

Stamp  
 Here



**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**

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



# Emerald Gardens News

Assisted & Memory Care Newsletter



February 2019

2 Heart Healthy Living  
 3 Resident & Team Spotlight  
 4/5 Activities Calendar AL

6 Highlights, Social Media, Birthdays  
 7 Special Moments & Acts of Kindness  
 8 Mission & Team



# Show Yourself Some Love: Prioritize Heart Health

The month of cupid, candy, and hearts isn't just about love, but also about showing yourself you care by prioritizing your heart health. February has been associated with hearts since Valentines were mass produced in the United States in 1847. In addition, since 1963, February has also been designated American Heart Month in the U.S.

In his Proclamation 3566, former President Lyndon B. Johnson called out a "nationwide problem of heart and blood-vessel diseases" and urged citizens to support programs toward a solution to the problem of heart disease.

Heart disease can be fought. The first step is knowing risks that lead to poor heart health, which include: high blood pressure, high cholesterol, smoking, diabetes, obesity, being overweight, following a poor diet, physical inactivity, and excessive alcohol use.

In addition to quitting smoking and decreasing excessive alcohol consumption, actions can be taken to reduce such risks.

## Get Active

Getting out for a daily walk is not only good for mental health and weight management, but also for heart health! The World Health Organizations says adults over 65 should do at least 150 minutes of moderate-intensity aerobic physical activity



each week—That's just around 20 minutes per day! Aerobic activity should be done in bouts of at least 10 minutes.

## Eat Better

Is the way to your heart through your stomach? The Mayo Clinic recommends eating more vegetables and

fruits as they have substances that may help cardiovascular health. They also recommend whole grains such as whole-grain bread and high-fiber cereals. Monitoring sodium is also important. Items high in salt include tomato juice, soy sauce, and many prepared foods.

## Manage Cholesterol

Getting active and eating better will go a long way in helping you achieve this final suggestion for better heart health, managing cholesterol! The first step in improving cholesterol is to seek out a medical professional to find your levels for both cholesterol types. If your bad cholesterol (LDL) is high, make sure to have a health professional help you to monitor it.

Give yourself a Valentine this February with a commitment to improving your overall heart health!

**Note:** Each individual should follow their medical professional or doctor's advice and speak with them before making diet or exercise changes.

# Special Moments



# The Sweetest Acts of Kindness We've Seen

"Staff bringing in their puppies for residents to enjoy"

-Roel

"Seeing others do charity work at a homeless shelter in Portland"

- Eredani

February 17 celebrates Random Acts of Kindness!

"A younger person holding the door open for an older person"

-Catherine

"A lot of people pushing me in my wheelchair when I am stuck"

- Sue

"Myself! I donated some new nail polishes with a nail dryer to the Activity Department"

- Yuri

"Seeing the way Rudy is with others residents everyday!"

- Rhonda



# February Highlights

- 1 Wear **Red** Day
- 1 Hand Aromatherapy with Dana
- 2 Ground Hog Day
- 3 Chef Chat in Dining Room
- 3 Superbowl Party! Kick-off @ 3:30
- 4-8 Pride in Food Service Week
- 5 Chinese New Year
- 6 Resident Council @ 1:30
- 7 **“Just a Hunk, a Hunk of Burning Love” Valentine’s Day Party @ 2:30 in the AL Dining Room**
- 12 Abraham Lincoln’s Birthday
- 13 Activities Meeting @ 3:30
- 14 **Valentine’s Day**
- 14 **Sweet On You Social @ 2:15**
- 17 Random Acts of Kindness Day
- 18 George Washington’s Birthday & President’s Day
- 20 Painting with Darla @ 2:30
- 21 Chili Cook Off @ 12:00

- 21 Culture Club: Japan @ 1:30
- 24 National Tortilla Chip Day
- 28 **February’s Birthday Party with Live Music by Red Rock West @ 2:00 in MC**

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

**Oh Special Wintry Days:**  
"Winter came down to our home one night  
Quietly pirouetting in on silvery-toed slippers of snow,  
And we, we were children once again."  
- Bill Morgan, Jr.

# February Birthdays!



**We wish you  
a very Happy Birthday!**



# Meet Our Culinary Team

**In Honor of Pride in Food Service Week, What is Your Favorite Dish?!**



**Kevin**

"I like to cook anything Italian. Italian food is my specialty!"



**Monica**

"My favorite food to cook is Tacos. They're easy to prepare and there's so many different kinds you can make!"



**Lauryn**

"I like to make soups the most, it's fun and you can get creative!"



**Stacey**

"My favorite dish to make is Ceviche because it's very fresh and easy to make. The secret ingredient in my cooking is always Love!"



# February 2019

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat																								
<u>Hair Dresser Days</u> *Tuesday's 1pm-5pm *Wednesday's 9am-12pm *Thursday's 9am-12pm  -Appointments can be made at the front desk.					<u>Wear Red Day</u> 1 9:45 Chair Dancing 10:00 <b>BINGO</b> 10:45 Hand Aromatherapy 1:30 Wii Golf 2:30 Bible Study (MC) 3:15 Casino Games (MC) 4:00 Wine & Cheese 6:00 Friday Night Movie	<u>Groundhog Day</u> 2 9:30 News & Coffee 10:30 Chair Dancing 1:30 Scrabble 2:30 Groundhog Trivia 3:00 Groundhog Treats 6:00 Groundhog Day Movie																								
<u>Superbowl LIII (53)</u> 3 10:00 UNO! 11:00 Word Search 1:30 Chef Chat (DR) 2:30 Po-Ke-No 3:00 Crossword Puzzles 3:30 Superbowl Party! The Patriots vs The Rams	4 10:00 <b>BINGO</b> 11:00 Get Fit on iN2L 11:30 Brain Games 1:30 Yahtzee 2:30 Racko! 3:30 Wii Bowling 6:00 Dominos	<u>Chinese New Year</u> 5 10:00 Walmart 11:15 Stretch Class 1:30 Bible Study with Jean 2:30 Chinese NY Craft 3:30 Ladies' Tea Time 4:00 China Trivia 6:00 Checkers	6 10:00 Get Fit on iN2L 10:30 Manicures (MC) 11:00 Po-Ke-No 1:30 Resident Council (DR) 2:45 WP Library Trip 4:00 Happy Hour 6:00 Dominos	7 10:00 Scenic Drive 10:15 Stretch Class 11:00 Crossword Puzzles* 1:30 Wii Bowling 2:30 "Just a Hunk, a Hunk of Burning Love" Valentine's Party with Elvis Live! 4:00 Rummikub	8 9:45 Chair Dancing 10:00 <b>BINGO</b> 1:30 Wii Golf 2:30 Bible Study (MC) 3:15 Casino Games (MC) 4:00 Wine & Cheese 6:00 Friday Night Movie	9 9:30 News & Coffee 10:30 Chair Dancing 1:30 Scrabble 2:30 Brain Teasers 3:30 Red Robin Reading 6:00 Western Movie																								
10 10:00 UNO! 11:00 Word Search 1:30 Coloring Hour 2:30 Church Service 3:00 Hymns 3:30 Crossword Puzzles	11 10:00 <b>BINGO</b> 11:00 Get Fit on iN2L 11:30 Brain Games 1:30 Yahtzee 2:30 Racko! 3:30 Wii Bowling 6:00 Dominos	<u>Lincoln's Birthday</u> 12 10:00 Dollar Tree 11:15 Stretch Class 1:30 Jenga 2:15 Scrabble 3:15 Ladies' Tea Time 4:00 A. Lincoln Trivia 6:00 Tic-Tac-Toe Challenge	13 10:00 Get Fit on iN2L 10:30 Manicures (MC) 11:00 Lunch: Olive Garden 1:30 Valentine's Craft 2:30 Scrapbooking Club 3:30 Activities Meeting (DR) 6:00 Dominos	<u>Valentine's Day</u> 14 9:00 Coffee Hour @ SE 10:00 Scenic Drive 10:15 Stretch Class 1:30 Wii Bowling 2:15 Sweet On You Social 3:00 <b>BINGO</b> 4:15 Rummikub	15 9:45 Chair Dancing 10:00 <b>BINGO</b> 1:30 Wii Golf 2:30 Bible Study (MC) 3:15 Casino Games (MC) 4:00 Wine & Cheese 6:00 Friday Night Movie	16 9:30 News & Coffee 10:30 Chair Dancing 1:30 Scrabble 2:30 Choir Music (MC) 3:30 Red Robin Reading 6:00 Western Movie																								
17 10:00 UNO! 11:00 Word Search 1:30 Coloring Hour 2:30 Po-Ke-No 3:00 Cookies & Coffee 4:00 Crossword Puzzles	<u>George W.'s Birthday/President's Day</u> 18 10:00 <b>BINGO</b> 11:00 Get Fit on iN2L 11:30 Brain Games 1:30 President's Day Trivia 2:30 Yahtzee 3:30 Wii Bowling 4:00 Match The Presidents 6:00 Dominos	19 10:00 Walmart 11:15 Stretch Class 1:30 Bible Study with Jean 2:15 Scrabble 3:15 Ladies' Tea Time 4:00 Pinochle 6:00 Checkers	20 10:00 Get Fit on iN2L 10:30 Manicures (MC) 11:00 Po-Ke-No 1:30 Scrapbooking Club 2:30 Painting with Darla 2:45 WP Library Trip 4:00 Happy Hour 6:00 Dominos	<u>Chili Day!</u> 21 10:00 Scenic Drive 10:15 Stretch Class 11:00 Crossword Puzzles* 12:00 Chili Cook Off! 2:30 Culture Club: Japan 3:00 <b>BINGO</b> 4:15 Rummikub	22 9:45 Chair Dancing 10:00 <b>BINGO</b> 1:30 Wii Golf 2:30 Bible Study (MC) 3:15 Casino Games (MC) 4:00 Wine & Cheese 6:00 Friday Night Movie	23 9:30 News & Coffee 10:30 Chair Dancing 1:30 Scrabble 2:30 Brain Teasers 3:30 Red Robin Reading 6:00 Western Movie																								
<u>National Tortilla Chip Day</u> 24 10:00 UNO! 11:00 Word Search 1:30 Coloring Hour 2:30 Po-Ke-No 3:00 Chips & Salsa 4:00 Crossword Puzzles	25 10:00 <b>BINGO</b> 11:00 Get Fit on iN2L 11:30 Brain Games 1:30 Yahtzee 2:30 Racko! 3:30 Wii Bowling 6:00 Dominos	26 10:00 Goodwill 11:15 Stretch Class 1:30 Jenga 2:15 Scrabble 3:15 Ladies' Tea Time 4:00 Pinochle 6:00 Tic-Tac-Toe Challenge	27 10:00 Get Fit on iN2L 10:30 Manicures (MC) 11:15 Lunch: Abby's Pizza 1:30 Racko! 2:30 Scrapbooking 3:45 Happy Hour 6:00 Dominos	<u>National Floral Design Day</u> 28 9:00 Coffee Hour @ SE 10:00 Scenic Drive 10:15 Stretch Class 1:30 Wii Bowling 2:00 Birthday Party w/ Live Music by Red Rock West 3:15 Floral Design 4:15 Rummikub	<table><tr><th colspan="4">February Birthdays</th></tr><tr><td>Ted</td><td>2nd</td><td>Yaret</td><td>12th</td></tr><tr><td>Nick</td><td>3rd</td><td>Chela</td><td>16th</td></tr><tr><td>Rudy</td><td>28th</td><td>Roel</td><td>17th</td></tr><tr><td></td><td></td><td>Valentina</td><td>20th</td></tr><tr><td></td><td></td><td></td><td></td></tr></table> <div>-Coffee Hour @ the SE Transportation Provided</div> <div>-Woodburn Public Library Trips Available</div> <div>-Resident's Please Sign-Up @ the Front Desk for <u>ALL</u> Outings</div>		February Birthdays				Ted	2nd	Yaret	12th	Nick	3rd	Chela	16th	Rudy	28th	Roel	17th			Valentina	20th				
February Birthdays																														
Ted	2nd	Yaret	12th																											
Nick	3rd	Chela	16th																											
Rudy	28th	Roel	17th																											
		Valentina	20th																											



February 2019

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<div>Hair Dresser Days</div> <div>*Tuesday's 1pm-5pm</div> <div>*Wednesday's 9am-12pm</div> <div>*Thursday's 9am-12pm</div> <div>-Appointments can be made at the front desk.</div>	<div>February Birthdays</div> <div><div>Roseanne</div><div>11th</div><div>Yaret</div><div>12th</div></div> <div><div></div><div></div><div>Chela</div><div>16th</div></div> <div><div></div><div></div><div>Roel</div><div>17th</div></div> <div><div></div><div></div><div>Valentina</div><div>20th</div></div>		<div>Happy Valentine's Day</div>		<div>Wear Red Day</div> <div>1</div> <div>9:45 Chair Dancing</div> <div>10:00 BINGO</div> <div>1:00 Coloring Hour</div> <div>2:30 Bible Study</div> <div>3:00 Snack &amp; Hydration</div> <div>3:15 Casino Games</div> <div>6:00 Friday Night Movie</div>	<div>Groundhog Day</div> <div>2</div> <div>9:30 Word Search</div> <div>10:00 Chair Volleyball</div> <div>1:30 Afternoon Movie</div> <div>2:30 Snack Time</div> <div>3:00 Andy Griffith Show</div> <div>3:30 Funny Pets</div> <div>6:30 Build a Puzzle</div>
<div>3</div> <div>10:00 UNO!</div> <div>11:30 Word Search</div> <div>1:30 Coloring Hour</div> <div>2:00 Rick Steve's Travel</div> <div>3:00 Afternoon Movie</div> <div>3:30 Crossword Puzzles</div>	<div>4</div> <div>10:00 BINGO (AL)</div> <div>11:00 Get Fit</div> <div>11:30 Sing w/Susie Q</div> <div>1:30 Tell Me a Joke</div> <div>2:30 Family Feud on iN2L</div> <div>3:30 Snack Time</div> <div>4:00 Bonanza</div>	<div>5</div> <div>Chinese New Year</div> <div>10:00 Morning Movie</div> <div>11:15 Stretch Class</div> <div>1:30 Bible Study w/ Jean</div> <div>2:30 Chinese NY Craft</div> <div>3:30 Ladies Tea Time</div> <div>4:00 Reminisce on iN2L</div> <div>4:30 Karaoke w/ Karina</div>	<div>6</div> <div>10:00 Manicures</div> <div>10:30 Chair Yoga</div> <div>11:30 Sing w/Susie Q</div> <div>2:00 Crafts</div> <div>4:00 Piggy Bankers</div> <div>4:30 50's Music</div> <div>6:00 Build A Puzzle</div>	<div>7</div> <div>10:00 Scenic Drive</div> <div>10:15 Stretch Class</div> <div>11:00 Crossword Puzzles*</div> <div>1:30 Hangman*</div> <div>2:30 "Just a Hunk, a Hunk of Burning Love" Valentine's Party with Elvis Live!</div> <div>4:00 Family Feud on iN2L</div>	<div>8</div> <div>9:45 Chair Dancing</div> <div>10:00 BINGO</div> <div>1:00 Coloring Hour</div> <div>2:30 Bible Study</div> <div>3:00 Snack &amp; Hydration</div> <div>3:15 Casino Games</div> <div>6:00 Friday Night Movie</div>	<div>9</div> <div>9:30 Word Search</div> <div>10:00 Chair Volleyball</div> <div>1:30 Afternoon Movie</div> <div>2:30 Snack Time</div> <div>3:00 Andy Griffith Show</div> <div>3:30 Funny Pets</div> <div>6:30 Build a Puzzle</div>
<div>10</div> <div>10:00 UNO!</div> <div>11:30 Word Search</div> <div>1:30 Coloring Hour</div> <div>2:30 Church Service</div> <div>3:00 Hymns</div> <div>3:30 Crossword Puzzles</div>	<div>11</div> <div>10:00 BINGO (AL)</div> <div>11:00 Get Fit</div> <div>11:30 Sing w/Susie Q</div> <div>1:30 Tell Me a Joke</div> <div>2:30 Family Feud on iN2L</div> <div>3:30 Snack Time</div> <div>4:00 Bonanza</div>	<div>12</div> <div>10:00 Dollar Tree</div> <div>11:15 Stretch Class</div> <div>1:30 Matching Game</div> <div>2:15 Casino Games</div> <div>3:15 Ladies Tea Time</div> <div>4:00 Reminisce on iN2L</div> <div>4:30 Karaoke w/ Karina</div>	<div>13</div> <div>10:00 Manicures</div> <div>10:30 Chair Yoga</div> <div>11:00 Olive Garden</div> <div>11:30 Sing w/Susie Q</div> <div>2:00 Crafts</div> <div>4:00 Piggy Bankers</div> <div>4:30 50's Music</div>	<div>14</div> <div>Valentine's Day</div> <div>10:00 Scenic Drive</div> <div>10:15 Stretch Class</div> <div>11:00 Crossword Puzzles*</div> <div>1:30 Hangman*</div> <div>2:15 Sweet On You Social</div> <div>3:00 BINGO</div> <div>4:00 Family Feud on iN2L</div>	<div>15</div> <div>9:45 Chair Dancing</div> <div>10:00 BINGO</div> <div>1:00 Coloring Hour</div> <div>2:30 Bible Study</div> <div>3:00 Snack &amp; Hydration</div> <div>3:15 Casino Games</div> <div>6:00 Friday Night Movie</div>	<div>16</div> <div>9:30 Word Search</div> <div>10:00 Chair Volleyball</div> <div>1:30 Afternoon Movie</div> <div>2:30 Choir Music</div> <div>3:00 Andy Griffith Show</div> <div>3:30 Funny Pets</div> <div>6:30 Build a Puzzle</div>
<div>17</div> <div>10:00 UNO!</div> <div>11:30 Word Search</div> <div>1:30 Coloring Hour</div> <div>2:00 Rick Steve's Travel</div> <div>3:00 Afternoon Movie</div> <div>3:30 Crossword Puzzles</div>	<div>18</div> <div>George W.'s Birthday/President's Day</div> <div>10:00 BINGO (AL)</div> <div>11:00 Get Fit</div> <div>11:30 Sing w/Susie Q</div> <div>1:30 President's Day Trivia</div> <div>2:30 Family Feud on iN2L</div> <div>3:30 Snack Time</div> <div>4:00 Match The President's</div>	<div>19</div> <div>10:00 Morning Movie</div> <div>11:15 Stretch Class</div> <div>1:30 Bible Study w/ Jean</div> <div>2:15 Casino Games</div> <div>3:15 Ladies Tea Time</div> <div>4:00 Reminisce on iN2L</div> <div>4:30 Karaoke w/ Karina</div>	<div>20</div> <div>10:00 Manicures</div> <div>10:30 Chair Yoga</div> <div>11:30 Sing w/Susie Q</div> <div>2:00 Crafts</div> <div>3:00 Family Meeting</div> <div>4:00 Piggy Bankers</div> <div>4:30 50's Music</div>	<div>21</div> <div>Chili Day!</div> <div>10:00 Scenic Drive</div> <div>10:15 Stretch Class</div> <div>11:00 Crossword Puzzles*</div> <div>1:30 Culture Club: Japan</div> <div>2:30 Ice Cream Social</div> <div>3:00 BINGO</div> <div>4:00 Family Feud on iN2L</div>	<div>22</div> <div>9:45 Chair Dancing</div> <div>10:00 BINGO</div> <div>1:00 Coloring Hour</div> <div>2:30 Bible Study</div> <div>3:00 Snack &amp; Hydration</div> <div>3:15 Casino Games</div> <div>6:00 Friday Night Movie</div>	<div>23</div> <div>9:30 Word Search</div> <div>10:00 Chair Volleyball</div> <div>1:30 Afternoon Movie</div> <div>2:30 Snack Time</div> <div>3:00 Andy Griffith Show</div> <div>3:30 Funny Pets</div> <div>6:30 Build a Puzzle</div>
<div>24</div> <div>National Tortilla Chip Day</div> <div>10:00 UNO!</div> <div>11:30 Word Search</div> <div>1:30 Coloring Hour</div> <div>2:00 Rick Steve's Travel</div> <div>3:00 Chips &amp; Salsa</div> <div>3:30 Crossword Puzzles</div>	<div>25</div> <div>10:00 BINGO (AL)</div> <div>11:00 Get Fit</div> <div>11:30 Sing w/Susie Q</div> <div>1:30 Tell Me a Joke</div> <div>2:30 Family Feud on iN2L</div> <div>3:30 Snack Time</div> <div>4:00 Bonanza</div>	<div>26</div> <div>10:00 Goodwill</div> <div>11:15 Stretch Class</div> <div>1:30 Matching Game</div> <div>2:15 Casino Games</div> <div>3:15 Ladies Tea Time</div> <div>4:00 Reminisce on iN2L</div> <div>4:30 Karaoke w/ Karina</div>	<div>27</div> <div>10:00 Manicures</div> <div>10:30 Chair Yoga</div> <div>11:15 Abby's Pizza</div> <div>11:30 Sing w/Susie Q</div> <div>2:00 Crafts</div> <div>4:00 Piggy Bankers</div> <div>4:30 50's Music</div>	<div>28</div> <div>10:00 Scenic Drive</div> <div>10:15 Stretch Class</div> <div>11:00 Crossword Puzzles*</div> <div>1:30 Hangman*</div> <div>2:00 Birthday Party w/Live Music by Red Rock West</div> <div>3:15 Painting on iN2L</div> <div>4:00 Family Feud on iN2L</div>		