

JANUARY 2023



Executive Director

Laurie Pomeroy

Director of Nursing

Marna George

BOM/HR Manager

Sarah Webber

Maintenance Director

Travis Cooper

Resident Care Coordinator

Carla Perez

Activity Director

Lea Safarov

Dietary Manager

Mike Dowell

Receptionist

Abigail Bischoff



Discover your Zodiac this year!



Aries

March 21 - April 19

**Fiery, Passionate,
Confident**



Taurus

April 20 - May 20

**Stubborn, Loyal,
Tenacious**



Gemini

May 21 - June 21

Playful, Curious, Social



Cancer

June 22 - July 22

**Nurturing, Loyal,
Protective**



Leo

July 23 - August 22

**Ambitious, Fierce,
Generous**



Virgo

August 23 - September 22

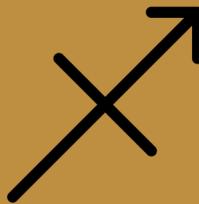
**Sensible, Practical,
Meticulous**



Scorpio

October 23 - November 21

**Determined, Honest,
Secretive**



Sagittarius

November 22 - December 21

**Optimistic, Intellectual,
Kind**



Capricorn

December 22 - January 19

**Persistent, Practical,
Sensitive**



Aquarius

January 20 - February 18

**Progressive, Independent,
Unique**



Pisces

February 19 - March 20

**Gracious, Aware,
Sympathetic**



Libra

September 22 - October 23

**Charming, Well-
Balanced, Generous**

Orchid blooms have been prized since ancient times in many parts of the world for their exotic beauty, symbolism, medicinal powers, and flavoring. The first-known mention of orchids was around 2,600 BC in China, which valued the flower for its medicinal properties, including the ability to heal coughs, lungs, eyes, kidneys, and stomach problems.

The ancient Greeks connected orchids with fertility, and friezes with orchid representations have been found in architecture from ancient Rome. In the Aztec civilization, orchids were prized not only for their beauty but for the strength they imparted. In fact, Aztec warriors drank a concoction mixed with the flavoring of the vanilla orchid and cocoa.

In Japan, orchids have long been symbols of peace, respect, and good fortune, and are often given as business gifts to show admiration. Throughout Asia, they are frequently displayed during New Year's celebrations to symbolize happiness.

During the age of colonization, exotic tropical orchids were brought to Europe and opened a booming business in orchid exploration and trade. These flowers became coveted symbols of culture, refinement, elegance, and luxury. Orchid hunting and collecting – or “orchid delirium” – became an obsession of the wealthy, especially in Victorian England.

Today, orchid blooms are cherished for their horticultural value and are seen for sale everywhere. The vanilla orchid's seeds and pods are used for vanilla extract flavoring, perfume, and aromatherapy.



Flower of 2023

Looking back on 8 years of memories...

As we turn over to the new year of 2023, we reflect on those memories we've made along the way! Here's to a beautiful new year of possibilities!



Goodbye, 2022 !



December Birthdays
Gary, Gwen, Eunice and Irene
all celebrated birthdays this
past month! Gary can be seen
posing with his mother in the
photo to the right, while Gwen
smiles beneath the balloon
arch on the left!



Heartwood Health Corner

Everyone is curious to some degree what their ancestry holds. Were your ancestors Vikings? Were they lords and ladies? What might you find in your DNA test? In Oregon, we have a wide range of ethnic groups that have settled here over the last century that may shed light on your heritage:

German (22.5% of Oregon population)



French (3.9% of Oregon population)



Scandinavian (8.4% of Oregon population)



Italian (3.7% of Oregon population)



Irish (13.2% of Oregon population)



English (14.0% of Oregon population)





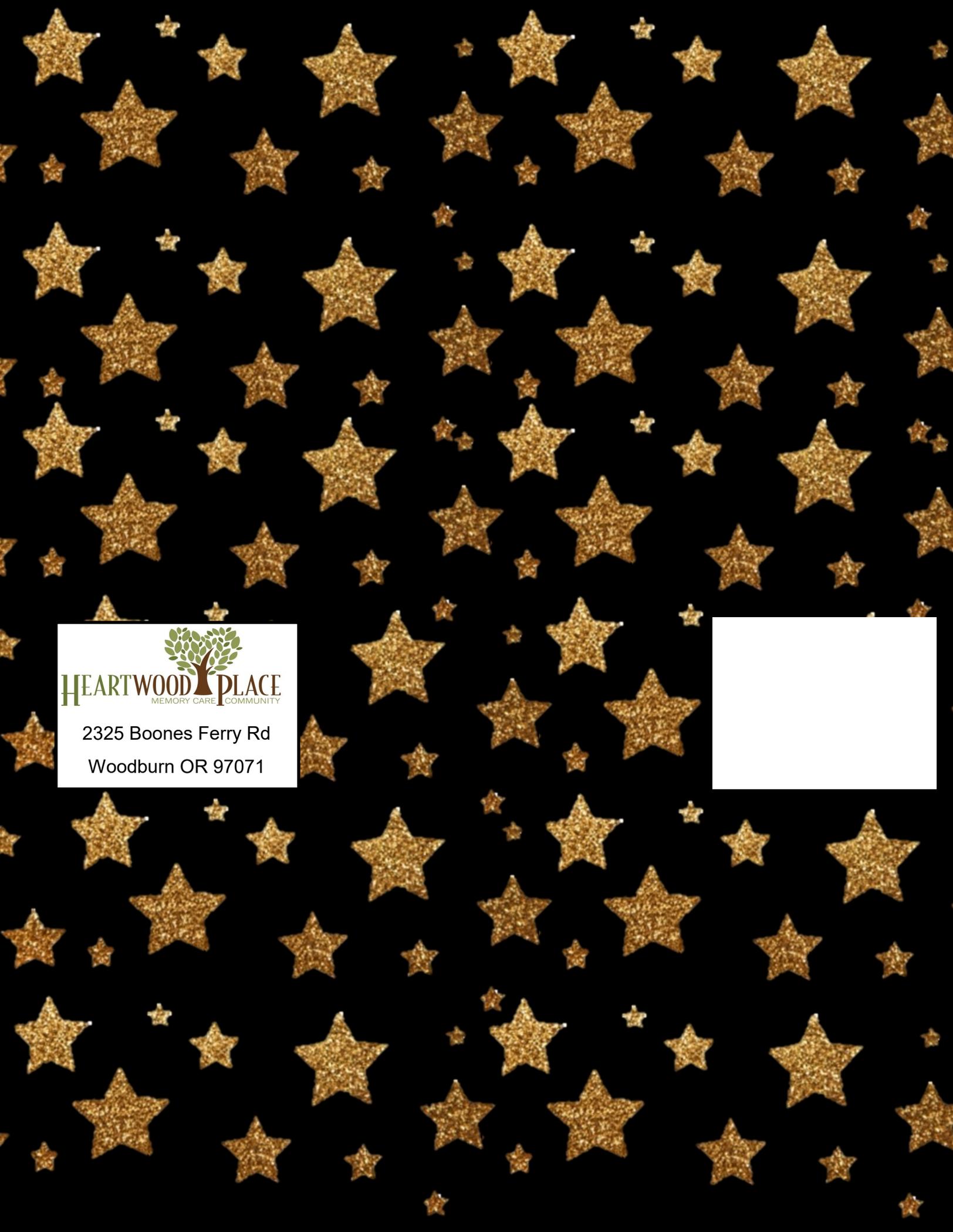
Resident of the Year

If you visit our South wing, you know there's always one smiling face you'll always see walking about the halls. Mary Lou has been here at Heartwood for over 3 years, and in that time she's made numerous friends and countless days of joy for all who have met her. Here's to another year of smiles, Mary Lou!



Do you have a friendly pup? If so, give Lea a call and we can set up a time for you to show off your fuzzy buddy to all the residents! We love giving them love!





HEARTWOOD PLACE
MEMORY CARE COMMUNITY

2325 Boones Ferry Rd
Woodburn OR 97071

