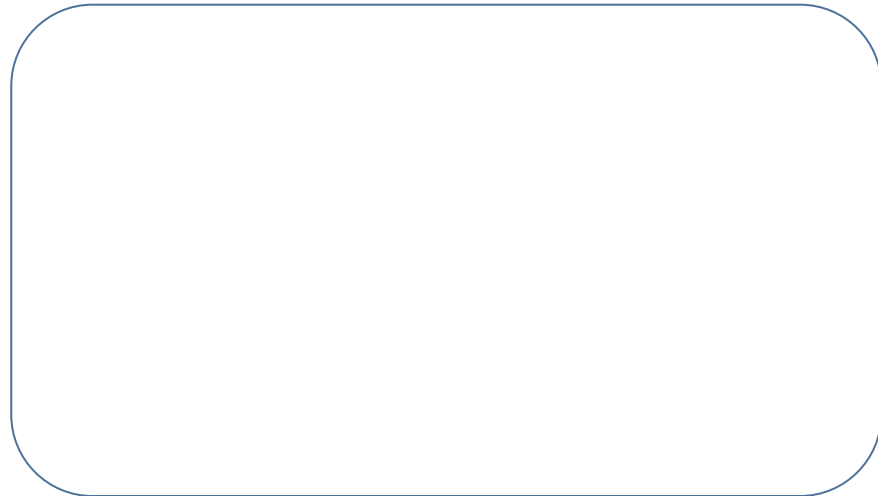


PLACE
STAMP
HERE



Administrative Team

Jessica Penland

Executive Director

Sandy Abt

Community Relations Director

Rosa Valencia

Wellness Director

Yuri Diaz

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



May 2019

2 Skin Protection Practices
3 Resident & Team Spotlight
4/5 Activities Calendar AL

6 Highlights, Social Media, Birthdays
7 Special Moments & Fitness Favorites
8 Mission & Team

Best Practices for Skin Health

Whether lounging outside with a book or chatting with friends over lemonades on the patio, there's a factor to pay attention to so we don't harm our skin, and that's the sun. Spending time outdoors is beneficial for so many reasons, including increasing Vitamin D and our activity levels. But too much sun can make a good thing not so good for us. A little skin protection and general hot weather safety will go a long way in letting us enjoy a good, warm day.



May has been designated Skin Cancer Awareness Month in hopes it will build awareness of ways to protect skin, the need for regular dermatologist visits, and causes and treatments for skin cancer.

WHY CARE ABOUT SKIN PROTECTION?

Sun damage myths would have you believe most harm to skin occurs before age 18. However, studies have shown sun damage is actually cumulative; only 23 percent of lifetime exposure happens by age 18.

Skin cancer is a disease that one in five Americans will develop by age 70. That said, most skin cancer forms can be prevented, including the scariest, melanoma. While it is the most common form of cancer in the U.S., it is also the most preventable. Awareness and frequent skin checks are essential for preventing and treating melanoma.

TIPS FOR PROTECTING YOUR SKIN

Seek Shade: When the sun is at its strongest, between 10 am and 4 pm, enjoy the outdoors and protect your skin in the shade. Hang out under a sun umbrella or covered patio and avoid direct sunlight.

Cover Up: Long sleeves and pants seem counterintuitive when it's hot, but can help a lot with sun protection. Wear lighter-weight clothing with long sleeves and pants to help protect skin while not overheating. Don't forget a broad-brimmed hat and UV-blocking sunglasses!

Wear Sunscreen: The most critical part of avoiding skin cancer is avoiding sunburns. Sunburns are proof of skin damage by the sun, and they hurt. Avoid sunburns with the top two tips and by wearing sunscreen. The Skin Cancer Foundation recommends using a broad-spectrum (UVA/UVB) sunscreen with SPF 15 or higher every single day. For extended activity outdoors, opt for an SPF 30 broad-spectrum (UVA/UVB) sunscreen.

Stay Aware: Examine your skin and visit a dermatologist regularly. Conduct a head-to-toe skin check once a month to look for early warning signs of skin cancer. Visit with your dermatologist once a year or if you find anything suspicious in your examination.

For more useful skin care information and a self-exam guide, visit skincancer.org online.

Special Moments



Our Favorite Fitness Activities

"Daily walks & Wii Bowling"
- Linda

"Playing Tennis"
-Yuri

"Go out dancing!"
- Crystal Marie

"I keep active by exercising and swimming."
- Moni

"I enjoy walking my puppy, Charlotte, at the park."
-Marlen

Senior Health & Fitness Day is on May 28. Our residents and team members sound off on ways they enjoy being active.

May Highlights

May is Get Caught Reading Month
and Military Appreciation Month

- 01 Resident Council @ 1:30 (DR)
- 04 Bird Day/Bird Trivia @ 1:30pm
- 05 Chef Chat w/ Kevin @ 1:15pm (DR)
- 05 Cinco De Mayo; Chips & Salsa @ 2:30pm (DR)
- 06 Nurses Day, Making “Thank You Nurse” Cards @ 1:30pm
- 08 Coke & A Smile Day: Coke, Chips & Chairs Outside on the Patio @ 4:00pm
- 10 Hand Aromatherapy w/ Dana from DoTerra @ 10:45am
- 12 Mother’s Day Tea @ 2:00pm
- 15 Chocolate Chip Day; Cookies & Milk @ 4:00pm
- 16 Culture Club: Mexico @ 1:00pm
- 16 Blood Pressure Seminar @ 2:00pm
- 22 Painting 101 w/ Darla @ 2:30pm
- 23 Lucky Penny Day Craft @ 1:00pm

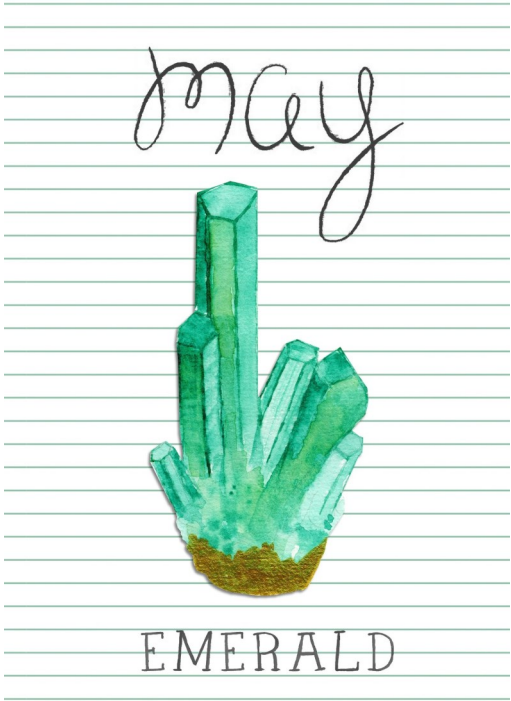
- 23 May Birthday Party w/ Live Music by Mal @ 2:00pm
- 25 Live Music by Rachel V. @ 2:00pm
- 27 Memorial Day Hot Dogs & Hamburgers on the grill for Lunch
- 27 Memorial Day Triva @ 2:30pm
- 30 Water a Flower Day; Watering Flowers Around the building @ 10:45am
- 30 Annual Western BBQ w/ Live Music by The Cowboy Church & Live Ponies @ 3:30pm
- 31 Heat Awareness Day; Sun N’ Fun Seminar @ 2:30pm

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 Mother’s Day to all the moms out there!

May Birthdays



We wish you a Happy Birthday!

- Jannellie, 5/1
- Adriana, 5/3
- Monica, 5/6
- Bob, 5/11
- Joyce, 5/14
- Marian, 5/23
- Sue G., 5/28
- Nella, 5/31



Resident Spotlight!

Fran

Fran was born in Dee, Oregon on August 5th, 1933. She grew up in a farmhouse in Hood River, OR. She would help her father chop wood, bring in the cows, and feed the chickens. She grew up with 7 sisters. They all got along very well. She says she can’t believe her father was able to live in a house with so many women!

Fran worked as an accountant for car dealerships in Castle Rock, WA. She would travel to other dealerships to get vehicles as needed.

Fran got married and had three children. She loves when her daughter visits her because they always have a good time together.

Fran’s favorite hobbies are reading, knitting, and painting. She taught herself how to paint after buying art supplies. Going to the beach to paint was one of her favorite things to do. Fran says she is the happiest when she is helping others.

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



Staff Spotlight! Joan

Joan was born in the Philippines. She started working at Emerald Gardens in January of this year. Her favorite hobbies are gardening, fishing, drawing, listening to music, and doing hair and make-up especially for our residents

Joan says her family and husband make her very happy. She would like to visit her family in the Philippines more often.

Joan enjoys working at Emerald Gardens because she likes learning more about our residents and says her coworkers are a joy to work with.

Congratulations, Joan!
Thank you for all you do!





May 2019

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

Sun	Mon	Tue				Wed	Thu	Fri	Sat
	May Birthdays				1	2	3	4	
	Bob	11th	Jannelie	1st	10:00 Chair Yoga 10:30 Garden Club 11:00 Jenga 1:30 Resident Council 2:30 Library Trip 4:00 Happy Hour 6:00 Places To Color	10:00 Scenic Drive 10:15 Balance & Stretch 10:45 Brain Aerobics 1:30 Wii Bowling 2:15 Ice-Cream Social 3:00 BiNGO 4:00 Scrabble	10:00 BiNGO 11:00 Garden Club 1:30 Wii Golf 2:30 Card Game: NiNES 3:00 Afternoon Walk 4:00 Wine & Cheese 6:00 Friday Night Movie	<u>Bird Day</u> 9:45 Chair Dancing 10:30 News & Coffee 11:15 Garden Club 1:30 Bird Trivia 2:30 Stories Of My Past 4:00 Brain Games on the Patio 6:00 Evening Movie	
	Joyce	14th	Adriana	3rd					
	Marian	23rd	Monica	6th					
	Sue G.	28th							
Cinco de Mayo 5  10:00 UNO (MC) 11:00 Cinco de Mayo Word Search 1:15 Chef Chat 2:30 Chips & Salsa 3:30 Left Center Right 6:00 Tic-Tac-Toe!	<u>National Nurses Day!</u> 6 10:00 BiNGO 11:15 Get Fit on iN2L 1:30 Make “Thank You, Nurse” Cards! 2:30 Brain Games 3:30 Wii Bowling 4:30 Name 5 Game 6:00 Dominos	7 10:00 BiNGO 11:15 Morning Stroll 1:30 Craft Club 2:15 Walmart 3:15 Ladies’ Tea Time 4:00 Pinochle 6:00 NiNes	8 <u>Coke & A Smile Day!</u> 10:00 Chair Yoga 10:30 Garden Club 11:00 Country Cottage 1:30 Jenga 2:30 Pretty Manicure Nails 4:00 Coke, Chips & Chairs on the Patio! 6:00 Places to Color	9 10:00 Scenic Drive 10:15 Balance & Stretch 10:45 Brain Aerobics 1:30 Wii Bowling 2:15 Ice-Cream Social 3:00 BiNGO 3:45 Table Games with ASC Students	10 10:00 BiNGO 10:45 Hand Aromatherapy 1:30 Wii Golf 2:30 Card Game: NiNES 3:00 Afternoon Walk 4:00 Wine & Cheese 6:00 Friday Night Movie	11 9:45 Chair Yoga 10:30 News & Coffee 11:15 Garden Club 1:30 Pinochle 2:30 Stories Of My Past 4:00 Brain Games on the Patio 6:00 Evening Movie			
Mother's Day 12  10:00 UNO (MC) 11:00 Word Search <i>2:00 Mother's Day Tea</i> 3:00 Hymns 6:00 Tic-Tac-Toe!	13 10:00 BiNGO 11:15 Get Fit on iN2L 1:30 Yahtzee! (MC) 2:30 Brain Games 3:30 Wii Bowling 4:30 Name 5 Game 6:00 Dominos	14 10:00 Dollar Tree 11:15 Morning Stroll 1:30 Bible Study w/ Jean 2:15 Craft Club 3:15 Ladies’ Tea Time 4:00 Pinochle 6:00 NiNES	15 <u>Nat’l Chocolate Chip Cookie Day!</u> 10:00 Chair Yoga 10:30 Garden Club 11:00 Jenga 2:00 Library Trip 2:30 Pretty Manicure Nails 4:00 Cookies & Milk 6:00 Places To Color	16 10:00 Scenic Drive 10:15 Balance & Stretch 10:45 Brain Aerobics 1:00 Culture Club: Mexico 2:00 Blood Pressure Seminar 3:00 BiNGO 4:00 Scrabble	17 10:00 BiNGO 11:00 Garden Club 1:30 Wii Golf 2:30 Card Game: NiNES 3:00 Afternoon Walk 4:00 Wine & Cheese 6:00 Friday Night Movie	18 9:45 Chair Yoga 10:30 News & Coffee 11:15 Garden Club 1:30 Pinochle 2:00 Choir Music (MC) 4:00 Brain Games on the Patio 6:00 Evening Movie			
19 10:00 UNO (MC) 11:00 Word Search 1:30 Coloring Hour 2:30 Po-Ke-No 3:30 Left Center Right 6:00 Tic-Tac-Toe!	20 10:00 BiNGO 11:15 Get Fit on iN2L 1:30 Yahtzee! (MC) 2:30 Brain Games 3:30 Wii Bowling 4:30 Name 5 Game 6:00 Dominos	21 10:00 Walmart 11:15 Morning Stroll 1:30 Activities Meeting (DR) 2:15 BiNGO 3:15 Ladies’ Tea Time 3:45 Table Games w/ ASC 6:00 NiNES	22 10:00 Chair Yoga 10:30 Garden Club 11:00 Gina's Eatery 1:30 Pretty Manicure Nails 2:30 Painting 101 w/ Darla 4:00 Happy Hour 6:00 Places To Color	23 <u>Lucky Penny Day!</u> 10:00 Scenic Drive 10:15 Balance & Stretch 10:45 Brain Aerobics 1:00 Lucky Penny Day Frame Craft 2:00 May Birthday Party w/ Live Music by Mal 3:00 BiNGO	24 10:00 BiNGO 11:00 Garden Club 1:30 Wii Golf 2:30 Card Game: NiNES 3:00 Afternoon Walk 4:00 Wine & Cheese 6:00 Friday Night Movie	25 9:45 Chair Yoga 10:30 News & Coffee 11:15 Garden Club 1:30 Pinochle 2:00 Live Music by Rachel V. 4:00 Brain Games on the Patio 6:00 Evening Movie			
26 10:00 UNO (MC) 11:00 Word Search 1:30 Coloring Hour 2:30 Po-Ke-No 3:30 Left Center Right 6:00 Tic-Tac-Toe!	27 Memorial Day 10:00 BiNGO 11:15 Get Fit on iN2L 12:00 Hot Dogs & Hamburgers On The Grill 2:30 Memorial Day Trivia 3:30 Wii Bowling 4:30 Name 5 Game 6:00 Dominos	28 10:00 Goodwill 11:15 Morning Stroll 1:30 Bible Study w/ Jean 2:15 Craft Club 3:15 Ladies’ Tea Time 4:00 Pinochle 6:00 NiNes	29 10:00 Chair Yoga 10:30 Garden Club 11:00 Jenga 1:30 Library Trip 2:30 Pretty Manicure Nails 4:00 Happy Hour 6:00 Places To Color	30 <u>Water A Flower Day</u> 10:00 Scenic Drive 10:15 Brain Aerobics 10:45 Water A Flower! 1:30 Wii Bowling 3:30 Annual Western BBQ w/ Live Music & Ponies! 6:30 Scrabble	31 <u>Heat Awareness Day</u> 10:00 BiNGO 11:00 Garden Club 1:30 Wii Golf 2:30 Sun N’ Fun Seminar 4:00 Wine & Cheese 6:00 Friday Night Movie	-Salon Hours & Appointment Times Are Located At The Front Desk Binder -Resident’s Friendly Reminder, Please Sign-Up For <u>ALL</u> Outings You Wish To Attend, Thank You!			

May 2019

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

Sun	Mon	Tue				Wed	Thu	Fri	Sat
	May Birthdays				1 10:00 Pretty Nails 11:00 Sing w/ Susie Q 1:30 Trivia w/ Karina 2:30 Afternoon Stroll 3:00 Snack & Hydration 3:30 Piggy Bankers 4:00 Who Wants to be a Millionaire on iN2L	2 10:00 Scenic Drive 10:15 Stretch Class 10:45 Brain Aerobics 11:30 Bubble Popper 1:30 Crossword on iN2L 2:15 Ice Cream Social 3:00 BINGO 4:00 Family Feud!	3 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	4 10:00 Morning Stretches 10:30 Word Search 11:15 Garden Club 1:30 Bird Watch on iN2I 2:30 Snack Time 3:30 Funny Pets 6:00 Build a Puzzle	
	Nella	31st	Jannelie	1st					
			Adriana	3rd					
			Monica	6th					
Cinco de Mayo 5  10:00 UNO! 11:30 Word Search 1:30 Coloring Hour 2:30 Chips & Salsa! 3:00 Afternoon Movie 3:30 Crossword Puzzles	National Nurses Day 6 10:00 BINGO (AL) 11:00 Get Fit 11:30 Sing w/Susie Q 1:30 Card Making 2:30 Family Feud on iN2L 3:30 Snack Time 4:00 Bonanza	7 10:00 BINGO 11:15 Tell Me a Joke 1:30 Matching Game 2:30 Andy Griffith Show 3:30 Ladies Tea Time 4:00 Reminisce on iN2L 4:30 Karaoke w/ Karina				Coke & a Smile Day! 8 10:00 Pretty Nails 11:00 Country Cottage 1:30 Trivia w/ Karina 2:30 Afternoon Stroll 3:00 Snack & Hydration 3:30 Piggy Bankers 4:00 Coke, Chips & Chairs on the Patio!	9 10:00 Scenic Drive 10:15 Stretch Class 10:45 Brain Aerobics 11:30 Bubble Popper 1:30 Crossword on iN2L 2:15 Ice Cream Social 3:00 BINGO 3:45 Table Games w/ ASC	10 9:45 Chair Dancing 10:00 BINGO 11:15 Aromatherapy w/ Dana 1:00 Coloring Hour 2:30 Snack & Hydration 3:00 Yahtzee 3:15 Casino Games 6:00 Friday Night Movie	11 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
Mother's Day 12 10:00 UNO! 11:30 Word Search 2:00 Mother's Day Tea  2:00 Rick Steve's Travel 3:00 Hymns 3:30 Crossword Puzzles	13 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	14 10:00 Dollar Tree 11:15 Stretch Class 1:30 Bible Study w/ Jean 2:30 Crafts 3:30 Ladies Tea Time 4:00 Reminisce on iN2L 4:30 Karaoke w/ Karina				Nat'l Chocolate Chip Cookie Day! 15 10:00 Pretty Nails 11:00 Sing w/ Susie Q 1:30 Trivia w/ Karina 2:30 Afternoon Stroll 3:00 Cookies & Milk 3:30 Piggy Bankers 4:00 Who Wants to be a Millionaire on iN2L	16 10:00 Scenic Drive 10:15 Stretch Class 10:45 Brain Aerobics 11:30 Bubble Popper 1:30 Crossword on iN2L 2:15 Ice Cream Social 3:00 BINGO 4:00 Family Feud!	17 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	18 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
19 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	20 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	21 10:00 Andy Griffith Show 11:15 Stretch Class 1:30 Matching Game 2:15 BINGO 3:15 Ladies Tea Time 3:45 Table Games w/ ASC 4:30 Karaoke w/ Karina				22 10:00 Pretty Nails 11:00 Gina's Eatery 1:30 Trivia w/ Karina 2:30 Afternoon Stroll 3:00 Snack & Hydration 3:30 Piggy Bankers 4:00 Family Meeting	23 10:00 Scenic Drive 10:15 Stretch Class 10:45 Brain Aerobics 11:30 Bubble Popper 2:00 May Birthday Party w/ Live Music by Mal 3:00 BINGO 4:00 Family Feud!	24 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	25 10:00 Morning Stretches 10:30 Word Search 11:15 Garden Club 1:30 Afternoon Movie 2:00 Live Music: Rachel V 2:30 Snack Time 3:30 Funny Pets 6:00 Build a Puzzle
26 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	Memorial Day 27  10:00 BINGO (AL) 11:00 Get Fit 12:00 Hot Dogs & Hamburgers On The Grill 2:30 Memorial Day Trivia 3:30 Snack Time 4:00 Bonanza	28 10:00 Goodwill 11:15 Stretch Class 1:30 Bible Study w/ Jean 2:30 Crafts 3:30 Ladies Tea Time 4:00 Reminisce on iN2L 4:30 Karaoke w/ Karina				29 10:00 Pretty Nails 11:00 Sing w/ Susie Q 1:30 Trivia w/ Karina 2:30 Afternoon Stroll 3:00 Snack & Hydration 3:30 Piggy Bankers 4:00 Who Wants to be a Millionaire on iN2L	Water A Flower Day 30 10:00 Scenic Drive 10:15 Stretch Class 10:45 Water A Flower! 11:30 Bubble Popper 1:30 Crossword on iN2L 2:00 Afternoon Movie Matinee 4:00 Family Feud	31 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	