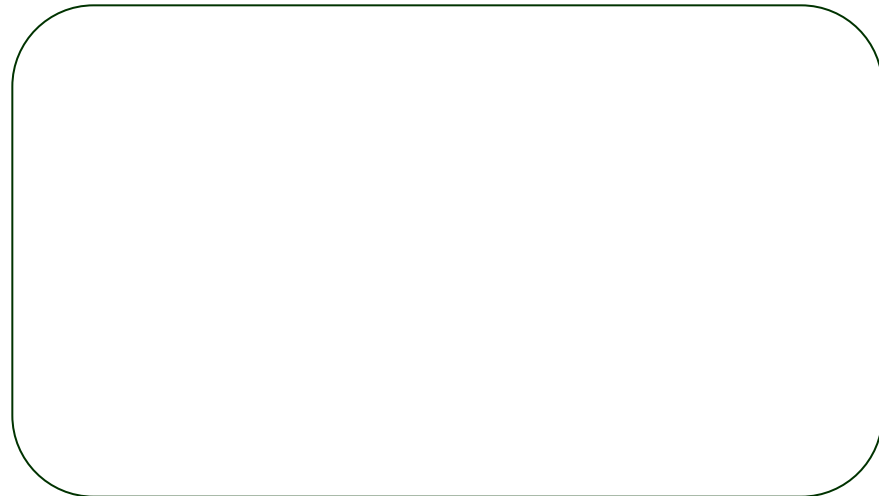


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Management Team:

Jessica Penland

Executive Director

Bridget Buchholz

Community Relations Director

Patty Zirbel

Business Office Manager

Rhonda Todd

Resident Care Coordinator

Rosa Valencia

Resident Care Coordinator

Jessica Comerford

Registered Nurse

Nathan Turner

Dietary Director

Roel Garza

Maintenance Director



**Our mission is to create and sustain
 comfortable, caring environments for
 those who depend on us.**

Contact Us At:

503-982-4000

Emerald Gardens

Emerald Gardens Assisted & Memory Care Newsletter — October 2017



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The Importance of Interaction and Engagement for Senior Health

From birth, humans have an instinct to express themselves and engage with others. This instinct remains crucial throughout life in all of its stages.

For older adults, maintaining these regular interactions and engagements is encouraged as changes may occur with retirement, a new schedule, moving, being apart from certain family members or friends, and/or physical health. Companionship and activities with others can provide comfort and stability through life changes.

Some changes can lead to depression, feelings of sadness and loneliness, and/or self-isolating behaviors. For those who struggle with loneliness or self-isolation, it is important to recognize that those feelings are there and to let someone know.

Why Social Engagement is Necessary

Research studies suggest that there is a strong correlation between older adults’ emotional and physical health and how social they are in their daily lives. The Alzheimer’s Association has stated that brain vitality can best be maintained through physical and mental activities that involve social engagement, along with a brain-healthy diet.

Ways to Increase Engagement

To increase social interactions, it is a good idea for people to try to spend time in spaces where others are engaging in group activities. Taking on activities and setting goals add senses of purpose to daily life.

Engaging activities could include playing cards or table games, making puzzles, creating art, using technology to connect with others, walking, exercising, taking a class, gardening, cooking, fishing, going on a trip, watching a movie, listening to or watching a musician or entertainer, and/or dining with others.

Discussion groups in which people talk about similar interests and activities or hobbies are also beneficial for senior health.

Helping out with a cause and/or taking care of a pet are two additional ways that seniors can find a sense of purpose and stay engaged.

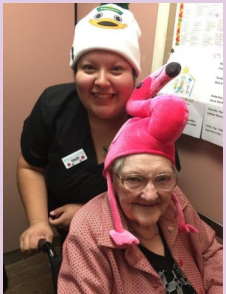
Having pride about a job well done or a person or animal cared for can lift up spirits and brighten daily life.

Note: Each individual should follow the advice of their medical professionals or doctors and speak with them before making changes to diet and/or exercise.

National Assisted Living Week

We celebrated National Assisted Living week September 10th-16th by having a theme week! We had a fun-filled 50’s day complete with a soda shop party and had a great time with crazy hat day.

We love having fun together!



“Scarecrow.
Homemade costumes for my children.”
-Shirley P

“I dressed up as a wolf”
-Dick S

We asked residents and staff to share their favorite costumes!

“A Gypsy”
- Linda S

October Highlights — You're Invited!

Wednesday October 4th is National Taco Day! Please join us for a tasty taco bar at noon in our dining room!

Wednesday October 18th @ 2:00pm
Darla Boljat will be here to bring out the inner artist in us all with her painting 101 class!

Wednesday October 15th @10:00am we will be going to Bauman Farms to pick out pumpkins and will be painting our pumpkins at 2:00pm that day!

October 28th is National Chocolate Day and we will be hosting a chocolate tasting at 3:30pm in our fireside lounge.

Fall Family Festival!

Tuesday October 31st

3:00pm-5:00pm

Please join us for Games,
Prizes, Fall Treats and
Refreshments!



The Best Halloween Costume I ever wore...

"Tweedle-dee & Tweedle-dum"
I Dressed up with my best friend!
-Annabelle J.

"The Joker"
-Bonnie V



AUTUMN by Henry Wadsworth Longfellow

Thou comest, Autumn, heralded by the rain,
With banners, by great gales incessant fanned,
Brighter than brightest silks of Samarcand,
And stately oxen harnessed to thy wain!
Thou standest, like imperial Charlemagne,
Upon thy bridge of gold; thy royal hand
Outstretched with benedictions o'er the land,
Blessing the farms through all thy vast domain!
Thy shield is the red harvest moon, suspended
So long beneath the heaven's o'er-hanging eaves;
Thy steps are by the farmer's prayers attended;
Like flames upon an altar shine the sheaves;
And, following thee, in thy ovation splendid,
Thine almoner, the wind, scatters the golden leaves!

Find us on Facebook!



We've been sharing more and more on our Facebook page recently and would love to have you join the conversation!
LIKE our Facebook page today!

[www.Facebook.com/EmeraldGardensCommunity](https://www.facebook.com/EmeraldGardensCommunity)

October 2017

Assisted Living

Emerald Gardens

1890 Newberg Highway

Woodburn, OR 97071

503-982-4000

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 10:00 UNO 11:00 Puzzles & Coffee 1:30 Po-Ke-No 2:00 Bible Study w/Shirley 3:00 Movie Matinee 6:00 Scrabble	2 9:30 Get Fit 10:30 Poetry Corner 1:30 Rediscover Coloring 2:30 Racko 3:30-Wii Bowling 6:00 Dominoes	3 Dick's Birthday! 9:30 Get Fit 10:00 Advanced Hearing (AR) 10:30 Yahtzee! 2:00 BINGO 3:30 Ladies Tea Time 3:30 Men's Model Car Club 6:00 Checkers	4 National Taco Day 9:30 Get Fit 10:00 Resident Council 11:00 Recipe Club (AR) 2:00 Crafts 4:00 Happy Hour 5:00 Taco Bar 6:00 Movie Night	5 9:30 Chair Yoga 10:00 Wii Bowling 2:00 Ice Cream Social 3:00 Woodworking 4:00 Po-Ke-No! 6:30 Racko	6 9:30 Chair Dancing* 10:00 BINGO 11:00 Brain Games 1:30 Wii Golf 2:30 Bible Study w/Pastor Ott 4:00 Wine & Cheese Tasting 6:00 Dominoes	7 Carol's Birthday! 10:00 Coffee & Current Events 11:00 Trivia 1:30 10,000 Dice Game 2:30 Music by Rachel 3:30 Skip-Bo 6:30 Racko
8 10:00 UNO 11:00 Puzzles & Coffee 1:30 Po-Ke-No 2:30 Church Service (MC) 3:00 Movie Matinee 3:30 Hymn's 6:00 Scrabble	9 9:30 Get Fit 10:30 Poetry Corner 1:30 Rediscover Coloring 2:30 Racko 3:30-Wii Bowling 6:00 Dominoes	10 Sue B.'s Birthday! 9:30 Get Fit 10:00 Shopping @ Walmart 10:30 Yahtzee! 2:00 BINGO 3:30 Ladies Tea Time 3:30 Men's Model Car Club 6:00 Checkers	11 9:30 Flu Shot Clinic 10:00 Manicures 11:00 Scrapbooking 2:00 Crafts 3:00 Library Outing 4:00 Happy Hour 6:00 Movie Night	12 9:30 Chair Yoga 10:00 Wii Bowling 11:00 Ted's Mobility Clinic 12:00 Music by Melissa 2:00 Ice Cream Social 3:00 Woodworking 4:00 Po-Ke-No	13 9:30 Chair Dancing* 10:00 BINGO 11:00 Brain Games 1:00 Chef Chat 2:30 Bible Study w/Pastor Ott 4:00 Wine & Cheese Tasting 6:00 Dominoes	14 10:00 Coffee & Current Events 11:00 Trivia 1:30 10,000 Dice Game 2:30 Hot Cider & Crosswords 3:30 Skip-Bo 6:30 Racko
15 10:00 UNO 11:00 Puzzles & Coffee 1:30 Po-Ke-No 2:00 Bible Study w/Shirley 3:00 Movie Matinee 6:00 Scrabble	16 9:30 Get Fit 10:30 Poetry Corner 1:30 Rediscover Coloring 2:30 Racko 3:30-Wii Bowling 6:00 Dominoes	17 National Pasta Day 9:30 Get Fit 10:00 Shopping @ Dollar Tree 10:30 Yahtzee! 12:00 Pasta Bar 2:00 BINGO 3:30 Ladies Tea Time 3:30 Men's Model Car Club	18 9:30 Get Fit 10:00 Greeting Card Club 11:00 Recipe Club (AR) 2:00 Painting w/Darla 4:00 Happy Hour 6:00 Movie Night	19 9:30 Chair Yoga 10:00 Wii Bowling 2:00 Music by David Minten 2:00 Ice Cream Social 3:00 Woodworking 4:00 Po-Ke-No! 6:30 Racko	20 9:30 Chair Dancing* 10:00 BINGO 11:00 Brain Games 12:00 Fast Food Friday: Arctic Circle 1:30 Wii Golf 2:30 Bible Study w/Pastor Ott 4:00 Wine & Cheese Tasting	21 10:00 Coffee & Current Events 11:00 Trivia 1:30 10,000 Dice Game 2:30 Hot Cider & Crosswords 3:30 Skip-Bo 6:30 Racko
22 10:00 UNO 11:00 Puzzles & Coffee 1:30 Po-Ke-No 2:00 Bible Study w/Shirley 3:00 Movie Matinee 6:00 Scrabble	23 9:30 Get Fit 10:30 Poetry Corner 1:30 Rediscover Coloring 2:30 Racko 3:30-Wii Bowling 6:00 Dominoes	24 9:30 Get Fit 10:00 Shopping @ Walmart 10:30 Yahtzee! 2:00 BINGO 3:30 Ladies Tea Time 3:30 Men's Model Car Club 6:00 Checkers	25 9:30 Get Fit 10:00 Trip to Baumans Farms 11:00 Scrapbooking 2:00 Pumpkin Painting 3:00 Library Outing 4:00 Happy Hour 6:00 Movie Night	26 9:30 Chair Yoga 10:00 Wii Bowling 2:30 October Birthday Party w/Music by Royce 3:00 Woodworking 4:00 Po-Ke-No! 6:30 Racko	27 9:30 Chair Dancing* 10:00 BINGO 11:00 Brain Games 1:00 Aromatherapy w/ Doterra 2:30 Bible Study w/Pastor Ott 4:00 Wine & Cheese Tasting 6:00 Dominoes	28 National Chocolate Day 10:00 Coffee & Current Events 11:00 Trivia 1:30 10,000 Dice Game 2:30 Choir Music 3:30 Chocolate Tasting 6:30 Racko
29 10:00 UNO 11:00 Puzzles & Coffee 1:30 Po-Ke-No 2:00 Bible Study w/Shirley 3:00 Movie Matinee 6:00 Scrabble	30 9:30 Get Fit 10:30 Poetry Corner 1:30 Rediscover Coloring 2:30 Music w/Bob Trojak 3:30-Wii Bowling 6:00 Dominoes	31 9:30 Get Fit 10:00 BINGO 1:30 Yahtzee! 3pm-5pm Fall Family Festival				