



**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

Family Support Meeting
January 18 1pm

**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! Hawthorne 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 & Hawthorne
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.



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



Mary and her grandkids!



These two sure act like they have been good all year! ☺

Family Support Meeting 18th, 1pm at Hawthorne! ☺

January Birthdays!
We wish you a very Happy Birthday!

Mary 23rd.



We hope you have a SUPER birthday!

Santa says I am not sure about these three girls! ☺



Hawthorne's Wonderful Team

*Am: Karla, Heather, Jessica
Pm: Melissa, Kearston, Kirshanna
Nights: Sisina, Angela, Hannah
On call: Carlos, Olympia, Anita,
Becky*

2012 ☺

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

Kudos for December:

Most Kudos to Karla .

*Thank you Karla for always going
way above, and beyond.*

What a team player.

*Thank you for the precious Xmas
photo albums.*

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.

Healthy Hugs

On January 21, Hugging Day, feel free to offer a hug to anyone and everyone you want. After all, the goal of the holiday is for people to show more emotion in public.

Studies have shown that physical contact has many health benefits. Such contact is indeed necessary for healthy social, psychological, and physical development. Hugs strengthen the immune system, decrease the risk of heart disease, decrease levels of the stress hormone cortisol, and increase levels of the "love hormone" oxytocin and the "feel good" brain chemicals, serotonin and dopamine.

Some people shy away from being touchy-feely in public, but humans have always been social creatures that thrive through human-to-human contact. Hugging may be the best tonic of all for what ails you.

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

Hawthorne 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