
THE AUTUMN HOUSE ^{March} TIMES

PACIFIC LIVING CENTERS INC. 2268 WILLIAMS HWY 541-474-6399 PHONE 541-474-6736 FAX

Celebrating March

**Craft Month & Creative
Artists Month**

Listening Awareness Month

Spiritual Wellness Month

Johnny Appleseed Day

March 11

St. Patrick's Day

March 17

Quilting Day

March 20

Spring Equinox

March 20

Sing Out Day

March 22

Greek Independence Day

March 25

First Day of Passover

March 30

Doctor's Day

March 30

HELLO EVERYONE!!!

Super bowl is over congratulations to the New Orleans Saints!! The residents had fun watching the game along with chips and salsa. Valentines day we had tea and desserts and talked about the ones we love.

March has started off busy we welcome two new residents to Autumn House. Barbara Edwards came to Autumn House in the middle of February. Jim Pancake moved into Autumn house on March 1st welcome to the both of you.

We also welcome some new on call caregivers to help us when the staff is not feeling well or takes their vacation. Betsy Medina and Barbara Gurschke welcome we appreciate you becoming a part of the Autumn House team.

In March we will be having our Family Support meeting on the 10th of March at 3pm. Come with your questions and concerns. We will be talking about the end stages of Dementia and what are some of the signs and symptoms.

March 17th will be having our St. Patrick's Day party at 3pm, join us in some trivia fun about St. Patrick's day.

Don't forget to set your clocks one hour ahead on March 14th.

THANK YOU

Becky, Shari, Dale, Michelle, Bill, Shelly, Pat,
Kate, Rosenda, Arlin, Manuely, Barbara, Betzy and Sue

It's a Brainy Month



March 15-21 is Brain Awareness Week, a time to marvel at what many scientists consider the most important, yet least known, part of the human body. Like any other organ, the brain needs exercise to

thrive. "Use it or lose it" is the brain's motto, and the brain grows and rewires itself throughout an entire lifetime through continual perception, action, and stimulation.

Many famous "brains" were born in March. Challenge your brain by identifying the famous thinker described below. Your brain will thank you for it.

1. I was a famous French philosopher who said, "I think, therefore I am."
2. I was an American inventor who patented the first practical telephone, although I refused to have one in my study. I was also a founding member of the National Geographic Society.
3. I was the first woman to serve on the United States Supreme Court and received the Presidential Medal of Freedom.
4. I was an Italian Renaissance painter, sculptor, poet, architect, and engineer. My most famous works are the ceiling of the Sistine Chapel and the statue of David.
5. I was a German physicist who came up with the equation $E=mc^2$ and was also an ardent supporter of world peace.
6. I was a powerful political advocate for women's rights and founded *Ms.* magazine for women.
7. I was a Dutch painter and although I suffered from mental illness, even cutting off my own ear, my paintings rank among the world's most famous, including *Starry Night*.

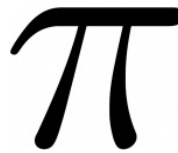
ANSWERS: 1. Rene Descartes, Mar. 31, 1596; 2. Alexander Graham Bell, Mar. 3, 1847; 3. Sandra Day O'Connor, Mar. 26, 1930; 4. Michelangelo, Mar. 6, 1475; 5. Albert Einstein, Mar. 14, 1879; 6. Gloria Steinem, Mar. 25, 1934; 7. Vincent van Gogh, Mar. 30, 1853

The Greatest Show on Earth

On March 19, 1919, P.T. Barnum, James Anthony Bailey, and the Ringling Brothers combined their famous traveling acts and put on the first Ringling Brothers and Barnum & Bailey Circus at Madison Square Garden in New York City.

They called their combined act "the greatest show on Earth," and it featured Frank Buck, a world traveler who brought new and amazing animals— rare birds, elephants, orangutans, and gorillas – back from his adventures for all the world to see. Through the twenties and thirties, the circus lived up to its billing as the world's "greatest show."

A Slice of Pi



Mathematicians revere the significance of March 14 by celebrating Pi Day. No, this isn't a day for baking; it's a day to honor the mathematical constant whose value is the ratio of any circle's circumference to its diameter. The first three digits of pi are 3.14. Get the connection? March is the 3rd month, which is why mathematicians and scientists celebrate this strange holiday on March 14.

The first Pi Day celebration was held at San Francisco's Exploratorium in 1988 and people mostly marched in circles and ate pie. But the trend caught on, and now the Massachusetts Institute of Technology mails out their college acceptance letters on Pi Day. On Pi Day 2004, the British autistic savant Daniel Tammet calculated and recited over 22,500 decimal digit places of the value of pi. The United States House of Representatives has even recognized this holiday and officially declared March 14 National Pi Day in America. Even if you don't exactly understand what pi is, you know it has to be important.

It can be hard to tell the difference between normal aging and early stage Alzheimer's symptoms. Use this Seeing Signs guide to indicate any changes with your loved one or yourself:

NORMAL AGING VS. ALZHEIMER'S

NORMAL AGING

1. Forgets the names of people they rarely see?
2. Briefly forgets parts of experiences?
3. Doesn't put away things properly?
4. Has their mood change for appropriate reasons?
5. Is showing a change in their interests

ALZHEIMER'S DISEASE

1. Forgets the names of people close to them?
2. Forgets recent experiences?
3. Puts things away in strange places?
4. Has unpredictable mood changes?
5. Shows a decreased interest in activities?

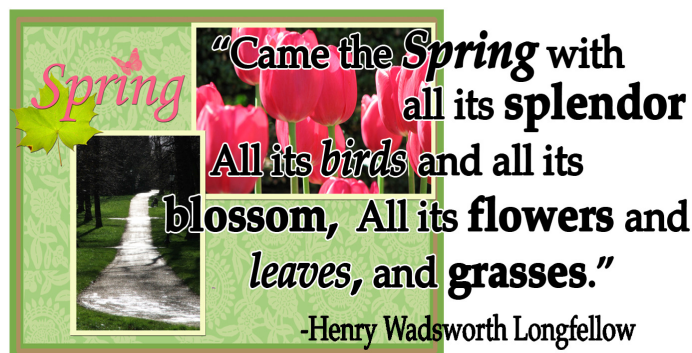
SYMPTOM SCREENER

Answer the following 8 statements with one of the answers: a) yes, a change b) no, no change c) don't know:

1. Problems with judgment (problems making decisions, bad financial decisions, problems with thinking, etc.?)
2. Less interest in hobbies/activities?
3. Repeats the same things over and over (questions, stories or statements)
4. Trouble learning how to use a tool, appliance or gadget (VCR, computer, microwave, remote control etc.)
5. Forgets correct month or year.
6. Trouble handling complicated financial affairs (balancing checkbook, income taxes, paying bills etc.)
7. Trouble remembering appointments.
8. Daily problem with thinking or memory.

THE CLOCK DRAW TEST

Ask your loved one to draw a clock for you and ask for a specific time. Take this with you to your Doctor's appointment along with the answers to your symptom screener. Always ask questions and what your choices are for your loved one or yourself.



King of Movies

On March 2, 1933, at Radio City Music Hall in New York City, a huge star was born. King Kong, the giant gorilla discovered on a lost prehistoric island, thrilled audiences for the first time. This film featured groundbreaking special effects, bringing Kong and an array of other oversized monsters to life. The image of Kong scaling the Empire State Building in New York, clutching a blonde-haired maiden, and battling biplanes is iconic in film lore.

King Kong was also the first Hollywood movie to feature an all-original, thematic musical score, and the theatrical release featured a special enlarged movie screen. A test version of the film featured a scene where sailors were devoured in a pit by a giant spider, giant crab, and giant lizard. Audience members fled the theater screaming in horror and the scene was later cut.

A Handy Month

March is Craft Month, which celebrates the imagination and inspiration that goes into handcrafted works of art. Craft encompasses an entire world of meaning, and includes basketry, ceramics, glass, furniture, jewelry, leather, metal, paper, clothing, painting, fabrics, and woodworking. If you make it by hand, it's a craft.



Crafting has amazing benefits. It stimulates the creative imagination, reduces stress, and teaches new and useful skills. Try making a rustic wire candleholder to keep your hands busy and your imagination sharp this month. Start with a thick, round block of wood for the base. Cut an eighteen-inch piece of wire hanger and glue it into a hole drilled into the wood. When the glue has dried, wrap the wire around a candle and shape it into an embellished curl. Voila! Now don't you feel "crafty"?

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HAWTHORNE HOUSE OF SALEM

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Salem Oregon 97301
Administrator: Michele Nixon

HARMONY HOUSE OF SALEM

3062 Hyacinth St.
Salem Oregon 97301
Administrator: Michele Nixon

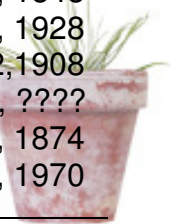
HERITAGE HOUSE OF WOODBURN

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

March Birthdays

If you were born from February 19-March 20, you are a Pisces, the Fish. If you were born from March 21-April 19, you are an Aries, the Ram. Pisces are extremely creative and have "old souls," continually thirsting for spiritual knowledge. Aries live life head first, butting ahead. They are confident, impulsive, and use courage to overcome fear.

Harry Belafonte (singer)	Mar. 1, 1927
Barbara Edwards	Mar. 2, 1933
Jean Harlow (actress)	Mar. 3, 1911
Lou Costello (comedian)	Mar. 6, 1906
Amerigo Vespucci (explorer)	Mar. 9, 1454
Terry Jones	Mar. 12, 1926
Liza Minnelli (entertainer)	Mar. 12, 1946
Jerry Lewis (comedian)	Mar. 16, 1926
Wyatt Earp (marshal)	Mar. 19, 1848
Mr. Rogers (neighbor)	Mar. 20, 1928
Louis L'Amour (writer)	Mar. 22, 1908
Sue Voorman	Mar. 23, ????
Harry Houdini (magician)	Mar. 24, 1874
Secretariat (the race horse)	Mar. 30, 1970



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