
HERITAGE HAROLD

January

Heritage House of Woodburn

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Celebrating January

Oatmeal & Hot Tea Month

Get Organized Month

Quality of Life Month

Festival of Sleep Day

January 3

Trivia Day

January 4

**I'm Not Going to Take It
Anymore Day**

January 7

Great Fruitcake Toss Day

January 9

Bald Eagle Appreciation Days

January 16-17

Martin Luther King, Jr. Day

January 18

Australia Day

January 26

Tu B'Shevat

January 30

THINGS YOU NEED TO KNOW!!!!

Thank you to everyone who was able to attend our Christmas party. We had a wonderful time, and hope you did also!!! I would also like to give a personal thank you to Josie and her children, especially her son Fidel, for all their help decorating outside. It looks great, guys, THANK YOU!!!

We have several goals this year. With all your help last year, we raised almost \$4000.00 for the Alzheimer's walk!!! We intend to raise even more this year! As always, we want to improve the care that we give to your loved ones, because they are our loved ones also. Throughout this year we will be asking for your advise, opinions, and assistance in achieving these and many other objectives.

We wish all of you the best and hope your new year is the happiest ever. Please remember that our quarterly support meeting will be held on Jan. 22nd at 4pm. If you are able to attend, we look forward to seeing you.

It's Elementary, My Dear



Happy Birthday to Sherlock Holmes, Sir Arthur Conan Doyle's famous fictional detective, who was "born" on January 6, 1854. The detective is iconic with his deerstalker cap, magnifying glass, and pipe. And, his address at 221B Baker Street is unmistakable. Sherlock

Holmes appeared in over fifty stories, proving his first-rate intellect and powers of deduction time and time again.

Almost all of the Sherlock Holmes stories are told by his faithful sidekick, Dr. Watson. According to Watson, Sherlock Holmes is very eccentric. Holmes' apartment is a mess. Papers are stacked everywhere. He keeps his tobacco in the toe of a slipper, and his unanswered letters are stuck to the mantle by the tip of a knife. In the end, Holmes' superior intellect and reason are able to solve the most confounding of cases.

Sir Arthur Conan Doyle explained that his idea for Sherlock Holmes came from a real-life doctor, Dr. Joseph Bell, a forensic scientist at Edinburgh University in Scotland. Dr. Bell, like Sherlock Holmes, could draw the largest conclusions from the smallest of evidence. In the story *The Hound of the Baskervilles*, Holmes shows off his deductive reasoning by guessing the identity of a man by examining the smallest of details on the man's forgotten walking stick:

1. Holmes deduces that the man worked in the Charing Cross Hospital in London from the inscription "friends of the C.C.H" on the stick.
2. Holmes deduces that the man quit Charing Cross Hospital five years ago from the date on the stick.
3. Holmes deduces correctly that the man's pet dog is "a curly-haired spaniel" by closely examining the space between the dog's teeth marks on the cane.

We can all honor Sherlock Holmes by relishing all of life's little details.

A Super Battle on the Gridiron

The Super Bowl is the most watched television broadcast in America, and Super Bowl Sunday (February 7, 2010) is practically a national holiday. The Super Bowl was created when America's two football leagues, the National Football League (NFL) and the American Football League (AFL), merged in 1966. The original name of the Super Bowl was "The Big One," but the name "Super Bowl" stuck after then Kansas City Chiefs owner Lamar Hunt suggested it after seeing his child play with a toy known as a "Super Ball." That toy ball is on display at the Football Hall of Fame in Ohio.

On January 15, 1967, Vince Lombardi's Green Bay Packers played Hank Stramm's Kansas City Chiefs. An unlikely hero of the game was Green Bay wide receiver Max McGee. Legend has it that McGee spent the previous night out on the town and showed up at the field unfit to play. McGee himself said, "I waddled in at 7:30 in the morning and could barely stand for kickoff." But when the starting wide receiver got hurt early in the game, McGee took the field, scored two touchdowns, and helped the Packers to a 35-10 win.

Flying Faster than Sound

The Concorde Supersonic Jet made its first commercial flight on January 21, 1976. Passengers could now fly around the world at 1,350 mph, more than



twice the speed of sound. Traveling from London to New York took only three-and-a-half hours, shorter than the five-hour time difference. That meant that on a Concorde jet, a person could travel back in time! Also, a passenger would weigh less on a Concorde flight. Why? First, the plane flew so high (at 60,000 feet) that gravity was not as strong. In addition, when the Concorde flew east, it added to the speed of the rotation of the earth, creating a centrifugal force that made people 1% lighter. That's both super and supersonic.

Risk factors

While scientists know Alzheimer's disease involves progressive brain cell failure, they have not yet identified any single reason why cells fail. However, they have identified certain risk factors that increase the likelihood of developing Alzheimer's.

Age

The greatest known risk factor for Alzheimer's is increasing age. Most individuals with the disease are 65 or older. The likelihood of developing Alzheimer's doubles about every five years after age 65. After age 85, the risk reaches nearly 50 percent.

Family history

Another risk factor is family history. Research has shown that those who have a parent, brother or sister, or child with Alzheimer's are more likely to develop Alzheimer's. The risk increases if more than one family member has the illness. When diseases tend to run in families, either heredity (genetics) or environmental factors or both may play a role.

Genetics (heredity)

Scientists know genes are involved in Alzheimer's. There are two categories of genes that can play a role in determining whether a person develops a disease. Alzheimer genes have been found in both categories**1)** **Risk genes increase the likelihood of developing a disease, but do not guarantee it will happen.** Scientists have so far identified one Alzheimer risk gene called apolipoprotein E-e4 (APOE-e4).

APOE-e4 is one of three common forms of the APOE gene; the others are APOE-e2 and APOE-e3. APOE provides the blueprint for one of the proteins that carries cholesterol in the bloodstream.

Everyone inherits a copy of some form of APOE from each parent. Those who inherit one copy of APOE-e4 have an increased risk of developing Alzheimer's. Those who inherit two copies have an even higher risk, but not a certainty. Scientists do not yet know how APOE-e4 raises risk. In addition to raising risk, APOE-e4 may tend to make symptoms appear at a younger age than usual.

Experts believe there may be as many as a dozen other Alzheimer risk genes in addition to APOE-e4

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2) Deterministic genes directly cause a disease, guaranteeing that anyone who inherits them will develop the disorder. Scientists have found rare genes that directly cause Alzheimer's in only a few hundred extended families worldwide.

When Alzheimer's disease is caused by deterministic genes, it is called "familial Alzheimer's disease," and many family members in multiple generations are affected. True familial Alzheimer's accounts for less than 5 percent of cases.

Genetic tests are available for both APOE-e4 and the rare genes that directly cause Alzheimer's. However, health professionals do not currently recommend routine genetic testing for Alzheimer's disease. Testing for APOE-e4 is sometimes included as a part of research studies.

Risk factors you may be able to influence

Age, family history and heredity are all risk factors we can't change. Now, research is beginning to reveal clues about other risk factors we may be able to influence.

Head injury: There appears to be a strong link between serious head injury and future risk of Alzheimer's. Protect your head by buckling your seat belt, wearing your helmet when participating in sports, and "fall-proofing" your home.

Heart-head connection: Some of the strongest evidence links brain health to heart health. Your brain is nourished by one of your body's richest networks of blood vessels. Every heartbeat pumps about 20 to 25 percent of your blood to your head, where brain cells use at least 20 percent of the food and oxygen your blood carries.

The risk of developing Alzheimer's or vascular dementia appears to be increased by many conditions that damage the heart or blood vessels. These include high blood pressure, heart disease, stroke, diabetes and high cholesterol. Work with your doctor to monitor your heart health and treat any problems that arise.

General healthy aging: Other lines of evidence suggest that strategies for overall healthy aging may help keep the brain healthy and may even offer some protection against developing Alzheimer's or related diseases. Try to keep your weight within recommended guidelines, avoid tobacco and excess alcohol, stay socially connected, and exercise both your body and mind.

Coming Next Month :

Mixed Dementia

THE STAFF:

ADMINISTRATOR: SHANNON SOUZA

R.N : SANDY LESTER

DAY SHIFT:

JOSIE SALAS

FLOR DELGADO

RANDI JAMESON

SWING SHIFT:

LUCY NAJERA

IRENE BELTRAN

AMANDA VEGA

NOC SHIFT:

PATTY CAMPUZANO

MARIA TOVAR

MARIA GARCIA

January Birthdays

If you were born from December 22-January 19, you are a Capricorn, the Goat. If you were born from January 20-February 18, you are an Aquarius, the Water Bearer. Capricorns are stable, serious, and reliable workers who get the job done no matter how long it takes. Aquarians possess strong and attractive personalities, are imaginative, and enjoy opportunities for lonesome meditation.

Betsy Ross (flag maker)	Jan 1, 1752
Isaac Newton (scientist)	Jan 4, 1643
Elvis Presley (musician)	Jan 8, 1935
Richard Nixon (president)	Jan 9, 1913
Jack London (author)	Jan 12, 1876
Ben Franklin (founding father) . . .	Jan 17, 1706
Cary Grant (actor)	Jan 18, 1904
Dolly Parton (country singer)	Jan 19, 1946
Ellen DeGeneres (talk show host)	Jan 26, 1958
Paul Newman (actor)	Jan 26, 1925
Oprah Winfrey (talk show host) . .	Jan 29, 1954



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Postage
Information