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

Emerald Gardens

Emerald Gardens Assisted & Memory Care Newsletter

INSIDE THIS ISSUE

P2 Regular Cancer Screening
 P3 Resident & Employee of
 the Month
 P3 Connect with Us!
 P4 Activities Calendar AL
 P6 Happy Compliment Day
 P7 Memories in the Making
 P7 Happy Compliment Day
 P8 Mission & Team

February 2018 Edition

Detection for Prevention: A Look into Regular Cancer Screenings for Seniors

Regular health screenings can empower us with knowledge about our health. They can also give us the possibility to stall, stop, or receive support for a health issue so that we can lead our best lives. February is National Cancer Prevention Month. This month was designated to share information about lifestyle choices that may lead to cancer as well as the importance of early detection.



The American Cancer Society provides screening recommendations for seniors with average risk--those who do not present a high risk due to genetics or lifestyle. For many older adults, screenings for cancer can be beneficial. Largely due to the early detection that screening provide, the mortality rate for cancer has steadily declined over the past two decades - down 26 percent from 1991.

Screening Suggestions for Men:

- Colon cancer testing should begin at 50. At 65 or older, it is also recommended. Talk with your healthcare provider about the best test type (as there are many) and how often to get tested.
- Prostate cancer testing should be discussed with your healthcare provider at 50 and should depend on overall health when over 65. Talk with your healthcare provider about uncertainties, risks, and benefits.
- Lung cancer testing should be discussed with your healthcare provider at 55 or older. Low-dose CT scans for early detection should be discussed. The same is recommended for those 65 or older and with a smoking history.

Screening Suggestions for Women:

- For women, age 50-54, annual mammograms

are recommended. At 55, they can be every two years, or annually if preferred. Learn the screening pros and cons. At 65 or older, mammograms should be every two years, or annually. If at high risk for breast cancer, ask your healthcare provider if other tests should accompany the mammogram.

- At 50-64, women should get a Pap test and HPV test every five years, or just a Pap test every three years. No testing is needed after a hysterectomy that removed

the uterus and cervix - if removal was unrelated to cervical cancer. At 65 or older, no cervical cancer testing is needed if results were normal during the previous 10 years.

- Colon cancer testing should start at 50. There are several testing options that ought to be discussed with your healthcare provider. At 65 or older, testing is also recommended. Talk with your healthcare provider about the best test type and how often to do it.
- Lung cancer testing should be discussed with your healthcare provider when over 55. Low-dose CT scans for early lung cancer detection should be discussed at that time. At 65 or older, and with a smoking history, the same recommendation is given.

In addition to getting screenings and being aware of risk level (from personal and family history), one can reduce their risk of cancer by avoiding tobacco, getting to and staying at a healthy weight, engaging in regular physical activity, following a healthy diet, limiting alcohol intake, and protecting skin.

Memories in the Making!



Happy Compliment Day! The best compliment ever was when...

My sisters have told me I'm very crafty when it comes to decorating and that I should sell craft pieces.

- Karina V.

Rosa the RCC says, "Hi GORGEOUS!" to me. I get a kick out of it every time she does it!

- Beverly H.

My kids have told me, "I'm the best mommy ever!"

- Luz R.

I've been told I am willing to learn about anything and everything! It's true!

- Sue B.

February Highlights — You're Invited!

2/3 @ 2:00PM Live music with Rachel!

2/14 @ 2:00PM Join us for our Valentine's Day celebration with live music by Mr. Tuxedo and sweet treats for all!

2/15 @ 1:30PM Let's celebrate the Chinese New Year with some crafts, treats, & trivia!

2/21 @ 2:30PM Painting 101 w/ Darla - We will be painting Lake Moraine!

2/22 @ 2:00PM We will be celebrating our February birthdays with cake & live music by Red Rock West!

2/28 @ 2:00PM Bob McGraw will be here to perform live guitar music!



In honor of Compliment Day on February 24, we turned to our residents and team members to find out the best compliment they have ever received.

My son said I always care about other people before myself!
- Chela N.

The residents say I'm always there when they need me. That means a lot!
- Roel G.

"People tell me I have really nice skin!"
- Valentina

Resident & Employee of the Month



Beverly was born in Potlatch, Idaho. She lived in several different homes during her childhood because her father had to travel a lot for his job. Bev's family eventually settled in Spokane. Her mother stayed home and raised her and her sister. After graduating high school Bev had several different jobs, such as working at a theater and waitressing.

Beverly met her husband, Mick, at a business dinner. The couple dated for three years before they got married. They have been married for 46 years. Beverly has a son named Michael who lives in Vancouver.

She says buying new clothes and being around good friends is what makes her happy. Her favorite color is red and her favorite accessories are earrings and diamonds. We are so glad to have Beverly as part of our Emerald Gardens family!

Congratulations, Beverly!



Lauryn was born in Sacramento, California.

She began working at Emerald Gardens three years ago. Her favorite hobbies are reading, sewing, and arts & crafts. Lauryn loves the outdoors. She says she would love to buy land in Norway and have her entire family move there with her. She enjoys music and spending time with her loved ones.

Lauryn says the best part about working at Emerald Gardens is the residents and staff because they make it a great place to work.

Congratulations, Lauryn!

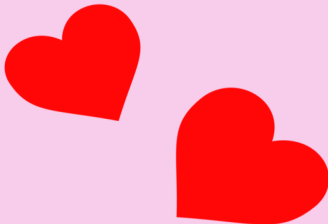




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February 2018

Assisted Living

Emerald Gardens
1890 Newberg Hwy
Woodburn, Or 97071
503-982-4000

Sun				Mon	Tue	Wed	Thu	Fri	Sat	
February Birthdays								1	2 <u>National Wear Red Day!</u>	3
Nick	2/03	Yaret	2/12					9:30 Nature Walk 10:00 Scenic Drive 1:30 Wii Bowling 2:00 Ice-Cream Social 3:00 BINGO (MC) 4:00 Racko!	9:30 Chair Dancing 10:00 BINGO (AL) 11:15 Brain Games 1:00 Wii Golf 2:30 Bible Study w/ Pastor Ott 3:15 Yahtzee (MC) 4:00 Wine and Cheese	9:30 Daily News & Coffee 10:30 Nature Walk 1:00 Yahtzee 2:00 Music by Rachel V. 3:30 10,000 Dice Game 6:00 Saturday Night Movie
Roseanne	2/11	Chela	2/16							
		Roel	2/17							
		Valentina	2/20							
4 Superbowl Sunday! 				5	6	7 <u>Hairdresser Day</u>	8	9	10	
10:00 UNO! (MC) 11:00 Word Search 1:30 Po-Ke-No 2:00 Bible Study w/Shirley 2:30 Racko! 3:00 Kick-Off to the Super Bowl! Game @ 3:30pm				9:30 Get Fit! (MC) 10:00 BINGO (MC) 11:30 Brain Games (AR) 1:30 Yahtzee (MC) 3:00 Racko (AR) 3:45 Wii Bowling	9:30 Nature Walk 10:00 Shopping @ Walmart 1:30 Yahtzee 2:30 BINGO (AL) 3:30 Ladies Tea Time (MC) 3:30 Men's Model Club 6:30 Checkers	10:00 Resident Council 11:00 Recipe Club (AR) 1:30 Manicures (AR) 2:30 Scenic Drive 4:00 Happy Hour 6:00 Movie & Popcorn	9:30 Nature Walk 10:00 Po-Ke-No 1:30 Wii Bowling 2:00 Ice-Cream Social 3:00 BINGO (MC) 4:00 Racko!	9:30 Chair Dancing 10:00 BINGO (AL) 11:15 Brain Games 1:00 Wii Golf 2:30 Bible Study w/ Pastor Ott 4:00 Wine and Cheese 8:00 Olympics Opening Ceremony	9:30 Daily News & Coffee 10:30 Tech Corner 1:00 Yahtzee 2:00 Men's Model Club 3:30 10,000 Dice Game 6:00 Saturday Night Movie	
11				12	13	14 <u>Valentine's Day!</u>  <u>Hairdresser Day</u>	15	16	17	
10:00 UNO! (MC) 11:00 Word Search 1:30 Po-Ke-No 2:30 Church Service 2:30 Racko! 3:15 Hymns 3:30 Yahtzee!				9:30 Get Fit! (MC) 10:00 BINGO (MC) 11:30 Brain Games (AR) 1:30 Yahtzee! (MC) 3:00 Racko! (AR) 3:45 Wii Bowling	9:30 Nature Walk 10:00 Shopping @ Dollar Tree 1:30 Yahtzee! (AR) 2:30 BINGO (AL) 3:30 Ladies Tea Time (MC) 3:30 Men's Model Club 6:30 Checkers	9:30 Get Fit 10:00 Scenic Drive 1:30 Olympic History*(MC) 2:00 Mr. Tuxedo Live! 3:30 Travel the world*(MC) 4:00 Scrabble	9:30 Nature Walk 10:00 BINGO (MC) 1:30 Chinese New Years Celebration Craft 2:30 Chinese Taste 3:00 Chinese Trivia 4:00 Family Feud (MC)	9:30 Chair Dancing 10:00 BINGO (AL) 11:15 Brain Games 1:00 Wii Golf 2:30 Bible Study w/ Pastor Ott 3:15 Yahtzee (MC) 4:00 Wine and Cheese	9:30 Daily News &Coffee 10:30 Nature Walk 1:00 Yahtzee 2:00 Men's Model Club 3:30 10,000 Dice Game 6:00 Saturday Night Movie	
18				19 <u>Presidents' Day!</u>	20	21 <u>Hairdresser Day</u>	22	23	24	
10:00 UNO! (MC) 11:00 Word Search 1:30 Po-Ke-No 2:00 Bible Study w/Shirley 2:30 Racko! 3:30 Yahtzee				9:30 Get Fit! (MC) 10:00 BINGO (MC) 11:30 Brain Games (AR) 1:30 Yahtzee! (MC) 3:00 Racko! (AR) 3:45 Wii Bowling	9:30 Nature Walk 10:00 Shopping @ Walmart 1:30 Yahtzee 2:30 BINGO (AL) 3:30 Ladies Tea Time (MC) 3:30 Men's Model Club 6:30 Checkers	9:30 Manicures 11:30 Lunch Outing to Denny's 1:30 Po-Ke-No 2:30 Painting w/ Darla (AR) 4:00 Happy Hour 6:00 Movie & Popcorn	9:30 Nature Walk 10:00 Scenic Drive 1:30 Wii Bowling 2:00 Birthday Party! Live music by Red Rock West 3:00 BINGO (MC) 4:00 Racko!	9:30 Chair Dancing 10:00 BINGO (AL) 11:15 Brain Games 1:00 Wii Golf 2:30 Bible Study w/ Pastor Ott 3:15 Yahtzee (MC) 4:00 Wine and Cheese	9:30 Daily News &Coffee 10:30 Tech Corner 1:00 Yahtzee 2:30 Choir Music (MC) 3:30 10,000 Dice Game 6:00 Saturday Night Movie	
25				26	27	28 <u>Hairdresser Day</u>				
10:00 UNO! (MC) 11:00 Word Search 1:30 Po-Ke-No 2:00 Bible Study w/ Shirley 2:30 Racko! 3:30 Yahtzee!				9:30 Get Fit! (MC) 10:00 BINGO (MC) 11:30 Brain Games (AR) 1:30 Yahtzee! (MC) 3:00 Racko! (AR) 3:45 Wii Bowling	9:30 Nature Walk 10:00 Shopping @ Goodwill 1:30 Yahtzee 2:30 BINGO (AL) 3:30 Ladies Tea Time (MC) 3:30 Men's Model Club 6:30 Checkers	9:30 Get Fit! (MC) 10:00 Library Outing 1:30 Craft 2:00 Performing Live! Bob & His Guitar (MC) 4:00 Happy Hour 6:00 Movie & Popcorn				

February 2018

Memory Care

Emerald Gardens
1890 Newberg Hwy
Woodburn, Or 97071
503-982-4000

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<i>February Birthdays</i>					
	Yaret	12th				
	Chela	16th				
	Roel	17th				
	Valentina	20th				
				1 9:30 Nature Walk 10:00 Scenic Drive 11:00 Crossword Puzzles 1:30 Hangman* 2:00 Ice Cream Social 3:00 BINGO 4:00 Family Feud*	2 <u>National Wear Red Day</u> 9:30 Chair Dancing* 10:00 BINGO (AL) 1:30 Coloring Hour 2:30 Bible Study w/ Pastor Ott 3:00 Snack & Hydration 3:15 Yahtzee 4:30 Music from the 60's	3 9:30 Word Search 10:00 Morning Movie 1:30 UNO! 2:00 Live Music by Rachel! 3:00 Andy Griffith Show 3:30 Music Therapy* 6:30 Build a Puzzle
4 <u>Superbowl Sunday!</u> 10:00 UNO! 11:00 Word Search 1:30 Coloring Hour 2:30 The Andy Griffith Show 3:00 Kick-Off to the Super Bowl! Game @ 3:30pm	5 9:30 Get Fit!* 10:00 BINGO 11:15 Snack & Hydration 1:30 Yahtzee! 3:00 Family Feud Game!* 3:30 Snack Time 6:30 Build a Puzzle*	6 9:30 Sit & Be Fit* 10:00 Morning Movie 1:30 Crafts 2:30 BINGO (AL) 3:30 Ladies Tea Time 4:00 Matching Game!*	7 9:30 Chair Yoga* 10:00 Word Search Puzzles 1:30 UNO! 2:30 Scenic Drive 3:00 Snack & Hydration 3:30 Coin Bankers* 4:30 Music Therapy*	8 9:30 Nature Walk 10:00 Coloring Hour 11:00 Crossword Puzzles 1:30 Hangman* 2:00 Ice Cream Social 3:00 BINGO 4:00 Family Feud*	9 9:30 Chair Dancing* 10:00 BINGO (AL) 1:30 Coloring Hour 2:30 Bible Study w/ Pastor Ott 3:00 Snack & Hydration 3:15 Yahtzee 4:30 Music from the 60's	10 9:30 Word Search 10:00 Morning Movie 1:30 UNO! 2:30 Snack Time 3:00 Andy Griffith Show 3:30 Music Therapy* 6:30 Build a Puzzle
11 10:00 UNO! 1:30 Po-Ke-No 1:30 Coloring Hour 2:30 Church Service 3:15 Hymns 3:45 Word Search	12 9:30 Get Fit!* 10:00 BINGO 11:15 Snack & Hydration 1:30 Yahtzee! 3:00 Family Feud Game!* 3:30 Snack Time 6:30 Build a Puzzle*	13 9:30 Sit & Be Fit* 10:00 Shopping @ Dollar Tree 1:30 Crafts 2:30 BINGO (AL) 3:30 Ladies Tea Time 4:00 Matching Game!*	14 <u>Valentine's Day!</u> <u>Hairdresser Day</u> 9:30 Manicures 10:00 Scenic Drive 1:30 Olympic History* 2:00 Live Music by Mr. Tuxedo! 3:30 Travel the World* 4:30 Music Therapy*	15 9:30 Nature Walk 10:00 BINGO 1:30 Chinese New Years Celebration Craft 2:30 Chinese Taste 3:00 Chinese Trivia 4:00 Family Feud*	16 9:30 Chair Dancing* 10:00 BINGO (AL) 1:30 Coloring Hour 2:30 Bible Study w/ Pastor Ott 3:00 Snack & Hydration 3:15 Yahtzee 4:30 Music from the 60's	17 9:30 Word Search 10:00 Morning Movie 1:30 UNO! 2:30 Snack Time 3:00 Andy Griffith Show 3:30 Music Therapy* 6:30 Build a Puzzle
18 10:00 UNO! 11:00 Word Search 1:30 Coloring Hour 1:30 Po-Ke-No! 2:30 The Andy Griffith Show 3:30 Yahtzee (AR)	19 <u>Presidents' Day!</u> 9:30 Get Fit!* 10:00 BINGO 11:15 Snack & Hydration 1:30 Yahtzee! 3:00 Family Feud Game* 3:30 Snack Time 6:30 Build a Puzzle*	20 9:30 Sit & Be Fit* 10:00 Morning Movie 1:30 Crafts 2:30 BINGO (AL) 3:30 Ladies Tea Time 4:00 Matching Game!*	21 9:30 Chair Yoga* 10:00 Word Search Puzzles 11:30 Lunch @ Denny's 1:30 UNO! 2:30 Coloring Hour 3:00 Snack & Hydration 3:30 Coin Bankers*	22 9:30 Nature Walk 10:00 Scenic Drive 11:00 Crossword Puzzles 1:30 Hangman* 2:00 February Birthday Party w/ Music by Red Rock West! 3:00 BINGO	23 9:30 Chair Dancing* 10:00 BINGO (AL) 1:30 Coloring Hour 2:30 Bible Study w/ Pastor Ott 3:00 Snack & Hydration 3:15 Yahtzee 4:30 Music from the 60's	24 9:30 Word Search 10:00 Morning Movie 1:30 UNO! 2:30 Choir Music 3:00 Andy Griffith Show 3:30 Music Therapy* 6:30 Build a Puzzle
25 10:00 UNO 11:00 Word Search 1:30 Coloring Hour 1:30 Po-Ke-No 2:30 The Andy Griffith Show 3:30 Yahtzee (AR)	26 9:30 Get Fit!* 10:00 BINGO 11:15 Snack & Hydration 1:30 Yahtzee! 3:00 Family Feud Game!* 3:30 Snack Time 6:30 Build a Puzzle*	27 9:30 Sit & Be Fit* 10:00 Morning Movie 10:00 Shopping @ Goodwill 1:30 Crafts 2:30 BINGO (AL) 3:30 Ladies Tea Time 4:00 Matching Game!*	28 9:30 Manicures 10:30 Snack & Hydration 1:30 UNO! 2:00 Performing Live! Bob & His Guitar 3:30 Coin Bankers* 4:30 Music Therapy*			