

Harmony House of Salem
“News & Views”
“A Loving Home for the Memory Impaired”

September
2011



3062 Hyacinth St. NE, Salem, Oregon 97301

(503) 763-2722

Debbi Schuetze - RN

**Celebrating
September**

Better Breakfast Month

Happy Cat Month

Labor Day
September 5

Grandparents Day
September 11

Bake Sale
September 7th ~ 2pm - 4pm

BBQ Live Music
September 16th ~ 11:30am

International Day of Peace
September 21

First Day of Autumn
September 23

Walk to Remember
September 24TH

Summer came and is going quickly. Now it's back to school for the kids. I hope all of you have a wonderful Labor Day and weekend. Please be safe!

I would like to invite all of you to a BBQ this month on Friday, Sept 16th. For more information see page 3.

The “Walk to Remember” is a time of year where all of us help raise funds for the Alzheimer’s Network to help with classes and support for families. We will do a bake sale this month to support the cause. See page 3 for more information about the bake sale and the walk.

Sincerely,
Michele Nixon & Harmony Staff

“My heart is filled with love and care that grew from seeds you planted there.”



By- Debbi Tomassi

Fear and hope: debating Alzheimer's testing, prevention

Whether there's any point in taking advantage of testing to diagnose Alzheimer's disease early and whether there are preventive steps that really matter are among the debates that emerged from an international conference focused on the disease this week.

It's an important issue that matters to Americans and Europeans, according to one study presented at the confab in France. Respondents said they fear Alzheimer's only a little bit less than they fear cancer. A phone survey of 2,678 adults across the U.S. and Europe found that a quarter fear getting the disease and more than 85 percent said they'd see a doctor for signs of memory loss, while 94 percent said they would encourage family members to do so, according to an article in [International Business Times](#).

"Doctors are arguing about whether to test patients for signs of the incurable disease and tell them the result," according to [USA Today](#).

There are new ways to test, including brain scans, an eye test and a blood test, and more on the way. But the thinking behind the opposition to testing comes from multiple trains of thought:

— Some of the tests will find brain plaques that will likely not turn into the dreaded Alzheimer's, which is the most common form of dementia, impacting 5 million Americans. It could be unnecessary expense and stress.

— Even if it is actual Alzheimer's, there is no cure. Drugs can help about half of patients with the symptoms, but only in the short-term. Here experts divide, some advocating providing early help if possible and others saying basically that if there's no cure, there's no point.

— There are conditions, including sleep disorders, thyroid troubles, vitamin deficiency and depression — all treatable — that can mimic Alzheimer's, so screening can lead to a real diagnosis and provide help.

USA Today noted that "testing someone with symptoms is far less controversial than testing people with no symptoms, but a lot of fear. Doctors worry that these newer methods, such as an easier type of brain scan that's expected to be available within months, will be directly marketed to the public, prompting expensive and excessive testing based on fear."

The conference also highlighted the fact that some researchers believe Alzheimer's, for many, is not a genetic foregone conclusion. At the international conference, researchers said half of cases are at least impacted by lifestyle choices and [outlined](#) seven things people can do in mid-life to reduce the risk later of developing Alzheimer's, according to a report on [MSNBC.com](#). Those include not smoking or stopping if you already smoke, increased physical activity, more mental activity, controlling blood pressure and diabetes, and managing obesity and depression, it said.

Interesting?

September Birthdays! We wish you a very Happy Birthday! **Michele~24th**



Please Welcome! **JagJeet and Janet-**

to our family at Harmony House. Please take the time to introduce yourselves to them.

They both have very involved families whom you will also get to meet; and please make them feel right at home.

Harmony's Wonderful Team
Am: Maria S., Ana, Maria R.
Pm: Kearston, Sonia, JoAnna
Nights: Felisia, Sara, Keisha
On call: Mayra, Kim, Laura, Santamaria

BBQ!

Please mark your calendars-September 16th, Friday, 11:30 a.m. BBQ ribs and hot dogs. Want to bring a dish? Sign up in the office & RSVP please! Let's enjoy live music By Royce too!



Yummy!



Bake Sale

September 7th, Wednesday @
2:00 p.m. - 4:00 p.m.

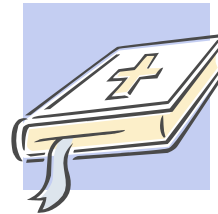
Will you bake or donate some baked goodies to sell to our staff and other families?

All money raised goes to the Alzheimers Network's "Walk to Remember".

Bring goodies in the a.m., and we hope to see you back for the bake sale please!

In Loving Memory

Lila McRoberts passed away in August. Prayers and blessings to Lila's family, and to the loving staff. Lila was loved so much; and will be missed deeply.



Blessings!

Congratulations!

Most **Kudos** for August goes to - **Felisia** Thank you Felisia for going way above and beyond. We all appreciate you very much!

Happy Anniversary

Kearston Z. for one year of Dedication. Kearston works the swing shift, 2pm-10pm. Thank you Kearston for your huge caring heart. Your peacefulness is such a blessing. Thank you for all the love you give every day. You are so appreciated and fabulous.

"Walk to Remember"

Where: Meet us at River Front Park.
September 24th 10:00 a.m.
Come walk with us!

The walk is in memory of those suffering from memory loss. All money raised goes to the Alzheimer's Network to help support families, and classes, for those who have loved ones suffering from Memory loss.

STOP! By the office and buy name tags to hang up. Put a loved one's name on it that is suffering, or had suffered, from memory loss. All \$ goes to the Alzheimer's Network.

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

Postage
Information

Family & Friends at Harmony

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: Becky Scriber

Applegate House of Grants Pass

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

September Birthdays

Those born September 1 to 22 are hardworking, practical Virgos. Virgos are often kind and dedicated caregivers. They are at home in the company of animals. Often reserved, Virgos shy away from attention. Libras born between September 23 and 30 seek balance and harmony just like their symbol, the scales. They are very social, seek compromise, and have strong powers of critical thinking.

Conway Twitty (singer) – Sept. 1, 1933

Mitzi Gaynor (actress/singer) – Sept. 4, 1931

Bob Newhart (comedian) – Sept. 5, 1929

Sid Caesar (comedian) – Sept. 8, 1922

Otis Redding (singer) – Sept. 9, 1941

Mel Torme (singer) – Sept. 13, 1925

Greta Garbo (actress) – Sept. 18, 1905

Faith Hill (singer) – Sept. 21, 1967

Barbara Walters (journalist) – Sept. 25, 1929

Brigitte Bardot (actress) – Sept. 28, 1934
