

Harmony House of Salem

2012 “News and Views”

“ A Loving Home for the Memory Impaired”

3062 Hyacinth St. Salem, Ore. 97301 503-588-0722

Debbi Schuetze RN



Celebrating February

**International Expect Success
Month**

Bird Feeding Month

Black History Month

**International Snow Sculpting
Week**

February 1-5

Ballet Day
February 7

Paul Bunyan Day
February 12

Westminster Dog Show
February 13-14

Valentine's Day
February 14
1pm come join us!

**International Sword
Swallower's Day**
February 25

Leap Year Day
February 29

Happy Valentine's Day

Harmony House would like to invite you to join us on Feb. 14th, Tuesday, at 1:00 pm. We will be enjoying some pie and opening of our Valentine's. Would you like to share photos of you and your sweetheart? We would love to hear how you and your loved one met if you would like to share.

We will be making Valentine envelopes for each loved one and the staff. Feel free to drop by some Valentines to put in the envelopes for that special day.

We hope to see you on
Valentine's Day!

Sincerely,
Michele Nixon & Staff

Signs and symptoms of dementia

Dementia is a collection of symptoms including memory loss, personality change, and impaired intellectual functions resulting from disease or trauma to the brain. These changes are not part of normal aging and are severe enough to impact daily living, independence, and relationships.

With dementia, there will likely be noticeable decline in communication, learning, remembering, and problem solving. These changes may occur quickly or very slowly over time.

The progression and outcome of dementia vary, but are largely determined by the type of dementia and which area of the brain is affected. Diagnosis is possible through advanced brain imaging, clinical examinations, and diagnostic testing.

Common signs and symptoms of dementia include:

- Memory loss
- Impaired judgment
- Difficulties with abstract thinking
- Faulty reasoning
- Inappropriate behavior
- Loss of communication skills
- Disorientation to time and place
- Gait, motor, and balance problems
- Neglect of personal care and safety
- Hallucinations, paranoia, agitation

You might observe that a person with dementia:

- repeatedly asks the same questions
- becomes lost or disoriented in familiar places
- is unable to follow directions
- is disoriented as to the date or time of day
- does not recognize and is confused about familiar people
- has difficulty with routine tasks such as paying the bills
- neglects personal safety, hygiene, and nutrition

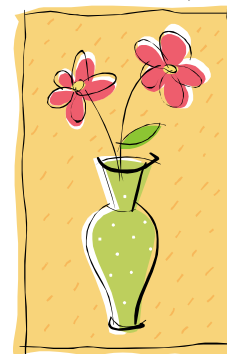
Normal memory loss vs. dementia

The inevitable changes of aging can be both humbling and surprising. Skin wrinkles, hair fades, bodies chill, and muscle mass wanes. In addition, the brain shrinks, working memory goes on strike, and mental speed slows. But while many people do experience mild and gradual memory loss after age 40, severe and rapid memory loss is definitely not a part of normal aging. In fact, many people preserve their brainpower as they get older by staying mentally and physically active and making other healthy lifestyle choices.

Thank you to the following families for supporting our quarterly Family Support meeting:

Bielemeier family, Ponsford family, Esquerra family, and Walthers family.

I really appreciate all of the daily support you give to our homes, and staff, every day.



‘If someone listens, or stretches out a hand, or whispers a kind word of encouragement, or attempts to understand, extraordinary things begin to happen.

By: Loretta Girzartis

2012 ☺

Harmony's Wonderful Team

Am: Maria S., Ana, Maria R.

Pm: Glorine, Sonia, JoAnna

Nights: Rossana, Sara, Keisha

On call: Mayra, Kim, and Felisia

Kudos for January:

Most Kudos to Anita. Thank you for always going way above, and beyond, and helping us out when we are in need. What a team player!

Employee of Quarter-

For the last quarter of 2011 goes to Sonia. Congratulations, thank you Sonia for all that you do. You are so appreciated, and your coworkers and loved ones here, soooo appreciate all you do. Thank you!

**Happy February Birthday!
Phyllis Muise Feb. 1st.**

**Happy Birthday Phyllis.
We hope your birthday is as
Special as YOU are!**



Happy Anniversary

Congratulations to Sara as she has three years of dedication at Harmony House! Sara works the night shift so she is awake when we are all sleeping peacefully knowing that your loved ones are in good hands. Thank you Sara!

Welcome!

Please welcome Marion Bakke and her family. Marion has a wonderful husband Ed, and wonderful kids that visit often. Marion will greet you at the door so please greet her & visit. You might let her know that her family will be coming soon. Thank you!

Harmony House of Salem
3062 Hyacinth St. NE
Salem, Ore. 97301

Postage
Information

Harmony Friends and Families

**PACIFIC LIVING CENTERS HAS SIX LOVING HOMES
FOR THE MEMORY IMPAIRED**

Delivering Quality of Care, Enhancing Quality of Life

Hawthorne House of Salem

3042 Hyacinth St. NE
Salem, OR 97301
Administrator: Michele Nixon

Harmony House of Salem

3062 Hyacinth St. NE
Salem, OR 97301
Administrator: Michele Nixon

Heritage House of Woodburn

943 N. Cascade Dr.
Woodburn, OR 97071
Administrator: Shannon Souza

Arbor House of Grants Pass

820 Gold Court
Grants Pass, OR 97527
Administrator: Shelly Boatman

Autumn House of Grants Pass

2268 Williams Hwy.
Grants Pass, OR 97527
Administrator: Dale Reynolds

Applegate House of Grants Pass

1635 Kellenbeck Ave.
Grants Pass OR 97527
Administrator: Nancy Decker

February Birthdays

If you were born between February 1 and 18, 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. People born between February 19 and 29 are Pisces. These Fish have boundless imaginations and often become gifted artists. Their great capacity for love and depth of feeling make them sensitive and caring souls.

Norman Rockwell (artist) – Feb. 3, 1894
Babe Ruth (baseball player) – Feb. 6, 1895
Bill Russell (basketball player) – Feb. 12, 1934
Toni Morrison (writer) – Feb. 18, 1931
Sidney Poitier (actor) – Feb. 20, 1927
Nina Simone (singer) – Feb. 21, 1933
Steve Jobs (innovator) – Feb. 24, 1955
Johnny Cash (musician) – Feb. 26, 1932
Tony Robbins (speaker) – Feb. 29, 1960