
Pacific Living Centers

Hawthorne House of Salem

“A loving home for the memory impaired”

“News & Views 2011”



3042 Hyacinth St. Salem Oregon. 97301

Celebrating February

**International Friendship
Month**

Black History Month

Cherry Month

Groundhog Day
February 2

Chinese New Year
February 3

Super Bowl XLV
February 6

Jell-O Week
February 6-12

Get a Different Name Day
February 13

Valentine's Day Party
February 14 10am

Presidents' Day (U.S.)
February 21

International Polar Bear Day
February 27



Happy Valentine's Day!

*You are all invited on
February 14th, Monday,
10 am for:*

Live Music

Appetizers

Share love stories

Share photos

Sign up in the office to bring a dish if you want. Can you share a photo with your loved one and spouse with a paragraph on how they met? We would like to hang it on our board to share with everyone.

Please know I am only right next door if you don't see me here when you happen to visit. You may have just missed me, so if you need me, or just want to say hi, please let staff know and I am a hop, skip and a jump away. I love overseeing both homes and I am always here for you anytime. Just ask? Thank you all for a great start of a fantastic new year 2011.

*Sincerely,
Michele Nixon*

Dementia is a loss of brain function that occurs with certain diseases. It affects memory, thinking, language, judgment, and behavior

Symptoms

Dementia symptoms include difficulty with many areas of mental function, including:

- Language
- Memory
- Perception
- Emotional behavior or personality
- Cognitive skills (such as calculation, abstract thinking, or judgment)

Dementia usually first appears as forgetfulness.

Mild cognitive impairment is the stage between normal forgetfulness due to aging and the development of dementia. People with MCI have mild problems with thinking and memory that do not interfere with everyday activities. They are often aware of the forgetfulness. Not everyone with MCI develops dementia.

Symptoms of MCI include:

- Forgetting recent events or conversations
- Difficulty performing more than one task at a time
- Difficulty solving problems
- Taking longer to perform more difficult mental activities

The early symptoms of dementia can include:

- Language problems, such as trouble finding the name of familiar objects
- Misplacing items
- Getting lost on familiar routes
- Personality changes and loss of social skills
- Losing interest in things you previously enjoyed, flat mood
- Difficulty performing tasks that take some thought, but that used to come easily, such as balancing a checkbook, playing games (such as bridge), and learning new information or routines

Family Support Meeting

Thank you for coming and supporting our group on Jan. 18, 2011.

Next Meeting is April 19, 2011.

Always know that I am available every day for daily support for any of you or your family members.

Thank you Lee, Bielemeier, and Small families for supporting my meeting.

A Special World

A special world for you and me
A special bond one cannot see
It wraps us up in its cocoon
And holds us fiercely in its womb.

Its fingers spread like fine spun gold
Gently nestling us to the fold
Like silken thread it holds us fast
Bonds like this are meant to last.

And though at times a thread may break
A new one forms in its wake
To bind us closer and keep us strong
In a special world, where we belong.

Blessings to Pratt family

Martha Pratt went to heaven on January 1st. She is already missed by all of us. Thank you staff for all the love and care you gave Martha. Prayers and hugs go out to Larry, her son, and family.

Welcome

Please take the time to meet Rose Nufer. Rose moved in with us in January. She has a younger brother "Doc" that lives right next door at Harmony House so now she gets to go see him when she wants. Very nice! ☺

As the dementia becomes worse, symptoms are more obvious and interfere with the ability to take care of yourself. The symptoms may include:

- Forgetting details about current events
- Forgetting events in your own life history, losing awareness of who you are
- Change in sleep patterns, often waking up at night
- More difficulty reading or writing
- Poor judgment and loss of ability to recognize danger
- Using the wrong word, not pronouncing words correctly, speaking in confusing sentences
- Withdrawing from social contact
- Having hallucinations, arguments, striking out, and violent behavior
- Having delusions, depression, agitation
- Difficulty doing basic tasks, such as preparing meals, choosing proper clothing, or driving

People with severe dementia can no longer:

- Understand language
- Recognize family members

Perform basic activities of daily living, such as eating

Causes

Most types of dementia are nonreversible (degenerative). Nonreversible means the changes in the brain that are causing the dementia cannot be stopped or turned back. Alzheimer's disease is the most common type of dementia.

Lewy body disease is a leading cause of dementia in elderly adults. People with this condition have abnormal protein structures in certain areas of the brain.

Dementia also can be due to many small strokes. This is called vascular dementia.

The following medical conditions also can lead to dementia:

- Parkinson's disease
- Multiple sclerosis
- Huntington's disease
- Pick's disease
- Progressive supranuclear palsy
- Infections that can affect the brain, such as HIV/AIDS and Lyme disease

Some causes of dementia may be stopped or reversed if they are found soon enough, including:

- Brain tumors
- Changes in blood sugar, sodium, and calcium levels (see: Dementia due to metabolic causes)
- Low vitamin B12 levels
- Normal pressure hydrocephalus
- Use of certain medications, including cimetidine and some cholesterol-lowering medications
- Chronic alcohol abuse

Dementia usually occurs in older age. It is rare in people under age 60. The risk for dementia increases as a person gets older.

Happy February Birthdays!!!

To: Bob Feb. 15th.

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



We love you!

Join us for cake at 2 pm.

Hawthorne's Wonderful Team

Am: Karla, Heather, Jessica

Pm: Melissa, Sisina, Angela

Nights: Sarah L., Jesus, Anita

On call: Carlos, Kirshanna, Glorine, and Shiri

Thank you Heather for six months as being in the Assistant Administrator position. We appreciate you!

Most Kudos

Congratulations to Carlos for going way and beyond in January!

Families we encourage you to fill out **kudos** when they are deserved please!

Employee of Quarter

Congrats to Anita Lobos for our last employee of quarter for 2010.

Thank you for all your hard work, being reliable, honest, caring, and for being YOU!

Anita always has a SMILE! 😊

Hawthorne House of Salem
3042 Hyacinth St. NE
Salem, Oregon 97301

Postage
Information

Friends & Family of
Hawthorne 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!

February Birthdays

If you were born from January 20-February 18, you are an Aquarius, the Water Bearer. If you were born from February 19-March 20, you are a Pisces, the Fish. Aquarians are very original and independent thinkers. They are emotional, intuitive people who have a great desire to help humanity. 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.

John Ford (director)	Feb. 1, 1895
Norman Rockwell (painter)	Feb. 3, 1894
Laura Ingalls Wilder (author)	Feb. 7, 1867
James Dean (rebel)	Feb. 8, 1931
Michael Bloomberg (mayor)	Feb. 14, 1942
Bob Dixon	Feb. 15, Guess
Louis Comfort Tiffany (artist)	Feb. 18, 1848
Jackie Gleason (actor)	Feb. 26, 1916
Elizabeth Taylor (actress)	Feb. 27, 1932