
THE AUTUMN HOUSE TIMES



May
2010

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

Celebrating May

Asparagus Month

Better Sleep Month

Be Kind to Animals Week
May 2-8

Kentucky Derby
May 1

Weather Observers' Day
May 4

Cinco de Mayo
May 5

Mother's Day
May 9

Tulip Day
May 13

Visit Your Relatives Day
May 18

Blueberry Cheesecake Day
May 26

Memorial Day
May 31



MAY FLOWERS AND SUNSHINE!!!

Enough of the April showers. Let's have some sunshine!! But I guess we need the rain to have the flowers. Month of May we will be planting flowers in our new raised flower bed here at Autumn House. A big thank you from all of us to Corporate.

Cinco de Mayo day is on the 5th. We will be having our traditional chips/salsa with margaritas at 3:00 pm. Come and join us for some fun and food.

May 7th we will be celebrating Mother's day with a tea/dessert at 3:00pm. Share your favorite memory of your Mother with all of us. Let's look back at the history of women, past to present.

It is time to pull out the BBQ. Our 1st BBQ of the year will be on May 28th to celebrate Memorial Day. We will be having it at 12:00 pm. Please RSVP so we can plan on how many will be joining us, and if you would like to bring a salad let me know in the office.

Thank you to Micheal Cruz for the live music we had on the the 21st. We all enjoyed it. If you have someone who would like to come and entertain here at the Autumn House let me know.

I have had a few care plan meetings with some of you and will be continuing meetings with the remaining families. Thank you for participating in the care of your loved ones here at Autumn House.

The staff of Autumn House
Becky, Shelly, Dale, Michelle, Bill, Pat, Kate, Rosenda,
Arlin and Manuely

THE 10 MOST COMMON QUESTIONS ABOUT ALZHEIMER'S

1. Is this a new disease?

No. It is first mentioned by description in 500 B.C. by a Greek philosopher, but it was formally named Alzheimer's disease in 1919 after a German doctor Alois Alzheimer.

2. Is Alzheimer's what they used to call senility?

Yes, except that the term "senile dementia" includes other dementias of old age, too. The word senile actually comes from the Latin word meaning "sixtyish." Sixty was old in Roman times, when the average age of death was in the 30s.

3. Is it true only old people get it?

No. The youngest person diagnosed was 27, but it is more commonly seen in people over 65.

4. What causes Alzheimer's?

We don't know yet. A vast amount of research is being conducted, but studies remain inconclusive.

5. Is it found everywhere or just in this country?

All over the world. Researchers have found it in China, India, the South Sea Islands, Japan, and Western Europe. It cuts across all socio-economic levels and across all races.

6. Does everyone with Alzheimer's get angry?

No. However, anger is one of the classic reactions to having a fatal illness, identified by Kubler-Ross. The other stages are denial, grief, and acceptance, all of which are also found in people with Alzheimer's.

A seldom-acknowledged fact is that most anger in people is reactive, not self-generated.

7. Do all people with Alzheimer's run away from home and lost?

No.

7. Is there a treatment or a cure for it?

No.

8. If there is no treatment and no cure, why bother to get diagnosed?

First, because there is a 15 to 20 percent chance that what looks like Alzheimer's is actually a treatable or curable dementia due to specific causes. Second, because families need to learn how to cope with it.

9. If it can't be treated or cured, what can we do help someone who has it?

We can learn how to relate to the person with Alzheimer's. and thereby avoid the crisis of love which is central to families who don't (or won't) learn this.

Excerpt from "The Alzheimer's sourcebook for caregivers by Frena Gray-Davidson

Viva Las Vegas

Las Vegas was born as a railroad town on May 15, 1905, when 110 acres of land was auctioned off in what is now downtown Las Vegas. The town began as nothing more than a stopover for frontiersmen adventuring west, and it was a staging point for people trying their luck digging in the surrounding mines.

The year 1931 marked two booms for Las Vegas. The construction of the Hoover Dam brought an influx of workers who spurred the local economy in the midst of the Great Depression. Also, gambling was legalized in 1931, the beginning of the creation of the gaming mecca that Las Vegas is today.

When the billionaire Howard Hughes ventured to Vegas in the 1960s, buying up hotel-casinos and television stations, other business leaders followed, finally convinced that this railroad stopover could bring huge profits. Today, Las Vegas is one of the world's greatest entertainment destinations.

Coco's No. 5

On May 5, 1921, "Coco" Chanel unveiled her first fragrance, Chanel No. 5. As the world's most legendary perfume, a bottle of Chanel No. 5 is sold worldwide every thirty seconds. When asked what she would name her perfume, Coco replied, "I always launch my collection on the 5th day of the 5th month, so the number 5 seems to bring me luck. Therefore, I will name it *No. 5*."



Legend surrounds the fragrance's inspiration. Some even claim that the perfume's chemist, Ernest Beaux, modeled the scent after the fresh smell of Russia's northern lakes on the Kola Peninsula, where he was stationed during the Russian Civil War.

The Monster of Loch Ness



On May 2, 1933, the *Inverness Courier* newspaper from the north of Scotland published an article titled “A Strange Spectacle on Loch

Ness.” This column made the first official mention of a “monster” living in Loch Ness, the largest lake in the United Kingdom. For the next seventy years, the Loch Ness monster, known as Nessie, would become one of the most investigated and most beloved mysteries the world had ever, or never, seen.

The first famous sighting was made by Mrs. Aldie MacKay, who reported seeing a whale-like creature in the lake near Aldourie Castle. She shouted to her husband to stop their car, but by then the creature had disappeared, leaving an enormous disturbance in the water.

Three months later, after repeated sightings of the monster in the water, another couple, Mr. and Mrs. George Spicer, claimed to have seen the monster on land. They reported that “a dragon or pre-historic animal” crossed the road in front of them carrying a small lamb or other animal in its mouth. It was twenty-five feet long with a long neck. Decades later, a monk from a local abbey claimed to have glimpsed the creature while strolling along Loch Ness with the abbey’s organist.

Several expeditions have attempted to confirm Nessie’s existence. The Loch Ness Phenomena Investigation Bureau worked throughout the 1960s and ‘70s to photograph the creature, but their snapshots were ambiguous. In the 1980s, Operation Deepscan used sonar to probe the lake’s icy depths. Although no definitive evidence of Nessie was found, three large sonar contacts were made, which indicated something below the water larger than a shark but smaller than a whale. While not the proof the world was clamoring for, these sonar records helped keep the legend alive.

Enter the Twilight Zone

On May 11 you may find yourself “traveling through another dimension, a dimension not only of sight and sound but of mind; a journey into a wondrous land whose boundaries are that of imagination. That’s the signpost up ahead – your next stop, The Twilight Zone.”

That’s right, May 11 is Twilight Zone Day, for no particular reason. You might recognize Rod Sterling’s famous introduction to his hit television series of the 1950s and ‘60s. The show was an instant hit, and many future stars appeared on the show early in their careers, including Robert Redford, Burt Reynolds, Robert Duvall, Carol Burnett, Elizabeth Montgomery, William Shatner, and Peter Falk.

The Twilight Zone would win three Emmy awards and be remembered as the first “adult” science fiction series. On May 11, if things seem a little strange, don’t fret, just enjoy your temporary stay in The Twilight Zone for a day.

The True Heavy Metal

The first Friday in May is International Tuba Day, a day when we should all pay respect to that largest and lowest-pitched brass instrument. Frequently, the tuba does not get the respect it deserves. It has earned a goofy reputation as the oaf of instruments, a huge, unwieldy blower of low notes. Even though on this day the tuba may be elevated to the king of brass, you can still enjoy a few good tuba jokes.

Q: How do you fix a broken tuba?
A: With a “tuba” glue.

Q: What’s a “tuba for”?
A: A piece of lumber.

Q: What is the range of a tuba?
A: Twenty yards if you’ve got a good arm.



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3042 Hyacinth St.
Salem Oregon 97301
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3062 Hyacinth St.
Salem Oregon 97301
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HERITAGE HOUSE OF WOODBURN

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

May Birthdays

If you were born from April 20-May 20, you are a Taurus, the bull. If you were born from May 21-June 21, you are a Gemini, the twins. A Taurus is patient, reliable, industrious, and persistent. They respect property, avoid falling into debt, and enjoy art. Geminis are complex and dual-natured. Like children, they are lively, happy, and love to explore new things.

Jack Paar (television host)	May 1, 1918
Barbara Gurschke	May 1, ????
Frankie Valli (singer)	May 3, 1934
Audrey Hepburn (actress)	May 4, 1929
Brian Williams (news anchor)	May 5, 1959
Willie Mays (Say Hey Kid)	May 6, 1931
Billy Joel (musician)	May 9, 1949
Irving Berlin (songwriter)	May 11, 1888
Gabriela Sabatini (tennis pro)	May 16, 1970
Cher (diva)	May 20, 1946
Fats Waller (jazz pianist)	May 21, 1904
Mary Cassatt (painter)	May 22, 1844
Carroll Baker (actress)	May 28, 1931



Autumn House of Grants Pass
2268 Williams Hwy
Grants Pass OR 97527

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