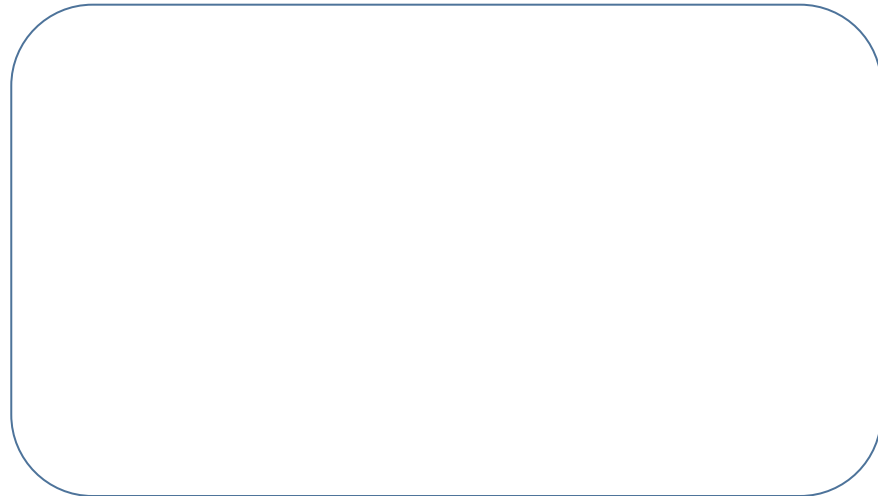


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Administrative Team:

Jessica Penland

Executive Director

Sandy Abt

Community Relations Director

Rosa Valencia

Wellness Director

Valentina Usoltseff

Wellness Director

Rhonda Todd

Business Office Director

Jessica Comerford

Wellness Nurse

Kevin Wilson

Dining Services Director

Roel Garza

Maintenance Director

Maria Sanchez

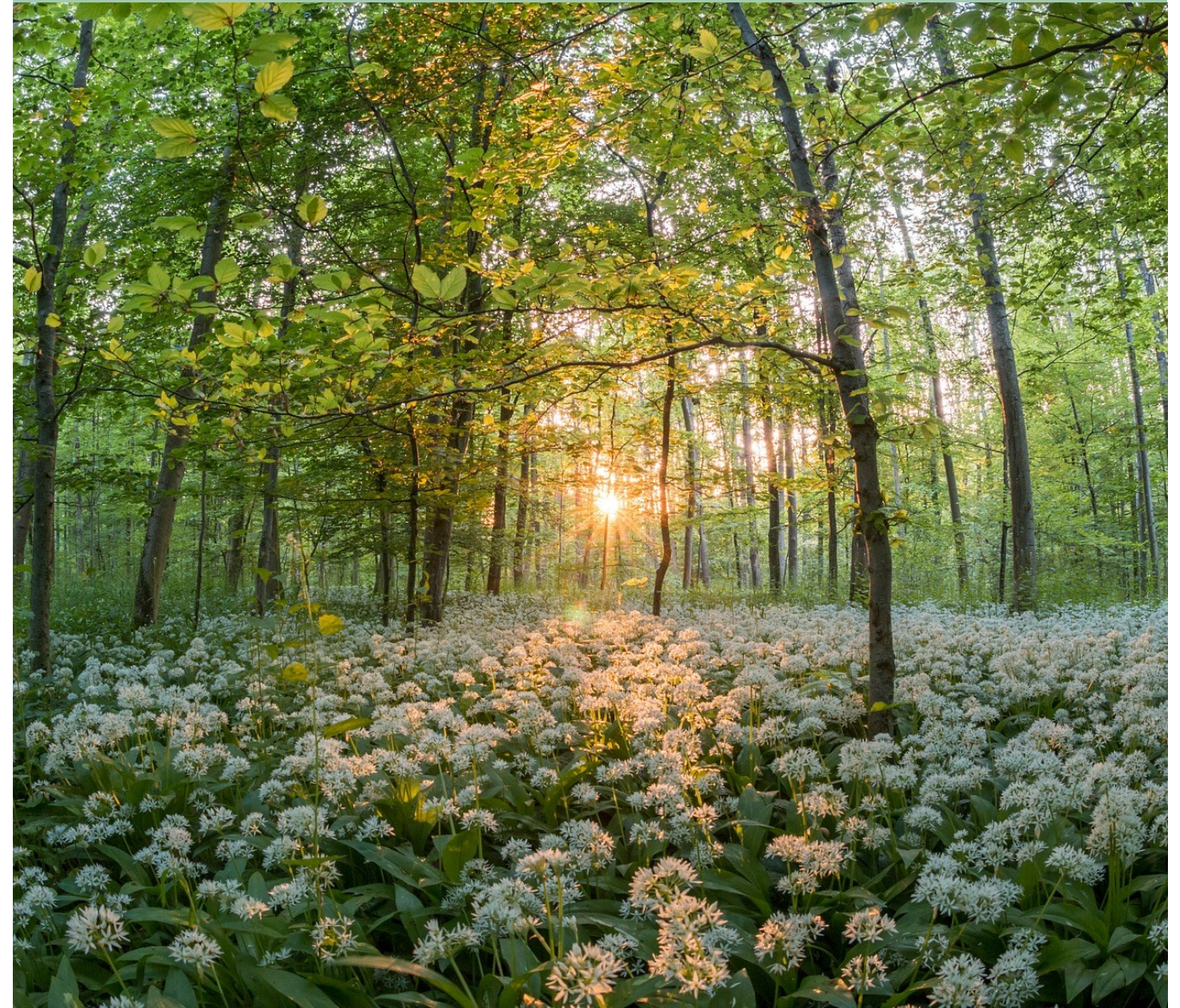
Life Enrichment Director

**Contact us at:
 503-982-4000**



Emerald Gardens News

Assisted & Memory Care Newsletter



March 2019

2 Senior Eye Wellness
 3 Resident & Team Spotlight
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6 Highlights, Social Media, Birthdays
 7 Special Moments & Spring Joys
 8 Mission & Team

Senior Eye-Condition Awareness & Wellness Tips

At times, we may find details in the scenery we love may be dulling, or written words we read may be blurring. Changes like these can be frustrating. Fortunately, there are ways to proactively manage eye health and ensure precautions and/or treatments are in place for best vision!

One of the best ways to stay on top of eye health is to have annual eye exams. Practicing precautionary measures through lifestyle is also important. People with diabetes, high blood pressure, or who take medications that affect eyes are at higher risk for vision problems.

Lifestyle recommendations from the National Eye Institute include: eating a diet rich in fruits and vegetables—particularly dark, leafy greens; maintaining a healthy weight; wearing glasses, goggles, and safety shields when appropriate; avoiding smoking; reducing eyestrain by looking 20 feet before you for 20 seconds every 20 minutes if you use screens often; and cleaning hands regularly to avoid infections.

Knowing family eye history, and being educated about vision issues and symptoms that may affect seniors is also helpful toward eye wellness.

Four Eye Issues That Can Affect Seniors:

- **Dry eye** is a common issue for seniors, in which not enough tears or quality tears are made, and poor vision may result.
- **Age-related macular degeneration** is an issue that causes central vision loss, but



does not affect side vision. The macula of the eye allows people to see fine details and colors, so when it is affected, activities such as reading, watching movies, and recognizing faces could be challenging.

- **Cataracts** are cloudy areas that occur in the eye lens (usually in both eyes, to different degrees) that can cause blurry vision, poor contrast awareness, dulled colors, and extra sensitivity to glare.
- **Glaucoma** is a group of eye issues which damage the optic nerve and in time can take away side vision. While glaucoma is often painless and has no symptoms, older adults are at risk for it.

With all that in mind, there are many ways to help vision conditions, per the American Optometric Association. Some optometrists have rehabilitation programs to help with low vision for daily routines. Prescription devices are also available, like spectacle-mounted magnifiers that aid in close-up tasks; hand-held or spectacle-mounted telescopes that help near and far vision; handheld and stand magnifiers that assist with short-term reading; and video magnification that enlarges items on video.

This has been just a glimpse into eye wellness. For more info, visit aoa.org online.

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

Special Moments



Our Favorite Things About Spring!

"Flowers blooming, the sun, signs that summer is coming!"
- Roel

"The blooming flowers, the birds chirping and gardening!"
- Linda

"All the Flowers!"
- Luz

"We get to see more sunshine and it puts me in a good mood!"
- Stacey

"That winter is over and that my birthday is coming!"
- Doris

March Highlights

- 1 Dress in **Blue** Day
- 1 Hand Aromatherapy with Dana from DoTerra @ 10:45am
- 3 Chef Chat with Kevin @ 1:30pm
- 5 Mardi Gras/Fat Tuesday, join us for a Mardi Gras Craft at 10:00am in MC
- 6 Resident Council @ 1:30pm in DR
- 10 Daylight Savings Time Begins
- 12 Plant a Flower Day, Plant a Flower with us at 1:30pm
- 12 Table Games with Local After School Club Students @ 3:45pm in MC
- 13 Jewel Day, Showcase your Prized Jewel to all @ 1:30pm
- 14 Culture Club: Ireland @ 1:30pm
- 14 Potato Chip Day, Potato Chip Social @ 2:15pm in MC
- 15 All That Jazz Music by Michael B. @ 2:30pm
- 17 St. Patrick's Day, Irish Cream Coffee & Cookies @ 3:00pm
- 19 Let's Laugh Day, Tell me a Joke on iN2I @ 11:15am



- 20 Spring Begins, Ravioli Day
- 20 Painting 101 with Darla @ 2:30pm
- 21 March Birthday Party @ 2:00pm with Live Music by Red Rock West!
- 23 Music by Rachel V. @ 2:00pm
- 28 Something on a Stick Day, Join us on making Rainbow Fruit Skewers
- 29 Nevada Day, Nevada Trivia on iN2I

We're online @

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

Happy St. Patrick's Day everyone! Take note:
"Never iron a four-leaf clover because you don't want to press your luck!"

March Birthdays!

march



AQUAMARINE

We wish you a Very Happy Birthday!

- Lauryn, 3/3
- Harold, 3/5
- Martin, 3/9
- Eredani & Sandy A., 3/13
- Carolina & Galya, 3/16
- Richard H., 3/19
- Karina, 3/25
- Linda, 3/27
- Margaret, 3/29



Resident Spotlight!

Gerri P.

Gerri was born in Klamath Falls, Oregon on October 22, 1933. She was raised in Klamath Falls along with her siblings. Gerri says she had a lot of fun with her siblings and they rarely fought. Her father worked in the lumber business and her mom stayed home to care for the children.

Gerri says she was a good student in school. She enjoyed going skating with her friends. They also loved going to the theater on the weekends.

Gerri got married at 19. She says she loved being married because she always had somebody to talk to. She has 3 children who she loved taking care of.

Her favorite hobbies include playing golf and spending time with family and friends. She says she is the happiest when everything is going well and when she sees her children.

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



Staff Spotlight!

Aldo

Aldo was born in Silverton, Oregon and began working at Emerald Gardens in October of 2018.

His favorite hobbies include hanging out with friends, playing video games, playing basketball and swimming.

When asked what makes him happy he answered; "family, friends and music!"

Aldo states, if he can do anything in the world it would be to travel across Europe and Asia.

What he likes best about working at Emerald Gardens is his co-workers because they are always nice and friendly towards him!

Congratulations, Aldo! Thank You for all that you continue to do at our Radiant Community!



March 2019

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

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|---|---|--|--|---|--|
| March 31 10:00 UNO! 11:00 Word Search 1:30 Coloring Hour 2:30 Po-Ke-No 3:00 Cookies & Coffee 3:30 Crossword Puzzles | <i>March Birthdays</i> Harold 5th Martin 9th Linda 27th Eredani & Sandy A. 13th Margaret 29th Carolina & Galya 16th Lauryn 3rd Karina 25th | -Coffee Hour @ The SE Transportation Provided -Woodburn Public Library Trips Available -Resident's Please Sign-Up @ The Front Desk For <u>ALL</u> Outings, Thank You! | | | <u>Dress in Blue Day</u> 1 9:45 Chair Dancing 10:00  (MC) 10:45 Hand Aromatherapy 1:30 Wii Golf 2:30 Yahtzee (MC) 4:00 Wine & Cheese 6:00 Friday Night Movie | 2 9:30 Chair Dancing 10:15 News & Coffee 1:30 Card Game: Nines 2:30 Garden Club 3:30 Scrabble 6:00 Evening Movie |
| 3 10:00 UNO! 11:00 Word Search 1:30 Chef Chat w/ Kevin 2:30 Po-Ke-No 3:00 Cookies & Coffee 3:30 Crossword Puzzles | 4 10:00  11:00 Get Fit on iN2I 1:30 Yahtzee 2:45 Brain Games 3:30 Wii Bowling 4:15 Racko! 6:00 Dominos | <u>Mardi Gras/Fat Tuesday</u> 5 10:00 Mardi Gras Craft 11:15 Stretch Class 1:30 Bible Study w/ Jean 2:15 Walmart 3:30 Ladies' Tea Time 4:00 Pinochle 6:00 Checkers | 6 10:00 Chair Yoga 10:30 Manicures 11:00 Jenga 1:30 Resident Council 2:45 WP Library Trip 3:30 Card Game: Speed 4:00 Happy Hour | 7 10:00 Scenic Drive 10:15 Brain Aerobics 11:00 Stretch Class 1:30 Wii Bowling 2:15 Ice-Cream Social 3:00  4:00 Scrabble | 8 9:45 Chair Dancing 10:00  (MC) 1:30 Wii Golf 2:30 Yahtzee (MC) 3:15 Casino Games (MC) 4:00 Wine & Cheese 6:00 Friday Night Movie | 9 9:30 Chair Dancing 10:15 News & Coffee 1:30 Card Game: Nines 2:30 Garden Club 3:30 Scrabble 6:00 Evening Movie |
| <u>Daylight Savings Time Begins</u> 10 10:00 UNO! 11:00 Word Search 1:30 Coloring Hour 2:30 Po-Ke-No 3:00 Hymns 3:30 Crossword Puzzles | 11 10:00  11:00 Get Fit on iN2I 1:30 Yahtzee 2:45 Brain Games 3:30 Wii Bowling 4:15 Racko! 6:00 Dominos | <u>Plant A Flower Day</u> 12 10:00 Dollar Tree 11:15 Stretch Class 1:30 Flower Planting 2:30 Jenga 3:15 Ladies' Tea Time 3:45 Table Games w/ ASC 6:00 Checkers | <u>Jewel Day</u> 13 10:00 Chair Yoga 10:30 Manicures 11:00 The Home Place 1:30 Jenga 2:00 Spring Craft 3:00 Favorite Piece of Jewelry Showcase 4:00 Happy Hour | <u>National Potato Chip Day</u> 14 9:00 Coffee Hour @ SE 10:00 Scenic Drive 10:15 Brain Aerobics 11:00 Stretch Class 1:30 Culture Club: Ireland 2:15 Chip Social! 3:00  4:00 Scrabble | 15 9:45 Chair Dancing 10:00  (MC) 1:30 Wii Golf 2:30 All That Jazz w/ Michael 4:00 Yahtzee (MC) 6:00 Friday Night Movie | 16 9:30 Chair Dancing 10:15 News & Coffee 1:30 Card Game: Nines 2:30 Choir Music (MC) 3:30 Scrabble 6:00 Evening Movie |
| <u>St. Patrick's Day</u> 17 10:00 UNO! 11:00 Word Search 1:30 Coloring Hour 2:30 Po-Ke-No 3:00 Irish Cream Coffee & Cookies 3:30 Crossword Puzzles | 18 10:00  11:00 Get Fit on iN2I 1:30 Yahtzee 2:45 Brain Games 3:30 Wii Bowling 4:15 Racko! 6:00 Dominos | <u>Let's Laugh Day</u> 19 10:00 Walmart 11:15 Tell Me A Joke on iN2I 1:30 Bible Study w/ Jean 2:00 Your Health & Diabetes by Serenity 3:30 Ladies' Tea Time 4:00 Pinochle 6:00 Checkers | <u>First Day of Spring!/Ravioli Day</u> 20 10:00 Chair Yoga 10:30 Manicures 11:00 Jenga 1:30 Card Game: Speed 2:30 Painting w/ Darla 3:00 WP Library Trip 4:00 Happy Hour | 21 10:00 Scenic Drive 10:15 Brain Aerobics 11:00 Stretch Class 1:30 Wii Bowling 2:00 March Birthday Party w/ Red Rock West 3:00  4:00 Scrabble | 22 9:45 Chair Dancing 10:00  (MC) 1:30 Wii Golf 2:30 Yahtzee (MC) 3:15 Garden Club 4:00 Wine & Cheese 6:00 Friday Night Movie | 23 9:30 Chair Dancing 10:15 News & Coffee 1:30 Card Game: Nines 2:00 Music by Rachel! 3:30 Scrabble 6:00 Evening Movie |
| 24 10:00 UNO! 11:00 Word Search 1:30 Coloring Hour 2:30 Po-Ke-No 3:00 Cookies & Coffee 3:30 Crossword Puzzles | 25 10:00  11:00 Get Fit on iN2I 1:30 Yahtzee 2:45 Brain Games 3:30 Wii Bowling 4:15 Racko! 6:00 Dominos | 26 10:00 Goodwill 11:15 Stretch Class 1:30 Vegetable Planting 2:30  3:30 Ladies' Tea Time 4:00 Pinochle 6:00 Checkers | 27 10:00 Chair Yoga 10:30 Manicures 11:00 Burger King 1:30 Afternoon Walk 2:45 Craft Club 3:30 Card Game: Speed 4:00 Happy Hour | <u>Something On A Stick Day</u> 28 9:00 Coffee Hour @ SE 10:00 Scenic Drive 10:15 Brain Aerobics 11:00 Stretch Class 1:30 Wii Bowling 2:15 Rainbow Fruit Skewers 3:00  4:00 Scrabble | <u>Nevada Day</u> 29 9:45 Chair Dancing 10:00  (MC) 1:30 Wii Golf 2:30 Yahtzee (MC) 3:15 Nevada Trivia on iN2I 4:00 Wine & Cheese 6:00 Friday Night Movie | 30 9:30 Chair Dancing 10:15 News & Coffee 1:30 Card Game: Nines 2:30 Garden Club 3:30 Scrabble 6:00 Evening Movie |

March 2019

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| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|--|---|--|---|---|--|
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| 3 10:00 UNO! 11:30 Word Search 1:30 Coloring Hour 2:00 Rick Steve’s Travel 3:00 Afternoon Movie 3:30 Crossword Puzzles | 4 10:00 BINGO (AL) 11:00 Get Fit 11:30 Sing w/Susie Q 1:30 Yahtzee! 2:30 Family Feud on iN2L 3:30 Snack Time 4:00 Bonanza | <u>Mardi Gras/Fat Tuesday</u> 5 10:00 Mardi Gras Craft 11:15 Stretch Class 1:30 Bible Study w/ Jean 2:30 Little Rascals 3:30 Ladies Tea Time 4:00 Reminisce on iN2L 4:30 Karaoke w/ Karina | 6 10:00 Manicures 10:30 Chair Yoga 11:30 Sing w/Susie Q 1:30 Trivia w/ Karina 4:00 Piggy Bankers 4:30 50’s Music 6:00 Build A Puzzle | 7 10:00 Scenic Drive 10:15 Stretch Class 11:00 Crossword Puzzles* 1:30 Hangman* 2:15 Ice Cream Social 3:00 BINGO 4:00 Family Feud on iN2L | 8 9:45 Chair Dancing 10:00 BINGO 1:00 Coloring Hour 2:30 Yahtzee! 3:00 Snack & Hydration 3:15 Casino Games 6:00 Friday Night Movie | 9 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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