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# ***Pacific Living Centers***



Harmony House of Salem 3062 Hyacinth St. Salem, Ore. 97301

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

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**Administrator:** Michele Nixon

**Registered Nurse:** Debbi Schuetze

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## **Celebrating February**

**Robinson Crusoe Day**  
February 1

**Weatherman's Day**  
February 5

**Super Bowl XLIV**  
February 7

**Hawthorne Valentine Party**  
February 10<sup>th</sup>. 1pm

**Harmony Valentine Party**  
February 11<sup>th</sup>. 11am

**Valentine's Day &  
Chinese New Year**  
February 14

**Mardi Gras**  
February 16

**World Thinking Day**  
February 22



Well, first month of 2010 already gone. It was a great month and 2010 is starting out wonderful! Both homes are full at this time. Thank you to everyone and all the fabulous staff for their great, loving care. You are invited to our Valentines party with live music, and good food. Bring photos, and share stories of how your loved one met their sweetheart. Thank you to the families who supported our quarterly family meeting. Amanda Shields, Nurse Practitioner, did a fabulous job and I appreciate all your participation. Please be sure to mark your calendars when you receive the letter for care plan meetings. If you are unable to attend please call or email me and we can discuss. Thank you, Michele Nixon

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***Congratulations to the employee of the quarter!***

Harmony House of Salem  
Keisha Lowe works night shift and we all appreciate her very much!

Hawthorne House of Salem  
Vanessa Galdamez works dayshift and we appreciate her very much!

**Most Kudos for January**

Harmony House  
Janet Guerrero

**Most Kudos for January**

Hawthorne House  
Heather Ervin

**Please welcome Sue and her wonderful husband Bruce and their three daughters to Harmony House of Salem!**  
Sue moved in the first week of January!

**You are invited  
Wednesday Feb. 3<sup>rd</sup> at  
1pm for a going away  
party for Crystale!  
Come let her know how  
much we appreciated her,  
her hard work, and all  
her love!  
Good luck Crystale you  
will be missed!  
We love you!**

**A Reminder to Be Kinder**

If someone surprises you with a random act of kindness on February 17, don't be surprised. Be inspired, because this is Random Acts of Kindness Day. Scientific studies have proven that acts of kindness are healthy for you. The rush of happiness, followed by a period of calming lightness after performing a kind act is known as the "helper's high." This releases the body's natural painkillers, endorphins.



Attending a club regularly, volunteering, even entertaining friends or strangers has the happiness equivalent of getting a college degree or doubling your income. Spreading kindness is easy. Bring flowers to a friend, write a thank you note, leave an extra big tip, give a bag of groceries to a homeless person, give up your parking spot to another driver, or just smile more.

*Thank you staff for always  
going above and  
beyond and building a  
Great strong, loving team.*

**Hawthorne Team**

*Am: Vanessa , Heather, Jessica:  
Pm. Steven , Heather C, Kayla  
Nights: Kelly, Karla, Tasha  
On call: Mackenzie & Travis*

**Harmony Team**

*Am: Maria S., Ana, Maria R.  
Pm: Kim, Sonya, JoAnna  
Nights: Fleisha, Keisha  
On call: Mayra, Janet, Angelica &  
Sara*

**Happy Birthday**

*Shirley 9<sup>th</sup>. (Harmony)  
Bud 23<sup>rd</sup>. (Harmony)  
Bob 15<sup>th</sup>. (Hawthorne)*

**We all wish you a  
very Happy Birthday!**

**Think About It**

February 22 is World Thinking Day, a day set aside to think about our global community and the positive impacts we can make in the world. Rearrange the letters below to reveal some of the world's most inspirational thinkers:

RESTAOSC \_\_\_\_\_  
REUCI \_\_\_\_\_  
NSNETIEI \_\_\_\_\_  
ANICDIV \_\_\_\_\_  
TEONWN \_\_\_\_\_  
LRIETOTAS \_\_\_\_\_

ANSWERS: SOCRATES, CURIE, EINSTEIN, DA VINCI, NEWTON, ARISTOTLE

**What is Alzheimer's?**

Currently, it is estimated that as many as 5.2 million people in the U.S. have Alzheimer's disease.<sup>1</sup> This number is expected to grow over the next 50 years as the population ages and life span increases.<sup>2</sup>

Alzheimer's disease is the most common type of dementia. It is a progressive and degenerative disease, which means that it gets worse over time.

When someone has Alzheimer's disease, nerve cells die in areas of the brain that are vital to memory and other mental abilities, and connections between nerve cells are disrupted. There are also lower levels of some of the chemicals in the brain that carry messages back and forth between nerve cells. This affects memory, judgment, and thinking, which in turn may hinder a person's ability to handle day-to-day activities.

Through research, we are learning more about how Alzheimer's affects the brain. We do not yet know how to prevent or cure it, but we do know how to treat its symptoms.

**Pacific Living Centers has five loving homes for the  
memory impaired!**

Delivering Quality of Care, Enhancing Quality of Life.

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**Harmony House of Salem**

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Administrator: Michele Nixon

**Heritage House of Woodburn**

943 N. Cascade Dr.  
Woodburn, Ore. 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

## February Birthdays

If you were born from January 20-February 18, you are an Aquarius, the Water Carrier. If you were born from February 19-March 20, you are a Pisces, the Fish. Aquarians possess strong and attractive personalities, are imaginative, and enjoy quiet meditation. Pisces are extremely creative and have "old souls," thirsting for spiritual knowledge.

Clark Gable (actor)	Feb 1, 1901
Norman Rockwell (painter)	Feb 3, 1894
Rosa Parks (activist)	Feb 4, 1913
<b>Shirley Komyate</b>	Feb 9 <sup>th</sup> !
Jimmy Durante (actor)	Feb 10, 1893
Charles Darwin (scientist)	Feb 12, 1809
Jack Benny (comedian)	Feb 14, 1894
<b>Bob Dixon</b>	Feb 15 !
Vanna White (game show hostess)	Feb 18, 1957
<b>Bud Copple</b>	Feb 23 <sup>rd</sup> !
Elizabeth Taylor (actress)	Feb 27, 1932



Postage  
Information

Pacific Living Center  
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