

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  
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*

**Happy New Year 2012**

*We would like to wish all of you a very Happy New Year and good health for all of 2012! Harmony house staff would like to express their appreciation for the Christmas gifts from the families. We are all so blessed to be able to care for your loved ones every day and to have such a good relationship with all of you too. We all hope that 2012 is even better for all of us.*

*Sincerely,  
Michele Nixon & Harmony Staff*

*"With Lumosity, I feel like I'm exercising the most important muscle I have. You've got to keep working your brain, and Lumosity makes it fun!"*

*- Linda Alexander*

# **Christmas pics!**

See board in dining room for more special pictures.



Marion and her daughter!



Betty and her son!



Thank you Karen and Families!



Laura won! She guessed who Santa was.  
Thank you Santa you did Wonderful!

## **January Birthdays!**

We wish you a very all a very  
Happy Birthday!

**Lois P. 7<sup>th</sup>**

**&**

**Maria R. 11<sup>th</sup>**

**&**

**Ana 22<sup>nd</sup>**

**&**

**Kim 24<sup>th</sup>**

**&**

**Jane 25<sup>th</sup>**



**We hope you all have a SUPER  
birthday!**

**Jim asked Santa to go back to  
the North Pole and get those  
toys ready for next Christmas.  
Jim's exhausted thinking about  
all the work Santa has to do.**



**2012 ☺**

**Harmony's Wonderful Team**

***Am: Maria S., Ana, Maria R.***

***Pm: Glorine, Sonia, JoAnna***

***Nights: Rossana, Sara, Keisha***

***On call: Mayra, Kim, Anita and Felisia***

**Staff let's have a FABULOUS  
2012, just like you!**



**Kudos for December:**

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

**FAMILIES CAN YOU HELP US?**

All of the staff and Michele have a goal for 2012. That goal is to have a life story book in the living room area (Shelves) for all of your loved ones. If your loved one does not have a life story book yet, please stop by my office and pick up a life story book and fill it out so we can craft it and put in a binder. Please!!!! These books are great for staff, families and your loved one.



**What is Dementia With Lewy Bodies?**

**Dementia with Lewy bodies (DLB)** is one of the most common types of progressive dementia. The central feature of DLB is progressive cognitive decline, combined with three additional defining features: (1) pronounced "fluctuations" in alertness and attention, such as frequent drowsiness, lethargy, lengthy periods of time spent staring into space, or disorganized speech; (2) recurrent visual hallucinations, and (3) parkinsonian motor symptoms, such as rigidity and the loss of spontaneous movement. People may also suffer from depression. The symptoms of DLB are caused by the build-up of Lewy bodies – accumulated bits of alpha-synuclein protein -- inside the nuclei of neurons in areas of the brain that control particular aspects of memory and motor control. Researchers don't know exactly why alpha-synuclein accumulates into Lewy bodies or how Lewy bodies cause the symptoms of DLB, but they do know that alpha-synuclein accumulation is also linked to Parkinson's disease, multiple system atrophy, and several other disorders, which are referred to as the "synucleinopathies." The similarity of symptoms between DLB and Parkinson's disease, and between DLB and Alzheimer's disease, can often make it difficult for a doctor to make a definitive diagnosis. In addition, Lewy bodies are often also found in the brains of people with Parkinson's and Alzheimer's diseases. These findings suggest that either DLB is related to these other causes of dementia or that an individual can have both diseases at the same time. DLB usually occurs sporadically, in people with no known family history of the disease. However, rare familial cases have occasionally been reported.

**In Loving Memory**

**Leland "Doc" Phelps**  
born July 1, 1924, passed away on November 29, 2011. Doc is now resting in peace. God Bless his lovely wife Joyce and his family. We love you Phelps Family! Doc we miss your smile already!

**Family Support Meeting  
18<sup>th</sup>, 1 pm at Hawthorne!**

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Salem, Ore. 97301

## 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

## 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