



**Administrative Team:**

**Executive Director: Tanya Weaver**

**Wellness Director: Rosa Valencia**

**Wellness Director: Yuri Diaz**

**Business Office Director: Rhonda Todd**

**Community Relations Director: Monica Davis**

**Wellness Nurse: Jessica Comerford**

**Dining Services Director: Kevin Wilson**

**Maintenance Director: Roel Garza**

**Life Enrichment Director: Maria Sanchez**

**Contact Us: 503-982-4000**



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

# Emerald Gardens News

## Residential & Memory Care Monthly Newsletter



### April 2020

2 Move Toward an Active Lifestyle  
3 Team & Resident Spotlight  
4-5 Activities Calendar: Residential

6 Highlights, Notes, Audubon Day  
7 Special Moments & Birthdays  
8 Mission & Team



## How to Move Toward a More Active Lifestyle & Improved Strength

It's a fact of life that as we age to around 50, our body composition changes with naturally occurring reductions to muscle mass, bone mass, and physical capacity. But it's also true that there's lots we can do to increase our strength and mobility, helping to improve our lives overall.

Head into the spring season with more opportunities for outside fun, with these guidelines and tips for improving strength and balance. Of course, always consult your health professional before making changes to diet, exercise, or medication.

Starting out on a path toward getting more active doesn't have to be a struggle. It is never too late to start being physically active. All should strive to be as physically active as their abilities and conditions allow, and for all people, some activity is better than none.

U.S. Government Guidelines state for substantial health benefits, adults should do aerobic physical activity for either:

**Option One:** 2 hours and 30 minutes up to 5 hours per week of moderate intensity **or...**

**Option Two:** 1 hour and 15 minutes up to 2 hours and 30 minutes per week of vigorous intensity

For older adults specifically, physical activity should include balance training,



**Magic Three!** Performing activities at least three separate days of the week produces health benefits, according to consistent research studies.

and aerobic and muscle-strengthening activities. Muscle-strengthening activities of moderate or greater intensity, involving all major muscle groups should be done two or more days weekly.

**What is aerobic activity?** Cardio activity in which a person moves their muscles rhythmically for a sustained period of time. Examples include brisk walking, raking, tennis, jogging, or dancing.

**What is muscle-strengthening activity?** Activity that works against a resistance. Examples include some Tai Chi, some Yoga, carrying groceries, lifting or digging for gardening, using exercise bands or hand weights for exercise moves, push ups, pull ups, and squats.

For more information and ideas, visit [health.gov](https://health.gov) and click on Physical Activity!

## Special Moments



**Doris, 3rd**  
**Ray, 5th**  
**Marjorie, 14th**  
**Kaylene, 19th**





## April 2020 Highlights

April is Lawn & Garden Month, Poetry Month, Volunteer Month, and Jazz Month.

01 April Fools Day; Walking Day;  
Resident Council @ 1:30 (DR)  
02 Burrito Day; PB&J Day  
04 Walk Around Things Day  
06 Caramel Popcorn Day;  
Chef Chat @ 1:15 (DR)  
08 Empanada Day; Zoo Love Day  
09 Antiques Day; Passover Starts  
10 Good Friday  
12 Easter Day; Easter Brunch @ 12;  
Hymns @ 3:00 (MC)  
13 Peach Cobbler Day; Scrabble Day  
14 Gardening Day; Look at the Sky Day  
16 High Five Day; Pajamas @ Work Day  
17 Cheeseball Day; Haiku Poetry Day;  
Family Tree Day  
18 Animal Cracker Day;  
19 Garlic Day; North Dakota Day  
22 Earth Day; Jelly Bean Day



23 Picnic Day; Lunch @ the Park 11:15am  
24 Pigs in Blankets Day; Arbor Day;  
Culture Club: Argentina: History & Trivia  
25 Choir Music @ 2:30 (MC)  
26 Pretzel Day; Audubon Day  
27 Devil Dog Day; Tell a Story Day  
28 Poetry Reading Day; Superhero Day  
29 Denim Day; Zipper Day

\*All Activities Subject to Cancellation per  
Current Mandated Health Guidelines\*

### A note regarding Coronavirus:

The safety and comfort of our residents and staff remains our number one priority during the Coronavirus cases that have happened nationwide. It is important to communicate our plans to mitigate risk in our community. We are following mandated health guidelines. Please note that all activities are subject to cancellation per current mandated health guidelines. To read a full list of measures taken, and our current visitor policy, please visit our website:

<https://www.egseniorliving.com>

April 26th is  
**Audubon Day**,  
honoring  
John James  
Audubon's  
birthday back  
in 1785!



Audubon is celebrated for his American bird studies. He documented their mannerisms and created educational illustrations of birds in their natural habitats. He created 435 watercolor paintings of North American birds!

### Our resident spotlight shines on: Dolores

Dolores was born on November 24th, 1929 in Portland, Oregon. She was an only child with a very peaceful upbringing in Oak Grove, Oregon. Dolores remembers walking to and from grade school every day. She attended Linfield College in McMinnville, OR. Dolores was an Avon Representative for 20 years. She enjoyed it because she has always liked to socialize with others.

Dolores has two children, Linda and David. She has three grandchildren and three great-grandchildren. Dolores reminisces about times she would cook; she enjoyed it. She has a best friend named Phyllis whom she has known since Kindergarten. They still chat at least 3 times a week. Dolores says she is the happiest when she is making others laugh and smile.

We are so glad Dolores is part of our  
**Radiant Community!**



### Our staff spotlight shines on: Monica

Monica was born in Guanajuato, Mexico, on October 14th. She started working at Emerald Gardens in November of 2019.

Monica's favorite hobbies are cooking, dancing, and organizing around her house. She has known how to play the guitar since she was 8 years old. Monica loves to spend time with her family. She hopes to travel all around the world one day.

Monica enjoys working at Emerald Gardens because she likes getting to know our residents and interacting with others.

**Thank you, Monica, for all you do!**



# April 2020

## Emerald Gardens • Residential Care

- **1890 Newberg Hwy — Woodburn, OR 97071**

**503-982-4000**

SUN	MON	TUE				WED	THU	FRI	SAT
		<i>April Birthday's</i>				1 <u>Walking Day</u> 10:00 Morning Walk 10:30 Current Events* 11:15 Piggy Bankers* <b>1:30 Resident Council</b> <b>2:30 Pretty Nails</b> 3:30 Garden Club 4:00 Happy Hour 6:00 Places to Color	2 <u>PB &amp; J Day</u> 10:00 Crafts 11:00 Balance & Stretch 1:30 Wii Bowling <b>2:15 Ice-Cream Social</b> 3:00 BiNGO! 4:00 Brain Games* 6:00 Tell Me A Joke*	3 9:30 Chair Dancing* 10:00 BiNGO 11:00 Bible Study* 1:30 Wii Golf 2:00 Portrait Painting 3:00 Cheese Tasting 4:00 Card Games 6:00 Friday Evening Movie	4 9:45 Chair Yoga* 10:30 Current Events* 1:30 Name 5 2:15 Art by Artist * 3:00 Resident Choice of Game 4:00 Reading Club 6:00 iN2L Movie*
		Doris	3rd	Kaylene	19th				
		Ray R	5th						
		Marjorie	19th						
5 10:00 UNO (MC) 11:00 Word Search 1:30 Trivia* 2:30 Coloring Hour 3:30 Crossword Puzzles 4:00 On this Day*	6 10:15 BINGO! 11:15 Sit & Be Fit* <b>1:15 Chef Chat</b> 2:00 Brain Games 3:00 Wii Bowling 4:00 Card Game: Nines 6:00 Karaoke*	7 10:00 BINGO 11:15 Conductorcise* 1:30 Pretty Nails 2:15 Geography Game* <b>3:15 Ladies’ Tea Time</b> 4:00 Scrabble 6:00 Fill in the Word				8 <u>Empanada Day</u> 10:00 Latin Soul* 10:30 Brain Aerobics* 11:00 Piggy Bankers* <b>2:30 Pretty Nails</b> 3:30 Garden Club 4:00 Empanada Taste 6:00 Places to Color	9 <u>Antiques Day</u> 10:00 Crafts 11:00 Balance & Stretch 1:30 Wii Bowling <b>2:15 Ice Cream Social</b> 3:00 BINGO! 4:00 Share an Antique 6:00 Tongue Twister Thursday	10 <u>Good Friday</u> 9:30 Chair Dancing* 10:00 BINGO 11:00 Bible Study 1:30 Wii Golf 2:00 Easter Word Search 3:00 Cheese Tasting 4:00 Card Games 6:00 Friday Evening Movie	11 9:45 Chair Yoga* 10:30 Current Events* 1:30 Name 5 2:15 Art by Artist* 3:00 Resident Choice of Game 4:00 Reading Club 6:00 iN2L Movie*
12 <u>Easter Sunday</u> 10:00 UNO! (MC) 11:00 Word Search* <i>12:00 Easter Brunch</i> 1:30 Trivia* 2:30 Coloring Hour <b>3:00 Hymns (MC)</b> 3:30 Crossword Puzzles 4:00 On this Day*	13 <u>Scrabble Day</u> 10:15 BINGO! 11:15 Sit & Be Fit* <b>1:30 Bible Study</b> 2:30 Brain Games* 3:00 Wii Bowling 4:00 Scrabble 6:00 Karaoke*	14 <u>Gardening Day</u> 10:00 Portrait Painting 11:00 Garden Club 1:30 Geography Game* <b>2:00 Ladies’ Tea Time</b> 3:00 BiNGO 4:00 Pictionary* 6:00 Fill in the Word				15 10:00 Latin Soul* 10:30 Brain Aerobics* 11:00 Piggy Bankers* <b>2:30 Pretty Nails</b> 3:30 Garden Club 4:00 Happy Hour 6:00 Places to Color	16 <u>Pajamas At Work Day</u> 10:00 Crafts 11:00 Balance & Stretch 1:30 Wii Bowling <b>2:15 Ice Cream Social</b> 3:00 BINGO! 4:00 Pictionary 6:00 Tell Me A Joke*	17 <u>Haiku Poetry Day</u> <u>Family History Day</u> 9:30 Chair Dancing* 10:00 BINGO 11:00 Create A Haiku 1:30 Wii Golf 2:00 My Family Tree 3:00 Cheese Tasting 4:00 Card Games 6:00 Friday Night Movie	18 9:45 Chair Yoga* 10:30 Current Events* 1:30 Name 5 2:15 Art by Artist* 3:00 Resident Choice of Game 4:00 Reading Club 6:00 iN2L Movie*
19 North Dakota Day 10:00 UNO! (MC) 11:00 Word Search* 1:30 North Dakota Trivia* 2:30 Coloring Hour 3:30 Crossword Puzzles 4:00 On this Day*	20 10:15 BINGO 11:15 Sit & Be Fit* 1:30 Piggy Bankers* 2:00 Brain Games* 3:00 Wii Bowling 4:00 Card Game: Nines 6:00 Karaoke*	21 10:00 Portrait Painting 11:15 Conductorcise 1:30 Geography Game* <b>2:00 Ladies’ Tea Time</b> 3:00 BiNGO 4:00 Pictionary* 6:00 Fill in the Word				22 <u>Earth Day</u> 10:00 Latin Soul* 10:30 Brain Aerobics* 11:15 Piggy Bankers* <b>2:30 Pretty Nails</b> 3:30 Earth Trivia* 4:00 Happy Hour 6:00 Places to Color	23 <u>Picnic Day</u> 10:00 Crafts 10:45 Balance & Stretch 11:15 Picnic @ the Park 1:30 Wii Bowling <b>2:15 Ice Cream Social</b> 3:00 BINGO! 4:00 Brain Games* 6:00 Tongue Twister Thursday	24 9:30 Chair Dancing* 10:00 BINGO! 11:00 Bible Study* 1:30 Wii Golf 2:00 Culture Club: Argentina* 3:00 Cheese Tasting 4:00 Card Games 6:00 Friday Night Movie	25 9:45 Chair Yoga* 10:30 Current Events* 1:30 Name 5 2:15 Choir Music (MC) 3:00 Resident Choice of Game 4:00 Reading Club 6:00 iN2L Movie*
26 10:00 UNO! (MC) 11:00 Word Search* 1:30 Trivia* 2:30 Coloring Hour 3:30 Crossword Puzzles 4:00 On this Day*	27 <u>Tell A Story Day</u> 10:15 BINGO 11:15 Story Time* <b>1:30 Bible Study</b> 2:30 Brain Games* 3:00 Wii Bowling 4:00 Card Game: Nines 6:00 Karaoke*	28 <u>Poetry Reading Day</u> <u>Superhero Day</u> 10:00 Morning Walk 11:00 Conductorcise* 1:30 Geography Game* <b>2:00 Ladies’ Tea Time</b> 3:00 Name the Superhero 4:00 Scrabble 6:00 Fill in the Word				29 <u>Denim Day</u> 10:00 Latin Soul* 10:30 Brain Aerobics* 11:00 Piggy Bankers* <b>2:30 Pretty Nails</b> 3:30 Garden Club 4:00 Happy Hour	30 10:00 Crafts 11:00 Balance & Stretch 1:30 Wii Bowling <b>2:15 Ice Cream Social</b> 3:00 BINGO! 4:00 Brain Games* 6:00 Tell Me A Joke*	<b>Disclaimer:</b>  <b>*All Activities Subject to Cancellation per Current Mandated Health Guidelines.</b>  <b>*Social Treats will be delivered to rooms*</b>	



SUN	MON	TUE				WED	THU	FRI	SAT
		April Birthdays				1Walking Day	2PB&J Day	3	4
		Esmee	15th	Mirna	20th	10:00 Pretty Nails	10:00 Bubble Popper	9:30 Chair Dancing	10:00 Conductercise
		Mick	24th			10:30 Chair Yoga	10:30 Balance & Stretch	10:00 BiNGO	10:30 Time Lapse
						1:30 UNO!	11:00 Coloring Hour	11:15 Essential Hand Wash	1:30 Coloring Hour
						2:30 Brain Aerobics	1:30 Trivia w/ Karina	1:30 Coloring Hour	2:30 Snack & Hydration
5		6				3:30 Matching Game	2:15 Ice Cream Social	2:30 Snack & Hydration	3:30 Balloon Volleyball
10:00 UNO!		10:15 BiNGO				4:00 Coffee Hour	3:00 BINGO!	3:00 Bubble Popper	4:00 Karaoke
11:00 Chair Yoga		11:15 Sit & Be Fit				6:00 Build a Puzzle	4:00 Family Feud!	4:00 Reminisce	
1:30 Coloring Hour		1:30 Crossword Puzzle					6:00 Evening Movie		
2:30 Word Search		2:30 Build a Puzzle				8Empanada Day	10:00 Bubble Popper	10:00 Good Friday	11
3:00 Andy Griffith Show		3:00 Bubble Popper				10:00 Pretty Nails	10:30 Balance & Stretch	9:30 Chair Dancing	10:00 Conductercise
4:00 Sing-a-Long		4:00 Rick Steve’s Travel				10:30 Chair Yoga	11:00 Coloring Hour	10:00 BiNGO	10:30 Time Lapse
6:00 Evening Movie		6:00 I Love Lucy				1:30 UNO!	1:30 Trivia w/ Karina	11:15 Essential Hand Wash	1:30 Coloring Hour
						2:30 Brain Earobics	2:15 Ice Cream Social	1:30 Coloring Hour	2:30 Snack & Hydration
						3:30 Matching Game	3:00 BINGO!	2:30 Snack & Hydration	3:30 Balloon Volleyball
						4:00 Empanadas & Coffee	4:00 Family Feud!	3:00 Bubble Popper	4:00 Karaoke
						6:00 Build a Puzzle	6:00 Evening Movie	4:00 Reminisce	
12Easter Sunday		13				15	16Pajamas at Work Day	17	18
10:00 UNO!		10:15 BiNGO				10:00 Pretty Nails	10:00 Bubble Popper	9:30 Chair Dancing	10:00 Conductercise
11:00 Chair Yoga		11:15 Sit & Be Fit				10:30 Chair Yoga	10:30 Balance & Stretch	10:00 BiNGO	10:30 Time Lapse
12:00 Easter Brunch		1:30 Bible Study				1:30 UNO!	11:00 Coloring Hour	11:15 Essential Hand Wash	1:30 Coloring Hour
1:30 Coloring Hour		2:30 Build a Puzzle				2:30 Brain Aerobics	1:30 Trivia w/ Karina	1:30 Coloring Hour	2:30 Snack & Hydration
2:30 Word Search		3:00 Bubble Popper				3:30 Matching Game	2:15 Ice Cream Social	2:30 Snack & Hydration	3:30 Balloon Volleyball
3:00 Hymns		4:00 Rick Steve’s Travel				4:00 Coffee Hour	3:00 BINGO!	3:00 Bubble Popper	4:00 Karaoke
4:00 Sing-a-Long		6:00 I Love Lucy				6:00 Build a Puzzle	4:00 Family Feud!	4:00 Reminisce	
							6:00 Evening Movie		
19		20				22Earth Day	23	24	25
10:00 UNO!		10:15 BiNGO				10:00 Pretty Nails	10:00 Bubble Popper	9:30 Chair Dancing	10:00 Conductercise
11:00 Chair Yoga		11:15 Sit & Be Fit				10:30 Chair Yoga	10:30 Balance & Stretch	10:00 BiNGO	10:30 Time Lapse
1:30 Coloring Hour		1:30 Crossword Puzzles				1:30 UNO!	11:15 Picnic at the Park	11:15 Essential Hand Wash	1:30 Coloring Hour
2:30 Word Search		2:30 Build a Puzzle				2:30 Brain Aerobics	1:30 Trivia w/ Karina	1:30 Coloring Hour	2:30 Snack & Hydration
3:00 Andy Griffith Show		3:00 Bubble Popper				3:30 Matching Game	2:15 Ice Cream Social	2:30 Snack & Hydration	3:30 Balloon Volleyball
4:00 Sing-a-Long		4:00 Rick Steve’s Travel				4:00 Coffee Hour	3:00 BINGO!	3:00 Bubble Popper	4:00 Karaoke
6:00 Evening Movie		6:00 I Love Lucy				6:00 Build a Puzzle	4:00 Family Feud!	4:00 Reminisce	
							6:00 Evening Movie		
26		27				29	30	<div>Disclaimer:</div> <div>*All Activities Subject to Cancellation per current mandated Health Guidelines.</div> <div>*Social Treats will be delivered to rooms*</div> 	
10:00 UNO!		10:15 BiNGO				10:00 Pretty Nails	10:00 Bubble Popper		
11:00 Chair Yoga		11:15 Sit & Be Fit				10:30 Chair Yoga	10:30 Balance & Stretch		
1:30 Coloring Hour		1:30 Bible Study				1:30 UNO!	11:00 Coloring Hour		
2:30 Word Search		2:30 Build a Puzzle				2:30 Brain Aerobics	1:30 Trivia w/ Karina		
3:00 Andy Griffith Show		3:00 Bubble Popper				3:30 Matching Game	2:15 Ice Cream Social		
4:00 Sing-a-Long		4:00 Rick Steve’s Travel				4:00 Coffee Hour	3:00 BINGO!		
6:00 Evening Movie		6:00 I Love Lucy				6:00 Build a Puzzle	4:00 Family Feud!		
							6:00 Evening Movie		