

**Administrative Team:**

**Tanya Weaver**  
 Executive Director  
**Rosa Valencia**  
 Wellness Director  
**Eredani Ramon**  
 Wellness Coordinator  
**Rhonda Todd**  
 Business Office Director  
**Jessica Comerford**  
 Wellness Director  
**Kevin Wilson**  
 Dining Service Director  
**Roel Garza**  
 Maintenance Director  
**Maria Sanchez**  
 Life Enrichment Director

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



# Emerald Gardens News

## Residential & Memory Care Monthly Newsletter



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# Our Favorite Summer Pastimes!

Ah, summer! The days between June 20th and September 22nd are ones many of us in the U.S. look forward to for warm weather, relaxation, and outdoor fun! There's also Independence Day and vacations that stir excitement for many. No matter where you are, or what your plans are, we have some shining summer ideas for you.

- **Picnics.** Gathering on blankets on the grass with yummy foods and friends nearby (they can be on their own blankets with distancing in place) is an activity involving togetherness and nature that brings fun and relaxation.
- **Gardening.** Heading out into the garden, alone or with others distanced, is a fun way to get exercise and relieve stress. Ask any gardener; they'll tell you it's also fun! Just remember to check the heat index, stay hydrated, and use sun protection.
- **Painting and Placing "Positivity" Stones.** There's a trend of people painting rocks with positive, encouraging words and putting them in spaces for people to find. This activity is great because we can be creative, do art, cheer up others, and be out in nature.
- **Lounging by the Sprinkler.** Enjoy some cooling water fun on a lounge chair by a sprinkler! Friends can get in on this activity with lots of distance between.

There are many ideas beyond these that can make summer the best season! Our residents and team members have shared some of their favorite summer activities at the right! We encourage you to let us know your favorites on our Facebook in the comments section of our newsletter post on the 1st. Let's Get Summering!



Working on the garden and eating ice-cream with my grandkids. –Jonna



Spending time at the beach and enjoying the views! - Chela



I enjoy outside activities, like fishing! - Roel

# Special Moments



## Let's Celebrate!

- Shirley: July 17th
- Barbara: July 22nd
- Francie: July 22nd
- Bee: July 23rd
- Bonnie: July 31st





## July 2020 Highlights

### July is Picnic Month, Hot Dog Month, Ice Cream Month, & Culinary Arts Month!

01 Postal Worker Day; Stamp Day; Joke Day  
 02 Anisette Day; UFO Day  
 03 Chocolate Wafer Day; Beans Day  
 04 Independence Day; Caesar Salad Day  
 05 Graham Cracker Day; Hawaii Day  
 06 Fried Chicken Day  
 07 Strawberry Sundae Day; Macaroni Day  
 08 Chocolate with Almonds Day  
 09 Sugar Cookie Day; Love Cows Day  
 10 Kitten Day; Pina Colada Day  
 11 Blueberry Muffin Day; Amer. Pet Pic Day  
 12 Pecan Pie Day; Car Collector Day;  
 13 French Fry Day; Beans N Franks Day  
 14 Mac N Cheese Day; Tape Measure Day  
 15 Tapioca Pudding Day; Love Horses Day  
 16 Corn Fritters Day; Personal Chef's Day  
 17 Peach Ice Cream Day; Emoji Day  
 18 Sour Candy Day; Strawberry Wine Day  
 19 Ice Cream Day  
 20 Lollipop Day; Chess Day



21 Junk Food Day  
 22 Hot Dog Day; Penuche Fudge Day  
 23 Refreshment Day; Vanilla Ice Cream Day  
 24 Amelia Earhart Day; Drive-Thru Day  
 25 Thread a Needle Day; Cowboy Day  
 26 Parent Day; Bagel Day; Coffee Shake Day  
 27 Crème Brulee Day  
 28 Milk Chocolate Day; Waterpark Day  
 29 Lasagne; Chicken Wing Day; Lipstick Day  
 30 Cheesecake Day; Chili Dog Day; Friend Day  
 31 Avocado Day; Mutt Day

### 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: [www.egseniorliving.com](http://www.egseniorliving.com)



Looking for s'more ideas beyond classic marshmallow + chocolate + graham? Try:

- Candied bacon + dark chocolate
- Chocolate chip cookie + Nutella
- Rice Krispy treat as the graham
- Roasted berries + waffle cone

Ideas by Shared Appetite.com



### Our resident spotlight shines on: Darlyn

Darlyn was born on March 16th, 1937 in San Pedro, CA. She has a twin sister named Carlyn and an older sister named Marlyn. Her parents owned a gas station and were very well known.

Darlyn attended Catholic school. Her favorite subject was Literature. She loved to read all genres of books and the newspaper.

Darlyn worked as a secretary for 15 years and later started a picture making business that was very successful. Her art signature was Delyn. She would travel with her art and people would buy it. She has gone on 13 cruises and has traveled to places such as Russia, Italy, and France.

Darlyn loves to collect moose; she has over 500 of them! She also loves dogs and singing.

**We are so glad Darlyn is part of our Radiant community!**

### Our staff spotlight shines on: Adriana

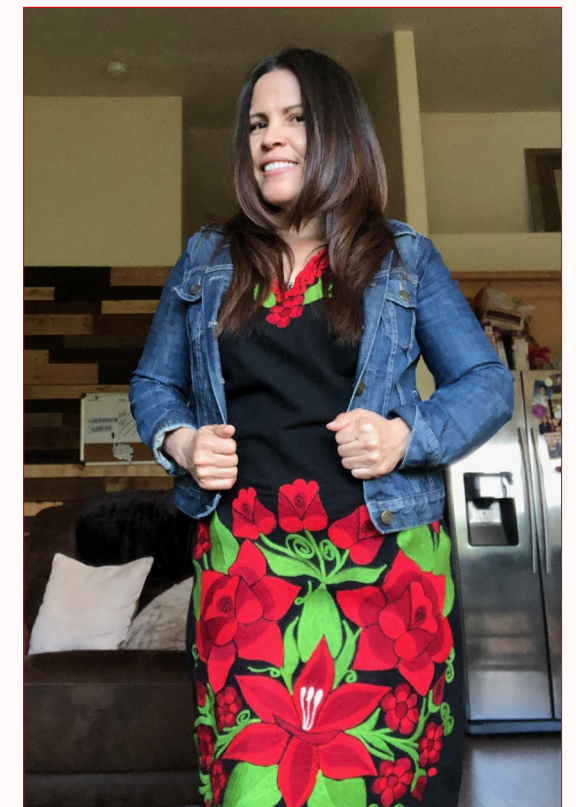
Adriana started working at Emerald Gardens on November 13th, 2017.

Adriana's hobbies include gardening, traveling, and hiking. She always makes sure we have all sorts of vegetables growing in our community garden! She also enjoys sewing and knitting.

Adriana says she is the happiest when she is making others happy. She puts her all into making the residents look and feel their best!

Adriana hopes to continue her education and wants to keep learning from her fellow coworkers.

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


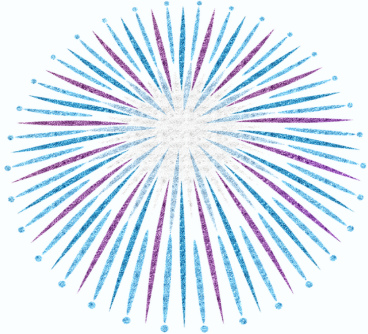








SUN	MON	TUE	WED	THU	FRI	SAT										
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5 <u>Hawaii Day</u> 10:00 Conductorcise* 10:45 Word Search 1:30 Hawaii Trivia* 2:00 Coloring Hour 3:00 Crossword Puzzles 4:00 On This Day*	6 10:00 Brain Games 11:00 Sit & Be Fit* 1:15 Chef Chat 2:15 BiNGO 3:15 Wii Bowling 4:00 Karaoke* 6:00 Sign Language*	7 <u>Strawberry Sundae Day</u> 10:00 Portrait Painting 11:00 Garden Club 1:30 Bible Study* 2:00 Sundae Social 3:00 BiNGO 4:00 Afternoon Stroll 6:00 Tell Me A Joke*	8 10:00 Morning Stroll 10:45 Patio Reading 1:30 Family Feud 2:30 Manicures 3:30 Lifestyle History* 4:00 Happy Hour 6:00 Places To Color	9 10:00 Balance & Stretch 10:30 Piggy Bankers* 1:30 Wii Bowling 2:15 Ice-Cream Social 3:00 BiNGO 4:00 Scrabble 6:00 Evening Karaoke*	10 <u>Pina Colada Day</u> 10:00 BiNGO 11:15 Chair Dancing 1:30 Wii Golf 2:15 Geography Game 3:00 Pina Coladas 4:00 Countries: Singapore 6:00 Evening Movie	11 <u>Spread Cheer Day</u> 10:00 Latin Soul* 10:45 Garden Club 1:30 Current News 2:00 Resident's Choice 3:00 Tech Corner 4:00 Ted Talks* 6:00 Movie: Great Guy*										
12 10:00 Conductorcise* 10:45 Word Search 1:30 Coloring Hour 2:30 Oregon Trivia* 3:00 Crossword Puzzles 4:00 On This Day*	13 <u>Delaware Day</u> 10:00 Brain Games 11:00 Sit & Be Fit* 1:15 Delaware Trivia* 2:15 BiNGO 3:15 Wii Bowling 4:00 Karaoke* 6:00 Sign Language*	14 10:00 Portrait Painting 11:00 Garden Club 1:30 Bible Study* 2:00 Ladies' Tea Time 3:00 BiNGO 4:00 Afternoon Stroll 6:00 Tell Me A Joke*	15 10:00 Morning Stroll 10:45 Patio Reading 1:30 Family Feud 2:30 Manicures 3:30 Lifestyle History* 4:00 Happy Hour 6:00 Places To Color	16 10:00 Balance & Stretch 10:30 Piggy Bankers* 1:30 Wii Bowling 2:15 Ice-Cream Social 3:00 BiNGO 4:00 Scrabble 6:00 Evening Karaoke*	17 10:00 BiNGO 11:15 Chair Dancing 1:30 Wii Golf 2:15 Geography Game 2:45 Banana Splits Day! 4:00 Countries: Kenya 6:00 Evening Movie	18 <u>Sour Candy Day</u> 10:00 Latin Soul* 10:45 Garden Club 1:30 Current News 2:00 Resident's Choice 3:00 Sour Candy Tasting 4:00 Ted Talks* 6:00 Movie: Fit For A King*										
19 <u>Ice-Cream Day</u> 10:00 Conductorcise* 10:45 Word Search 1:30 Coloring Hour 2:30 Ice-Cream Social 3:00 Jenga 4:00 On This Day*	20 <u>Moon Day</u> 10:00 Brain Games 11:00 Sit & Be Fit* 1:15 Space Challenge 2:15 BiNGO 3:15 Wii Bowling 4:00 Karaoke* 6:00 Sign Language*	21 10:00 Portrait Painting 11:00 Garden Club 1:30 Bible Study* 2:00 Ladies' Tea Time 3:00 BiNGO 4:00 Afternoon Stroll 6:00 Tell Me A Joke*	22 10:00 Morning Stroll 10:45 Patio Reading 1:30 Family Feud 2:30 Manicures 3:30 Lifestyle History* 4:00 Happy Hour 6:00 Places To Color	23 10:00 Balance & Stretch 10:30 Piggy Bankers* 1:30 Wii Bowling 2:15 Ice-Cream Social 3:00 BiNGO 4:00 Scrabble 6:00 Evening Karaoke*	24 <u>Amelia Earhart Day</u> 10:00 Amelia E. History* 11:30 Anniversary Luau! 2:30 Geography Game 3:00 BiNGO 4:00 Countries: Vietnam 6:00 Evening Movie	25 <u>Cowboy Day</u> 10:00 Latin Soul* 10:45 Garden Club 1:30 Current News 2:00 Pictures & Props 3:00 Resident's Choice 4:00 Ted Talks* 6:00 Movie: Painted Hills*										
26 <u>Bagelfest Day</u> 10:00 Bagels & Coffee* 10:45 Word Search 1:30 Coloring Hour 2:30 Conductorcise* 3:00 Crossword Puzzles 4:00 On This Day*	27 10:00 Brain Games 11:00 Sit & Be Fit* 1:15 Strategy & Target* 2:15 BiNGO 3:15 Wii Bowling 4:00 Karaoke* 6:00 Sign Language*	28 10:00 Portrait Painting 11:00 Garden Club 1:30 Bible Study* 2:00 Ladies' Tea Time 3:00 BiNGO 4:00 Afternoon Stroll 6:00 Tell Me A Joke*	29 10:00 Morning Stroll 10:45 Patio Reading 1:30 Family Feud 2:30 Manicures 3:30 Lifestyle History* 4:00 Happy Hour 6:00 Places To Color	30 <u>Friend Day</u> 10:00 Balance & Stretch 10:30 Piggy Bankers* 1:30 Wii Bowling 2:00 July Birthday Party! 3:00 BiNGO 4:00 Scrabble 6:00 Evening Karaoke*	31 10:00 BiNGO 11:15 Chair Dancing 1:30 Wii Golf 2:15 Geography Game 3:00 Cheese Tasting 4:00 Countries: 6:00 Evening Movie	<div>July Birthdays</div> <table><tr><td>Shirley</td><td>17th</td></tr><tr><td>Barbara</td><td>22nd</td></tr><tr><td>Francie</td><td>22nd</td></tr><tr><td>Bee</td><td>23rd</td></tr><tr><td>Bonnie</td><td>31st</td></tr></table>	Shirley	17th	Barbara	22nd	Francie	22nd	Bee	23rd	Bonnie	31st
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