
HERITAGE HAROLD



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

Celebrating September

Breakfast Month

Classical Music Month

Self-University Week

September 1-7

Australia: Father's Day

September 5

Swap Ideas Day

September 10

Grandparents Day

September 12

Make-a-Hat Day

September 15

Oktoberfest Begins

September 18

World Gratitude Day

September 21

First Day of Autumn

September 22

Crush-a-Can Day

September 27

THINGS YOU NEED TO KNOW!!!!

On Sept. 4th from 10 am to 3 pm we will be selling candy bars and balloons for the Alzheimer's Network memory walk outside of Wal-Mart on Stacy Allison here in Woodburn. If you have time, please come by and say hello and buy a candy bar!!

The memory walk is Sept. 11th so this truly is your last chance to come out and show your support!! If you have the time, we would love to have you join our team and walk with us!!! Last year we had 21 walkers, our goal for this year is 25. Please come out and help us meet and exceed our goal!!

If you are interested in attending our annual zoo trip with us we would love to have you. We will be leaving at 8 am the morning of Sept. 21st and returning home between 2 pm and 3 pm. If you can accompany us please let us know no later than 9/10 as we will need to reserve a van big enough for all, or you may bring your own vehicle!! A good time is always had by all and we would love to have YOU there.

I wanted to take this opportunity to once again remind you that at times important mail gets sent here instead of to the responsible party. This is a great concern because nobody wants important documents sitting around & unattended to!! So the next time you are visiting please remember to ask for your loved ones mail.

I know it is not always possible to attend the care plan meeting for your loved one, but as this is a requirement to provide the best care possible & to give you the opportunity to meet with me to express any concerns or answer any questions you may have, it is important that a mutual time is set. If the time I have given is inconvenient, PLEASE feel free to call and reschedule. I am always more than happy to accommodate your needs. You may also call and cancel the appointment and read the care plan at your convenience. Just ask any caregiver and they will be happy to get it for you.

Alzheimer's Disease

Facts and Figures:

- It is estimated that five million Americans have AD. By mid century, this could triple to 16 million.
- AD is among the top 10 leading causes of death for people of all ages in the U.S. and is # 6 for those aged 65 and older.
- In Oregon in 2004 the number of deaths due to AD and rate per 100,000 population was 1,262.
- Number of people 65+ with AD between 2000 (57,000) and 2010 (76,000) in Oregon.
- One in six women and one in ten men who live to be at least age 55 will develop Alzheimer's in their remaining lifetime.
- 10 million baby boomers will develop Alzheimer's in their life time.
- As many as 5.2 million people in the U.S. are living with Alzheimer's.
- AD stretches from 2 to 20 years, and individuals live on average for eight to ten years from diagnosis.
- It is estimated that one to four family members care for each person with the disease.
- About 250,000 American Children ages 8-18 are unpaid caregivers for a person with Alzheimer's or other dementia.
- Almost 10 million Americans provide unpaid care for a person with AD or other dementias.
- AD costs U.S. businesses more than \$60 billion a year, stemming from lost productivity and absenteeism by primary caregivers, and insurance costs.
- The direct and indirect cost of Alzheimer's and other dementias to Medicare, Medicaid and business amount to more than \$ 148 billion each year.
- In 2007, 9.8 million families and other unpaid caregivers of people with AD and other dementias provided 8.4 billion hours of care.
- The number of Alzheimer's and Dementia caregivers and hours of unpaid care and economic value of care in Oregon, 2007.
 - . 120,459 unpaid caregivers
 - . 103,979,935 hours unpaid per year
 - . \$ 1,100,107,711 economic value of unpaid care

Facts and figures were provided by the Alzheimer's network of Oregon

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Salem, Oregon 97309

503 – 364 – 8100 info@alznet.org

Your Turn to Gurn



It's not a pretty sight, but on September 18 the town of Egremont, in Cumbria, England, will host the World Gurning Championships. What exactly is gurning? It's when

you twist your face up into the silliest, and often ugliest, expression you can. It is considered a folk art in England, and the gurning contest at the Egremont Crab Apple Fair dates all the way back to the year 1237.

The competition is largely made up of toothless old men. Often, the best gurners are those with no teeth, because this allows the lower jaw to move so far up the face that sometimes the lower lips can cover the entire nose in a spectacular display of gurning. Peter Jackman, one of England's most famous gurners, actually had his teeth removed so that he could gurn easier.

How did this bizarre tradition begin? One story is that a local Lord wheeled a cart of crab apples through the village to help feed the poor. The crab apples were so sour that many peasants made puckered faces while they ate. Those puckered faces led to modern day gurning. Another story is that locals would tease the village fool and ask him to make some funny faces in exchange for a pint of ale. Today, everyone takes the place of the village fool, but instead of winning a pint of ale, all they win are pride and prestige.

Do you think you have what it takes to gurn? On September 18, hold your own gurning competition. Gather a group of friends and take turns making the silliest, scariest, ugliest, and funniest faces you can. If you want to add an air of authenticity to your event, pose your faces while wearing a horse collar. That's the way they do it at the Egremont Crab Apple Fair. Don't forget to take plenty of photos!

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

PACIFIC LIVING CENTERS HAS FIVE LOVING HOMES FOR THE MEMORYIMPAIRED

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

Your Lucky Day

Do you cringe every time a black cat crosses your path? Do you avoid walking under ladders?



Well, on September 13, Defy Superstition Day, you no longer have to be a victim of these superstitions. On this day, throw away your rabbit's feet and dare to defy all that is taboo. Here are a few strange superstitions from around the world:

Thailand – When you buy new shoes, you should bite them before you wear them. This will prevent the new shoes from “biting” your feet.

Venezuela – If someone passes a broom over a young woman's feet, she will never get married.

Taiwan – Like the number thirteen, the number four brings incredibly bad luck. Hospitals and hotels often do not have a fourth floor.

September Birthdays

If you were born from August 23-September 22, you are a Virgo, the virgin. If you were born from September 23-October 22, you are a Libra, the scales. Virgos are modest, intelligent, reliable, practical, and able to clearly analyze the most complex of problems. Libras, like balanced scales, are harmonious, impartial, and understanding. They dislike conflict and encourage compromise and cooperation.

Gloria Estefan (singer)	Sept. 1, 1957
Mitzi Gaynor (actress)	Sept. 4, 1931
Claude Pepper (U.S. senator)	Sept. 8, 1900
Jesse Owens (Olympian)	Sept. 12, 1913
Milton Hershey (candy-maker)	Sept. 13, 1857
Clayton Moore (Lone Ranger)	Sept. 14, 1914
J.C. Penney (entrepreneur)	Sept. 16, 1875
Ray Charles (musician)	Sept. 23, 1930
Wilford Brimley (actor)	Sept. 27, 1934
Ed Sullivan (really big host)	Sept. 28, 1901



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Postage
Information