
THE AUTUMN HOUSE TIMES



PACIFIC LIVING CENTERS 2268 WILLIAMS HWY 474-6399 PHONE 474-6736 FAX



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

Australia Day

January 26

Tu B'Shevat

January 30

JANUARY 2010

So the question is how are you going to say 2010?
Are you going to call it Two Thousand and Ten or
Twenty Ten?????

Thank you to all the families who came to our
Christmas Dinner and enjoyed the meal with their
loved ones. Steve and Neva, thank you for providing
the singing by "The Lightning." They were fantastic.

To all the families at Autumn House I am back as
Administrator of Autumn House only. Nancy Decker is
the new Administrator of Arbor House.
Congratulations to Arbor House they passed their state
survey with 100% deficit free!!!

Thank you Shelly for helping with the residents and
contacting the families when I could not. I am available
now, so if you have any concerns please feel free to
call me or stop by the office. Big kudos to my staff
during the last 6 months. Autumn House would not be
what it is without all of you.

In the next month I will be scheduling care plan
meetings with you to discuss any changes or concerns
with your loved ones. You will receive a date and time
through the mail. If it is not convenient let me know so
we can reschedule it. There will be a family support
meeting in February. Date to be announced with guest
speaker.

TO A WONDERFUL NEW YEAR
Becky and the staff of Autumn House

It's Elementary, My Dear



Happy Birthday to Sherlock Holmes, Sir Arthur Conan Doyle's famous fictional detective, who was "born" on January 6, 1854. The detective is iconic with his deerstalker cap, magnifying glass, and pipe. And, his address at 221B Baker Street is unmistakable. Sherlock

Holmes appeared in over fifty stories, proving his first-rate intellect and powers of deduction time and time again.

Almost all of the Sherlock Holmes stories are told by his faithful sidekick, Dr. Watson. According to Watson, Sherlock Holmes is very eccentric. Holmes' apartment is a mess. Papers are stacked everywhere. He keeps his tobacco in the toe of a slipper, and his unanswered letters are stuck to the mantle by the tip of a knife. In the end, Holmes' superior intellect and reason are able to solve the most confounding of cases.

Sir Arthur Conan Doyle explained that his idea for Sherlock Holmes came from a real-life doctor, Dr. Joseph Bell, a forensic scientist at Edinburgh University in Scotland. Dr. Bell, like Sherlock Holmes, could draw the largest conclusions from the smallest of evidence. In the story *The Hound of the Baskervilles*, Holmes shows off his deductive reasoning by guessing the identity of a man by examining the smallest of details on the man's forgotten walking stick:

1. Holmes deduces that the man worked in the Charing Cross Hospital in London from the inscription "friends of the C.C.H" on the stick.
2. Holmes deduces that the man quit Charing Cross Hospital five years ago from the date on the stick.
3. Holmes deduces correctly that the man's pet dog is "a curly-haired spaniel" by closely examining the space between the dog's teeth marks on the cane.

We can all honor Sherlock Holmes by relishing all of life's little details.

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.

Curling and Bobsledding



It's 2010 and the Winter Olympics are only a month away. The very first Winter Olympics took place in January of 1924 at Chamonix in the French Alps. The games were actually called

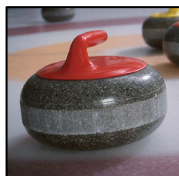
“The International Winter Sports Week” and went on for 11 days, from January 25 to February 5. Sixteen countries participated in sixteen different events and, as everyone expected, the Scandinavian countries dominated, winning twenty-seven of forty-three medals.

There were many memorable moments in the 1924 games. Although Finland and Norway dominated the skiing and skating events, Canada easily won the gold in ice hockey. First, they defeated Switzerland 33-0, then Czechoslovakia 30-0. Next, they beat Sweden 22-0, and Great Britain 19-2. In the final round, they won their only gold medal of the games by defeating the United States 6-1.

A Norwegian figure skater and actress, Sonja Henie, competed in the figure skating competition at just eleven years old. She finished last in 1924, but went on to win the gold at the next three Olympics. On the other end of the age spectrum, an American, Anders Haugen, won fourth place in the ski jump. Fifty years later, a scoring error was discovered and Haugen, then eighty-three years old, was awarded the bronze medal.

The 1924 Winter Olympics featured a number of unusual events:

- Curling where teams slid heavy, polished stones down the ice to a target called the “house.”
- Military Patrol where one leader and three team members cross-country skied uphill. The team members wore backpacks weighing at least 24 kilograms and, while skiing, shot targets with rifles.
- Bobsledding where teams of four raced in a gravity-powered sled down a twisting, icy track.



Alzheimer's Disease is---Alzheimer's Disease is not

| | |
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| Real | Normal aging |
| A disease that has an impact on a person's memory, judgment, language, problem-solving ability, initiative, and personality. | Inevitable |
| A disease that attacks selected areas of the brain. | Faked symptoms, stubbornness |
| A disease (or diseases) | A disease of only older persons |
| One form of dementia | Senility |
| Progressive | Sudden |
| Irreversible | The same as dementia caused by stroke, Parkinson's disease, depression, etc. |
| Age related | A disease of any one culture, socioeconomic group, or gender |
| Worldwide | Imagined |
| The fourth leading cause of death among adults in the U.S. | A mental condition |

**Excerpt from The Best Friends Staff Training Book
By Virginia Bell and David Troxell**

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 deep.

**KUDOS!!!!
CONGRATULATIONS TO BILL
GARRETT AS AN EMPLOYEE OF THE
QUARTER!!!!!!**

**PACIFIC LIVING CENTERS HAS FIVE
LOVING HOMES FOR THE MEMORY
IMPAIRED**

Delivering Quality of Care Enhancing Quality of Life.

AUTUMN HOUSE OF GRANTS PASS

2268 Williams Hwy
Grants Pass Oregon 97527
Administrator: Becky Scriber

ARBOR HOUSE OF GRANTS PASS

820 Gold Court
Grants Pass Oregon 97527
Administrator: Nancy Decker

HAWTHORNE HOUSE OF SALEM

3042 Hyacinth St.
Salem Oregon 97301
Assistant Administrator: Crystale Fleming
Administrator: Michele Nixon

HARMONY HOUSE OF SALEM

3062 Hyacinth St.
Salem Oregon 97301
Administrator: Michele Nixon

HERITAGE HOUSE OF WOODBURN

943 N.Cascade Dr.
Woodburn Oregon 97071
Administrator: Shannon Souza

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
- Manuely Salik..... Jan16, ????
- 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
- Rosenda Marko..... Jan 28, ????
- Oprah Winfrey (talk show host) . . Jan 29, 1954
- Irene Shelton..... Jan.31, 1924



AUTUMN HOUSE OF GRANTS PASS
2268 WILLIAMS HWY
GRANTS PASS OREGON 97527

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Information