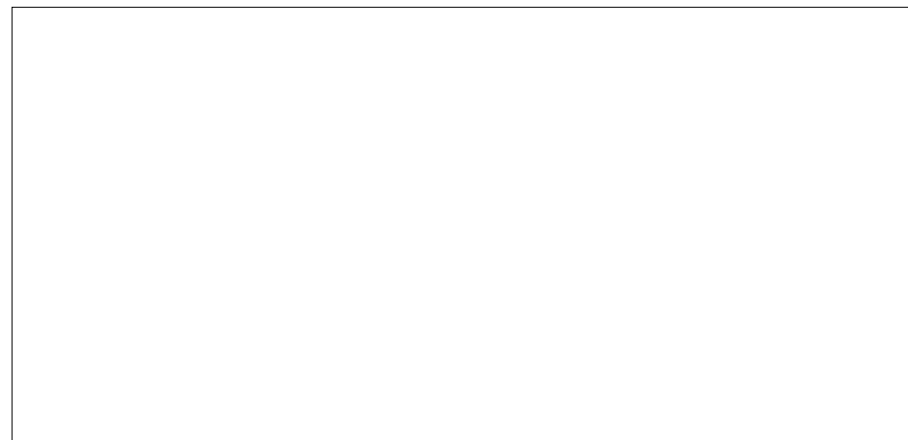


Stamp



Administrative Team:

Melissa Fisher: Executive Director
Rashall Orr: Business Office Director
Ashley Krause: Community Relations Dir.
Kari Roper: Wellness Director
Kalla Nicholas: Dining Service Director
Roel Garza: Maintenance Director
Maria Sanchez: Life Enrichment Director

Connect:

503-982-4000

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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 January 2021 Newsletter



2 Boosting Cognition

3 Team Spotlights

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6 Highlights, Notes, Shortbread

7 Special Moments & Birthdays

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How to Boost Cognition with Diet & Exercise

Please follow advice of your medical professional and speak with them before changing diet, exercise, or supplements. This is for informational use only.

Cognitive health is affected by genetics, age, environment, diet, and physical lifestyle, among other influences. Some factors are out of our control, but diet and exercise are within reach. Here are several approaches to diet and exercise to improve cognition.

When it comes to diets, several approaches may achieve better brain health. One is the **Mediterranean Diet** which includes fish, fruits, vegetables, whole grains, beans, nuts and olive oil. It aids heart and brain health, red meat ought be limited, and herbs -not salt- should flavor food.

A second is the Dietary Approaches to Stop Hypertension Diet, or the **DASH Diet**. It focuses on vegetables, fruits, and low-fat or fat-free dairy products. It includes whole grains, fish, poultry, beans, seeds, nuts, and vegetable oils. It encourages limited sodium, sweets, and red meat.

Another is the Mediterranean-DASH Intervention for Neurodegenerative Delay Diet, or the **MIND Diet**, combining Mediterranean and DASH parameters, to promote a healthy mind. It emphasizes berries over other fruits, recommends fish at least once per week, and promotes leafy vegetables along with other vegetables.

A common thread through each diet is that sugar should be avoided as much as possible. Multiple studies have found a correlation between a diet high in refined sugars and impaired brain function, as well as a worsening of mood disorder symptoms like depression.



A study of 16,000 older women over 15 years found those who consumed at least 1/2 cup of blueberries or strawberries weekly had slower cognitive decline.

10 foods on the brain health “yes” list

include fish (salmon and trout especially), blueberries, cruciferous vegetables (broccoli, spinach, kale, Brussel sprouts, collard greens, cauliflower, arugula), nuts (especially walnuts), avocados, beans and lentils, eggs, seeds, whole grains (like brown rice, whole-wheat bread, quinoa, and oats), and coffee and tea.

Regular exercise may be beneficial in helping to lower Alzheimer’s and vascular dementia risk. Several studies have found a link between physical activity and reduced risk of cognitive decline.

Exercise can help prevent things that can lead to memory loss, like diabetes, high blood pressure, high cholesterol, obesity, and stroke. It may increase blood and oxygen flow in the brain - benefiting brain cells, may reduce stress hormones, and may reduce inflammation.

A diverse menu of physical activities may bring the best results, including walking regularly, tai chi, aerobic exercise, resistance training, balance and coordination exercises, weightlifting, and dancing.

We hope these ideas inspire you as they have us. Help others boost cognition and share these tips with friends and family!

Special Moments



Happy Birthday!



Let's Celebrate!

Aldo: January 29th

Larry: January 31st

Those born in January are Capricorn (Jan. 1-19) or Aquarius (Jan. 20-31). Their birthstone is garnet which symbolizes love and was discovered in Ancient Egypt. Their birth flowers are Carnations and Snow Drops. Carnations are among few flowers that can bloom in the cold!

January 2021 Highlights

January observes Healthy Weight Week, Bath Safety Month, and Mentoring Month. It celebrates hot tea, oatmeal, soup, pizza, and fresh squeezed juice, as well as taking part in beloved hobbies!

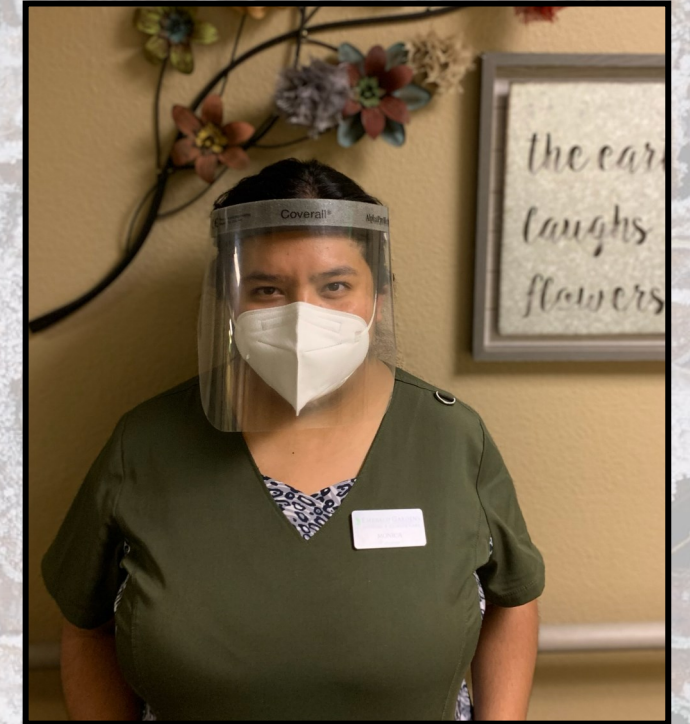
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|---|---|
| 01 New Year's Day; Bloody Mary Day | 17 Hot Buttered Rum Day |
| 02 Cream Puff Day; Science Fiction Day | 18 Winnie the Pooh Day; Thesaurus Day |
| 03 Chocolate Cherry Day | 19 Popcorn Day; Tin Can Day |
| 04 Spaghetti Day; Trivia Day; Braille Day | 20 Martin Luther King Jr. Day; Cheese Day |
| 05 Whipped Cream Day; Bird Day | 21 Granola Bar Day; Squirrel Lovers Day |
| 06 Bean Day; Tech Day; Shortbread Day | 22 Blonde Brownie Day; Library Fix Up Day |
| 07 Bobblehead Day; Tempura Day | 23 Pie Day; Handwriting Day |
| 08 Argyle Day; English Toffee Day | 24 Compliment Day; Peanut Butter Day |
| 09 Apricot Day; Balloon Day | 25 Opposite Day; Irish Coffee Day |
| 10 Bittersweet Chocolate Day | 26 Green Juice Day; Peanut Brittle Day |
| 11 Milk Day; Vision Board Day | 27 Bubble Wrap Day; Chocolate Cake Day |
| 12 Pharmacist Day; Marzipan Day | 28 Kazoo Day; Blueberry Pancake Day |
| 13 Rubber Duck Day; Sticker Day | 29 Corn Chip Day; Puzzle Day |
| 14 Dress Your Pet Day; Pastrami Day | 30 Croissant Day |
| 15 Hat Day; Bagel & Lox Day | 31 Inspire with Art Day; Backwards Day; Hot Chocolate Day |
| 16 Fig Newton Day; Intl. Spicy Food Day | |

Regarding Covid-19: Resident and staff safety and comfort 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. All activities are subject to cancellation per those current guidelines. To read our measures taken, and our current visitor policy, please visit our website.

Jan. 6 is **Shortbread Day** and here's a recipe for it (modified from a Food Network version)!
3/4 lb. salt free butter; 1 cup of sugar; 1 tsp. vanilla extract; 3 1/2 cups of flour; 1/4 tsp. salt; 7 oz. of semisweet chocolate chopped
 Preheat oven to 350. Mix butter + 1 cup sugar with mixer until combined. Add vanilla. In medium bowl sift flour with salt and add to the butter and flour. Mix on low until dough comes together. Dust a surface with flour and put dough on it. Shape into flat circle. Wrap in plastic and chill for 30 min. Roll dough 1/2" thick and cut with 3 by 1" rectangle cutter. Put cookies on ungreased baking sheet and top with extra sugar. Bake 20-25 min until edges start to brown. Cool to room temp.



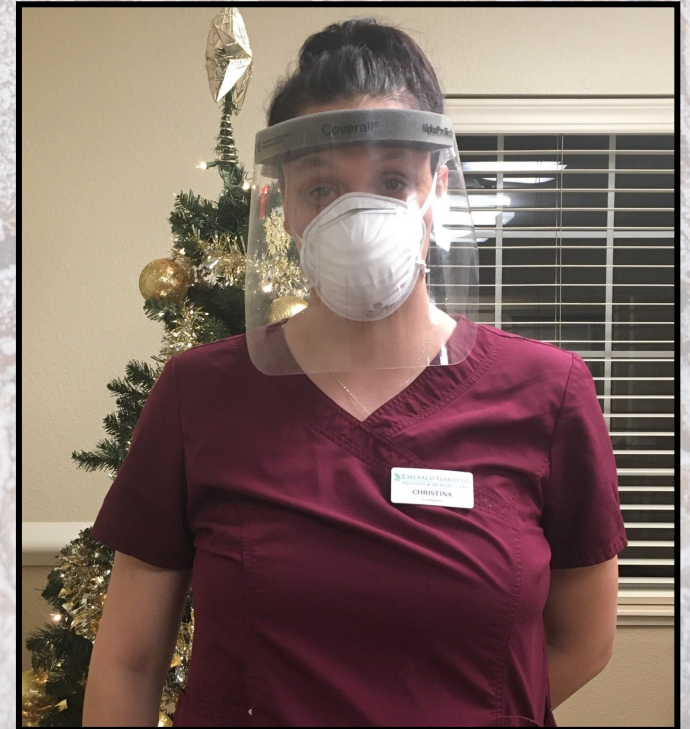
Staff Spotlight:
Julia, Med-Tech



Staff Spotlight:
Monica, Caregiver



Staff Spotlight:
Erica, Caregiver



Staff Spotlight:
Christina, Caregiver

JANUARY 2021

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SUN	MON	TUE		WED	THU	FRI	SAT		
Sunday, Jan. 31 from bottom of the calendar 10:00 Latin Soul* 10:45 Work Search 1:30 Good News* 2:30 Coloring Hour 4:00 Crossword Puzzles 6:00 Tell Me A Joke*	All activities subject to change per mandated health guidelines.	January Birthdays				1 New Year's Day 10:00 Chair Yoga 10:45 Pick-A-Stick For A Discussion Starter 1:30 Wii Golf 3:00 BiNGO 4:00 Countries* 6:00 Friday Night Movie	2 10:00 Chair Dancing* 11:00 Name 5! 1:30 Good News & Coffee 2:00 Brain Aerobics* 3:00 Residents Choice 6:00 iN2I Movie*		
3 10:00 Latin Soul* 10:45 Work Search 1:30 Good News* 2:30 Coloring Hour 4:00 Crossword Puzzles 6:00 Tell Me A Joke*		4 Trivia Day 10:00 Sit & Be Fit* 10:45 Crossword Puzzles 1:30 Short Stories* 2:00 Michigan Trivia 3:00 BiNGO 4:00 Name 5! 6:00 Sing-A-Long	5 10:00 Balance & Stretch 10:45 Art by Artist* 1:30 Bible Study* 2:15 Ladies' Tea Time 3:00 BiNGO 4:00 Today in History* 6:00 Places to Color			6 Tech Day 10:00 Arm Strengthening* 10:00 Chef Chat 1:30 Technology Trivia 2:30 Pretty Nails 4:00 Places to Color 6:00 On this Day*	7 10:00 Balance & Stretch 10:00 One on Ones 1:30 Wii Bowling 2:15 Ice-Cream Social 3:00 BiNGO 4:00 Sudoku 101 6:00 Karaoke*	8 10:00 Chair Yoga 10:45 Pick-A-Stick For A Discussion Starter 1:30 Wii Golf 3:00 BiNGO 4:00 Countries* 6:00 Friday Night Movie	9 10:00 Chair Dancing* 11:00 Name 5! 1:30 Good News & Coffee 2:00 Brain Aerobics* 3:00 Residents Choice 6:00 iN2I Movie*
10 10:00 Latin Soul* 10:45 Work Search 1:30 Good News* 2:30 Coloring Hour 4:00 Crossword Puzzles 6:00 Tell Me A Joke*		11 10:00 Sit & Be Fit* 10:45 Crossword Puzzles 1:30 Short Stories* 2:00 Wisconsin & Trivia 3:00 BiNGO 4:00 Name 5! 6:00 Sing-A-Long	12 10:00 Balance & Stretch 10:45 Art by Artist* 1:30 Bible Study* 2:15 Ladies' Tea Time 3:00 BiNGO 4:00 Today in History* 6:00 Places to Color			13 Rubber Duck Day 10:00 Arm Strengthening* 10:45 Piggy Bankers 1:30 Resident Council 2:30 Pretty Nails 4:00 Happy Hour 6:00 On this Day*	14 10:00 Balance & Stretch 10:30 One on Ones 1:30 Wii Bowling 2:15 Ice-Cream Social 3:00 BiNGO 4:00 Sudoku 101 6:00 Karaoke*	15 Hat Day 10:00 Chair Yoga 10:45 Pick-A-Stick For A Discussion Starter 1:30 Wii Golf 3:00 BiNGO 4:00 Countries* 6:00 Friday Night Movie	16 10:00 Chair Dancing* 11:00 Name 5! 1:30 Good News & Coffee 2:00 Brain Aerobics* 3:00 Residents Choice 6:00 iN2I Movie*
17 10:00 Latin Soul* 10:45 Work Search 1:30 Good News* 2:30 Coloring Hour 4:00 Crossword Puzzles 6:00 Tell Me A Joke*		18 Martin Luther King Jr. Day 10:00 Sit & Be Fit* 10:45 Crossword Puzzles 1:30 Short Stories* 2:00 MLK History & Trivia 3:00 BiNGO 4:00 Name 5! 6:00 Sing-A-Long	19 Popcorn Day 10:00 Balance & Stretch 10:45 Art by Artist* 1:30 Bible Study* 2:15 Poppin' into 2021! 3:00 BiNGO 4:00 Today in History* 6:00 Places to Color			20 10:00 Arm Strengthening* 10:45 Piggy Bankers 1:30 Activities Meeting 2:30 Pretty Nails 4:00 Juke Box Hour 6:00 On this Day*	21 10:00 One on Ones 10:30 Balance & Stretch 1:30 Wii Bowling 2:00 January Birthday Celebrations! 3:30 Coffee & Cookies 6:00 Karaoke*	22 10:00 Chair Yoga 10:45 Pick-A-Stick For A Discussion Starter 1:30 Wii Golf 3:00 BiNGO 4:00 Countries* 6:00 Friday Night Movie	23 10:00 Chair Dancing* 11:00 Name 5! 1:30 Good News & Coffee 2:00 Brain Aerobics* 3:00 Residents Choice 6:00 iN2I Movie*
24 Peanut Butter Day 10:00 Latin Soul* 10:45 Work Search 1:30 Good News* 2:30 PB Snacks 4:00 Crossword Puzzles 6:00 Tell Me A Joke*		25 10:00 Sit & Be Fit* 10:45 Crossword Puzzles 1:30 Short Stories* 2:00 Wyoming Trivia 3:00 BiNGO 4:00 Name 5! 6:00 Sing-A-Long	26 10:00 Balance & Stretch 10:45 Art by Artist* 1:30 Bible Study* 2:15 Ladies' Tea Time 3:00 BiNGO 4:00 Today in History* 6:00 Places to Color			27 10:00 Arm Strengthening* 10:45 Piggy Bankers 1:30 Activities Meeting 2:30 Pretty Nails 4:00 Juke Box Hour 6:00 On this Day*	28 10:00 One on Ones 10:30 Balance & Stretch 1:30 Wii Bowling 2:15 Ice-Cream Social 3:00 BiNGO 4:00 Sudoku 101 6:00 Karaoke*	29 Puzzle Day 10:00 Chair Yoga 10:45 Pick-A-Stick For A Discussion Starter 1:30 Create A Puzzle 3:00 BiNGO 4:00 Countries* 6:00 Friday Night Movie	30 10:00 Chair Dancing* 11:00 Name 5! 1:30 Good News & Coffee 2:00 Brain Aerobics* 3:00 Residents Choice 6:00 iN2I Movie*

JANUARY 2021

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SUN	MON	TUE		WED	THU	FRI	SAT
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		Aldo	29th				
		Larry	31st				
3 10:00 Chair Yoga 10:45 Carol Burnett Show 1:30 Coloring Hour 2:30 Music from the 50's 3:00 Word Search 4:00 Reminisce* 6:00 Activity in A Box	4 10:00 BiNGO 11:00 Balance & Stretch 1:30 Wisconsin Trivia 2:30 Tic-Tac-Toe Challenge 3:00 Rick Steve's Travel 4:00 Crossword Puzzles 6:00 Sing-A-Longs*	5 10:00 BiNGO 11:00 Guided Relaxation 11:30 Essential Oils 1:30 Matching Game* 2:30 Sandwich & Tea Time 3:30 Bible Study 4:00 Activity In A Box 6:00 On This Day*		6 10:00 Pretty Nails 11:00 Latin Dancing 1* 11:30 Essential Oils 2:30 Culture Club 3:00 Places to Color 4:00 One on Ones 6:00 Juke Box Music*	7 10:00 BiNGO 11:00 Arm Stregthening 11:30 Essential Oils 1:30 Crafts 2:30 Ice-Cream Social 3:00 How Much Did It Cost? 4:00 Pictionary 6:00 Karaoke*	8 10:00 BiNGO 11:00 Balance & Stretch 1:30 Bubble Popper* 2:30 Farm Animal Reminisce 3:00 Short Stories* 4:00 One on Ones 6:00 Friday Night Movie	9 10:00 Chair Yoga* 10:30 Movie Matinee 1:30 Coloring Hour 2:30 Discussion Starters 3:00 States Trivia* 4:00 Family Feud 6:00 The Little Rascals
10 10:00 Chair Yoga 10:45 Carol Burnett Show 1:30 Coloring Hour 2:30 Music from the 50's 3:00 Word Search 4:00 Reminisce* 6:00 Activity in A Box	11 10:00 BiNGO 11:00 Balance & Stretch 1:30 Wyoming Trivia 2:30 Tic-Tac-Toe Challenge 3:00 Rick Steve's Travel 4:00 Crossword Puzzles 6:00 Sing-A-Longs*	12 10:00 BiNGO 11:00 Guided Relaxation 11:30 Essential Oils 1:30 Matching Game* 2:30 Sandwich & Tea Time 3:30 Bible Study 4:00 Activity In A Box 6:00 On This Day*		13 10:00 Pretty Nails 11:00 Latin Dancing 1* 11:30 Essential Oils 1:30 Build A Puzzle* 2:15 Snack & Hydration 3:00 Places to Color 4:00 One on Ones 6:00 Juke Box Music*	14 10:00 BiNGO 11:00 Arm Strengthening 11:30 Essential Oils 1:30 Crafts 2:15 Ice-Cream Social 4:00 Pictionary 6:00 Karaoke*	15 10:00 BiNGO 11:00 Balance & Stretch 1:30 Bubble Popper* 2:30 Baking Reminisce 3:00 Short Stories* 4:00 One on Ones 6:00 Friday Night Movie	16 10:00 Chair Yoga* 10:30 Movie Matinee 1:30 Coloring Hour 2:30 Discussion Starters 3:00 States Trivia* 4:00 Family Feud 6:00 The Little Rascals
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24 10:00 Chair Yoga 10:45 Carol Burnett Show 1:30 Coloring Hour 2:30 PB Snacks 3:00 Word Search 4:00 Reminisce* 6:00 Activity in A Box	25 10:00 BiNGO 11:00 Balance & Stretch 1:30 Michigan Trivia 2:30 Tic-Tac-Toe Challenge 3:00 Rick Steve's Travel 4:00 Crossword Puzzles 6:00 Sing-A-Longs*	26 10:00 BiNGO 11:00 Guided Relaxation 11:30 Essential Oils 1:30 Matching Game* 2:30 Sandwich & Tea Time 3:30 Bible Study 4:00 Activity In A Box 6:00 On This Day*		27 10:00 Pretty Nails 11:00 Latin Dancing 1* 11:30 Essential Oils 1:30 Build A Puzzle* 2:15 Snack & Hydration 3:00 Places to Color 4:00 One on Ones 6:00 Juke Box Music*	28 10:00 BiNGO 11:00 Arm Strengthening 11:30 Essential Oils 1:30 Crafts 2:15 Ice-Cream Social 4:00 Pictionary 6:00 Karaoke*	29 10:00 BiNGO 11:00 Balance & Stretch 1:30 Bubble Popper* 2:30 Cars Reminisce 3:00 Short Stories* 4:00 One on Ones 6:00 Friday Night Movie	30 10:00 Chair Yoga* 10:30 Movie Matinee 1:30 Coloring Hour 2:30 Discussion Starters 3:00 States Trivia* 4:00 Family Feud 6:00 The Little Rascals