

**1890 Newberg Highway
Woodburn, OR 97071**

STAMP
HERE



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Maintenance Director

Maria Sanchez
Life Enrichment Director



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

Emerald Gardens News

Monthly Newsletter



December 2019

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Cold Weather Safety & Wellness Tips

It's that time of year again when temperatures begin to plummet, snowflakes kiss our noses, and "Baby, it's Cold Outside!" and "Walking in a Winter Wonderland" play on the radio.

The changing weather can be a joyous occurrence each year, but it's also one we can better prepare for with a few tips to aid in keeping us safe and merry.



Dress for Warmth

Stay toasty throughout winter with appropriate clothing for your surroundings. Outdoors, if it's very cold, be sure to wear warm socks, gloves, a heavy coat, a scarf, and a hat or ear muffs, and make sure exposed skin is covered. Indoors, if cold, dress in layers and keep feet covered. One's body temperature should never dip below 95 degrees.

Avoid Falling

In the winter, falls may occur due to slips on icy sidewalks and roads or wet indoor spaces. Avoid injury by wearing shoes with good traction and non-skid soles. Stay inside when at all possible, and wait to walk on sidewalks until you know that they have been treated for ice. It is also smart to have a walking buddy or two if you do head outdoors. If you have been outside and are returning to an indoor space, take off your shoes to avoid slipping due to wet soles.

Ward off the Wintertime Blues

In the winter, there are fewer opportunities for people to get regular exercise and sunshine. There are also some stressors that

come along with the holidays. These changes in routine may lead to feelings of loneliness, isolation, and sadness. Help fight off the winter blues by getting regular exercise, participating in social activities, and eating a varied diet of Vitamin D fortified foods.

Avoid Fire Hazards & Carbon Monoxide Poisoning

It's lovely to enjoy the warmth of the fireplace or a scented candle in winter, but be prepared to avoid fire dangers. Heaters, fireplaces, stoves, candles, and holiday decorations can pose fire risks. Avoid possible fires and carbon monoxide poisoning by following fire safety rules, abiding by device manufacturer instructions, and making sure all alarms are functional. Also, practice routine fireplace maintenance, make sure electrical sockets are operating properly, and keep holiday decorations neat and in good repair. There's no shame in reaching out to a friend or loved one for help tending to these tasks.

We wish everyone a safe, warm, and fun-filled winter season this year!

Special Moments

"Life isn't a matter of milestones, but of moments." - Rose Kennedy



'Tis the Season to Be Baking!

This Pfeffernusse recipe, modified from an All Recipes version by Thebeansma, requires 15 mins prep, 15 mins to cook, and 3 hours total. **Ingredients:** 1/2 cup molasses; 1/4 cup honey; 1/4 cup shortening; 1/4 cup margarine; 2 eggs; 4 cups flour; 3/4 cup sugar; 1/2 cup brown sugar; 1.5 tsp ground cardamom; 1 tsp ground nutmeg; 1 tsp ground cloves; 1 tsp ground ginger; 2 tsp anise extract; 2 tsp ground cinnamon; 1.5 tsp baking soda; 1 tsp pepper; 1/2 tsp salt; 1 cup confectioners sugar.

Steps: **1.)** Stir molasses, honey, shortening, margarine in saucepan over med heat. Stir until creamy. Remove from heat; cool to room temp. Stir in eggs. **2.)** Combine flour, white and brown sugars, cardamom, nutmeg, cloves, ginger, anise, cinnamon, baking soda, salt and pepper in big bowl. Add molasses mixture and mix together. Refrigerate 2 hours. **3.)** Preheat oven to 325. Roll dough into balls. Put on bake sheet 1 inch apart. **4.)** Bake 10-15 mins. Cool. Coat with confectioners sugar. Enjoy!



December 2019 Highlights

December is Safe Gifts Month, Spiritual Literacy Month, and Tomato Month

01 Pie Day; Eat a Red Apple Day
04 Cookie Day; Dice Day; Sock Day
04 Pajama Day/Tree Decorating Day
06 Hand Aromatherapy @ 11:15
07 Pearl Harbor Remembrance Day
08 Brownie Day; Be a Time Traveler Day
08 Hymns Music @ 3:00PM
10 Nobel Prize Day; Dewey Decimal Day
11 App Day; Noodle Ring Day
12 Ambrosia Day; Poinsettia Day
12 Resident Holiday Party @ 1:00PM
13 Cocoa Day; Violin Day
14 Bouillabaisse Day
16 Chocolate-Covered Anything Day
17 Maple Syrup Day; Wright Brothers Day
19 Hard Candy Day/Birthday Party @ 2:00PM
20 Sangria Day
21 Holiday Sweater Day
24 Eggnog Day; Christmas Eve
25 Christmas Day; Pumpkin Pie Day
25 Christmas Day Movie Marathon
26 Candy Cane Day; Thanks Day

27 Card Playing Day
28 Chocolate Candy Day
28 Choir Music @ 2:30pm (MC)
30 Bacon Day
31 New Year's Eve, Champagne Day, New Year's Eve Resident Celebration @ 2:30 in DR



We're online @

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

December Birthdays!



Wishing a very happy birthday to you!

Daisy, 12/7
Leroy, 12/7
Velma, 12/8
Robert S., 12/12
Kyoko, 12/15
Nimbira, 12/19



Staff Spotlight

Abie

Abie was born in Silverton, Oregon and was raised in Woodburn. He has been working at Emerald Gardens for 4 months. He is one of our amazing chefs!

Abie's favorite hobbies are making music, drawing, and skateboarding. His favorite type of food is seafood of any kind!

Abie is the happiest when he spends time with his family and when he cooks. He is proud of his cooking skills and says he can make an excellent cheese sauce!

Abie enjoys working at Emerald Gardens because he gets to do what he loves. He says he genuinely enjoys cooking for our residents.

Thank you for all you do, Abie!
We are so glad you are part of our Radiant team!



Resident Spotlight

Barbara

Barbara was born on July of 1938 in Salem, Oregon. She grew up in the country by Aurora. She had one older sister and says they were very close.

Barbara attended North Marion High School. Her favorite subject was P.E because she loved playing sports and being active. After graduating, she went to school to become a florist.

Barbara had three boys. She loved going to watch their sports games and cheering them on.

Barbara says her family and friends make her very happy. They love to reminisce about all great times they've had together!

We are so glad Barbara is part of our Radiant community!

December 2019

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

Sun		Mon		Tue		Wed		Thu		Fri		Sat	
1		2		3		4		5		6		7	
10:00 UNO!		10:00 BINGO!		10:00 BINGO!		10:00 Pretty Nails		10:00 Scenic Drive		10:00 BINGO!		10:00 Conductorcise	
11:00 Sing-A-Long!		11:15 Get Fit!		11:00 Chair Yoga*		11:00 Chair Dancing*		10:15 Morning Stretches*		11:00 Chair Dancing		10:30 Time Lapse	
1:30 Coloring Hour		1:30 Coloring Hour		11:30 Essential Hand Wash		11:30 Essential Hand Wash		11:00 Essential Hand Wash		11:15 Hand Aroma Therapy		11:00 Essential Hand Wash	
2:30 Word Search		2:30 Snack & Hydration		1:30 Build a Puzzle*		1:30 Geography Game*		1:30 Yahtzee!		1:30 Coloring Hour		1:30 Coloring Hour	
3:30 Afternoon Movie		3:00 Crosswords		2:00 Afternoon Movie		3:00 Coffee Social		2:15 Ice Cream Social		2:30 Snack & Hydration		2:30 Snack Hydration	
4:00 Build a Puzzle		4:00 Bubble Popper		3:30 Family Feud!		3:30 Hangman*		3:00 BINGO!		3:00 Bubble Popper		3:30 Balloon Volleyball	
						4:00 Family Meeting by Brighton Hospice		4:00 Family Feud!		4:00 Reminisce*		4:00 Karaoke	
8		9		10		11		12		13		14	
10:00 UNO!		10:00 BINGO!		10:00 Dollar Tree		10:00 Pretty Nails		10:30 Gingerbread House Decorating		10:00 BINGO!		10:00 Conductorcise	
11:00 Sing-A-Long!		11:15 Get Fit!		11:00 Chair Yoga*		11:15 Lunch @ Abby's		11:00 Morning Stretches*		11:00 Chair Dancing		10:30 Time Lapse	
1:30 Coloring Hour		1:30 Bible Study		1:30 Afternoon Movie		1:30 Geography Game*		11:00 Morning Stretches*		11:30 Essential Hand Wash		11:00 Essential Hand Wash	
2:30 Word Search		2:30 Snack & Hydration		3:00 BINGO!		2:00 Andy Griffith Show		1:00 Holiday Party		1:30 Coloring Hour		1:30 Coloring Hour	
3:00 Hymns		3:00 Crosswords		4:00 Family Feud!		3:00 Coffee Social		4:00 Family Feud!		2:30 Snack & Hydration		2:30 Snack Hydration	
4:00 Build a Puzzle		4:00 Bubble Popper		6:00 Christmas Lights Drive!		3:30 Hangman*		6:00 Christmas Lights Drive		3:00 Bubble Popper		3:30 Balloon Volleyball	
						4:00 Reminisce on iN2L*				4:00 Reminisce*		4:00 Karaoke	
15		16		17		18		19		20		21	
10:00 UNO!		10:00 BINGO!		10:00 Morning Movie		10:00 Pretty Nails		10:00 Scenic Drive		10:00 BINGO!		10:00 Conductorcise	
11:00 Sing-A-Long!		11:15 Get Fit!		11:00 Chair Yoga*		11:00 Chair Dancing*		10:15 Morning Stretches*		11:00 Chair Dancing		10:30 Time Lapse	
1:30 Coloring Hour		1:30 Cookie Decorating		11:30 Essential Hand Wash		11:00 Lunch @ Gina's Eatery		11:00 Essential Hand Wash		11:30 Essential Hand Wash		11:00 Essential Hand Wash	
2:30 Word Search		2:30 Snack & Hydration		1:30 Trivia w/ Karina!		1:30 Geography Game*		1:30 Yahtzee!		1:30 Coloring Hour		1:30 Coloring Hour	
3:30 Afternoon Movie		3:00 Crosswords		2:00 Ladies Tea Time		3:00 Coffee Social		2:00 Birthday Party!		2:30 Snack & Hydration		2:30 Snack Hydration	
4:00 Build a Puzzle		4:00 Bubble Popper		3:00 BINGO!		3:30 Hangman*		3:00 BINGO!		3:00 Bubble Popper		3:30 Balloon Volleyball	
				4:00 Family Feud!		4:00 Reminisce on iN2L*		4:00 Family Feud!		4:00 Reminisce*		4:00 Karaoke	
22		23		Christmas Eve 24		Christmas Day 25		26		27		28	
10:00 UNO!		10:00 BINGO!				10:00 Cookies & Cocoa		10:00 Scenic Drive		10:00 BINGO!		10:00 Conductorcise	
11:00 Sing-A-Long!		11:15 Get Fit!				11:00 Sit & Be Fit!*		10:15 Pretty Nails		11:00 Chair Dancing		10:30 Time Lapse	
1:30 Coloring Hour		1:30 Bible Study		10:00 Goodwill		11:00 Christmas Trivia!		11:00 Essential Hand Wash		11:30 Essential Hand Wash		11:00 Essential Hand Wash	
2:30 Word Search		2:30 Snack & Hydration		11:00 Chair Yoga*		1:30 Christmas Trivia!		1:30 Yahtzee!		1:30 Coloring Hour		1:30 Coloring Hour	
3:30 Afternoon Movie		3:00 Crosswords		11:30 Essential Hand Wash		3:00 Coloring Hour		2:15 Ice Cream Social		2:30 Snack & Hydration		2:30 Snack Hydration	
4:00 Build a Puzzle		4:00 Bubble Popper		1:30 Christmas Crafts!		4:00 Christmas Movie Marathon!		3:00 BINGO!		3:00 Bubble Popper		3:30 Balloon Volleyball	
				3:00 BINGO!				4:00 Family Feud!		4:00 Reminisce*		4:00 Karaoke	
				4:00 Family Feud!									
29		30		New Years Eve 31		Key: ◦ Outings ◦ Entertainment ◦ Manicures ◦ Meetings ◦ Socials ◦ Bible Study ◦ iN2L*		December Birthdays					
10:00 UNO!		10:00 BINGO!		10:00 Dollar Tree	Leroy			7th	Daisy	7th			
11:00 Sing-A-Long!		11:15 Get Fit!		11:00 Chair Yoga*	Velma			8th	Nimbra	19th			
1:30 Coloring Hour		1:30 Coloring Hour		11:30 Essential Hand Wash	Robert S.			12th					
2:30 Word Search		2:30 Snack & Hydration		1:30 New Years Trivia	Kyoko			15th					
3:30 Afternoon Movie		3:00 Crosswords		2:30 New Years Eve Party!									
4:00 Build a Puzzle		4:00 Bubble Popper		3:00 Bingo!									
				4:00 Family Feud!									

December 2019

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Sun	Mon	Tue	Wed	Thu	Fri	Sat	
1 9:30 Conductorcise 10:00 UNO! 11:00 Time Lapse* 1:30 Word Search 2:30 Coloring Hour 3:30 On This Day* 6:00 Tic-Tac-Toe Challenge	2 10:00 BiNGO 11:00 Sit & Be Fit 1:30 Chef Chat w/ Kevin 2:00 Today in History 3:00 Wii Bowling 4:00 Car Park Game* 5:15 Seattle Seahawks vs Minnesota Vikings	3 10:00 BiNGO 11:15 Holiday Trivia* 1:30 Winter Safety Tips 2:00 Walmart 3:00 Famous Women* 4:00 Pinochle 6:00 Scrabble	Pajama Day/Sock Day/Dice Day 4 10:00 Piggy Bankers 10:30 Library Outing 11:00 Tell Me A Joke* 1:30 Resident Council 2:30 Pretty Nails 3:00 Yahtzee 4:00 Happy Hour 6:00 Places to Color	5 10:00 Scenic Drive 10:15 Balance & Stretches 11:00 Brain Aerobics* 1:30 Wii Bowling 2:15 Ice-Cream Social 3:00 BiNGO 4:00 Mancala Game 6:00 Karaoke*	6 9:30 Chair Dancing 10:00 Bingo 10:45 Hand Aromatherapy 1:30 Wii Golf 2:30 Right Center Left 3:15 Name 5 Challenge 4:00 Wine & Cheese 6:00 Friday Night Movie	Pearl Harbor Remembrance Day 7 9:45 Chair Yoga 10:30 Name 5 1:30 Geography Game 2:30 Good News* 3:30 Tech Corner 4:00 Book Club 6:00 Evening Movie	
8 9:30 Conductorcise 10:00 UNO! 11:00 Time Lapse* 1:30 Word Search 2:30 Coloring Hour 3:00 Hymns (MC) 5:20 Seattle Seahawks vs Los Angeles Rams	9 10:00 BiNGO 11:00 Sit & Be Fit 1:00 Brain Games 1:30 Bible Study 3:00 Wii Bowling 4:00 Car Park Game* 6:00 Sign Language*	10 10:00 Dollar Tree 11:15 Woman’s Trivia* 1:30 Today in History* 2:15 Card Game: Nines 3:00 Bingo 4:00 Pinochle 6:00 Keizer Christmas Lights Drive	11 10:00 Pretty Nails 10:30 Piggy Bankers 11:15 Abby’s Pizza 1:30 X-mas Shopping Trip 3:00 Book Club 4:00 Happy Hour 6:00 Places to Color	12 10:00 Balance & Stretches 10:30 Gingerbread House Decorating (MC) 1:30 Wii Bowling 2:30 Resident Holiday Party w/ Live Music by The Good Company 6:00 Keizer Christmas Lights Drive	Cocoa Day 13 9:30 Chair Dancing 10:00 Bingo 11:15 Rummikub 1:30 Wii Golf 2:30 Right Center Left 3:15 Name 5 Challenge 4:00 Cookies & Cocoa 6:00 Friday Night Movie	Alabama Day 14 9:45 Chair Yoga 10:30 Name 5 1:30 Alabama Trivia 2:30 Good News* 3:30 Ted Talks 4:00 Book Club 6:00 Evening Movie	
15 9:30 Conductorcise 10:00 Seattle Seahawks vs Carolina Panthers 1:30 Word Search 2:30 Coloring Hour 3:30 On This Day* 6:00 Tic-Tac-Toe Challenge	16 10:00 Bingo 11:00 Sit & Be Fit 1:15 Cookie Decorating 2:00 Today in History* 3:00 Wii Bowling 4:00 Brain Games 6:00 Ted Talks*	Wright Brothers Day 17 10:00 Walmart 11:15 Presidents* 1:30 Wright Brothers* 2:00 Ladies’ Tea Time 3:00 Bingo 4:00 Pinochle 6:00 Scrabble	18 10:00 Piggy Bankers 10:30 Library Outing 11:00 Gina’s Eatery 1:30 Pretty Nails 2:15 Painting 101 w/ Darla 3:00 Yahtzee 4:00 Happy Hour 6:00 Places to Color	19 10:00 Scenic Drive 10:15 Balance & Stretches 11:00 Brain Aerobics* 1:30 Wii Bowling 2:00 Birthday Party 3:00 BiNGO 4:00 Mancala Game 6:00 Karaoke*	Sangria Day 20 9:30 Chair Dancing 10:00 Bingo 11:15 Rummikub 1:30 Wii Golf 2:30 Right Center Left 3:15 Name 5 Challenge 4:00 Sangria Taste 6:00 Friday Night Movie	Crossword Puzzle Day 21 9:45 Chair Yoga 10:30 Name 5 1:30 Geography Game 2:30 Good News* 3:30 Tech Corner 4:00 Book Club 6:00 Evening Movie	
22 9:30 Conductorcise 10:00 UNO! 11:00 Time Lapse* 1:25 Seattle Seahawks vs St. Louis Cardinals 2:30 Coloring Hour 3:30 On This Day* 6:00 Tic-Tac-Toe Challenge	23 10:00 BiNGO 11:00 Sit & Be Fit 1:30 Bible Study 2:30 Winter Craft 3:00 Wii Bowling 4:00 Brain Games 6:00 Sign Language*	Christmas Eve Day 24 10:00 Goodwill 11:15 Famous Figures* 1:30 Today in History* 2:00 Christmas Crafts & Eggnog 3:00 Bingo 4:00 Pinochle 6:00 Scrabble	Christmas Day 25 10:00 Cookies & Cocoa 10:30 Piggy Bankers 11:00 Christmas Trivia 1:30 Tell Me A Joke* 3:00 Book Club 6:00 Christmas Movie Marathon	Candy Cane Day/Thank You Note 26 10:00 Scenic Drive 10:15 Balance & Stretches 11:00 Brain Aerobics* 1:30 Wii Bowling 2:15 Ice-Cream Social 3:00 BiNGO 4:00 Mancala Game* 6:00 Karaoke*	Card Playing Day 27 9:30 Chair Dancing 10:00 Bingo 11:15 Rummikub 1:30 Wii Golf 2:30 Card Game: NINES 3:15 Name 5 Challenge 4:00 Wine & Cheese 6:00 Friday Night Movie	Chocolate Candy Day 28 9:45 Chair Yoga 10:30 Name 5 1:30 Good News* 2:30 Choir Music (MC) 3:30 Ted Talks 4:00 Book Club 6:00 Evening Movie	
29 9:30 Conductorcise 10:00 UNO! 11:00 Time Lapse* 1:25 Seattle Seahawks vs San Francisco 49er’s 3:30 Coloring Hour 6:00 Tic-Tac-Toe Challenge	30 10:00 BiNGO 11:00 Sit & Be Fit 1:00 Today in History* 2:00 My New Year’s Resolution Is... 3:00 Wii Bowling 4:00 Car Park Game* 6:00 Sign Language*	New Year’s Eve 31 10:00 Dollar Tree 11:15 NYE Celebrations Around the World 1:30 NYE Trivia 2:30 New Year’s Eve Party 3:00 Bingo 4:00 Pinochle 6:00 Scrabble	If You would like to attend any outing, please sign-up at the Front Desk White Binder, Thank You! Important Notice: Any Activity/Outing is Subject to Change and/or Cancellation due to weather	December Birthdays			
				Leroy	7th	Daisy	7th
				Velma	8th	Nimbra	19th
				Robert S.	12th		
				Kyoko	15th		