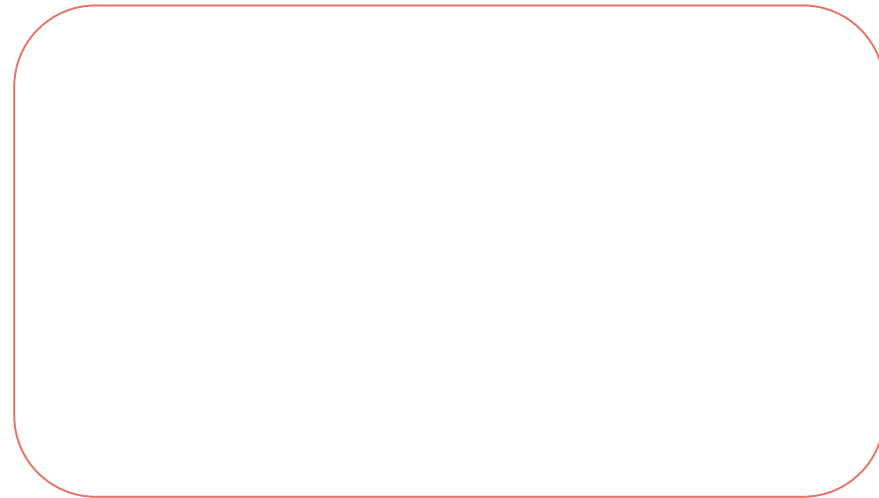


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Administrative Team:

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



Emerald Gardens News

Assisted and Memory Care Newsletter



Peachy Keen! Reach for a Peach this National Peach Month!

2 A Look into Senior Citizen's Day

3 Resident & Staff Spotlight

4/5 Activities Calendar AL

6 Birthdays, Highlights, Social Media

7 Photos, Summer Sentiments

8 Mission, Team

August 2019

Celebrating National Seniors' Day!

For the past 31 years, August 21st has been National Senior Citizens' Day in the United States and we hope you'll join us in observing it!

It was back in 1988 that then President Ronald Reagan set in motion the day to annually highlight seniors' achievements, and bring awareness and assistance to their needs. He stated: "We can best demonstrate our gratitude and esteem by making sure that our communities are good places in which to mature and grow older, places in which older people can participate to the fullest and can find the **encouragement, acceptance, assistance, and services** they need to continue to lead lives of independence and dignity. [...] For all they have achieved throughout life and for all they continue to accomplish, we owe older citizens our thanks and heartfelt salute."

We are proud to celebrate and thank our seniors for their contributions to society. As part of observing such a day, read on for seniors reaching golden-year goals, hobby ideas, and a few helpful online resources.

Success Can Come at Any Age

Seniors most certainly prove one can reach for the stars at an older age. A few examples: Laura Ingalls Wilder wrote the "Little House" series between the ages of 65 and 76. Gladys Burrill completed the Honolulu Marathon at age 92. Peter Mark Roget of "Roget's Thesaurus of English Words and Phrases" did not start the book until age 69. Painter Grandma Moses was 78 when she gained fame for her works. Julia Child was 50



when she released her first cookbook. And Colonel Sanders didn't come into great success with KFC until age 62. These are encouraging examples for all of us goal-chasers. Stick to your goals no matter how small you think they are, and feel the pride that comes from taking the journey.

Hobbies to Consider Trying Out

Cooking: Share and make recipes in groups.
Golf: Whether for fun or competition!
Painting: Acrylics, watercolors, or oils
Poetry: Spoken or written, alone or for friends
Pottery: Start making hands-on masterpieces!

3 Resources Seniors May Find Helpful:

- **U.S. Department of Treasury Tax Counseling for Seniors:** <https://www.benefits.gov/benefit/722>
- **Social Security Administration Social Security Retirement Benefits:** <https://www.ssa.gov/benefits/retirement>
- **Corp. of National & Community Service Retired and Senior Volunteer Program:** <https://www.nationalservice.gov/serve>

Special Moments



What is the very best thing about summer?

"Vacations" - Dolores

"The green grass" - Samantha

"Nice Weather!" - Fran

"BBQ's & Swimming" - Roel

"Beach Trips" - Mirna

"No Snow & No Rain!" - Leroy

"Rivers & Watermelon" - Maria

August Highlights

August is Eye Exam Month!

Aug. 2: Ice Cream Sandwiches @ 4:00pm
 Aug. 4: Friendship & Choc. Chip Cookie Day
 Aug. 5: Chef Chat w/ Kevin @ 1:30pm in DR
 Aug. 6: Root Beer Float Day, Root Beer Floats @ 4pm; Wiggle Toes Day
 Aug. 7: Resident Council at 1:30pm in DR
 Aug. 9: Hand Aromatherapy @ 10:45am
 Aug. 9: Book Lover's Day, Round Robin Reading @ 2:15pm Outside Patio
 Aug. 10: Bowling Day, Wii Bowling
 Aug. 11: Hymns Music @ 3:00pm in MC
 Aug. 13: Live Music by Mal @ 2:00pm in MC
 Aug. 13: Left-Handers Day
 Aug. 14: Culture Club: Cuba @ 1:30pm
 Aug. 15: Summer Luau w/ Live Music Entertainment @ 12pm
 Aug. 15: Relaxation Day, DIY Facemasks
 Aug. 16: Tell a Joke Day
 Aug. 19: Potato Day, Potato Bar for Lunch
 Aug. 20: Vision Presentation @ 2:00pm
 Aug. 21: Painting w/ Darla @ 2:15pm in DR
 Aug. 22: Birthday Party w/ Live Music by Elvis @ 2:00pm. Cake & Ice-Cream Provided



Aug. 24: Waffle Day, Waffles @ Breakfast
 Aug. 24: Choir Music @ 2:30pm
 Aug. 25: Banana Split Day, Banana Splits @ 2:30pm
 Aug. 29: Activities Meeting @ 3:00 pm
 Aug. 30: College Colors Day; Marshmallows Day
 Aug. 31: Trail Mix Day, Make Your Own Trail Mix @ 2:30pm @ FL

Follow us on Social Media:

Facebook.com/EmeraldGardensCommunity
 Blog.radiantseniorliving.com
 Radiantsriving on Instagram
 Radiantvoices on Instagram
 RadiantSrLiving on Twitter
 Pinterest.com/radiantsriving



Happy Birthday to all those who celebrate their special day during the month of August!

Kevin, August 1st
 Fran, August 5th
 Anna Maria, August 6th
 Crystal, August 7th
 Sandy, August 7th
 Dolores, August 8th
 Mary M., August 12th



Resident Spotlight!

Jeanette

Jeanette was born in Portland, OR on October 7th, 1942. She grew up in Valsetz, OR. Jeannette says she was a good student and had a lot of friends. She remembers playing Kick the Can after school and having so much fun.

Jeanette got married and had four children. She loved being married because her husband was good to her and he was a good father. Her favorite part about being a mom is all the hugs she gets from her children and watching them grow up.

Jeanette's favorite hobbies are going on walks, scenic drives, and spending time with her family and friends. Jeanette says sunny days, flowers, and being pampered once in a while is what makes her happy.

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



Staff Spotlight Sandra

Sandra was born in Guadalajara, Jalisco. She started working at Emerald Gardens in October 2011. Her favorite hobbies are shopping, going to the beach, and watching movies.

Sandra says being around her family and puppy makes her happy. She is also happy her husband is in good health after receiving a kidney transplant.

Sandra says if she could do anything in the world, she would change the way people think about others because regardless of skin color or religion we are all human.

Sandra enjoys working at Emerald Gardens because of the relationships she has built with the residents. She loves making them smile and treating them like family.

Congratulations, Sandra!
 Thank you for all you do!

August 2019

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		If you would like to attend any of the outings, Please be sure to sign-up at the Front Desk, Thank You!	<i>August Birthdays</i>		<u>Nat'l Ice-Cream Sandwich Day</u> 2 10:00  11:00 Name 5 1:30 Wii Golf 2:30 Card Game: NiNES 3:00 Family Feud 4:00 Ice-Cream Sandwiches 6:00 Friday Night Movie	3 9:45 Chair Dancing 10:30 Woodburn's 56th Fiesta Mexicana Parade 1:30 News & Coffee 2:30 Sign Language on in2l 4:00 Brain Games Outside 6:00 Evening Movie
			Anna Maria 6th Kevin 1st	1 10:00 Scenic Drive 10:15 Stretch and Balance 11:00 Word Grid 1:30 Wii Bowling 2:15 Ice-Cream Social 3:00  4:00 Hang-Man		
			Dolores 8th Crystal 7th			
			Mary 12th			
4 10:00 UNO! (MC) 11:15 Word Search 1:30 Po-Ke-No 2:30 Coloring Hour 3:30 Crossword Puzzles 6:00 Tic-Tac-Toe	5 10:15  11:15 Get Fit 1:30 Chef Chat 2:30 Brain Games 3:00 Wii Bowling 4:00 Name 5 6:00 Scrabble	6 <u>Root Beer Float Day</u> 10:00  11:15 Morning Stroll 1:30 Bible Study w/ Jean 2:15 Walmart 4:00 Root Beer Floats 6:00 Card Game: NiNES	7 10:00 Piggy Bankers 10:30 Chair Dancing 11:00 Travel: Time Lapse 1:30 Resident Council 2:30 Pretty Nails 4:00 Iced-Tea on the Patio 6:00 Places to Color	8 10:00 Scenic Drive 10:15 Stretch and Balance 11:00 Word Grid 1:30 Wii Bowling 2:15 Ice-Cream Social 3:00  4:00 Pictionary	9 <u>Book Lover's Day</u> 10:00  10:45 Hand Aromatherapy 1:30 Wii Golf 2:15 Round Robin Reading 3:00 Family Feud 4:00 Wine & Cheese 6:00 Friday Night Movie	10 <u>Bowling Day</u> 9:45 Chair Dancing 10:30 Sign Language on in2l 1:30 News & Coffee 2:30 Wii Bowling 4:00 Summer Trivia 6:00 Evening Movie
11 10:00 UNO! (MC) 11:15 Word Search 1:30 Coloring Hour 3:00 Hymns 3:30 Crossword Puzzles 6:00 Tic-Tac-Toe	12 10:15  11:15 Get Fit 1:30 The Prize is Right 2:30 Brain Games 3:00 Wii Bowling 4:00 Right Center Left 6:00 Scrabble	13 <u>Left-Hander's Day</u> 10:00 Dollar Tree 11:15 Morning Stroll 1:30 Ladies' Tea Time 2:00 Live Music by Mal! 3:00  4:00 Left Hand Zone! 6:00 Card Game: NiNES	14 10:00 Piggy Bankers 10:30 Library Trip 11:15 Lunch: KFC 1:30 Culture Club: Cuba 2:30 Pretty Nails 4:00 Iced-Tea on the Patio 6:00 Places to Color	15 <u>Relaxation Day</u> 10:00 Scenic Drive 10:15 Chair Yoga 12:00 Summer Luau  1:30 DIY Facemasks 2:15 Ice-Cream Social 3:00  4:00 Hang-Man	16 <u>Tell A Joke Day</u> 10:00  11:00 Name 5 1:30 Wii Golf 2:30 Card Game: NiNES 3:00 Jokes & Riddles 4:00 Wine & Cheese 6:00 Friday Night Movie	17 9:45 Chair Dancing 10:30 Sign Language on in2l 1:30 News & Coffee 2:30 Geography Game 4:00 Ted Talks on in2l 6:00 Evening Movie
18 10:00 UNO! (MC) 11:15 Word Search 1:30 Coloring Hour 2:30 Po-Ke-No 3:30 Crossword Puzzles 6:00 Tic-Tac-Toe	19 <u>Potato Day</u> 10:15  11:15 Get Fit 12:00 Potato Bar for Lunch 2:30 Brain Games 3:00 Wii Bowling 4:00 Name 5 6:00 Scrabble	20 <u>Lemonade Day</u> 9:45 Walmart 11:15 Morning Stroll 1:30 Bible Study w/ Jean 2:00 Vision Presentation 3:00  4:00 Lemonade Mocktails 6:00 Card Game: NiNES	21 10:00 Piggy Bankers 10:30 Pretty Nails 11:00 Chair Dancing 1:30 Travel: Time Lapse 2:15 Painting w/ Darla 4:00 Iced-Tea on the Patio 6:00 Places to Color	22 10:00 Scenic Drive 10:15 Stretch and Balance 11:00 Word Grid 1:30 Wii Bowling  2:00 Aug. Birthday Party w/ Live Music by Elvis! 3:00  4:00 Pictionary	23 10:00  11:00 Name 5 1:30 Wii Golf 2:30 Card Game: NiNES 3:00 Family Feud 4:00 Wine & Cheese 6:00 Friday Night Movie	24 <u>Waffle Day</u> 8:00 Waffles for Breakfast! 9:45 Chair Dancing 10:30 Maryland Day History 1:30 News & Coffee 2:30 Choir Music 4:00 Summer Trivia 6:00 Evening Movie
25 <u>Banana Split Day</u> 10:00 UNO! (MC) 11:15 Word Search 1:30 Coloring Hour  2:30 Banana Splits! (MC) 3:30 Crossword Puzzles 6:00 Tic-Tac-Toe	26 10:15  11:15 Get Fit 1:30 The Prize is Right 2:30 Brain Games 3:00 Wii Bowling 4:00 Right Center Left 6:00 Scrabble	27 9:45 Goodwill 11:15 Morning Stroll 1:30 Craft Club 2:30 Ladies' Tea Time 3:00  4:00 Jenga 6:00 Card Game: NiNES	28 10:00 Piggy Bankers 10:30 Library Trip 11:15 Lunch: Taco Bell 1:30 Sign Language on in2l 2:30 Pretty Nails 4:00 Iced-Tea on the Patio 6:00 Places to Color	29 10:00  11:00 Word Grid 1:30 Menchie's Frozen Yogurt 2:30 Wii Bowling 3:00 Activities Meeting 4:00 Pictionary	30 <u>College Colors Day</u> 10:00 Bingo 11:00 Name 5 1:30 Wii Golf 2:30 Name the College 3:00 Card Game: NiNES 4:00 Wine & Cheese 6:00 Friday Night Movie	31 <u>Trail Mix Day</u> 9:45 Chair Dancing 10:30 Sign Language on in2l 1:30 News & Coffee 2:30 Make-Your-Trail Mix 4:00 Summer Trivia 6:00 Evening Movie

August 2019

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
			August Birthdays			
			Fran E.	5th	Kevin	1st
			Sandy P	7th	Crystal	7th
Chocolate Chip Cookie Day 4		Root Beer Float Day 6				
10:00 UNO! 11:00 Sing-a-Long! 1:30 Coloring Hour 2:30 Word Search Puzzles 3:00 Cookies and Milk! 3:30 Crossword Puzzles 4:30 Music	10:00 BINGO 11:15 Simple Stretch 1:30 Yahtzee! 2:30 Snack & Hydration 3:30 Crossword Puzzles 4:30 Bubble Popper	10:00 BINGO 11:15 Sit & Be Fit! 1:30 Bible Study w/ Jean 2:15 Afternoon Movie 4:00 Root Beer Floats! 4:30 Marching Game!	10:00 Pretty Nails 1:30 Trivia w/ Karina 2:30 Andy Griffith Show 3:00 Snack and Hydration 3:30 Piggy Bankers 4:00 Who wants to be a Millionaire	10:00 Scenic Drive 10:15 Simple Stretch 1:30 Trivia w/ Karina 2:15 Ice Cream Social 3:00 BINGO 4:00 Family Feud	9:30 Chair Dancing 10:00 BINGO 1:00 Coloring Hour 2:30 Yahtzee! 3:00 Snack & Hydration 3:30 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 Funny Pets 3:30 Snack & Hydration 6:00 Build a Puzzle
10:00 UNO! 11:00 Sing-a-Long! 1:30 Coloring Hour 2:30 Word Search Puzzles 3:00 Hymns 3:30 Afternoon Movie 4:30 Music	10:00 BINGO 11:15 Simple Stretch 1:30 Yahtzee! 2:30 Snack & Hydration 3:30 Crossword Puzzles 4:30 Bubble Popper	10:00 Dollar Tree 11:15 Sit & Be Fit! 1:30 Ladies Tea Time 2:00 Music by Mal 3:00 BINGO 4:00 Matching Game!	10:00 Pretty Nails 11:15 Lunch @ KFC! 1:30 Culture Club: Cuba 2:30 Andy Griffith Show 3:30 Piggy Bankers 4:00 Who wants to be a Millionaire	10:00 Scenic Drive 10:15 Simple Stretch 12:00 Summer Luau 1:30 Trivia w/ Karina 2:15 Ice Cream Social 3:00 BINGO 4:00 Family Feud!	Tell A Joke Day 9:30 Chair Dancing 10:00 BINGO 1:00 Coloring Hour 2:30 Yahtzee! 3:00 Snack & Hydration 3:30 Casino Games 6:00 Friday Night Movie	Bee Day 10:00 Morning Stretches 10:30 Word Search 11:15 Garden Club 1:30 Afternoon Movie 2:30 Funny Pets 3:30 Snack & Hydration 6:00 Build a Puzzle
10:00 UNO! 11:00 Sing-a-Long! 1:30 Coloring Hour 2:30 Word Search Puzzles 3:00 Afternoon Movie 3:30 Crossword Puzzles 4:30 Music	10:00 BINGO 11:15 Simple Stretch 1:30 Yahtzee! 2:30 Snack & Hydration 3:30 Crossword Puzzles 4:30 Bubble Popper	Lemonade Day! 10:00 Morning Movie 11:15 Sit & Be Fit! 1:30 Bible Study w/ Jean 3:00 BINGO 4:00 Lemonade & Chips! 4:30 Matching Game!	10:00 Pretty Nails 1:30 Trivia w/ Karina 2:30 Andy Griffith Show 3:00 Snack and Hydration 3:30 Piggy Bankers 4:00 Who wants to be a Millionaire	10:00 Scenic Drive 10:15 Simple Stretch 1:30 Trivia w/ Karina 2:00 Aug. Birthday Party w/ Live Music by Elvis! 3:00 BINGO 4:00 Family Feud!	9:30 Chair Dancing 10:00 BINGO 1:00 Coloring Hour 2:30 Yahtzee! 3:00 Snack & Hydration 3:30 Casino Games 6:00 Friday Night Movie	Waffle Day! 8:00 Waffles for Breakfast! 10:00 Morning Stretches 10:30 Word Search 11:15 Garden Club 1:30 Afternoon Movie 2:30 Choir Music 3:30 Snack & Hydration
Banana Splits 25						
10:00 UNO! 11:00 Sing-a-Long! 1:30 Coloring Hour 2:30 Banana Splits! 3:00 Afternoon Movie 3:30 Crossword Puzzles	10:00 BINGO 11:15 Simple Stretch 1:30 Yahtzee! 2:30 Snack & Hydration 3:30 Crossword Puzzles 4:30 Bubble Popper	9:45 Goodwill 10:00 Morning Movie 11:15 Sit & Be Fit 1:30 Craft Time 2:30 Ladies Tea Time 3:00 BINGO 4:30 Matching Game!	10:00 Pretty Nails 11:30 Lunch @ Taco Bell! 1:30 Trivia w/ Karina 2:30 Andy Griffith Show 3:30 Piggy Bankers 4:00 Who wants to be a Millionaire	10:00 Scenic Drive 10:15 Simple Stretch 11:00 Bubble Popper 1:30 Menchie's Frozen Yogurt 2:15 Ice Cream Social 3:00 BINGO 4:00 Family Feud!	College Colors Day! 9:30 Chair Dancing 10:00 BINGO 1:00 Coloring Hour 2:30 Yahtzee! 3:00 Snack & Hydration 3:30 Casino Games 6:00 Friday Night Movie	Trail Mix Day 31 10:00 Morning Stretches 10:30 Word Search 11:15 Garden Club 1:30 Afternoon Movie 2:30 Make a Trail Mix! 3:30 Snack & Hydration 6:00 Build a Puzzle