reported seeing a whale-like creature in the lake near Aldourie Castle. She shouted to her husband to stop their car, but by then the creature had disappeared, leaving an enormous disturbance in the water.

Three months later, after repeated sightings of the monster in the water, another couple, Mr. and Mrs. George Spicer, claimed to have seen the monster on land. They reported that "a dragon or pre-historic animal" crossed the road in front of them carrying a small lamb or other animal in its mouth. It was twenty-five feet long with a long neck. Decades later, a monk from a local abbey claimed to have glimpsed the creature while strolling along Loch Ness with the abbey's organist.

Several expeditions have attempted to confirm Nessie's existence. The Loch Ness Phenomena Investigation Bureau worked throughout the 1960s and '70s to photograph the creature, but their snapshots were ambiguous. In the 1980s, Operation Deepscan used sonar to probe the lake's icy depths. Although no definitive evidence of Nessie was found, three large sonar contacts were made, which indicated something below the water larger than a shark but smaller than a whale. While not the proof the world was clamoring for, these sonar records helped keep the legend alive.

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

The True Heavy Metal

The first Friday in May is International Tuba Day, a day when we should all pay respect to that largest and lowest-pitched brass instrument. Frequently, the tuba does not get the respect it deserves. It has earned a goofy reputation as the oaf of instruments, a huge, unwieldy blower of low notes. Even though on this day the tuba may be elevated to the king of brass, you can still enjoy a few good tuba jokes.

Q: How do you fix a broken tuba?

A: With a "tuba" glue.

Q: What's a "tuba for"?

A: A piece of lumber.

Q: What is the range of a tuba?

A: Twenty yards if you've got a good arm.



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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

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. A Taurus is patient, reliable, industrious, and persistent. They respect property, avoid falling into debt, and enjoy art. Geminis are complex and dual-natured. Like children, they are lively, happy, and love to explore new things.

Jack Paar (television host)	May 1, 1918
Frankie Valli (singer)	May 3, 1934
Audrey Hepburn (actress)	May 4, 1929
Brian Williams (news anchor)	May 5, 1959
Willie Mays (Say Hey Kid)	May 6, 1931
Billy Joel (musician)	May 9, 1949
Irving Berlin (songwriter)	May 11, 1888
Gabriela Sabatini (tennis pro)	May 16, 1970
Cher (diva)	May 20, 1946
Fats Waller (jazz pianist)	May 21, 1904
Mary Cassatt (painter)	May 22, 1844
Carroll Baker (actress)	May 28, 1931



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Postage
Information