



Celebrating March

Irish Heritage Month

Nutrition Month

Women's History Month

Pig Day

March 1

Celebrate Your Name Week

March 6-12

Mardi Gras (Fat Tuesday)

March 8

**International Fanny Pack
Day**

March 12

March Madness Begins

March 15

St. Patrick's Day

March 17

First Day of Spring

March 20

Mule Day

March 31

Happy St. Patrick's Day

Thank you all for the nice stories and pictures for Valentine's Day. The music, food, valentines and company were Wonderful.

Happy St. Patrick's Day to all of you. Remember to wear green or someone ☺ may pinch you. Wow! Spring is here this month with flowers, and some sunny days we hope ☺.

I hope you all have a fabulous month and enjoy each others company. Please remember to smile and appreciate someone, because without appreciation it would be hard to smile!

Please take the time to Welcome Ken Moisan back to our home, and you will be seeing his beautiful wife Mary again too when she visits.

Sincerely,
Michele Nixon, Administrator

**“For each petal on the shamrock
This brings a wish your way -
Good health, good luck, and
happiness for today and every
day.”**

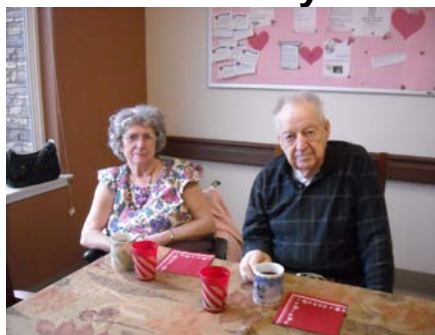
Diagnosing Alzheimer's disease

People who begin to feel that something may be wrong will often visit their primary care physician or family doctor for a consultation and/or diagnosis. If the family **doctor suspects dementia**, he or she may begin treatment or refer the person to a neurologist or geriatric psychiatrist who specializes in diagnosing and treating different types of dementia, including Alzheimer's disease.

Diagnosis of Alzheimer's disease is often made in the moderate stage. To diagnose Alzheimer's disease, doctors use a series of tests and tools to evaluate thinking, behavior and physical function because there is no single scale that can definitively diagnose Alzheimer's disease by itself.

- Clock Drawing Test
- Mini-Mental State Examination (MMSE)
- Functional Assessment Staging (FAST)
- Medical and family health history
- A routine physical exam, with blood and urine tests (to rule out potential other causes of memory loss)
- An exam that tests physical sensation, sense of balance, and other functions controlled by the central nervous system
- A brain scan, to rule out other causes of dementia, such as stroke
- A psychiatric evaluation, to assess mood and other emotional factors that may lead to a positive Alzheimer's disease diagnosis
- Interviews with family members and friends that provide insight into behavioral changes
- The information learned from these tests helps determine whether a person has Alzheimer's disease, with an accuracy rate of about 90 percent. Doctors will determine that a person is highly likely to have Alzheimer's disease when these tests show that he or she has:
 - Dementia confirmed by medical and psychological exams
 - Problems in at least two areas of cognitive functioning (i.e. memory, language, attention)
 - Progressive loss of memory and other cognitive functions
 - Symptoms that began between the ages of 40 and 90
 - No other disorders that might account for the dementia (such as vascular dementia or Huntington's disease)

Valentines Day 2011



Les & his Wife



Marion & Daughter



Dale & Son



Mary Jane & daughter



Doc & his Wife

Happy March Birthdays!!!

To: Warren (Les) 17th.
Sonia 26th.
Ken 26th.
Marion 28th.

We hope you have a great birthday and we hope it's as special as you! We love you!



Please join us for cake at 2 pm on the birthday dates listed above.

“Memory is a way of holding on to the things you love, the things you are, the things you never want to lose.”

We do not remember days; we remember moments.

It's surprising how much memory is built around things unnoticed at the time.

Yesterday's just a memory, tomorrow is never what it's supposed to be. A strange thing is memory, and hope; one looks backward, and the other forward; one is of today, the other of tomorrow. Memory is history recorded in our brain, memory is a painter, it paints pictures of the past and of the day.

Harmony's Wonderful Team

Am: Maria S., Ana, Maria R.

Pm: Kearston, Sonia, JoAnna

Nights: Felisia, Sara, Keisha

On call: Mayra, Kim, Laura, Glorine



Most Kudos

Congratulations to **Sara** for going way and beyond in February! Sara we appreciate all your hard work, cooking, and taking care of loved ones at night, when we are all sleeping.

Families please fill out Kudos when you feel that it is deserved, thank you!

Happy Anniversary

Maria Rodriguez with six years of Dedication and always going way and beyond. Maria thank you for all that you do for me, the residents and their families. We all APPRECIATE you so very much!

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

Postage
Information

Friends & Family of
Harmony House

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 of Grants Pass

1635 Kellenbeck Ave.
Grants Pass OR 97527
Administrator: Sue Powell

March Birthdays

If you were born from February 19-March 20, you are a Pisces, the Fish. If you were born from March 21-April 19, you are an Aries, the Ram. Pisces are mysterious and alluring. They are very creative and imaginative people, leading them to pursue the arts and reject a nine-to-five life. Aries are adventurous pioneers, who are the first to take risks. Aries are not afraid to draw attention to themselves, and they often have big dreams for their future.

Harry Caray (sportscaster)	Mar. 1, 1914
Lawrence Welk (bandleader)	Mar. 11, 1903
Liza Minnelli (diva)	Mar. 12, 1946
Albert Einstein (genius)	Mar. 14, 1879
Warren Frink (Les)	Mar. 17th. guess
William Shatner (Captain Kirk)	Mar. 22, 1931
Sonia Arroyo	Mar. 26, guess
Ken Mosian	Mar.. 26, guess
Marion Creswell	Mar. 28, guess
Pearl Bailey (big band singer)	Mar. 29, 1918