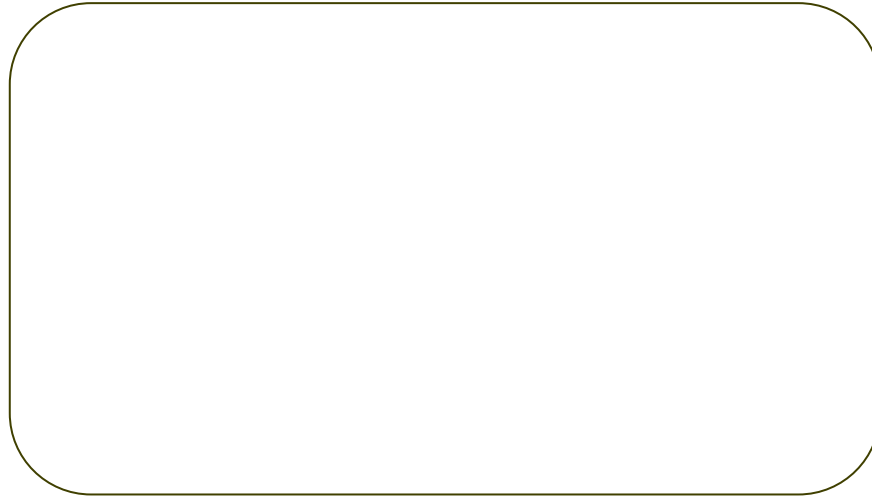


STAMP  
HERE



**Administrative Team:**

**Jessica Penland**  
Executive Director  
**Sandy Abt**  
Community Relations Director  
**Rosa Valencia**  
Wellness Coordinator  
**Alissa Olson**  
Wellness Coordinator  
**Rhonda Todd**  
Business Office Director  
**Jessica Comerford**  
Wellness Nurse  
**Nathaniel Turner**  
Dining Service Director  
**Roel Garza**  
Maintenance Director  
**Maria Sanchez**  
Life Enrichment 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 News

## Assisted & Memory Care Newsletter



P2 Flu Prevention Steps for Seniors  
P3 Team Member/Resident of the Month  
P4/P5 Activities Calendar AL

P6 Birthdays, Highlights, Social Media  
P7 Photos, The Best Dish  
P8 Mission, Team

## November 2018 Edition



# Flu Prevention Steps for Seniors

It's that time of year again! The leaves are falling and the air has a chill that gets us excited about wearing our sweaters and coats.

Unfortunately, it's also when the flu virus begins to make its rounds—and it typically continues through February.

People of all ages and walks of life can catch the flu, but those over 65 or at home in senior living communities are among those particularly at risk for flu-related complications like pneumonia, bronchitis, and sinusitis.

The good news is seniors can take actions to avoid the flu—the best of which, for many, is getting an annual flu shot early in flu season. It takes two weeks to become fully effective.

Those who wish to get the flu shot should consult their medical professionals, disclose allergies to them, and not consider this article medical advice. Those with a history of Guillain-Barré Syndrome should not get the shot, per the CDC.

Seniors can certainly benefit from learning about flu and, thus, avoid coming into contact with it or spreading it. The flu is a contagious respiratory illness brought on by influenza viruses A,B,C, and D, which infect the nose,



throat, and lungs. Flu is believed to spread through tiny droplets when people with flu cough, sneeze, or talk. The droplets can transfer to mouths or noses of those nearby or reach a surface (and live there for two hours or more) that another person may touch and transfer to their own mouth, nose, or eyes.

People with flu are most contagious in the first three to four days after their

illness starts, and they can pass it to another person before or while knowing they are sick. The time between exposure and infection is usually two days, but can be one to four.

Best practices for preventing the flu, in addition to those previously mentioned, include

avoiding close contact with others who are sick; covering mouth and nose with a tissue when coughing or sneezing; washing hands with soap and warm water for 15 to 20 seconds, several times a day, and definitely after coughing or sneezing; sanitizing hands if water is not available; and avoiding contact with eyes, nose, and mouth.

For more information, please visit [CDC.gov](https://www.cdc.gov).

## Differences Between a Flu and a Cold

**Flu is fast-coming and usually brings on fever, chills, cough, body aches, headaches, and tiredness. Flu only sometimes includes sneezing, sore throat, and/or stuffy nose. Flu can be tested for, and antiviral drugs do exist for it.**

**A cold brings gradual effects including a runny or stuffy nose, chest discomfort, a cough, sore throat, sneezing, and sometimes fatigue and aches. Colds do not often bring chills, fever, or headaches. (CDC)**

**“When I say I want to photograph someone, what it really means is that I’d like to know them.” - Annie Leibovitz**



## The Best Autumn Dish

**We asked around, “What’s the best autumn dish?”**

**“Apple and Pumpkin Pie”**  
- Velma

**“Grilled Chicken! The whole Chicken!”**  
- Virginia

**“Minced Meat Pie”**  
-Phyllis

**“Greenbean Casserole”**  
- Dania/Bonnie

**“Posole and Tamales”**  
- Rose



# November Highlights

**November 1:** Activities Meeting @ 4pm  
**November 2:** Hand Aromatherapy with Dana @ 10:45am in the Fireside Lounge  
**November 5:** Chef Chat @ 1pm, AL Dining Room  
**November 6:** Elk Tour @ Rosse Posse Acres in Molalla @ 1pm (Leaving @ 12:15)  
**November 9:** Veteran’s Pinning Ceremony @ 2pm Presented by Serenity Hospice  
**November 11:** Veteran’s Day  
**November 14:** Painting with Darla @ 2:30pm  
**November 15:** Culture Club: Argentina Enjoy some Crafts, Treats and Trivia!  
**November 17:** Thanksgiving Day Lunch @ 12pm  
**November 22:** Macy’s Thanksgiving Day Parade @ 9:00am on the Upstairs T.V Room  
**November 23:** Civil War Game: Kick-Off @ 1:00pm Ducks vs Beavers (viewing upstairs)  
**November 29:** November Birthday Party @ 2:00pm with Live Music by Red Rock West!

Welcome Your New Wellness Coordinator

Alissa Olson



Alissa was born in Oregon City and has been in the care field for 22 years.

She loves watching t.v shows, taking road trips and spending time with her loved ones on her days off.

The importance of family and having quality time with them is what makes her happy.

Welcome to Emerald Gardens, Alissa!

## No-Bake Peanut Butter Fudge Squares Recipe modified from All Recipes’ one

**Ingredients:**  
**1/2 cup of butter**  
**16 ounces of brown sugar**  
**1/2 cup of milk**  
**3/4 cup of peanut butter**  
**1 teaspoon of vanilla**  
**3 and 1/2 cups of confectioners sugar**



**Steps:**  
In saucepan, on medium heat, melt butter.  
Add brown sugar and milk and stir.  
Bring to a boil for two minutes while stirring.  
Move from heat.  
Mix in vanilla and peanut butter.  
Pour on top of confectioners sugar in a big mixing bowl.  
Beat together until smooth.  
Pour into a pan that is 8x8.



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[Radiantsrliving on Instagram](#)  
[Radiantvoices on Instagram](#)  
[RadiantSrLiving on Twitter](#)  
[Pinterest.com/radiantsrliving](https://www.pinterest.com/radiantsrliving)  
[Radiant Senior Living on YouTube](#)

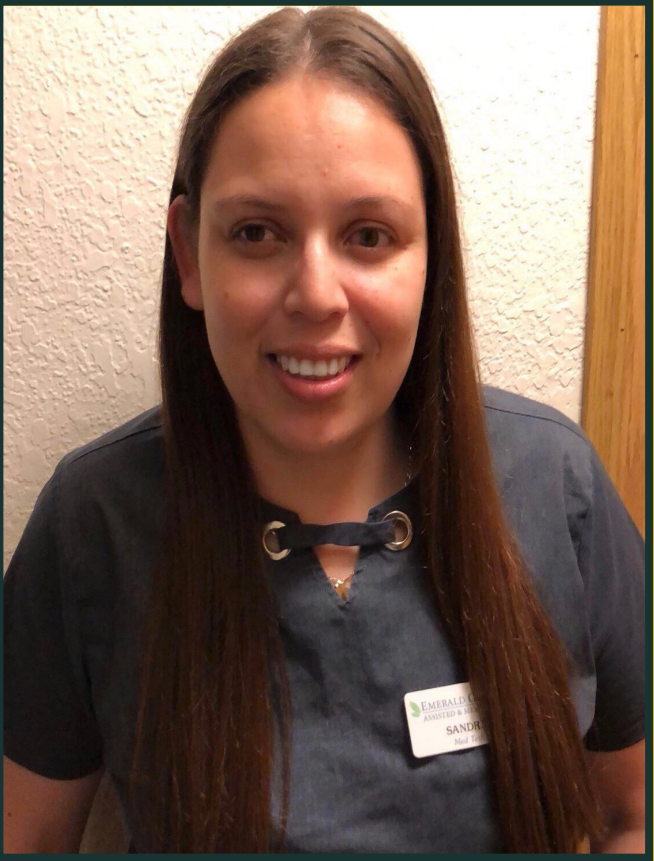
## Resident of the Month! Arlene

Arlene was born on October 5th, 1936 in Bozeman, Montana. She grew up in a small town. She had two brothers. Arlene says she had a very happy childhood. Her mother and father owned a grocery store in SE Portland.

Arlene had one son. She loved being a mom because she got to be “the boss” and her son was very nice to her. She lived in Munich, Germany for six years where she worked as an Intelligence Officer for the United States Army.

Arlene’s favorite hobbies include playing games in the community and going out on outings whenever she can. Arlene says it makes her happy to socialize with others and make people laugh.

Congratulations, Arlene! We are so glad you are part of our Radiant community!



## Team Member of the Month! Sandra

Sandra was born in Jalisco, Mexico. She started working at Emerald Gardens in October 2011. Her favorite hobbies include spending time with her family, baking all sorts of desserts, and listening to music.

Sandra has been married for 14 years. She met her husband when she was in high school. The couple have two amazing daughters, ages 12 and 15. She says seeing her family happy is what makes her happy. She is also very glad that after 12 long years, her husband is finally going to get a kidney transplant. Sandra hopes to take her family to Disneyland or Disneyworld soon.

Sandra likes working at Emerald Gardens because she enjoys making sure our residents look and feel their best and enjoys making them smile.

Congratulations, Sandra! Thank you for all your hard work!



November 2018

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat																
<div><div></div><div>HAPPY THANKSGIVING</div></div>			<div>November Birthdays</div> <table><tr><td>Dave</td><td>2nd</td><td>Maria</td><td>13th</td></tr><tr><td>Russell</td><td>8th</td><td>Maxine</td><td>22nd</td></tr><tr><td>Phyllis</td><td>20th</td><td></td><td></td></tr><tr><td>Georgia</td><td>23rd</td><td></td><td></td></tr></table>	Dave	2nd	Maria	13th	Russell	8th	Maxine	22nd	Phyllis	20th			Georgia	23rd			<div>1</div> <div>9:30 Stretch Class (MC) 10:00 Scenic Drive/Trivia* 11:30 Sing-A-Long 1:30 Wii Bowling 2:15 Ice-Cream Social 3:00 BINGO 4:00 Activities Meeting</div>	<div>2</div> <div>10:00 BINGO 10:45 Hand Aromatherapy 1:30 Wii Golf 2:30 Bible Study w/ Pastor Ott 3:15 Afternoon Walk 4:00 Wine and Cheese 6:00 Friday Night Movie</div>	<div>3</div> <div>10:00 News &amp; Coffee 10:30 UNO! (MC) 1:30 Brain Games 2:30 Pinochle 3:30 Build A Puzzle 6:00 Dominos</div>
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# November 2018

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