EMERALD GARDENS
ASSISTED & MEMORY CARE
A Radiant Senior Living Community

1890 Newberg Highway
Woodburn, OR 97071

Stamp

Administrative Team:

Wanda Wooten: Executive Director
Rosa Valencia: Wellness Director
Eredani Ramon: Wellness Coordinator
Rhonda Todd: Business Office Director
Ashley Krause: Community Relations
Kari Roper: Wellness Director
Roel Garza: Maintenance Director
Maria Sanchez: Life Enrichment Dir.

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

Emerald Gardens News

Residential & Memory Care October 2020

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Breast Cancer Awareness Increases Likelihood for Early Detection and Treatment

October is for Breast Cancer Awareness! Many know it's a month to wear pink, promote breast cancer knowledge, raise research funds, or support survivors and those in the fight—but it also can have significance in lives beyond that.

Breast Cancer Awareness Month encourages people to take steps to help themselves detect the disease in early stages. This October, increase your awareness level with some breast cancer facts and early detection information. Your knowledge could help a loved one, friend, or yourself.

Note: This article is not intended to be medical advice. Consult your doctor before changing diet, medications, or lifestyle.

What is Breast Cancer?

When cells in the breast or nearby tissue divide and grow without normal control of cell division, breast cancer occurs. This process is often slow. If a lump can be felt, it may have been growing for 10 years.

Breast cancer may occur in men or women, but affects women more often than men. In the U.S., less than one percent of cases occur in men. In 2019, for U.S. women, there were about 268,600 new cases of invasive breast cancer. For men, there were an estimated 2,670 new breast cancer cases. Early

detection increases breast cancer survival.

Early Detection is Key

There are ways to detect breast cancer early including regular self-examinations and clinical screenings. Clinical screenings include mammography (X-ray breast imaging); clinical breast exams (where a trained provider feels for abnormalities); and in certain high risk cases, breast MRIs. Learn more on screening at *cancer.gov.*

Women should be familiar with how their breasts normally look and report changes to a medical provider. The American Cancer Society recommends women 45-54 get annual mammograms, earlier for those who are high-risk for breast cancer. Those 55+ can switch to every other year if in good health.

Men at high risk for breast cancer should discuss managing their risk with their doctor.

We hope these facts encourage awareness and continued learning beyond this special month.

Special Moments

Carol: Oct. 2nd
Ashley C./Ruby: Oct. 5th
Jeanette: Oct. 7th
Sue: Oct. 10th
Dan/Yuliya: Oct. 11th
Monica B.: Oct. 14th
Rhonda: Oct. 18th
Kevin: Oct. 23rd
Zina: Oct. 25th
Rosa: Oct. 31st

- Those born in October are Libras (Sept. 23 -Oct. 22) or Scorpios (Oct. 23-Nov. 21).
- Their birthstones are opals & tourmaline.
- Their birth flower is the Calendula.
- More American presidents have October birthdays than any other month!

October 2020 Highlights

October observes emotional wellness, dental hygiene, and protecting hearing.
Foods celebrated: chili, apples, spinach, rhubarb, pretzels, pasta, and pizza.

01 Homemade Cookies Day; Hair Day
02 Car Naming Day
03 Techies Day
04 Taco Day; Cinn. Bun Day
05 Rhode Island Day; Get Funky Day
06 Mad Hatter Day; Orange Wine Day
07 Resident Council @ 1:30pm
08 Fluffernutter Day; Pierogi Day
09 Moldy Cheese Day
10 Angelfood Cake Day; Chess Day
11 Sausage Pizza Day; Clergy Apprec. Day
12 Columbus Day; Native Americans Day
13 Yorkshire Pudding Day; Navy Birthday
14 Chef Chat @ 10:00am
15 Oct. Birthdays Social; I Love Lucy Day
16 Sports Day; Bosses Day
17 Pasta Day; Sweetest Day
18 No Beard Day; Choco Cupcake Day
19 Seafood Bisque Day; Kentucky Day
20 Youth Confidence Day
21 Pumpkin Cheesecake Day; Reptile Day
22 Nut Day; Color Day; Make a Dog's Day
23 Boston Crème Pie Day; Talk Show Day
24 Make a Difference Day; Bologna Day
25 Mother In Law Day; Greasy Food Day
26 Pumpkin Day; Mincemeat Day
27 American Beer Day; Black Cat Day
28 Chocolate Day
29 Fall Festival
30 Candy Corn Day

Regarding Covid-19:

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.

Apple Pie Bread Recipe

Baking spray w/ flour in 9x5" pan
⅔ cup granulated sugar
½ cup whole-milk Greek yogurt
2 eggs
⅔ cup applesauce
7 tbsp unsalted butter, melted
1 cup flour, plus 1 tbsp divided
¾ cup whole-wheat flour
1 tsp vanilla
1 tsp baking soda
1 tsp apple pie spice
½ tsp salt
1 Green apple (diced)
½ cup chop walnuts
3 tbsp brown sugar
¼ tsp cinnamon

Preheat oven to 350 F. Stir sugar, yogurt, eggs together. Add applesauce, vanilla, 6 tbsp butter. Separately whisk 1 cup flour, whole-wheat flour, baking soda, apple pie spice, salt. Add apple, stir until coated. Add flour-apple mix to egg mix; stir. Spoon into sprayed pan. Mix walnuts, brown sugar, cinnamon & 1 tbsp butter, flour in a bowl. Sprinkle on batter. Bake 55-60 minutes. Cool 1 hour (Modified from EatingWell)

RESIDENT SPOTLIGHT:

Clara

Clara was born in February 1925 in New Bradec, North Dakota. She was the only girl of 4 children. She has 3 boys, Randy, Edwin and Leonard.

Her biggest hobby is knitting, but she also enjoys cooking and baking. She says these would keep her busy as she always likes to try new things.

Clara says she likes to find the happiness in everything and everyone as she has always been a happy person for as long as she can remember!

We are so glad you are part of our Emerald Garden Community!

STAFF SPOTLIGHT:

Jessenia

Jessenia was born in Merced, California, and has been working at Emerald Gardens since July 2020.

She enjoys hiking, especially in the fall because she says it is very relaxing.

Jessenia is happiest when she is hanging out with her family and friends.

What she likes best about working at Emerald Gardens is the residents! She enjoys interacting with them and listening to what they have to say.

Thank You, Jessenia for all that you do. We are glad you are part of our Radiant Team!

OCTOBER 2020

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SUN	MON	TUE	WED	THU	FRI	SAT
All activities subject to change per mandated health guidelines.		**October Birthdays** Ruby 5th Jeanette 7th Yuliya 11th Monica 14th Kevin 23rd		1 10:00 BiNGO 11:00 Latin Soul* 1:30 Word Search 2:30 Ice-Cream Social 3:00 Bubble Popper 4:00 Hand Aromatherapy 6:00 Evening Karaoke*	2 **Car Naming Day** 10:00 BiNGO 11:00 Chair Yoga 1:30 Coloring Hour 2:30 One on Ones 3:00 Bible Study* 4:00 Car Reminisce* 6:00 Evening Movie	3 10:00 Balance & Stretches 10:30 Morning Matinee 1:30 Sing-A-Long 2:30 Snack & Hydration 3:00 Activity in A Box 4:30 Jazz Music* 6:00 Beverly Hillbillies*
4 **Smile Day** 10:00 Chair Yoga* 11:00 Bubble Popper 1:30 Coloring Hour 2:30 Smile for the Camera! 3:30 Crossword Puzzles 4:00 Music from the 50's* 6:00 Reminisce*	5 **Rhode Island Day** 10:15 BiNGO 11:00 Sit & Be Fit* 1:30 Crossword Puzzles 2:30 Sing-A-Long 3:00 How Much Did it Cost? 4:00 Rhode Island Trivia* 6:00 On This Day*	6 10:00 BiNGO 11:00 Guided Relaxation* 1:30 Family Feud 2:30 Ladies' Tea Time 3:30 Bible Study 4:00 Activity in A Box 6:00 Build A Puzzle*	7 10:00 Pretty Nails 11:00 Balance & Stretches 1:30 Crafts 2:30 Snack & Hydration 3:00 Matching Game 4:00 One on One 6:00 Places to Color	8 10:00 BiNGO 11:00 Latin Soul* 1:30 Word Search 2:30 Ice-Cream Social 3:00 Bubble Popper 4:00 Hand Aromatherapy 6:00 Evening Karaoke*	9 **Leif Ericson Day** 10:00 BiNGO 11:00 Chair Yoga 1:30 Coloring Hour 2:30 One on Ones 3:00 Bible Study* 4:00 Leif Ericson on in2l* 6:00 Evening Movie	10 10:00 Balance & Stretches 10:30 Morning Matinee 1:30 Sing-A-Long 2:30 Snack & Hydration 3:00 Activity in A Box 4:30 Jazz Music* 6:00 Beverly Hillbillies*
11 10:00 Chair Yoga* 11:00 Bubble Popper 1:30 Coloring Hour 2:30 Snack & Hydration 3:30 Crossword Puzzles 4:00 Music from the 50's* 6:00 Reminisce*	12 **Columbus Day** 10:15 BiNGO 11:00 Sit & Be Fit* 1:30 Crossword Puzzles 2:30 Sing-A-Long 3:00 How Much Did it Cost? 4:00 Columbus Trivia* 6:00 On This Day*	13 10:00 BiNGO 11:00 Guided Relaxation* 1:30 Family Feud 2:30 Ladies' Tea Time 3:30 Bible Study 4:00 Activity in A Box 6:00 Build A Puzzle*	14 10:00 Pretty Nails 11:00 Balance & Stretches 1:30 Crafts 2:30 Snack & Hydration 3:00 Matching Game 4:00 One on One 6:00 Places to Color	15 **I Love Lucy Day** 10:00 BiNGO 11:00 Latin Soul* 1:30 I Love Lucy* 2:30 Bubble Popper 3:00 October Birthday Celebration! 4:00 Hand Aromatherapy 6:00 Evening Karaoke*	16 10:00 BiNGO 11:00 Chair Yoga 1:30 Coloring Hour 2:30 One on Ones 3:00 Bible Study* 4:00 Animal Reminisce* 6:00 Evening Movie	17 10:00 Balance & Stretches 10:30 Morning Matinee 1:30 Sing-A-Long 2:30 Snack & Hydration 3:00 Activity in A Box 4:30 Jazz Music* 6:00 Beverly Hillbillies*
18 **Alaska Day** 10:00 Chair Yoga* 11:00 Alaska Day 1:30 Coloring Hour 2:30 Snack & Hydration 3:30 Crossword Puzzles 4:00 Music from the 50's* 6:00 Reminisce*	19 **Kentucky Day** 10:15 BiNGO 11:00 Sit & Be Fit* 1:30 Crossword Puzzles 2:30 Sing-A-Long 3:00 How Much Did it Cost? 4:00 Kentucky Trivia* 6:00 On This Day*	20 10:00 BiNGO 11:00 Guided Relaxation* 1:30 Family Feud 2:30 Ladies' Tea Time 3:30 Bible Study 4:00 Activity in A Box 6:00 Build A Puzzle*	21 **Reptile Day** 10:00 Pretty Nails 11:00 Balance & Stretches 1:30 Crafts 2:30 Snack & Hydration 3:00 Reptile Videos 4:00 One on One 6:00 Places to Color	22 10:00 BiNGO 11:00 Latin Soul* 1:30 Word Search 2:30 Ice-Cream Social 3:00 Bubble Popper 4:00 Hand Aromatherapy 6:00 Evening Karaoke*	23 10:00 BiNGO 11:00 Chair Yoga 1:30 Coloring Hour 2:30 One on Ones 3:00 Bible Study* 4:00 Dance Reminisce* 6:00 Evening Movie	24 10:00 Balance & Stretches 10:30 Morning Matinee 1:30 Sing-A-Long 2:30 Snack & Hydration 3:00 Activity in A Box 4:30 Jazz Music* 6:00 Beverly Hillbillies*
25 10:00 Chair Yoga* 11:00 Bubble Popper 1:30 Coloring Hour 2:30 Snack & Hydration 3:30 Crossword Puzzles 4:00 Music from the 50's* 6:00 Reminisce*	26 **Tennessee Day** **Pumpkin Day** 10:15 BiNGO 11:00 Sit & Be Fit* 1:30 Crossword Puzzles 2:30 Sing-A-Long 3:00 Pumpkin Treats 4:00 Tennessee Trivia* 6:00 On This Day*	27 10:00 BiNGO 11:00 Guided Relaxation* 1:30 Family Feud 2:30 Ladies' Tea Time 3:30 Bible Study 4:00 Activity in a Box 6:00 Build A Puzzle*	28 10:00 Pretty Nails 11:00 Balance & Stretches 1:30 Crafts 2:30 Snack & Hydration 3:00 Matching Game 4:00 One on One 6:00 Places to Color	29 10:00 BiNGO 11:00 Latin Soul* Harvest Festival 11:30 3:00 Bubble Popper 4:00 Word Search 6:00 Evening Karaoke*	30 **Candy Corn Day** 10:00 BiNGO 11:00 Guess the Candy Corn 1:30 Coloring Hour 2:30 Chair Yoga 3:00 Bible Study* 4:00 Cat/Dog Reminisce* 6:00 Evening Movie	31 **Halloween** 10:00 Balance & Stretches 10:30 Morning Matinee 1:30 Sing-A-Long 2:30 Snack & Hydration 3:00 Activity in A Box 4:30 Jazz Music* 6:00 Beverly Hillbillies*

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All activities subject to change per mandated health guidelines		October Birthdays Carol 2nd Ashley C. 5th Sue 10th Dan 11th Rhonda 18th Zina 25th Rosa 31st		1 10:00 Balance & Stretch 10:30 Portrait Painting 1:30 Wii Bowling 2:15 Ice-Cream Social 3:00 BiNGO 4:00 Pictionary 6:00 Karaoke*	2 10:00 Chair Dancing* 10:45 Discussion Starters* 1:30 Wii Golf 2:15 Bible Study* 3:00 BiNGO 4:00 Today in History* 6:00 Friday Night Movie	3 **Techies Day** 10:00 Arm Toning* 10:45 Name 5 1:30 Good News & Coffee 2:15 iN2l Navigate* 3:00 Resident Choice 4:00 Brain Games 6:00 iN2l Movie*
4 **Smile Day** 10:00 Sit & Be Fit* 10:45 Word Search 1:30 Smile for the Camera! 2:30 Coloring Hour 4:00 Short Stories* 6:00 On this Day*	5 **Rhode Island Day** 10:15 Guided Relaxation* 11:00 Crossword Puzzles 1:30 Wii Bowling 2:00 Rhode Island Trivia* 3:00 BiNGO 4:00 Name 5! 6:00 Sing-A-Long*	6 10:00 Balance & Stretch 10:45 Art by Artist* 1:30 Bible Study 2:15 Ladies' Tea Time 3:00 BiNGO 4:00 Countries* 6:00 Tell Me A Joke A*	7 10:00 Sit & Be Fit* 10:45 Piggy Bankers 1:30 Resident Council 2:30 Pretty Nails 4:00 Rick Steve's Travel* 6:00 places to Color	8 10:00 Balance & Stretch 10:30 Portrait Painting 1:30 Wii Bowling 2:15 Ice-Cream Social 3:00 BiNGO 4:00 Pictionary 6:00 Karaoke*	9 **Leif Ericson Day** 10:00 Chair Dancing* 10:45 Discussion Starters* 1:30 Wii Golf 2:15 Bible Study* 3:00 BiNGO 4:00 Leif Ericson on in2l* 6:00 Friday Night Movie	10 10:00 Arm Toning* 10:45 Name 5 1:30 Good News & Coffee 2:15 iN2l Navigate* 3:00 Resident Choice 4:00 Brain Games 6:00 iN2l Movie*
11 10:00 Sit & Be Fit* 10:45 Word Search 1:30 Sudoku 2:30 Coloring Hour 4:00 Short Stories* 6:00 On this Day*	12 **Columbus Day** 10:15 Guided Relaxation* 11:00 Crossword Puzzles 1:30 Wii Bowling 2:00 Columbus Trivia* 3:00 BiNGO 4:00 Name 5! 6:00 Sing-A-Long*	13 10:00 Balance & Stretch 10:45 Art by Artist* 1:30 Bible Study 2:15 Ladies' Tea Time 3:00 BiNGO 4:00 Countries* 6:00 Tell Me A Joke A*	14 10:00 Chef Chat 10:45 Piggy Bankers 1:30 Sit & Be Fit* 2:30 Pretty Nails 4:00 Rick Steve's Travel* 6:00 places to Color	15 **I Love Lucy Day** 10:00 Balance & Stretch 10:30 Portrait Painting 1:30 Wii Bowling 2:15 Social w/ Directors! 3:00 BiNGO 4:00 Pictionary 6:00 Karaoke*	16 **Sports Day** 10:00 Chair Dancing* 10:45 Sports Trivia 1:30 Wii Golf 2:15 Bible Study* 3:00 BiNGO 4:00 Sports Pictionary 6:00 Friday Night Movie	17 10:00 Arm Toning* 10:45 Name 5 1:30 Good News & Coffee 2:15 iN2l Navigate* 3:00 Resident Choice 4:00 Brain Games 6:00 iN2l Movie*
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