

THE

HERITAGE HAROLD

January
2012



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



Celebrating January

Hot Tea Month

Soup Month

Trivia Day
January 4

Old Rock Day
January 7

Bubble Bath Day
January 8

Letter Writing Week
January 8-14

Houseplant Appreciation Day
January 10

**Dr. Martin Luther King, Jr.
Day**
January 16

**Chinese New Year:
Year of the Dragon**
January 23



Australia Day
January 26

THINGS YOU NEED TO KNOW!!

It's time to say welcome to 2012. We hope it finds you all happy, healthy, and prosperous. Here is a toast to your New Year's resolutions lasting longer than most of ours!!

Last year brought many changes to us. We lost some close friends who we will never forget, and made some new friends we hope to have for years to come.

Thank you to everyone who came to our Christmas party. It was a great success and a lot of fun. We hope YOU enjoyed it as much as we did.

We can't believe that it's already been three months since the Memory Walk, and our fundraising will be starting soon so consider this your warning!☺! Our goal is to beat last year's total and beat our record by becoming the number ONE small team fundraiser. Not number TWO!!

Please remember to ask about your loved one's mail, as at this time of year we worry about important tax documents being left behind.

Last, but certainly not least, as some of you already know our own Flor Delgado's brother has been redeployed to Afghanistan. We will once again be sending care packages. If you would like to contribute and show your support for these brave men and women anything is appreciated; letters, goodies, and battery operated lanterns are especially needed. We will be sending out the first of our packages on Jan. 13th. Anything you would like to included, please have here by 4 pm on the 13th.

Pick's Disease

Diagnosis, Treatment & Prognosis of Pick's Disease

Pick's disease is a rare form of dementia which accounts for about 5% of all dementia types. The clinical picture is fairly similar to Alzheimer's but differences can be detected at autopsy. Pick's disease differs in some important respects:

Changes in the Brain in Pick's Disease

In Pick's disease the brain tissue changes and loss occurs in focal areas rather than the generalized damage of Alzheimer's. Pick's disease affects the frontal and temporal lobes of the brain. Marked shrinkage, called atrophy, of the frontal lobes of the brain occurs that can be seen on brain scans.

Pick's disease is marked by the presence of abnormalities in brain cells called Pick's bodies. These are found in the affected areas as well as elsewhere in the brain. Pick's bodies are fibres that look very different from the neurofibrillary tangles found in Alzheimer's disease. Pick's bodies are straight rather than paired and helical.

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They may change their sexual behavior. An increased interest in sex may be marked. This can be linked to loss of inhibition and can be very disturbing. It can bring the person in contact with law enforcement agencies.

Behavioral changes can sometimes be very subtle at first and it is only when behavior becomes more bizarre that, on reflection, dementia was the reason for those changes. Because of the type of brain damage other features of the disease are gluttony, gross over eating increased alcohol intake. People with Pick's disease may compulsively put objects in their mouth.

Problems with language can occur in the early stages but are not as striking as occur in the early stages of Alzheimer's. Difficulty finding words, naming difficulties happen but it is only as the disease progresses that memory and apraxia occur and become more marked. Someone suffering from Pick's disease will have difficulty maintaining a line of thought, be easily distracted and have difficulty maintaining conversation for any length of time.

Pick's disease generally occurs between the ages of forty and sixty years of age. Pick's disease affects slightly more women than men.

Diagnosis of Pick's Disease

Diagnosis by a doctor is important to rule out other diseases or conditions that may be treatable or cured. A psychologist can help establish the type of dementia.

Treatment of Pick's Disease

At the present time there are no drugs available that cure or help with Pick's disease. The drugs used in Alzheimer's disease generally do not help as they tend to increase aggression.

As with Alzheimer's disease and other types of dementia maximizing quality of life is the key area for treatment. Drugs can be helpful to try to deal with some of the more disturbing behavior that can occur. Good nursing and caregiver skills, occupation activities and support groups help manage this type of dementia. It is important that families of people with Pick's disease get as much support to help them cope.

Prognosis in Pick's Disease

Sadly someone with Pick's disease will show a progressive decline in their abilities. The length of progression varies in individuals from less than 2 years to 10 years in some.

Baseball's Shrine



On January 29, 1936, the Baseball Hall of Fame inducted its first class of Hall-of-Famers in Cooperstown, New York. Ty Cobb, Babe Ruth, Honus Wagner, Christy Matthewson, and Walter Johnson all enjoyed the great honor.

The idea of building a Hall of Fame began a year earlier in 1935, when an organization dreamed of building a museum honoring America's national game. Why Cooperstown, New York? It was hoped that the museum would provide an economic boost to the local economy. At the time, it was commonly believed that Civil War hero Abner Doubleday had invented the game in that very town. While Doubleday's claim on the invention of the game turned out to be false, one thing was for certain – fans loved the game, and they flocked to the Hall of Fame. The Doubleday myth was Cooperstown's great fortune.

Today the Hall of Fame gets over 350,000 visitors each year. It holds over 38,000 artifacts from some of the game's most storied players. Perhaps the most glorious room of all is the Plaque Gallery, a vast hall where bronze plaques memorializing every inductee grace the walls like a baseball shrine. Only 1 percent of those who ever played the game are inducted into the Hall of Fame. Here are some of baseball's most famous record holders:

Most Career Hits	Pete Rose (4,256)
Most Home Runs	Barry Bonds (762)
Highest Career Average	Ty Cobb (.366)
Longest Hitting Streak	Joe DiMaggio (56)
Most Strikeouts	Nolan Ryan (5,714)
Most Career Wins	Cy Young (511)
Most Saves	Mariano Rivera (603)
Most Stolen Bases	Ricky Henderson (1,406)

Of these record holders, Pete Rose, Barry Bonds, and Mariano Rivera are not in the Hall of Fame. Not yet, anyway.

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

YURI RODRIGUEZ-DIAZ

ON CALL:

JOYCE MARGUES

HERMELINDA GARCIA

Healthy Hugs

On January 21, Hugging Day, feel free to offer a hug to anyone and everyone you want. After all, the goal of the holiday is for people to show more emotion in public.



Studies have shown that physical contact has many health benefits. Such contact is indeed necessary for healthy social, psychological, and physical development. Hugs strengthen the immune system, decrease the risk of heart disease, decrease levels of the stress hormone cortisol, and increase levels of the "love hormone" oxytocin and the "feel good" brain chemicals, serotonin and dopamine.

Some people shy away from being touchy-feely in public, but humans have always been social creatures that thrive through human-to-human contact. Hugging may be the best tonic of all for what ails you.

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Grants Pass OR 97527

Administrator: Nancy Decker

ARBOR HOUSE OF GRANTS PASS

820 Gold Court
Grants Pass Oregon 97527

Administrator: Shelly Boatman

AUTUMN HOUSE OF GRANTS PASS

2268 Williams Hwy
Grants Pass Oregon 97527

Administrator: Dale Reynolds

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

Capricorns are born from January 1 to 19. Capricorns are pragmatic and forthright, so they have no problem sharing their advice. Great improvisers, Capricorns can adopt new ideas and make quick judgments in tricky situations. If you were born between January 20 and 31, you are an Aquarius. Water Bearers have attractive personalities and are very imaginative and intuitive. Aquarians have a strong desire to help humanity, create unity, and thirst for knowledge and truth.

Paul Revere (patriot) – Jan. 1, 1735

Paul Revere (musician) – Jan. 7, 1938

Kate Middleton (princess) – Jan. 9, 1982

Charo (comedienne) – Jan. 15, 1951

Ethel Merman (singer) – Jan. 16, 1909

George Burns (comedian) – Jan. 20, 1896

Django Reinhardt (musician) – Jan. 23, 1910

Paul Newman (actor) – Jan. 26, 1925

W.C. Fields (comedian) – Jan. 29, 1880