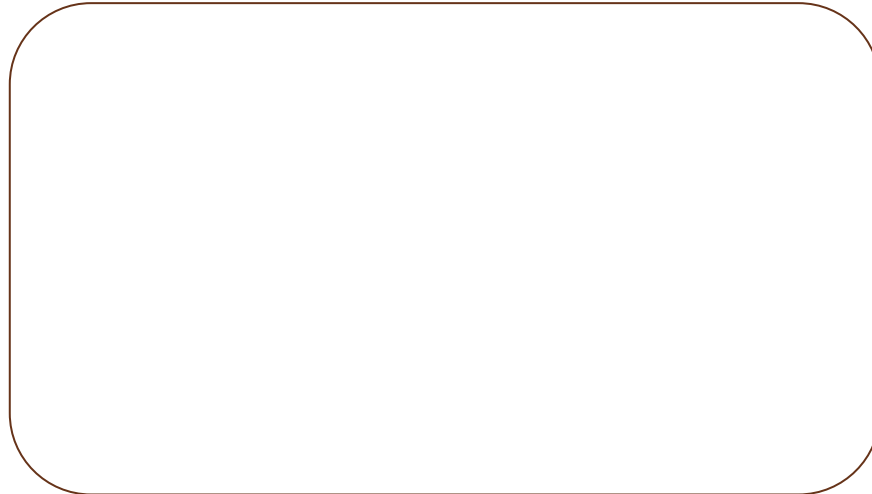


STAMP
 HERE



Administrative Team:

Jessica Penland
 Executive Director
Sandy Abt
 Community Relations Director
Rosa Valencia
 Resident Care Coordinator
Rhonda Todd
 Business Office Manager
Jessica Comerford
 Registered Nurse
Nathan Turner
 Dietary Director
Roel Garza
 Maintenance Director
Maria Sanchez
 Activities Director

Contact us at:
503-982-4000

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



Emerald Gardens

Emerald Gardens Assisted & Memory Care Newsletter



P2 - 5 Physical Therapy
 Benefits
 P3 - Team Member/
 Resident of the Month
 P4/5 - Activities Calendar MC
 P6 - Birthdays, Highlights,
 Social Media, Safety
 P7 - Photos, Autumn
 Funnies
 P8 - Mission, Team

October 2018 Edition

5 Benefits of Physical Therapy



Learn more on physical therapy in our blog online!

Physical therapy is more than just therapy for injuries. For seniors, physical therapists can encourage more physical activity and help with arthritis, osteoporosis, dementia, and balance challenges. That’s hardly where physical therapy services end however; there are many reasons to seek it out for healthy living!

***Note:** Each individual should follow the advice of their medical professionals and speak with them before making changes to diet, exercise, or supplements. This article is for informational use only and should not be considered medical advice.*

Five Potential Benefits of Physical Therapy:

- 1. **Improved Movement:** Physical therapists can identify, diagnose, and treat movement challenges.
- 2. **Pain Relief or Prevention:** Physical therapy can provide long-term pain solutions with techniques like exercises, joint and soft tissue mobilization, ice/heat therapy, ultrasound, and electrical stimulation for relief and/or restoring function.
- 3. **Management of Issues Associated with Diabetes:** Physical therapists can help

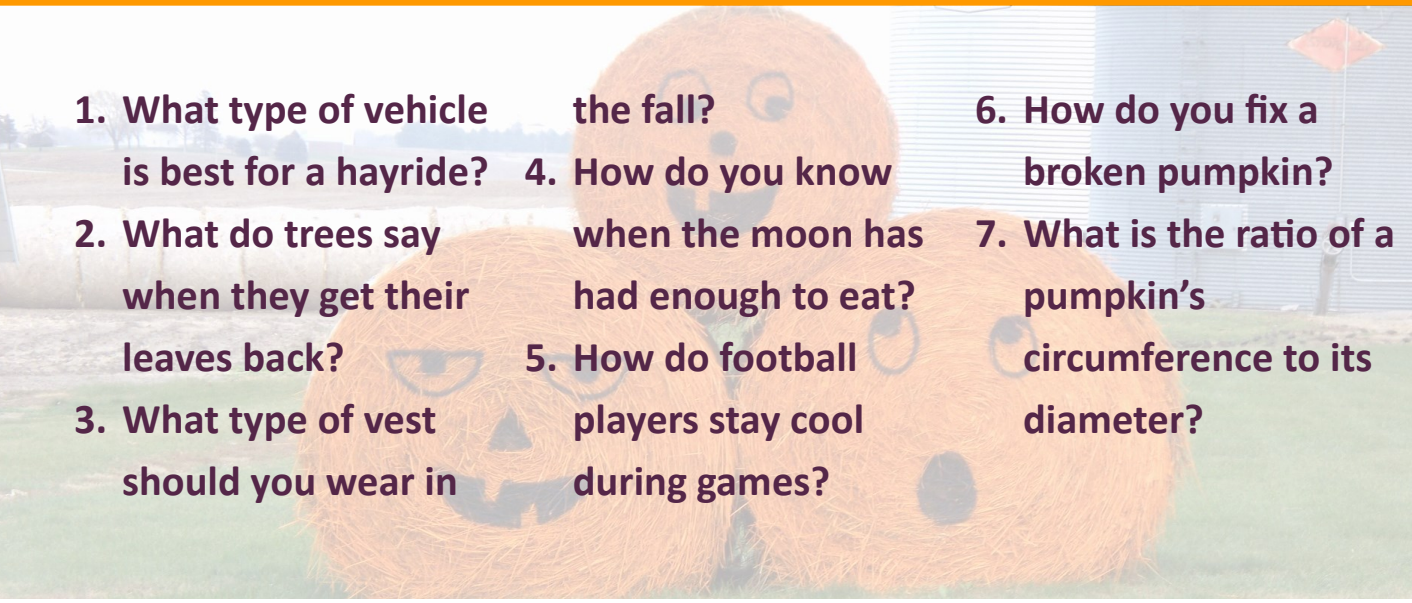
- 4. **Management of Issues Associated with Aging:** Physical Therapists may be able to help with managing arthritis, back pain, osteoporosis and or recovering from procedures like joint replacements. They may also be able to help prevent or recover from falls with strengthening and balance exercises.
- 5. **Strengthening After a Stroke:** Physical therapists can help clients improve function and balance with therapies such as Constraint-Induced Movement Therapy, functional electrical stimulation, and motor imagery among others.

These are just five potential benefits of physical therapy. There are so many more! For those who haven’t tried physical therapy, but are interested, a great first step would be to reach out to a local physical therapist clinic and speak to them about how they might be able to play a positive role in healthy living.

Great photography is about depth of feeling, not depth of field.” -Peter Adams



Fall Funnies (answers on page 6)



- 1. What type of vehicle is best for a hayride?
- 2. What do trees say when they get their leaves back?
- 3. What type of vest should you wear in the fall?
- 4. How do you know when the moon has had enough to eat?
- 5. How do football players stay cool during games?
- 6. How do you fix a broken pumpkin?
- 7. What is the ratio of a pumpkin’s circumference to its diameter?

October Highlights

October 1: Fall Prevention Seminar at The Senior Center @ 10:45AM

October 3: Resident Council @ 2PM

October 5: Hand Aromatherapy with Dana @ 10:45am at the fireside lounge

October 6: World Card Making Day, Make a card to send out to a loved one @ 10am

October 8: Chef Chat @ 1PM

October 11: Culture Club: Native Americans, Craft, Treats & Trivia provided @ 1:30PM

October 19: Flower Making with Pat from "Pat's Posie Patch" @ 10AM

October 25: October Birthday Party with live music by Red Rock West @ 2PM

October 26: National Pumpkin Day, Come and Enjoy some Pumpkin Treats @ 4PM

October 30: National Candy Corn Day with A hot drink during Ladies' Tea Time @ 3:30PM

October 31: Halloween! Harvest Festival from 3PM-5PM Food, Games, Prizes and More!



Follow us on Social Media:
Facebook.com/EmeraldGardensCommunity
Blog.radiantseniorliving.com
Radiantsrliving on Instagram
Radiantvoices on Instagram
RadiantSrLiving on Twitter
Pinterest.com/radiantsrliving
Radiant Senior Living on YouTube

October Birthdays!

**We hope you enjoy
your special day!**

Arleen, 10/5

Donna, 10/6

Joan, 10/7

Carol Z., 10/7

Sue, 10/10

3 Autumn Safety Tips to Remember

- 1) Make sure lit candles are not unattended at any time.
- 2) Leaves that may look dry on top could be wet and slippery underneath. Walk carefully near leaves.
- 3) Avoid AM glare with sunglasses.

Answers to the Fall Funnies on 7
 1. An autumn-mobile. 2. What a re-leaf! 3. A harvest. 4. When it's full. 5. They stand by the fans. 6. With a pumpkin patch! 7. Pumpkin pie.

Resident of the Month!

Russell

Russell was born on November 8th, 1942 in Ketchum, Idaho. He grew up with 11 siblings! Russ spent most of his childhood working. He mowed lawns, was a caddie at a golf course, and began working at a grocery store after school and on the weekend. He joined the Army National Guard in 1960 until 1968. He received a degree in Biology from Portland State University. Russell then began his career as a microbiologist. He later worked as a letter carrier for the U.S Postal Service.

Russell's hobbies include reading, collecting trains, playing games in the community, and attending church. Russell says those hobbies and his four children are what makes him happy.

**Congratulations on being recognized as
Resident of the Month!**



Team Member of the Month!

Adriana

Adriana was born in Guadalajara, Mexico. She started working at Emerald Gardens in November of last year. Her favorite hobbies include exercising, learning about healthy lifestyles, and traveling with her husband. Her favorite vacation spot is the Grand Canyon because it is so beautiful! She lived in Arizona for 27 years and has lived in Oregon for almost one year. Adriana has 5 children.

Adriana loves to help others and put a smile on peoples faces. She would like to go back to school one day and continue to help others any way she can.

**Congratulations, Adriana! Thank you for
all your hard work!**



October 2018

Emerald Gardens - Memory Care | 1890 Newberg Hwy - Woodburn, OR 97071 | 503-982-4000

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>October Birthdays</i>	1	2	3	National Taco Day 4	5	World Card Making Day 6
	9:30 Get Fit! 10:00 BINGO 11:3 iN2L Sing-a-Long 1:30 Yahtzee! 3:00 Family Feud 3:30 Snack & Hydration 3:45 Movie on iN2L	9:30 Walking Group 10:00 Morning Movie 11:30 Hand Aromatherapy 1:30 Bible Study w/ Jean 2:30 BINGO 3:30 Ladies Tea Time 4:00 Matching Game!	9:30 Bean Bag Toss 10:00 Manicures 11:30 iN2L Sing-a-Song 1:30 UNO! 2:30 Craft 3:00 Snack & Hydration 3:30 Trivia on iN2L 4:30 Music Therapy on iN2L	9:00 Walking Group 9:30 Stretch Class 10:00 Scenic Drive/ UNO! 11:00 Bubble Popper on iN2L 1:30 Crossword Puzzles 2:15 Ice Cream Social 3:00 BINGO 4:00 Family Feud on iN2L	9:30 Chair Dancing 10:00 BINGO 11:00 Aromatherapy w/ Dana 1:00 Coloring Hour 2:30 Bible Study 3:00 Snack & Hydration 3:15 UNO! 4:45 Music from the 40's	9:30 Word Search 10:00 Make A Card to Send 1:30 UNO! 2:30 Snack Time 3:00 Andy Griffith Show 3:30 Music Therapy 6:30 Build a Puzzle
Arlene 5th Donna 6th Joan 7th Carol Z 7th	7	8	9	10	11	12
10:00 UNO! 11:00 Word Search 1:00 Coloring Hour 2:00 PO-KE-NO 3:00 Racko! 4:00 Yahtzee!	9:30 Get Fit! 10:00 BINGO 11:3 iN2L Sing-a-Long 1:30 Yahtzee! 3:00 Family Feud 3:30 Snack & Hydration 3:45 Movie on iN2L	9:30 Walking Group 10:00 Shopping: Dollar Tree 1:30 Crossword Puzzles 2:00 Coloring Hour 2:30 BINGO 3:30 Ladies Tea Time 4:00 Matching Game!	9:30 Bean Bag Toss 10:00 Manicures 11:30 Lunch Outing: Abby's Pizza 1:30 UNO! 2:30 Craft 3:00 Snack & Hydration 3:30 Trivia on iN2L 4:30 Music Therapy on iN2L	9:00 Walking Group 9:30 Stretch Class 10:00 Scenic Drive/UNO! 1:30 Culture Club: Native Americans Craft, Treats, Trivia! 2:15 Ice Cream Social 3:00 BINGO 4:00 Family Feud on iN2L	9:30 Chair Dancing 10:00 BINGO 11:15 Little Rascals 1:00 Coloring Hour 2:30 Bible Study 3:00 Snack & Hydration 3:15 UNO! 4:45 Music from the 40's	9:30 Word Search 10:00 Movie 1:30 UNO! 2:30 Snack Time 3:00 Andy Griffith Show 3:30 Music Therapy 6:30 Build a Puzzle
14	15	16	17	National Chocolate Cupcake Day 18	19	20
10:00 UNO! 11:00 Word Search 1:00 Coloring Hour 2:30 Church Service 3:00 Hymns 3:30 Yahtzee!	9:30 Get Fit! 10:00 BINGO 11:3 iN2L Sing-a-Long 1:30 Yahtzee! 3:00 Family Feud 3:30 Snack & Hydration 3:45 Movie on iN2L	9:30 Walking Group 10:00 Morning Movie 11:30 Hand Aromatherapy 1:30 Bible Study w/ Jean 2:30 BINGO 3:30 Ladies Tea Time 4:00 Matching Game!	9:30 Bean Bag Toss 10:00 Outing to Bauman Farms 11:30 iN2L Sing-a-Song 1:30 UNO! 2:30 Craft 3:00 Snack & Hydration 3:30 Trivia on iN2L 4:30 Music Therapy on iN2L	9:30 Stretch Class 10:00 Scenic Drive /Morning Movie 11:00 Bubble Popper on iN2L 1:30 Crossword Puzzles 2:15 Ice Cream Social 3:00 BINGO 4:00 Family Feud on iN2L	9:30 Chair Dancing 10:00 Flower Making Craft 11:15 Little Rascals 1:00 Coloring Hour 2:30 Bible Study 3:00 UNO! 3:30 BINGO 4:45 Music from the 40's	9:30 Word Search 10:00 Movie 1:30 UNO! 2:30 Snack Time 3:00 Andy Griffith Show 3:30 Music Therapy 6:30 Build a Puzzle
21	22	23	24	25	26	27
10:00 UNO! 11:00 Word Search 1:00 Coloring Hour 2:00 PO-KE-NO 3:00 Racko! 4:00 Yahtzee!	9:30 Get Fit! 10:00 BINGO 11:3 iN2L Sing-a-Long 1:30 Yahtzee! 3:00 Family Feud 3:30 Snack & Hydration 3:45 Movie on iN2L	9:30 Walking Group 10:00 Shopping: Goodwill 1:30 Crossword Puzzles 2:00 Coloring Hour 2:30 BINGO 3:30 Ladies Tea Time 4:00 Matching Game!	9:30 Bean Bag Toss 10:00 Manicures 11:30 Lunch @ Country Cottage 1:30 UNO! 2:30 Craft 3:00 Snack & Hydration 3:30 Trivia on iN2L 4:30 Music Therapy on iN2L	9:00 Walking Group 9:30 Scenic Drive/UNO! 11:00 Bubble Popper on iN2L 11:30 Hand Aromatherapy 1:30 Crossword Puzzles 2:00 October Birthday Party w/ Live Music by Red Rock West 3:00 BINGO 4:00 Family Feud!	9:30 Chair Dancing 10:00 BINGO 11:15 Little Rascals 1:00 Coloring Hour 2:30 Bible Study 3:00 Snack & Hydration 3:15 UNO! 4:45 Music from the 40's	9:30 Word Search 10:00 Live Music by Rachel! 1:30 UNO! 2:30 Choir Music 3:00 Andy Griffith Show 3:30 Music Therapy 6:30 Build a Puzzle
28	29	30	Halloween! 31			
10:00 UNO! 11:00 Word Search 1:00 Coloring Hour 2:00 PO-KE-NO 3:00 Racko! 4:00 Yahtzee!	9:30 Get Fit! 10:00 BINGO 11:30 iN2L Sing-a-Long 1:30 Yahtzee! 3:00 Family Feud 3:30 Snack & Hydration 3:45 Movie on iN2L	9:30 Walking Group 10:00 Shopping: Dollar General 11:30 Hand Aromatherapy 1:30 Bible Study w/ Jean 2:30 BINGO 3:30 Ladies Tea Time 4:00 Matching Game!	9:30 Bean Bag Toss 10:00 Manicures 11:30 iN2L Sing-a-Song 1:30 Yahtzee! 3:00 -5:00 Harvest Festival! Food, Games, Prizes, and More!			

October 2018

Emerald Gardens - Assisted Living | 1890 Newberg Hwy - Woodburn, OR 97071 | 503-982-4000

Sun				Mon	Tue	Wed	Thu	Fri	Sat
October Birthdays				1	2	3	National Taco Day 4	5	World Card Making Day 6
Bonnie	4th	Rhonda	18th	9:30 Get Fit 10:00  10:45 Fall Prevention Seminar 11:30 Brain Games 1:30 Yahtzee 2:30 Racko! 3:45 Wii Bowling	9:30 Morning Walk 10:00 Shopping @ Walmart 1:30 Bible Study w/ Jean 2:30  3:30 Ladies Tea Time 4:00 Pictionary	9:30 Bean Bag Baseball 10:00 Manicures 1:30 Craft Club 2:00 Resident Council 3:00 Po-Ke-No 4:00 Happy Hour	9:30 Stretch Class (MC) 10:00 Scenic Drive/UNO 11:30 Sing-A-Long 1:30 Wii Bowling 2:15 Ice-Cream Social 3:00  4:00 Racko!	10:00  10:45 Aromatherapy w/ Dana 1:30 Wii Golf 2:30 Bible Study w/ Pastor Ott 3:15 UNO! (MC) 4:00 Wine & Cheese 6:00 Friday Night Movie	10:00 Make A Card to Send 10:30 UNO! 11:30 Tech Corner 1:30 Brain Games 2:30 Pinochle 3:30 Yahtzee 6:00 Dominos
Ashley	5th	Zina	25th						
Kevin	10th	Rosa	31st						
Sue	10th								
10:00 UNO! 11:00 Word Search 1:00 Coloring Hour 2:00 PO-KE-NO 3:00 Racko! 4:00 Yahtzee!				Columbus Day 8 9:30 Get Fit 10:00  11:30 Brain Games 1:00 Chef Chat 2:30 Racko! 3:45 Wii Bowling 6:00 Dominos	9:30 Stretch Class (MC) 10:00 Shopping @ Dollar Tree 1:30 Racko! 2:30  3:30 Ladies Tea Time 4:00 Pinochle	9:30 Bean Bag Baseball 10:00 Manicures 11:15 Lunch Outing: Abby's 1:30 Yahtzee 2:30 Racko! 3:00 Po-Ke-No 4:00 Happy Hour	9:15 Coffee Hour @ SE 10:00 Scenic Drive/UNO 11:30 Sing-A-Long 1:30 Culture Club: Native Americans, Craft, Treats & Trivia 3:00  4:00 Racko!	10:00  11:15 Brain Games 1:30 Wii Golf 2:30 Bible Study w/ Pastor Ott 3:15 UNO! (MC) 4:00 Donuts & Milk 6:00 Friday Night Movie	10:00 News & Coffee 10:30 UNO! 1:30 Brain Games 2:30 Racko! 3:30 Yahtzee 6:00 Evening Movie
10:00 UNO! 11:00 Word Search 1:00 Coloring Hour 2:30 Church Service 3:00 Hymns 4:00 Yahtzee!				14 9:30 Get Fit 10:00  11:30 Brain Games 1:30 Yahtzee 2:30 Racko! 3:45 Wii Bowling 6:00 Dominos	15 9:30 Morning Walk 10:00 Shopping: Walmart 1:30 Bible Study w/ Jean 2:30  3:30 Ladies Tea Time 4:00 Pictionary	16 9:30 Bean Bag Baseball 10:00 Bauman's Farm 1:30 Po-Ke-No 2:30 Painting w/ Darla 3:30 Manicures 4:00 Racko! 6:00 Dominos	National Chocolate Cupcake Day 17 9:30 Stretch Class (MC) 10:00 Scenic Drive 11:30 Sing-A-Long 1:30 Wii Bowling 2:15 Ice-Cream Social 3:00  4:00 Racko!	18 10:00 Flower Making Craft 11:15 Brain Games 1:30 Wii Golf 2:30 Bible Study w/ Pastor Ott 3:00 UNO! (MC) 3:30  6:00 Friday Night Movie	19 10:00 News & Coffee 10:30 UNO! 11:30 Tech Corner 1:30 Brain Games 2:30 Pinochle 3:30 Yahtzee 6:00 Dominos
10:00 UNO! 11:00 Word Search 1:00 Coloring Hour 2:00 PO-KE-NO 3:00 Racko! 4:00 Yahtzee!				21 9:30 Get Fit 10:00  11:30 Brain Games 1:30 Yahtzee 2:30 Racko! 3:45 Wii Bowling 6:00 Dominos	Boston Cream Pie Day 22 9:30 Stretch Class (MC) 10:00 Shopping: Goodwill 1:30 Racko! 2:30  3:30 Ladies Tea Time 4:00 Pinochle	23 9:30 Bean Bag Baseball 10:00 Manicures 11:15 Lunch Outing: Country Cottage @ SE 1:30 Crafting Club 2:30 Po-Ke-No 4:00 Happy Hour	24 9:15 Coffee Hour @ SE 10:00 Scenic Drive/UNO 1:30 Wii Bowling 2:00 Birthday Party w/ Live Music by Red Rock West! 3:00  4:00 Racko!	National Pumpkin Day 25 10:00  11:15 Brain Games 1:30 Wii Golf 2:30 Bible Study w/ Pastor Ott 3:15 UNO! (MC) 4:00 Pumpkin Taste! 6:00 Friday Night Movie	26 10:00 Rachel V. Music 11:00 Brain Games 1:30 UNO! 2:30 Choir Music (MC) 3:30 Racko! 6:00 Evening Movie
10:00 UNO! 11:00 Word Search 1:00 Coloring Hour 2:00 PO-KE-NO 3:00 Racko! 4:00 Yahtzee!				28 9:30 Get Fit 10:00  11:30 Brain Games 1:30 Yahtzee 2:30 Racko! 3:45 Wii Bowling 6:00 Dominos	29 9:30 Morning Walk 10:00 Shopping: Dollar General 1:30 Bible Study w/ Jean 2:30  3:30 Ladies Tea Time 4:00 Pictionary	30 9:30 Bean Bag Baseball 10:00 Manicures 11:00 Racko 1:30Yahtzee 3:00 - 5:00 Harvest Festival! Food, Games, Prizes, and More!			