

Stamp
Here



Administrative Team:

Jessica Penland

Executive Director

Sandy Abt

Community Relations Director

Rosa Valencia

Wellness Coordinator

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



April 2019

2 Gardening Benefits
3 Resident/Team Spotlight
4/5 Activities Calendar AL

6 Highlights, Social Media, Birthdays
7 Special Moments & Animal Haikus
8 Mission & Team

Gardening Benefits for Health & The Environment Unearthed

Spring is here and it's a joyous time for those with green thumbs who have been waiting for the gardening season to begin. As it happens, there is a lot in the garden that is beneficial for health and the environment.

Dig Into Better Health

Gardening positively impacts wellness in various ways.:

- **It relieves stress.** Gardening can lower cortisol levels that cause stress and increase blood pressure. It also increases serotonin, which helps people feel happy.
- **Friendly bacteria in the soil can boost immunity.** It may particularly help against asthma.
- **It provides great exercise.** It is low-impact and can be comfortable work with the right padding or protective gear, but it takes energy, and the elements can make it more challenging.
- **It involves hand-eye coordination and sensory intake.** Both of these factors can positively affect cognition.
- **It presents opportunities for a sense of community.** Socializing among friends while gardening can be so much fun.
- **It encourages outside activity.** For some, gardening is the best reason to head outside and enjoy sunshine and the environment (albeit with proper sun protection).
- **It is an ongoing activity that can extend**



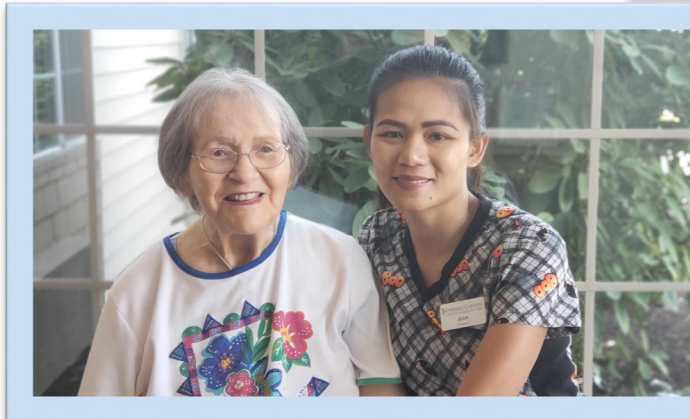
beyond the garden for learning. Why not make predictions for when plants may sprout up and see who comes closest? Or learn about what to grow when and where, and share those techniques,

Impact the Planet

Gardening also benefits the environment, and no act is too small toward making our world a better place.

- **It can help with pollution.** In large-scale harvesting of fruits and vegetables, pollution typically results. The transportation of those goods also causes pollution. It may seem a small step, but gardening at one's home or in the community influences the big picture.
 - **It can reduce the size of landfills.** This is possible when people compost garden waste rather than sending everything to the landfill when it's gone bad.
 - **Plants in the garden take in CO2 and release oxygen,** improving air quality.
 - **It helps local habitats of insects and animals** which play important roles in our environment (like bees pollinating).
 - **Plants and mulch can hold soil in place and reduce erosion,** and keep sediment out of waterways, drains, and roads.
- These are just some of the benefits that gardening can bring! This Spring and Summer, give gardening a try and share the benefits with others.

Special Moments



Haikus About Our Favorite Animals

"A peaceful dark night
A family of Wolves join
To sing to the moon"
- Ashley

"Joyful Elephant
Goofing in water all day
Till the dusk of Dawn"
- Yaret

*April celebrates animals and haikus so we paired the two!
The haiku is a Japanese verse.
Line one has 5 syllables, line 2 has 7 syllables, and line three has 5 syllables.*

"A leery side glance
As Trixie prances past me
On her morning stroll"
- Linda

"As a Lion roars
He looks at his surroundings
To fall back asleep"
- Maria

"Black and White sharp stripes
All around his husky body
What is the first color?"
- Shirley

April Highlights

April is Poetry Month, Stress Awareness Month, Humor Month, and Gardening Month

- 1 April Fool's Day
- 2 Peanut Butter & Jelly Day
- 3 National Walking Day
- 3 Resident Council @ 1:30 in DR
- 7 Chef Chat with Kevin @ 1:30 in DR
- 9 Put Your Best Foot Forward Presentation By Priority Footwear @ 2:00 in DR
- 9 Antiques Day, Share your Antique with us @ 4:00
- 12 Hand Aromatherapy @ 10:45 by Dana from DoTerra
- 13 Scrabble Day
- 16 Wear Pajamas Day, Join in on the Fun!
- 17 Painting 101 with Darla @ 2:30 in DR, All Supplies Provided
- 18 April's Birthday Party @ 2:00 in MC with Live Music by Mal
- 19 North Dakota Day & Good Friday

- 20 Easter Brunch 10:30-1:00
- 21 Easter Sunday
- 22 Earth Day
- 23 Picnic Day, Lunch at the park @ 12
- 23 Culture Club: Asia @ 2:00 in MC, Join us for Crafts & Trivia
- 25 Tulip Festival Outing @ 2:00pm
- 26 Pretzel Day
- 29 World Dance Day!
- 30 Oatmeal Cookie Day

We're online @

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

Why are people exhausted on April 1st?
Because they just finished a 31-day March!

April Birthdays!



We wish you a Very Happy Birthday!

- Doris, 4/3
- Ray, 4/5
- Joan, 4/6
- Irene & Susan, 4/8
- Esmee, 4/15
- Marjorie, 4/19
- Mick, 4/24
- Gerri Z., 4/27

Resident Spotlight! Linda

Linda was born In Kelso, Washington. As a child she moved around states because her dad was in the U.S Coast Guard. She has two younger sisters and two daughters, Shelley and Jessica.

Her schooling took place in three different states, Oregon, Washington and New York.

She did secretarial work and was a proofreader for the Portland Oregonian for two years.

Her favorite past times include reading mystery books, playing scrabble, and practicing her golf putting skills.

What makes her the most happy is seeing her dog Smokey because she loves him!

Congratulations, Linda! We are so glad to have you be a part of our Radiant Community!



Staff Spotlight! Demetrest

(As Captain America for Superhero Day)

Demetrest was born in Columbus, Ohio, and his favorite hobbies include basketball, music, bowling, and table games.

His enjoys dancing, sunny days, camp fires, watching sports, dining in and out and having a general good time.

He states that if he could do anything in this world, it would be to go to different places to try all the different foods this world has to offer!

What he likes best about working at Emerald Gardens is the environment and the love and respect he receives from the residents and his fellow coworkers!

Congratulations, Demetrest! Thank you for all you do for this Radiant Community!

April 2019

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<div>April Birthdays</div> <div><div>Doris3rdIrene8th</div><div>Ray5th</div><div>Marjorie19th</div><div>Gerri Z.27th</div></div>	1	<div>National PB & Jelly Day2</div>	<div>National Walking Day3</div>	4	5	6
	10:00 BiNGO 11:00 Get Fit on iN2I 2:45 Brain Games 3:30 Wii Bowling 4:15 Name 5 Game 6:00 Dominos	10:00 BiNGO 11:15 Garden Club 1:30 Bible Study with Jean 2:15 Walmart Shopping 3:30 PB & Jelly Treat 4:00 Card Game: Speed 6:00 Racko!	10:00 Chair Yoga 10:30 Manicures (MC) 11:00 Jenga 1:30 Resident Council 2:30 Library Trip 3:15 Afternoon Stroll 4:00 Happy Hour 6:00 Places to Color	10:00 Scenic Drive 10:15 Stretch Class (MC) 10:45 Brain Aerobics 1:30 Wii Bowling 2:15 Ice-Cream Social 3:00 BiNGO 4:00 Scrabble	9:45 Chair Dancing 10:00 BiNGO 1:30 Wii Golf 2:30 Card Game: NiNES 4:00 Wine & Cheese 6:00 Friday Night Movie	9:45 Chair Yoga 10:30 News & Coffee 11:15 Garden Club 1:30 Brain Teasers 2:30 Afternoon Stroll 3:30 Pinochle 6:00 Evening Movie
7	8	<div>Cherish An Antique Day9</div>	10	11	12	<div>Scrabble Day13</div>
10:00 UNO! 11:00 Word Search 1:30 Chef Chat w/ Kevin 2:30 Po-Ke-No 3:30 Left Center Right 6:00 Tic-Tac-Toe Challenge	10:00 BiNGO 11:00 Get Fit on iN2I 2:45 Brain Games 3:30 Wii Bowling 4:15 Name 5 Game 6:00 Dominos	10:00 Dollar Tree 11:30 Garden Club 2:00 Put Your Best Foot Forward by Protective Footwear 3:15 BiNGO 4:00 Share an Antique 6:00 Racko!	10:00 Chair Yoga 10:30 Manicures (MC) 11:00 Lunch Outing: Elmer's 1:30 Jenga 2:30 Easter Craft 3:15 Afternoon Stroll 4:00 Happy Hour 6:00 Places to Color	10:00 Scenic Drive 10:15 Stretch Class 10:45 Brain Aerobics 1:30 Wii Bowling 2:15 Ice-Cream Social 3:00 BiNGO 4:00 Scrabble	9:45 Chair Dancing 10:00 BiNGO 10:45 Hand Aromatherapy 1:30 Wii Golf 2:30 Card Game: NiNES 4:00 Wine & Cheese 6:00 Friday Night Movie	9:45 Chair Yoga 10:30 Scrabble Word Search 11:15 Garden Club 1:30 Brain Teasers 2:30 Afternoon Stroll 3:30 Scrabble 6:00 Evening Movie
14	15	<div>Wear Pajamas16</div>	17	18	<div>North Dakota Day/Good Friday19</div>	20
10:00 UNO! 11:00 Word Search 1:30 Coloring Hour 2:30 Po-Ke-No 3:00 Hymns 3:30 Left Center Right 6:00 Tic-Tac-Toe Challenge	10:00 BiNGO 11:00 Get Fit on iN2I 2:45 Brain Games 3:30 Wii Bowling 4:15 Name 5 Game 6:00 Dominos	10:00 Walmart Shopping 11:30 Garden Club 1:30 Bible Study with Jean 2:15 Afternoon Stroll 3:00 Ladies' Tea Time 4:00 Card Game: Speed 6:00 Racko!	10:00 Chair Yoga 10:30 Manicures (MC) 11:00 Jenga 1:30 Library Trip 2:30 Painting 101 w/ Darla 4:00 Happy Hour 6:00 Places to Color	10:00 Scenic Drive 10:15 Stretch Class 10:45 Brain Aerobics 1:30 Wii Bowling 2:00 April Birthday Party! 3:00 BiNGO 3:45 Table Games w/ ASC 6:00 Checkers	9:45 Chair Dancing 10:00 BiNGO 1:30 Wii Golf 2:30 Card Game: NiNES 3:00 North Dakota Trivia & Attractions on iN2I (MC) 4:00 Wine & Cheese 6:00 Friday Night Movie	9:45 Chair Yoga 10:30-1:00 Easter Brunch 1:30 Brain Teasers 2:30 Afternoon Stroll 3:30 Pinochle 6:00 Evening Movie
<div>Easter Sunday21</div>	<div>Earth Day22</div>	<div>Picnic Day23</div>	24	25	<div>Pretzel Day26</div>	27
10:00 UNO! 11:00 Word Search 1:30 Coloring Hour 2:30 Po-Ke-No 3:30 Left Center Right 6:00 Tic-Tac-Toe Challenge	10:00 BiNGO 11:00 Get Fit on iN2I 2:45 Earth Day Word Search 3:00 Roll-A-Garden Game 3:30 Wii Bowling 4:15 Name 5 Game 6:00 Dominos	10:00 Goodwill 11:30 Garden Club 12:00 Picnic at the Park 1:30 Afternoon Stroll 2:00 Culture Club: Asia; Japanese Tea & Pastry 4:00 Card Game: Speed 6:00 Racko!	10:00 Chair Yoga 10:30 Manicures (MC) 11:00 Lunch Outing: KFC 1:30 Jenga 2:15 Craft Club 3:15 Afternoon Stroll 4:00 Happy Hour 6:00 Places to Color	10:00 BiNGO 11:15 Stretch Class 1:30 Wii Bowling 2:00 Tulip Festival Outing 3:00 UNO! 4:00 Scrabble 6:00 Checkers	9:45 Chair Dancing 10:00 BiNGO 1:30 Wii Golf 2:30 Card Game: NiNES 4:00 Pretzel's & Peanut Butter 6:00 Friday Night Movie	9:45 Chair Yoga 10:30 News & Coffee 11:15 Garden Club 1:30 Brain Teasers 2:30 Choir Music (MC) 3:30 Pinochle 6:00 Evening Movie
28	<div>World Dance Day!29</div>	<div>National Oatmeal Cookie Day30</div>			-Woodburn Public Library Trips Available -Salon Hours & Appointment Times are Listed in Front Desk Binder -Resident's Please Sign-Up @ The Front Desk For All Outings, Thank You	
	10:00 UNO! 11:00 Word Search 1:30 Coloring Hour 2:30 Po-Ke-No 3:30 Left Center Right 6:00 Tic-Tac-Toe Challenge	10:00 BiNGO 11:00 Dancercise (MC) 1:30 Yahtzee 2:45 Brain Games 3:30 Wii Bowling 4:15 Name 5 Game 6:00 Dominos	10:00 Dollar Tree 11:30 Garden Club 1:30 Bible Study w/ Jean 2:15 Make No Bake Oatmeal Cookies 3:00 Ladies Tea Time 3:30 Afternoon Stroll 6:00 Racko!			

April 2019

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

Sun				Mon	Tue	Wed	Thu	Fri	Sat
April Birthdays				1	2	3	4	5	6
Susan	8th	Irene	8th	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	National PB & Jelly Day 10:00 BINGO 11:15 Tell Me A Joke 1:30 Bible Study w/ Jean 2:30 Beverly Hillbillies 3:30 PB & Jelly Treat 4:00 Reminisce on iN2L 4:30 Karaoke w/ Karina	National Walking Day 10:00 Chair Yoga 10:30 Manicures 11:00 Sing w/ Susie Q 1:30 Trivia w/ Karina 2:30 Afternoon Stroll 3:15 Snack & Hydration 4:00 Piggy Bankers	10:00 Scenic Drive 10:15 Stretch Class 10:45 Brain Aerobics 11:30 Bubble Popper 1:30 Puzzle Making 2:15 Ice Cream Social 3:00 BINGO 4:00 Family Feud on iN2L	9:45 Chair Dancing 10:00 BINGO 1:00 Coloring Hour 2:30 Snack & Hydration 3:00 Yahtzee 3:15 Casino Games 6:00 Friday Night Movie	10:00 Morning Stretches 10:30 Word Search 11:15 Garden Club 1:30 Afternoon Movie 2:30 Snack Time 3:30 Funny Pets 6:00 Build A Puzzle
7				8	9	10	11	12	13
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				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	10:00 Dollar Tree 11:15 Stretch Class 1:30 Matching Game 2:30 Crafts 3:30 Ladies Tea Time 4:00 Reminisce on iN2L 4:30 Karaoke w/ Karina	10:00 Chair Yoga 10:30 Manicures 11:00 Lunch Outing: Elmer’s 1:30 Trivia w/ Karina 2:30 Afternoon Stroll 3:15 Snack & Hydration 4:00 Piggy Bankers	10:00 Scenic Drive 10:15 Stretch Class 10:45 Brain Aerobics 1:30 Family Fued 2:15 Ice-Cream Social 3:00 BINGO 3:45 Table Games w/ ASC 6:00 UNO!	9:45 Chair Dancing 10:00 BINGO 11:15 Hand Aromatherapy 1:00 Coloring Hour 2:30 Yahtzee 3:00 Snack & Hydration 3:15 Casino Games 6:00 Friday Night Movie	10:00 Morning Stretches 10:30 Word Search 11:15 Garden Club 1:30 Afternoon Movie 2:30 Snack Time 3:30 Funny Pets 6:00 Build A Puzzle
14				15	National Wear Pajamas to Work 16	17	18	19	20
10:00 UNO! 11:30 Word Search 1:30 Coloring Hour 2:00 Rick Steve’s Travel 3:00 Hymns 3:30 Crossword Puzzles				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	10:00 Morning Movie 11:15 Tell Me A Joke 1:30 Bible Study w/ Jean 2:30 Crafts 3:00 Ladies’ Tea Time 4:00 Reminisce on iN2L 4:30 Karaoke w/ Karina	10:00 Chair Yoga 10:30 Manicures 11:00 Sing w/ Susie Q 1:30 Trivia w/ Karina 2:30 Afternoon Stroll 3:15 Snack & Hydration 4:00 Piggy Bankers	10:00 Scenic Drive 10:15 Stretch Class 10:45 Brain Aerobics 1:30 Bubble Popper 2:00 April Birthday Party 3:00 BINGO 3:45 Table Game w/ ASC 6:00 UNO!	North Dakota Day/Good Friday 9:45 Chair Dancing 10:00 BINGO 1:00 Coloring Hour 2:30 Snack & Hydration 3:00 North Dakota Trivia & Attractions on iN2I 6:00 Friday Night Movie	10:00 Morning Stretches 10:30 Word Search 11:15 Garden Club 12:00 Easter Brunch 1:30 Afternoon Movie 2:30 Snack Time 3:30 Funny Pets 6:00 Build A Puzzle
Easter Sunday 21				Earth Day 22	23	24	25	26	27
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				10:00 BINGO (AL) 11:00 Earth Day Trivia* 11:30 Beatles Karaoke 1:30 Yahtzee! 2:45 Earth Day Word Search 3:30 Snack Time 4:00 Bonanza	10:00 Goodwill 11:15 Stretch Class 1:30 Matching Game 2:00 Culture Club: Asia Japanese Tea & Pastry 3:15 BINGO 4:30 Karaoke w/ Karina	10:00 Chair Yoga 10:30 Manicures 11:00 Lunch Outing: KFC 1:30 Trivia w/ Karina 2:30 Afternoon Stroll 3:15 Snack & Hydration 4:00 Piggy Bankers	10:00 BINGO 11:15 Stretch Class 1:30 Johnny Cash Karaoke 2:00 Tulip Festival Outing 3:00 UNO! 3:30 Snack & Hydration 4:00 Family Feud on iN2L	Pretzel Day 9:45 Chair Dancing 10:00 BINGO 1:00 Coloring Hour 2:30 Pretzels & Peanut Butter 3:00 Yahtzee 3:15 Casino Games 6:00 Friday Night Movie	10:00 Morning Stretches 10:30 Word Search 11:15 Garden Club 1:30 Snack Time 2:30 Choir Music 3:30 Funny Pets 6:00 Build A Puzzle
28				World Dance Day 29	National Oatmeal Cookie Day 30	<div><div><div>Happy April</div></div><div><div>Happy EASTER</div></div></div>			
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				10:00 BINGO (AL) 11:00 Dancersice 11:30 Sing w/Susie Q 1:30 Yahtzee! 2:30 Family Feud on iN2L 3:30 Snack Time 4:00 Bonanza	10:00 Dollar Tree 11:15 Tell Me A Joke 1:30 Bible Study w/ Jean 2:30 Crafts 3:30 Ladies Tea Time 4:00 Reminisce on iN2L 6:00 Cookies & Milk				