
Pacific Living Centers, Inc.
“Harmony House of Salem”
A loving Home for the Memory Impaired



“News & Views” 2011

3062 Hyacinth St. Salem Oregon. 97301

Celebrating January

Michele Nixon – Administrator

Glaucoma Awareness Month

Blood Donor Month

Soup Month

Cuddle Up Day

January 6

Fruitcake Toss Day

January 8

Letter Writing Week

January 8-14

Martin Luther King, Jr. Day

January 17

Family Support Meeting

January 18th @ 5:30 pm

Fun at Work Day

January 28

**Bubble Wrap Appreciation
Day**

January 31

**Inspire Your Heart with Art
Day**

January 31

Happy New Year 2011

Another fresh new year is here . . .

Another year to live!

To banish worry, doubt, and fear,

To love and laugh and give!

This bright new year is given me

To live each day with zest . . .

To daily grow and try to be

My highest and my best!

I have the opportunity

Once more to right some wrongs,

To pray for peace, to plant a tree,

And sing more joyful songs!" Author Unknown

All of the staff would like to wish all of you a very happy New Year. We hope that you have good health, and all your wishes come true.

We also want to thank all of you for the great Christmas party and gift. You all made our Christmas wonderful!

Thank you,

*Michele, Maria S., Ana, Maria R.,
Kearston, Sonya, JoAnna, Felicia, Sara,
Keisha, Mayra, Kim, and Laura.*

A special thank you from Debbi, RN.

SOMEWHERE OUT THERE

Somewhere out there, there is someone who needs:

A touch of your hand.

A smile.

A kind word.

Some understanding.

Forgiveness.

A whisper of appreciation.

Something to eat.

A place out of the cold.

A pair of warm socks.

To be remembered.

Just remembered,

Even that will do.

As you live your life from this moment to next,
Please think about those whose paths you cross.

Even if they stand right in front of you,

Take one little step that can,

And will,

Make all the difference, in the world.

Susan Le Page Simmons

Harmony's Wonderful Team

Am: Maria S., Ana, Maria R.

Pm: Kearston, Sonia, JoAnna

Nights: Felicia, Sara, Keisha

On call: Mayra, Kim, Laura



Most Kudos

Congratulations to Felicia Davis for going way and beyond in December!

Happy Anniversary

Keisha three years, JoAnna & Sonia two years and Felicia one year with PLC!

Congratulations and thank you for all your dedication!

Happy Jan. Birthdays!!!

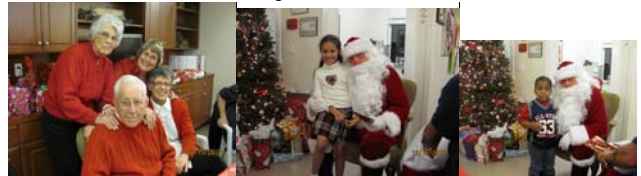
To: Lois 7th, Maria R. 11th, Ana 22nd, Kim 24th, and Jane 25th. We hope all of your birthdays are special just like you! We love you all!



Thank you Janice for the aprons made with love!



Holiday Cheer 2010



Thank you Santa! (Jay)

A Day for the Birds

Take a seat by the window. Do you see any birds? Close your eyes. Do you hear them singing? Can you identify them by their feathers or by their song? Each day we live side-by-side with hundreds of these magnificent animals. You can enjoy them on a casual stroll through the park or spy on them with binoculars and check them off a list. On January 5, be sure to take notice of our feathered friends for National Bird Day.



Birds are so captivating that many countries take pride in choosing its national bird. Birds often reflect the country's character and are protected as cherished

national symbols. The bald eagle is the national bird in the United States. It was officially adopted in 1787, although some voted for the turkey. Below, challenge your knowledge of other national birds by matching each bird to its home country. Good luck!

- | | |
|-----------------|------------------------|
| 1. Rooster | a. Austria |
| 2. Peacock | b. Bahamas |
| 3. Toucan | c. France |
| 4. Flamingo | d. Canada (unofficial) |
| 5. Common Loon | e. India |
| 6. Barn Swallow | f. Belize |
| 7. White Stork | g. Germany |

Answers: 1. c; 2. e; 3. f; 4. b; 5. d; 6. a; 7. g

“If a man is called to be a street sweeper, he should sweep streets even as Michelangelo painted, or Beethoven composed music, or Shakespeare wrote poetry. He should sweep streets so well that all the host of heaven and earth will pause to say, here lived a great street sweeper who did his job well.”

~ Martin Luther King, Jr.

Dodging dementia may be as simple as slipping on a pair of walking shoes and heading out the door. A study from the University of Pittsburgh found that walking about six miles a week seems to protect against brain shrinkage, which in turn may slow the progress of cognitive decline.

Brain size typically shrinks in late adulthood and often heralds the onset of dementia. Earlier studies suggest that physical activity protects against the deterioration of brain tissue, but no long-term studies have been carried out to test that theory. These researchers set out to do just that.

At the start of the study, they asked 299 healthy, dementia-free men and women, average age 78, to keep track of the number of blocks they walked in a week.

After nine years, the researchers measured the brain size of the participants using high-resolution brain scans. It turned out that the men and women who walked more at the beginning of the study had more gray matter. Those who logged approximately six to nine miles a week fared best, even after taking into account variables such as age, sex, body mass index and education. Walking more than that didn't provide extra benefits.

Four years later, testing showed that nearly 40 percent of the group had developed dementia or cognitive impairment, that is, problems with memory, language or concentration. After comparing the brain scans with walking patterns and cognitive function, the researchers found that the people who walked the most retained the most gray matter and cut their risk of developing memory and thinking problems in half.

"This research is unique in that we examined the brain itself rather than depending on what people tell us," says epidemiologist Lewis Kuller, M.D., one of the study's authors. "Looking at the relationship between brain changes and walking suggests that walking may be beneficial — and walking is the most common physical activity of older people." Although the study doesn't prove that walking prevents loss of brain function, it does suggest that people who walk do better down the road.

"Based on current evidence, physical activity stands as one of the best ways to lower the risk of dementia," says neurologist Daniel Kaufer, M.D., of the University of North Carolina-Chapel Hill, adding that this study shows the long-term benefits.

"It connects the dots between being more physically active at the start of the study to having a bigger brain nine years later," and shows that subjects who walked the most halved the risk of memory problems 13 years after the study began, continues Kaufer, who was not involved in the study. A study published in August in the journal *Circulation* might help explain why: Researchers in that study found that people whose hearts pumped more blood had less brain shrinkage as they aged. It may be that increased blood flow to the brain helps keep it healthy by providing nutrients and removing toxic waste products. Kaufer's bottom line? "Walking a mile a day helps keep dementia at bay — but it's no guarantee." The study appeared online in the Oct. 13 issue of the journal *Neurology*.

Family Support Meeting!

Mark your calendars for Jan. 18th Tuesday at 5:30 pm at Hawthorne House. Please come and meet other families and get some information on your loved ones disease! Please come support our meetings!

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

Postage
Information

Harmony Friends & Families

Delivering Quality of Care, Enhancing Quality of Life

Hawthorne House of Salem

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

Harmony House of Salem

3062 Hyacinth St.
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: Nancy Decker

Autumn House of Grants Pass

2268 Williams Hwy.
Grants Pass, OR 97527
Administrator: Becky Scriber

Applegate House coming soon in Grants Pass!

Welcome New Administrator Sue Powell!

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 the most stable and serious signs of the zodiac. Reliable, resourceful, and determined, they make excellent leaders and managers. Aquarians are very original and independent thinkers. They are emotional, intuitive people who have a great desire to help humanity.

J. Edgar Hoover (FBI Director)	Jan. 1, 1895
Isaac Asimov (author)	Jan. 2, 1920
Lois Plawchan	Jan. 8, guess
Maria Rodriquez	Jan. 11, guess
Andy Rooney (commentator)	Jan. 14, 1919
Ethel Merman (singer)	Jan. 16, 1908
Jack Nicklaus (golfer)	Jan. 21, 1940
Ana Toledo	Jan. 22, guess
Kim Gregson	Jan. 24, guess
Jane Oldham	Jan. 25, guess
