
Pacific Living Centers

January
2010



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

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

Administrator: Michele Nixon

Assistant Administrator: Crystale Fleming



Celebrating January

Oatmeal & Hot Tea Month

Get Organized Month

Quality of Life Month

Festival of Sleep Day
January 3

Trivia Day
January 4

**I'm Not Going to Take It
Anymore Day**
January 7

Great Fruitcake Toss Day
January 9

Bald Eagle Appreciation Days
January 16-17

Martin Luther King, Jr. Day
January 18



Family Meeting
January 19th 6pm

Happy New Year 2010

We all wish you a very
Happy New Year and good
health all year long.

Thank you for the wonderful
Christmas you gave to all of
the staff, we are so thankful to
have families like you!

We invite all families to our
quarterly family support
meeting, Tuesday, January
19th at 6pm, we will be having
a special speaker Amanda
who is a nurse practitioner.

Thank you,
Michele & Crystale

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

Hawthorne Team

*Am: Kirshana, Heather, Jessica:
Pm. Steven , Heather C, Kayla
Nights: Kelly, Karla, Vanessa
On call: Maria A. & Travis*

Harmony Team

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

Happy Birthday

*Maria R. 11th. (Harmony)
Ana T. 22nd. (Harmony)
Kim 24th. (Harmony)
Jane 25th. (Harmony)
Martha 27th. (Hawthorne)
Darline 29th. (Hawthorne)*

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

A Super Battle on the Gridiron

The Super Bowl is the most watched television broadcast in America, and Super Bowl Sunday (February 7, 2010) is practically a national holiday. The Super Bowl was created when America's two football leagues, the National Football League (NFL) and the American Football League (AFL), merged in 1966. The original name of the Super Bowl was "The Big One," but the name "Super Bowl" stuck after then Kansas City Chiefs owner Lamar Hunt suggested it after seeing his child play with a toy known as a "Super Ball." That toy ball is on display at the Football Hall of Fame in Ohio.

On January 15, 1967, Vince Lombardi's Green Bay Packers played Hank Stramm's Kansas City Chiefs. An unlikely hero of the game was Green Bay wide receiver Max McGee. Legend has it that McGee spent the previous night out on the town and showed up at the field unfit to play. McGee himself said, "I waddled in at 7:30 in the morning and could barely stand for kickoff." But when the starting wide receiver got hurt early in the game, McGee took the field, scored two touchdowns, and helped the Packers to a 35-10 win.

Flying Faster than Sound

The Concorde Supersonic Jet made its first commercial flight on January 21, 1976. Passengers could now fly around the world at 1,350 mph, more than



twice the speed of sound. Traveling from London to New York took only three-and-a-half hours, shorter than the five-hour time difference. That meant that on a Concorde jet, a person could travel back in time! Also, a passenger would weigh less on a Concorde flight. Why? First, the plane flew so high (at 60,000 feet) that gravity was not as strong. In addition, when the Concorde flew east, it added to the speed of the rotation of the earth, creating a centrifugal force that made people 1% lighter. That's both super and supersonic.

Kudos Programs is a wonderful incentive to keep the team motivated to go above and beyond Their normal job duties. Families take the time to fill out kudos if they are deserved.

Hawthorne House
Most kudos for December is **Heather Combs** (Congrats Heather is a grandma too!)

Harmony House
Most kudos for December is **Sonya Arroyo**

Welcome new caregivers Alexa & Felicia to harmony House. Good luck to Kim from harmony, she will be going to school fulltime and working here as needed. We will miss you Kim!

All that Glitters IS Gold!

On a cold winter's day, January 24, 1848, a carpenter named James Marshall found evidence of gold in California. Marshall was building a sawmill for a wealthy developer named John Sutter, and had been diverting river water through a man-made ditch. One morning, upon checking the ditch, he saw glittering yellow flakes of metal. It was gold! Accounts record "the largest nugget was the size of a hickory nut; the others were the size of black beans." Soon, tales of California's gold spread throughout the United States and the Gold Rush began.

Marshall and Sutter never became rich. In 1849, miners descended upon the lawless lands of California in their quest for riches and forced Marshall and Sutter to abandon their camps. Most of these 49ers struggled to find gold. The real winners of the Gold Rush were the merchants who sold supplies to the prospectors at outrageous prices. Some of the most successful of these merchants, such as Wells Fargo Bank and Levi Strauss, still exist today.

Are 40 Winks Enough?

Sleep in without feeling guilty on January 3, because it is the Festival of Sleep Day. The holidays are over and everyone is exhausted. What better time to catch up on some napping? Sleep has been proven to boost the immune system, repair the body's cells, trigger the release of important hormones, and improve learning, memory, and concentration.



While a cat sleeps twelve hours a day, a dog ten, a bat twenty, and a giraffe only two, adult humans need seven to ten hours of sleep a night. In fact, sleep is more vital than food. A person will die sooner from a total lack of sleep than from starvation. Sleep is serious business! So on this day, and on all days, sleep in, sleep long, and sleep

Pacific Living Centers has five loving homes for the memory impaired.

Delivering Quality of Care Enhancing Quality of Life.

Hawthorne House of Salem

3042 Hyacinth St.

Salem, Ore. 97301

Asst. Administrator: Crystale Fleming

Administrator: Michele Nixon

Harmony House of Salem

3062 Hyacinth St.

Salem, Ore. 97301

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

Assistant Administrator: Nancy Decker

Administrator: Becky Scriber

Autumn House of Grants Pass

2268 Williams Hwy.

Grants Pass, Or. 97527

Administrator: Becky Scriber

January Birthdays

If you were born from December 22-January 19, you are a Capricorn, the Goat. If you were born from January 20-February 18, you are an Aquarius, the Water Bearer. Capricorns are stable, serious, and reliable workers who get the job done no matter how long it takes. Aquarians possess strong and attractive personalities, are imaginative, and enjoy opportunities for lonesome meditation.

Betsy Ross (flag maker)	Jan 1, 1752
Isaac Newton (scientist)	Jan 4, 1643
Elvis Presley (musician)	Jan 8, 1935
Richard Nixon (president)	Jan 9, 1913
Jack London (author)	Jan 12, 1876
Ben Franklin (founding father) . . .	Jan 17, 1706
Cary Grant (actor)	Jan 18, 1904
Dolly Parton (country singer)	Jan 19, 1946
Ellen DeGeneres (talk show host)	Jan 26, 1958
Paul Newman (actor)	Jan 26, 1925
Oprah Winfrey (talk show host) . .	Jan 29, 1954



Postage
Information

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