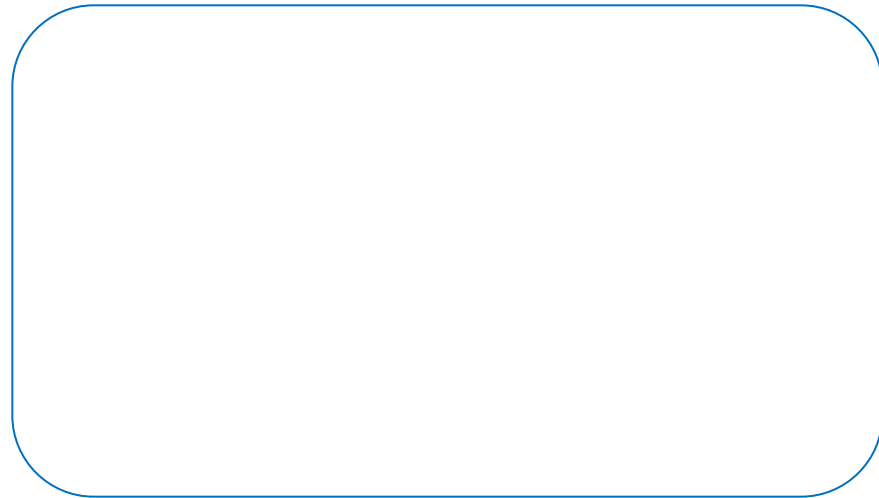


PLACE
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Administrative Team:

Jessica Penland
 Executive Director
Sandy Abt
 Community Relations Director
Rosa Valencia
 Wellness Director
Rhonda Todd
 Business Office Director
Jessica Comerford
 Wellness Nurse
Kevin Wilson
 Dining Services Director
Roel Garza
 Maintenance Director
Maria Sanchez
 Life Enrichment Director

Contact us at:
503-982-4000



Emerald Gardens News

Assisted & Memory Care Newsletter



January 2019

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- 3 • Highlighted Resident & Team Member
- 4 - 5 • Activities Calendar: Assisted Living
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- 7 • Special Moments & Favorite Art Styles
- 8 • Mission, Team, Contact Us

Life-Changing New Year's Resolutions

Setting New Year's resolutions is pretty easy, but sticking to them can be a challenge. For extra incentive to follow through on goals in 2019, check out these big-reward resolutions!

Take a Daily "Me Moment" to Breathe

Every day, make time (even if it is one actual minute) to connect with yourself. Close your eyes, sit up straight, relax your body, and breathe in through your nose and out deeply through your mouth. You'll feel the benefits instantly.

Become an Active Listener

For this one, you do yourself a favor and the person with whom you're conversing. Maintain eye contact, really hear what the other person is saying, and think before responding. Your conversations will become much more meaningful.

Only Apologize When it's Appropriate

People of all ages and walks of life can struggle with apologizing when another word or phrase would better communicate a feeling. Examples: pardon me, excuse me, thank you, that sounds very difficult, how frustrating, I would prefer, might I suggest...Doing so can raise self-esteem and help with communication.

Reach Out to a Friend

In certain instances, distance or time can put



wedges into relationships. Other times, they don't, but we perceive that they have! Take the first step and reach out to a friend with a note or a call to let them know you care, are there for them, or that you miss them.

Thoughtfully Avoid Judging Others

Sometimes, people judge things or actions without even realizing it. Try to change your thought process if you start to judge. It will make you more empathetic and

understanding, and can improve relationships.

Avoid Looking at Screens Before Bedtime

This one is a challenge. It's hard for many to disconnect, but doing so can vastly improve how fast you are able to get to sleep, and your sleep quality. Try some reading before bed if you need to busy your mind.

Take a Daily Walk

Taking a walk every day can improve overall health and well-being. It can be as simple as you want and may just brighten your day.

Share Your Knowledge or a Skill

People often have the resolution to learn a new skill, but how about teaching one? Everyone has their areas of expertise and what could be nicer than sharing them for free with those who would like to learn?!

Let us know your resolutions! We will post them in the newsletter next month!

Special Moments



What type of creative outlet or artist most inspires you?

"Singers/Musicians"

-Linda

"Monet, Manet, Georgia O'Keeffe, Frida Kahlo"

-Catherine

"Ellen DeGeneres"

- Yuri

"Frida Kahlo"

- Rosa

"Rappers/Poets"

- Maria



January Highlights

- 1 New Year's Day

4 Hand Aromatherapy with Dana @ 10:45

4 Spaghetti Day / Trivia Day

9 Resident Council @ 1:30 in Dining Room

11 Elvis Live! Live Music @ 2:30

13 Church Service @ 2:30 in MC

15 Strawberry Ice Cream Day Social @ 2:15 in MC Dining Room

16 Painting 101 with Darla @ 2:30

17 Culture Club: India @ 1:30 in MC

19 National Popcorn Day: Poppin' Into 2019! Popcorn Tasting @ 3:30

21 Martin Luther King Jr. Day

24 Peanut Butter Day. Enjoy PB (and Jelly) Sandwiches @ 10:00

24 January Birthday Party with Live Music by Red Rock West @ 2:00 in MC

25 Opposite Day!

25 National Florida Day

26 Live Music by Rachel V. @ 2:00
- 27 National Chocolate Cake Day

29 Puzzle Day! All Day Puzzle Activities

31 Inspire your Heart with the Arts Day

- We're online @
- ♦ Facebook.com/EmeraldGardensCommunity
 - ♦ Blog.radiantseniorliving.com
 - ♦ Radiantsrliving & Radiantvoices on Instagram
 - ♦ RadiantSrLiving on Twitter
 - ♦ Pinterest.com/radiantsrliving
 - ♦ Radiant Senior Living on YouTube



Chuckle of the Month:
"Plant carrots in January and you'll never have to eat carrots." - Gardening Saying

January Birthdays!



- We wish you a very Happy Birthday!**
- Tim, 1/1
 - Nellie, 1/1
 - Sandra, 1/8
 - Aldo, 1/29
 - Jessica C., 1/31

Resident of the Month! Nella

Nella was born in the Netherlands. She was raised in a big city with her two sisters. Her father owned a car business and her mother stayed home to care for the children. Nella says her mother was a great cook and learned a lot from watching her.

Nella was a good student and always tried her best in school. She worked in an office-type setting as a typist. She got married in her 20's and had two children. She is now married to Charlie and they have been married for 10 years!

Her hobbies include cooking, gardening, reading and dancing. She loves animals, especially dogs. She enjoys playing Bingo and Trivia Games.

Congratulations Nella! We are so glad you are part of our Radiant Community!



Team Member of the Month!

Yaret



Yaret was born in Silverton, Oregon. She started working at Emerald Gardens in August 2017. Her favorite hobbies are shopping, spending time with her family, and going on adventures. Yaret also loves to sing and she loves hitting the high notes!

Yaret says seeing other people happy and spending time with her loved ones is what makes her happy. She likes working at Emerald Gardens because she loves interacting with our residents and being part of their lives. She enjoys helping in any way she can.

Congratulations, Yaret! Thank you for all you do!

January 2019

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Sun	Mon	Tue	Wed	Thu	Fri	Sat																				
<div></div>		<div>New Years Day!1</div> <div>9:30 Stretch Class</div> <div>10:00 BINGO</div> <div>1:30 NY's Word Search</div> <div>2:30 Ladies Tea Time</div> <div>3:00 Movie Matinee</div> <div>4:00 Scrabble/Checkers</div> <div>6:00 Tic-Tac-Toe Challenge</div>	<div>2</div> <div>9:30 Manicures</div> <div>10:30 Po-Ke-No</div> <div>1:30 Walmart</div> <div>3:00 Scrapbooking Club</div> <div>4:00 Happy Hour</div> <div>6:00 Dominos</div>	<div>3</div> <div>9:30 Get Fit on iN2L</div> <div>10:00 Scenic Drive</div> <div>10:30 Crossword Puzzles*</div> <div>1:30 Wii Bowling</div> <div>2:15 Ice-Cream Social</div> <div>3:00 BINGO</div> <div>4:15 Rummikub</div>	<div>Spaghetti Day!4</div> <div>10:00 BINGO</div> <div>10:45 Hand Aromatherapy</div> <div>1:30 Wii Golf</div> <div>2:30 Bible Study</div> <div>3:15 Brain Aerobics</div> <div>4:00 Wine & Cheese</div> <div>6:00 Friday Night Movie</div>	<div>5</div> <div>9:30 News & Coffee</div> <div>10:30 Chair Dancing*</div> <div>1:30 Card Game: Speed</div> <div>2:30 Brain Teasers</div> <div>3:30 Red Robin Reading</div> <div>6:00 Western Movie</div>																				
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January 2019

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<div>HAPPY New Year</div>		1 9:30 Stretch Class 10:00 BINGO (AL) 1:30 Coloring Hour 2:30 Ladies Tea Time 3:30 New Years Word Search 4:30 Karaoke on iN2L	2 9:30 Manicures 10:30 Morning Movie 11:30 Sing w/Susie Q 2:00 Crafts 4:00 Piggy Bankers 4:30 50's Music	3 9:30 Stretch Class 10:00 Scenic Drive 10:15 Crossword Puzzles* 1:30 Bubble Popper 2:15 Ice Cream Social 3:00 BINGO 4:00 Family Feud on iN2L	4 Spaghetti Day 9:30 Chair Dancing 10:00 BINGO 11:15 Hand Aromatherapy 1:00 Coloring Hour 2:30 Bible Study 3:00 Snack & Hydration 3:15 Casino Games	5 9:30 Word Search 10:00 Chair Volleyball 1:30 Afternoon Movie 2:30 Snack Time 3:00 Andy Griffith Show 3:30 Funny Pets 6:30 Build a Puzzle																				
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