

HERITAGE HAROLD

September
2011



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

Celebrating September

Better Breakfast Month

Happy Cat Month

Labor Day
September 5

Grandparents Day
September 11

**International Housekeepers
Week**
September 11-17

Mushroom Picking Day
September 18

International Day of Peace
September 21

First Day of Autumn
September 23

Good Neighbor Day
September 28

Fall Astronomy Week
September 26 - October 2

Things To Remember!!!

Well, it has finally arrived..... September 24th is the Walk To Remember!! The walk will be in Salem, at the Riverfront Park. Please come and join us if you are able. The bake sale we had scheduled for Aug. 20th has been postponed to Sept. 17th. For more information about this please contact Shannon, Randi, or Flor. Please let us take this opportunity to say one last time Thank You for the generosity you have shown during our fundraising events throughout this year.

For a little change this month we would like to offer a tasty idea for the upcoming Fall season.

Crab-stuffed mushrooms

Ingredients

- 24 large mushrooms
- 2 tablespoons butter-melted
- 4 tablespoons grated Gruyere cheese
- 1 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 6 ounces cream cheese, softened
- 3 tablespoons [bread](#) crumbs
- 4 ounces flaked crab meat, rinsed
- 1 tablespoon fresh lemon juice
- 1/8 cup minced onion
- 1/8 cup white wine
- 1 teaspoon Dijon mustard
- 2 tablespoon chopped fresh parsley for garnish

Preparation

Rinse mushrooms and remove stems. Place mushrooms on wax lined cookie sheet to prevent any mess. Place a bag on The Bag Holder and add all [ingredients](#). Seal and mix well. Mash until well blended. Snip the tip of the bag and pipe into each mushroom cap. [Bake](#) at 375 for 14-16 minutes. Top with parsley if desired. If you don't have The Bag Holder, make it in a bowl and place in a gallon bag to make filling easier.

Happy Grandparents Day to all the wonderful people who have made such a difference in so many lives!!

Some change in memory is normal as we grow older, but the warning signs of Alzheimer's disease are more than simple lapses in memory.

People with Alzheimer's experience difficulties communicating, learning, thinking and reasoning — problems severe enough to have an impact on an individual's work, social activities and family life.

The Alzheimer's Association has developed a checklist to help you recognize the difference between normal age-related memory changes and possible warning signs of Alzheimer's disease.

There's no clear-cut line between normal changes and warning signs. It's always a good idea to check with a doctor if a person's level of function seems to be changing. The Alzheimer's Association believes that it is critical for people diagnosed with dementia and their families to receive information, care and support as early as possible.

10 warning signs of Alzheimer's

1. Memory loss. Forgetting recently learned information is one of the most common early signs of dementia. A person begins to forget more often and is unable to recall the information later.

What's normal? Forgetting names or appointments occasionally.

2. Difficulty performing familiar tasks. People with dementia often find it hard to plan or complete everyday tasks. Individuals may lose track of the steps involved in preparing a meal, placing a telephone call or playing a game.

What's normal? Occasionally forgetting why you came into a room or what you planned to say.

3. Problems with language. People with Alzheimer's disease often forget simple words or substitute unusual words, making their speech or writing hard to understand. They may be unable to find the toothbrush, for example, and instead ask for "that thing for my mouth."

What's normal? Sometimes having trouble finding the right word.

4. Disorientation to time and place. People with Alzheimer's disease can become lost in their own neighborhood, forget where they are and how they got there, and not know how to get back home.

What's normal? Forgetting the day of the week or where you were going

5. Poor or decreased judgment. Those with Alzheimer's may dress inappropriately, wearing several layers on a warm day or little clothing in the cold. They may show poor judgment, like giving away large sums of money to telemarketers.

What's normal? Making a questionable or debatable decision from time to time.

6. Problems with abstract thinking. Someone with Alzheimer's disease may have unusual difficulty performing complex mental tasks, like forgetting what numbers are for and how they should be used.

What's normal? Finding it challenging to balance a checkbook.

7. Misplacing things. A person with Alzheimer's disease may put things in unusual places: an iron in the freezer or a wristwatch in the sugar bowl.

What's normal? Misplacing keys or a wallet temporarily.

8. Changes in mood or behavior. Someone with Alzheimer's disease may show rapid mood swings – from calm to tears to anger – for no apparent reason.

What's normal? Occasionally feeling sad or moody.

9. Changes in personality. The personalities of people with dementia can change dramatically. They may become extremely confused, suspicious, fearful or dependent on a family member.

What's normal? People's personalities do change somewhat with age.

10. Loss of initiative. A person with Alzheimer's disease may become very passive, sitting in front of the TV for hours, sleeping more than usual or not wanting to do usual activities.

What's normal? Sometimes feeling weary of work or social obligations.



Sweetest Stuff on Earth

September is Honey Month, which means that every day is not just sweet but healthy, too. Honey may be nature's miracle sweetener, but did you know that four thousand years ago ancient Egyptians used honey to treat wounds? It kills germs and speeds up the healing process. Honey also strengthens the immune system. It contains countless minerals, vitamins, and antioxidants, all of which help to fight off colds.

What is honey? Every spring, bees suck nectar from flower blossoms, then bring it back to the hive where they fill honeycombs. Honey color and flavor depends upon which flowers provide the nectar. In America alone there are over three hundred different varieties. Why do bees make honey? It is the food they eat throughout the winter to survive, but probably never enjoyed in a cup of hot tea.

The Bald and the Beautiful



For thousands of years, men have searched out a cure for baldness. Ancient civilizations advised lathering the head in the fat of a lion. Other ideas included covering the head

in the ashes of little frogs. Today, people spend over three billion dollars a year on topical treatments and sprays. This September, bald men in Morehead, North Carolina, are singing a different tune. They are attending the annual Bald is Beautiful Conference, where baldness is next to godliness.

How perfect that a conference for baldies is held in Morehead, North Carolina. More heads have been on display here for all to see since 1973, when baldie John T. Capp first organized the pageant. Capp's goal was to "cultivate a sense of pride and eliminate the vanity associated with the loss of one's hair."

The other goal is to have lots of fun, of course. Baldies get into the swing of things at the Bald As A Golf Ball Golf Tournament. Any hair-induced frustrations are vented during the Toupee Toss. The shiniest domes compete in contests for the Smoothest Bald Head, Best All-Around Bald Head, and Most-Kissable Bald Head. There are even look-alike contests for famous baldies like Montel Williams and Telly Savalas.

Scientists claim to have discovered a "werewolf" gene responsible for causing hair to grow all over the body. They believe that the secrets of this gene might be unlocked as a cure for baldness. In the meantime, though, bald will always be beautiful in Morehead. Says one proud baldie, "God made very few perfect heads. The rest of them he covered with hair."

THE STAFF:

ADMINISTRATOR: SHANNON SOUZA

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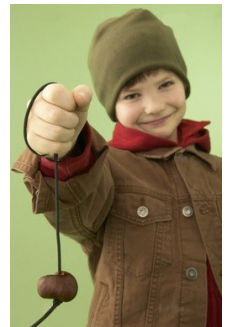
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Champion Chestnuts

During September, children in England collect fallen horse chestnut seeds to play conkers. They begin by hanging chestnuts on strings with knotted ends. One child lets their conker hang still. The opponent pulls their conker back like a rubber band and issues a strike to the hanging conker.



A direct hit allows the striker two extra shots. If strings tangle, the first to yell "strings" gets a shot. If a player drops his conker, the foe can yell "stamps" and jump on it, unless the owner cries out "no stamps." You receive a point when your opponent's conker is destroyed. The real beauty of the game is that a winning conker takes the total score of all your opponents' victories. The best conkers last many seasons and have upwards of sixty points. Choose your chestnut wisely.

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943 N. Cascade Dr
Woodburn, OR, 97071

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HERITAGE HOUSE OF WOODBURN

943 N. Cascade Dr
Woodburn Oregon 97071

Administrator: Shannon Souza

September Birthdays

Those born September 1 to 22 are hardworking, practical Virgos. Virgos are often kind and dedicated caregivers. They are at home in the company of animals. Often reserved, Virgos shy away from attention. Libras born between September 23 and 30 seek balance and harmony just like their symbol, the scales. They are very social, seek compromise, and have strong powers of critical thinking.

Conway Twitty (singer) – Sept. 1, 1933
Mitzi Gaynor (actress/singer) – Sept. 4, 1931
Bob Newhart (comedian) – Sept. 5, 1929
Sid Caesar (comedian) – Sept. 8, 1922
Otis Redding (singer) – Sept. 9, 1941
Mel Torme (singer) – Sept. 13, 1925
Greta Garbo (actress) – Sept. 18, 1905
Faith Hill (singer) – Sept. 21, 1967
Barbara Walters (journalist) – Sept. 25, 1929
Brigitte Bardot (actress) – Sept. 28, 1934
