



Administrative Team:

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

Connect:

503-982-4000

info@egseniorliving.com

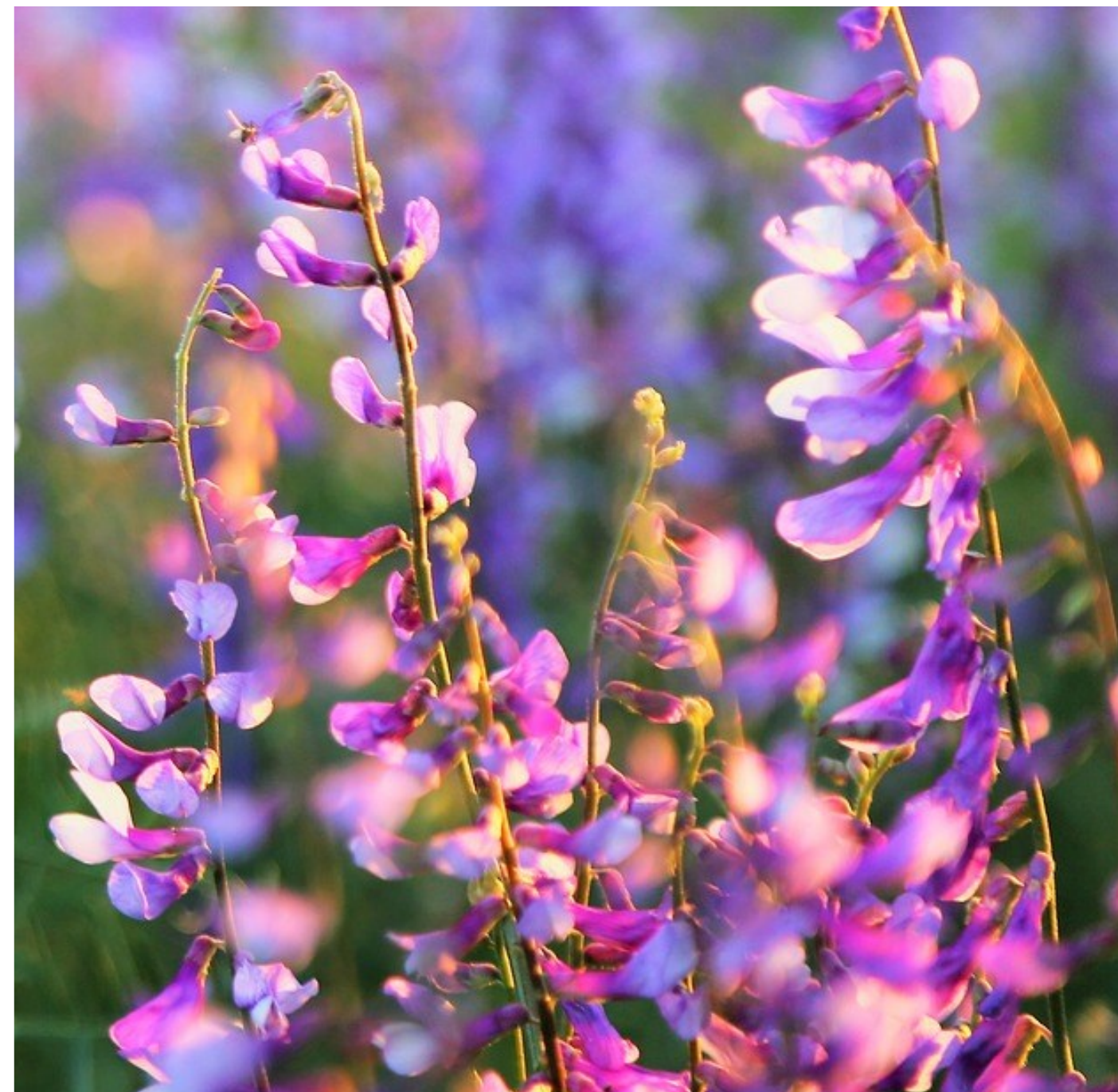
www.egseniorliving.com

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



Emerald Gardens News

Residential & Memory Care March 2021 Newsletter



2 Eye Health and Wellness Tips
3 Team & Resident Spotlight
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The Better to See You With: Eye Health & Wellness Tips

Follow your medical professional's advice and speak with them before changing diet, exercise, or supplements.

Do you ever find details in scenery that you've always loved growing duller, or written words appearing blurrier? Such changes can be frustrating. Fortunately, regular exams, daily habits, and treatments, can help. This "Save Your Vision Month," check out ways you may be able help with your eye wellness.

Be Seen

One of the ways to stay on top of your eye health is to have annual eye exams. Knowing family eye history and general medical history and disclosing it to your optometrist may bring a clearer picture to them of issues that may have the potential to affect you.

Form Eye-Health Habits

Practicing healthy habits in daily life is another—and perhaps the best— way to help aid your eye health. These are a few:

- Eating a diet rich in fruits and vegetables, particularly dark, leafy greens; and fish
- Wearing glasses, goggles, or safety shields when appropriate, like when using tools
- Reducing eye strain by looking 20 feet before you for 20 seconds every 20 minutes, if you use screens.
- Washing hands often to avoid infections
- Avoiding smoking
- Managing blood pressure, blood sugar, and cholesterol, and keeping a healthy weight
- Routinely safely cleaning and storing

- glasses and/or contacts
- Wearing UV protective sunglasses outdoors

Vision Issues

People with diabetes, high blood pressure, or who take medications that affect eyes are at higher risk for vision issues. Older adults can be affected by: age-related macular degeneration (that causes central vision loss); cataracts (that can cause blurry vision, poor contrast, and glare sensitivity); glaucoma (several issues which damage the optic nerve and can take away side vision); and dry eyes.

Looking Ahead

There is a lot on the bright side for those with vision issues. Some optometrists have rehabilitation programs to help with low vision for daily routines. There are also prescription devices for close-up tasks, near and far vision, reading, and watching screens. In addition, eye surgeries are available that can help against conditions affecting the eyes. Talk with your optometrist about what options may be right for your eye health.



Special Moments



Let Us Celebrate!

Kari, March 3rd
Harold, March 5th
Margaret, March 11th
Amanda H., March 12th
Darlyn, March 16th
Linda, March 27th

Those born in March are Pisces (Feb. 19 - March 20) and Aries (March 21 - April 19). The birthstones for March are aquamarine and bloodstone (which is dark green). The birth flowers for March are the daffodil and jonquil. March babies are said to have a sunny disposition!

March 2021 Highlights

March observes Women's History Month, Nutrition Month, and Save Your Vision Month. It celebrates crafting, aviation, and cleaning!

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|--|---|
| 01 Peanut Butter Day; Pig & Horse Day | 17 St. Patrick's Day |
| 02 Banana Cream Pie Day; Read Day | 18 Lacy Cookie Day; Sloppy Joe Day |
| 03 Mulled Wine Day; World Wildlife Day | 19 Certified Nurses Day; March Equinox |
| 04 Marching Music Day; Sons' Day | 20 Ravioli Day; Corn Dog Day; Quilting Day |
| 05 Staff Appreciation Day | 21 French Bread Day; World Puppetry Day |
| 06 Dentists' Day; Oreo Day; Dress Day | 22 Bavarian Crepes Day; Be Silly Day |
| 07 Cereal Day; Flapjack Day | 23 Puppy Day; Tamale Day; 3-D Day |
| 08 Intl. Women's Day; Peanut Cluster Day | 24 Cheesesteak Day; Chocolate Raisins Day |
| 09 Barbie Day; Meatball Day | 25 Medal of Honor Day; Swedish Waffle Day |
| 10 Registered Dietician Nutritionists' Day | 26 Spinach Day; Wear Purple (Epilepsy) Day |
| 11 Johnny Appleseed Day | 27 Spanish Paella Day; World Theatre Day |
| 12 Girl Scouts Day; Plant a Flower Day | 28 Black Forest Cake Day; Food on Stick Day |
| 13 Coconut Torte Day; K9 Veterans Day | 29 Vietnam War Vets Day; |
| 14 Daylight Savings Starts; Chips Day | Piano Day |
| 15 Pears Helene Day; Kansas Day | 30 Doctors Day; Park Day; |
| 16 Artichoke Hearts Day; Panda Day | Virtual Vacay Day |

Saturday night, March 13, set your clocks forward one hour!



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.

March 5th is Learn What Your Name Means Day!

Staff and residents looked up meanings of their first names! These are a few!

"Peace & Tender, Beloved" - Mirna

"Beautiful, Pretty, Cute" - Linda

"Resurrection, Good Harvest" - Stacey

"Famous Landowner" - Roel

"Consolation, Comfort" - Chela

"Star of the Sea" - Maria

"A lover of horses" - Phil



Staff Spotlight:
Yuliya

Yuliya was born in Ukraine. She has been employed at Emerald Gardens since October of 2018. Her hobbies include dancing, drawing, and spending time with her daughter and boyfriend. She is a libra, her favorite color is blue, and her favorite food is seafood. If she could do anything in the world, it would be to travel all over with her family.

What she likes best about working at Emerald Gardens is the bonds she has built with the residents that make work more meaningful. "Many of them have lived a long time and they get to share their stories, advice, and words of wisdom with us."

Thank you, Yuliya, for all that you do! We are glad to have you as part of our Radiant Team!



Resident Spotlight:
Phillip

Phil was born in June of 1959 in Portland. He has 2 children; Patti and Phil Jr. He attended McNary High School in Keizer. Phil was very active in sports and enjoyed track and football. During his junior year, his track team placed 2nd in the state!

He was an HVAC installer for over 35 years and remembers what a difficult profession it was because of the working conditions. Whether it was summer or heat or winter cold, he worked outside.

Some of his hobbies include making movie props, acting, singing karaoke, writing poems, investigating UFO sightings, and building things. **Fun Fact:** He built his own house.

What makes Phil happiest is pizza, walking, his kids, Beatles music, his dog Belle, and when Denise picks him up. We are glad to have Phil as part of our Emerald Gardens Community!

MARCH 2021

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

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