



**Administrative Team:**

Melissa Fisher: Executive Director  
Amanda Anderson: 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

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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 April 2021 Newsletter**



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3 Team & Resident Spotlight  
4 - 5 Activities Calendar: RC

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# Gardening Benefits for Health & The Environment

Spring has sprung! Those who have been waiting for the gardening season to begin are ready for the last frost to end so they can dig in. When gardeners get into the soil and get to work, they are not only enjoying a fun hobby, they are also doing wonders for their health and the planet!

## Dig Into Better Health

Gardening positively impacts wellness in various ways:

- It relieves stress. Gardening can lower cortisol levels that cause stress and increase blood pressure. Gardening also increases serotonin, which helps people feel happy.
- Friendly bacteria in the soil can boost immunity. It may help against asthma.
- It provides great exercise. It is low-impact and can be comfortable work with the right padding or protective gear, but it takes energy, and the weather can make it more challenging.
- It involves hand-eye coordination and sensory intake. Both of these can positively affect cognition.
- It presents opportunities for a sense of community. Socializing among friends while gardening can be so much fun.
- It encourages outside activity. For some, gardening is the best reason to head out and enjoy sunshine and the environment



(albeit with proper sun protection).

## Impact the Planet

Gardening also benefits the environment, and no act is too small for making our world a better place.

- It can help with pollution. In large-scale harvesting of fruits and vegetables, pollution often results. The transport of those goods also causes pollution. It may seem like a small step, but gardening at home

- or in the community influences the big picture.
- It can reduce the size of landfills. This is possible when people compost garden waste rather than sending everything to the landfill when it's gone bad.
- Plants in the garden take in CO2 and release oxygen, improving air quality.
- It helps local habitats of insects and animals which play important roles in our environment (like bees pollinating).
- Plants and mulch can hold soil in place and reduce erosion, and keep sediment out of waterways, drains, and roads.

These are just some of the benefits that gardening can bring! This Spring and Summer, give gardening a try and share the benefits with others. Let us know about your efforts!

# Special Moments



## Happy Birthday!



## Time To Celebrate!

- |                              |                             |
|------------------------------|-----------------------------|
| <b>Doris: April 3rd</b>      | <b>Kaylene: April 19th</b>  |
| <b>Ray: April 5th</b>        | <b>Marjorie: April 19th</b> |
| <b>Christina: April 15th</b> | <b>Mirna: April 20th</b>    |
| <b>Esme: April 15th</b>      | <b>Mick: April 24th</b>     |

Those born in April are Aries (March 21 - April 19) and Taurus (April 20-May 20). The birthstone for April is the diamond. The birth flowers for April are the daisy and the sweet pea. April babies are said to be fearless and enthusiastic.



# April 2021 Highlights

**April observes Stress Awareness, Healthcare Innovation, & Parkinson's Awareness. It celebrates volunteering, poetry, and jazz!**

- |  |  |
|--|--|
| 01 April Fools Day; Sourdough Day                              | 17 Crawfish Day; Ellis Island History Day                      |
| 02 Peanut Butter and Jelly Day; Ferret Day                     | 18 Animal Cracker Day; Intl. Day for Monuments and Sights      |
| 03 Film Score Day; Handmade Day                                | 19 Amaretto Day; Garlic Day                                    |
| 04 Easter; School Librarian Day                                | 20 Twin Day; Pineapple Upside Down Day                         |
| 05 Caramel Day; Deep Dish Pizza Day                            | 21 Administrative Professionals' Day; British National Tea Day |
| 06 Caramel Popcorn Day; Librarians Day                         | 22 Earth Day; Jelly Bean Day                                   |
| 07 Coffeecake Day; Beer Day                                    | 23 Arbor Day; Picnic Day                                       |
| 08 Zoo Lovers Day; Empanada Day                                | 24 Pigs in Blankets Day; Sense of Smell Day                    |
| 09 Unicorn Day; Antique Love Day                               | 25 Thank Plumbers Day; Zucchini Bread Day                      |
| 10 Hug Dog Day; Farm Animals Day                               | 26 Audubon Day; Pretzel Day                                    |
| 11 Quartet Day; Fondue Day; Pet Day                            | 27 Babe Ruth Day; Prime Rib Day                                |
| 12 Ramadan Begins; Grilled Cheese Day                          | 28 Blueberry Pie Day; Superhero Day                            |
| 13 Scrabble Day; Peach Cobbler Day                             | 29 Shrimp Scampi Day; Intl. Dance Day                          |
| 14 Dolphin Day; Gardening Day; Pecan Day                       | 30 Hairstylist Appreciation Day; Oatmeal Cookie Day            |
| 15 World Art Day; Banana Day; Guess Day                        |  |
| 16 Bean Count Day; Eggs Benedict Day; Wear PJs Day; Orchid 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.

**April 8th is Zoo Lover's Day.**

**Staff and residents shared their favorite animals!**

- **"Any Dogs" - Linda**
- **"Tigers" - Maria**
- **"Cats" - Carol**
- **"Moose" - Darlyn**
- **"Manatee" - Catriona**
- **"Small Dogs" - Carol N.**



**Staff Spotlight:**  
**Monica, Cook**



**Staff Spotlight:**  
**Stacey, Housekeeping**



**Staff Spotlight:**  
**Catriona, Med-Tech**



**Staff Spotlight:**  
**Kaylene, Med-Tech**



# APRIL 2021

Emerald Gardens

• Residential Care

• 1890 Newberg Hwy. Woodburn, OR 97071

• 503-982-4000

SUN	MON	TUE		WED	THU	FRI	SAT
	 <b>Happy Earth Day!</b>	<i>April Birthdays</i>		<b>All activities subject to change per mandated health guidelines</b>	1 <b><u>April Fool's Day</u></b> 10:00 Conductorcise 10:45 Art by Artist on in2l 1:30 Bible Study 2:15 Ice-Cream Social 3:00 BiNGO 4:00 Travel to Brazil 6:00 Jokes & Riddles	2 <b><u>Good Friday</u></b> 10:00 Latin Soul 10:45 Garden Club 1:30 Wii Bowling 2:00 Piggy Bankers 3:00 BiNGO 4:15 Afternoon Stroll 6:00 Evening Movie	3 10:00 Chair Dancing 10:45 Name 5! (paper) 1:30 Good News & Coffee 3:00 Resident's Choice 4:00 Word Search 6:00 Saturday Night Classic
		<b>Ray</b>	<b>5th</b>		8 <b><u>Zoo Lovers Day</u></b> 10:00 Conductorcise 10:45 Art by Artist on in2l 1:30 Bible Study 2:15 Rootbeer Floats 3:00 BiNGO 4:00 Travel to China 6:00 Jokes & Riddles	9 10:00 Latin Soul 10:45 Garden Club 1:30 Wii Bowling 2:00 Piggy Bankers 3:00 BiNGO 4:15 Afternoon Stroll 6:00 Evening Movie	10 10:00 Chair Dancing 10:45 Name 5! (paper) 1:30 Good News & Coffee 3:00 Resident's Choice 4:00 Word Search 6:00 Saturday Night Classic
		<b>Kaylene</b>	<b>19th</b>		14 <b><u>Gardening Day</u></b> 10:00 Free Style Exercise 10:45 Garden Club 1:30 One on Ones 3:00 <b>Pretty Nails</b> 4:00 Lemonade on the Patio 6:00 Places to Color & Socialize	16 <b><u>Bean Count Day</u></b> <b><u>Wear PJ's to work Day</u></b> <b>10:00 Chef Chat</b> 10:45 Garden Club 1:30 Wii Bowling 2:00 Piggy Bankers 3:00 BiNGO 4:15 Beans Contest! 6:00 Evening Movie	17 <b><u>Haiku Poetry Day</u></b> 10:00 Chair Dancing 10:45 Name 5! (paper) 1:30 Good News & Coffee 3:00 Resident's Choice 4:00 Word Search 6:00 Saturday Night Classic
		<b>Marjorie</b>	<b>19th</b>		21 10:00 Free Style Exercise 10:45 One on Ones 1:30 Craft Corner 3:00 <b>Pretty Nails</b> 4:00 Lemonade on the Patio 6:00 Places to Color & Socialize	23 10:00 Latin Soul 10:45 Garden Club 1:30 Wii Bowling 2:00 Piggy Bankers 3:00 BiNGO 4:15 Afternoon Stroll 6:00 Evening Movie	24 10:00 Chair Dancing 10:45 Name 5! (paper) 1:30 Good News & Coffee 3:00 Resident's Choice 4:00 Word Search 6:00 Saturday Night Classic
					28 <b><u>Poetry Ready Day</u></b> 10:00 Free Style Exercise 10:45 Poetry Reading 1:30 One on Ones 3:00 <b>Pretty Nails</b> 4:00 Lemonade on the Patio 6:00 Places to Color & Socialize	30 <b><u>Oatmeal Cookie Day</u></b> 10:00 Latin Soul 10:45 Garden Club 1:30 Wii Bowling 2:00 Piggy Bankers 3:00 BiNGO 4:15 Afternoon Stroll 6:00 Evening Movie	
4 <b><u>Easter</u></b> 10:00 Arm Strengthening 11:00 Bible Study 1:30 Current Events 3:00 I Love Lucy 4:00 Easter Crosswords 6:00 Trivia on in2l	5 <b><u>Nebraska Day</u></b> 10:00 Chair Yoga 10:45 Brain Games 1:30 Bible Study 2:00 Wii Bowling 3:00 BiNGo 4:00 Nebraska Trivia 6:00 Karaoke	6 <b><u>Caramel Popcorn Day</u></b> 10:00 Balance & Stretch 10:45 Garden Club 1:30 Name 5! (out loud) 2:00 Ladies' Tea Time 3:00 BiNGO 4:00 Pictionary 6:00 Sing-A-Longs	7 <b><u>World Health Day</u></b> 10:00 Free Style Exercise 10:45 Healthy Crosswords <b>1:30 Resident Council</b> <b>3:00 Pretty Nails</b> 4:00 Lemonade on the Patio 6:00 Places to Color & Socialize	8 <b><u>Zoo Lovers Day</u></b> 10:00 Conductorcise 10:45 Art by Artist on in2l 1:30 Bible Study 2:15 Rootbeer Floats 3:00 BiNGO 4:00 Travel to China 6:00 Jokes & Riddles	9 10:00 Latin Soul 10:45 Garden Club 1:30 Wii Bowling 2:00 Piggy Bankers 3:00 BiNGO 4:15 Afternoon Stroll 6:00 Evening Movie	10 10:00 Chair Dancing 10:45 Name 5! (paper) 1:30 Good News & Coffee 3:00 Resident's Choice 4:00 Word Search 6:00 Saturday Night Classic	
11 10:00 Arm Strengthening 10:45 Hand Aromatherapy 1:30 Current Events 3:00 I Love Lucy 4:00 Crosswords 6:00 Trivia on in2l	12 <b><u>Colorado Day</u></b> 10:00 Chair Yoga 10:45 Brain Games 1:30 Bible Study 2:00 Wii Bowling 3:00 BiNGo 4:00 Colorado Trivia 6:00 Karaoke	13 <b><u>Scrabble Day</u></b> 10:00 Balance & Stretch 10:45 Piggy Bankers 1:30 Name 5! (out loud) 2:00 Ladies' Tea Time 3:00 BiNGO 4:00 Un-Scrabble Words 6:00 Sing-A-Longs	14 <b><u>Gardening Day</u></b> 10:00 Free Style Exercise 10:45 Garden Club 1:30 One on Ones 3:00 <b>Pretty Nails</b> 4:00 Lemonade on the Patio 6:00 Places to Color & Socialize	15 <b><u>World Art Day</u></b> 10:00 Conductorcise 10:45 Art by Artist on in2l 1:30 Bible Study 2:15 Ice-Cream Social 3:00 BiNGO 4:00 Travel to Mexico 6:00 Jokes & Riddles	16 <b><u>Bean Count Day</u></b> <b><u>Wear PJ's to work Day</u></b> <b>10:00 Chef Chat</b> 10:45 Garden Club 1:30 Wii Bowling 2:00 Piggy Bankers 3:00 BiNGO 4:15 Beans Contest! 6:00 Evening Movie	17 <b><u>Haiku Poetry Day</u></b> 10:00 Chair Dancing 10:45 Name 5! (paper) 1:30 Good News & Coffee 3:00 Resident's Choice 4:00 Word Search 6:00 Saturday Night Classic	
18 <b><u>International Day for Monuments &amp; Sights</u></b> 10:00 Arm Strengthening 10:45 Hand Aromatherapy 1:30 Current Events 3:00 I Love Lucy 4:00 Crosswords 6:00 Trivia on in2l	19 <b><u>North Dakota Day</u></b> 10:00 Chair Yoga 10:45 Brain Games 1:30 Bible Study 2:00 Wii Bowling 3:00 BiNGo 4:00 North Dakota Trivia 6:00 Karaoke	20 <b><u>Twin Day</u></b> 10:00 Balance & Stretch 10:45 Garden Club 1:30 Name 5! (out loud) 2:00 Ladies' Tea Time 3:00 BiNGO 4:00 Pictionary 6:00 Sing-A-Longs	21 10:00 Free Style Exercise 10:45 One on Ones 1:30 Craft Corner 3:00 <b>Pretty Nails</b> 4:00 Lemonade on the Patio 6:00 Places to Color & Socialize	22 <b><u>Earth Day</u></b> 10:00 Conductorcise 10:45 Morning Stroll 1:30 Bible Study 2:15 Rootbeer Floats 3:00 BiNGO 4:00 Travel to Russia 6:00 Jokes & Riddles	23 10:00 Latin Soul 10:45 Garden Club 1:30 Wii Bowling 2:00 Piggy Bankers 3:00 BiNGO 4:15 Afternoon Stroll 6:00 Evening Movie	24 10:00 Chair Dancing 10:45 Name 5! (paper) 1:30 Good News & Coffee 3:00 Resident's Choice 4:00 Word Search 6:00 Saturday Night Classic	
25 10:00 Arm Strengthening 10:45 Hand Aromatherapy 1:30 Current Events 3:00 I Love Lucy 4:00 Crosswords 6:00 Trivia on in2l	26 <b><u>South Dakota Day</u></b> 10:00 Chair Yoga 10:45 Brain Games 1:30 Bible Study 2:00 Wii Bowling 3:00 BiNGo 4:00 South Dakota Trivia 6:00 Karaoke	27 <b><u>Tell A Story Day</u></b> 10:00 Balance & Stretch 10:45 Garden Club 1:30 Name 5! (out loud) 2:00 Ladies' Tea Time 3:00 BiNGO 4:00 Share A Story 6:00 Sing-A-Longs	28 <b><u>Poetry Ready Day</u></b> 10:00 Free Style Exercise 10:45 Poetry Reading 1:30 One on Ones 3:00 <b>Pretty Nails</b> 4:00 Lemonade on the Patio 6:00 Places to Color & Socialize	29 <b><u>International Dance Day</u></b> 10:00 Chair Dancing 10:45 Art by Artist on in2l 1:30 Bible Study 2:15 Ice-Cream Social 3:00 BiNGO 4:00 Travel to England 6:00 Jokes & Riddles	30 <b><u>Oatmeal Cookie Day</u></b> 10:00 Latin Soul 10:45 Garden Club 1:30 Wii Bowling 2:00 Piggy Bankers 3:00 BiNGO 4:15 Afternoon Stroll 6:00 Evening Movie		



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SUN	MON	TUE		WED	THU	FRI	SAT
		<i>April Birthdays</i>		<b>All activities subject to change per mandated health guidelines.</b>	1 April Fool's Day	2 Good Friday	3
		Doris	3rd		10:00 BiNGO	Peanut Butter & Jelly Day	10:00 Morning Meditation
		Christina	15th		10:45 Morning Stretches	10:00 BiNGO	10:45 Word Search
		Esmee	15th		11:15 Hand Aromatherapy	11:00 Name 5!	1:30 Garden Club
		Mirna	20th		1:30 Art by Artist	1:30 Bible Study	2:30 Tea & Cookies
		Mick	24th		2:30 Ice-Cream Social	2:30 Snack & Hydration	3:00 Resident's Choice
					3:00 One on Ones	3:00 One on Ones	4:00 Daily Devotional
					4:00 Thursday Travels	4:00 Jokes & Riddles	6:00 Activity in A Box
					6:00 Activity in A Box	6:00 Movie Matinee	
4 Easter	5 Nebraska Day	6 Caramel Popcorn Day		7 World Health Day	8 Zoo Lover Day	9	10 Farm Animals Day
10:00 Morning Stretches	10:00 BiNGO	10:00 BiNGO		10:00 Pretty Nails	10:00 BiNGO	10:00 BiNGO	10:00 Morning Meditation
10:45 Good News	10:45 Garden Club	11:15 Hand Aromatherapy		10:45 Morning Walks	10:45 Morning Stretches	11:00 Name 5!	10:45 Word Search
1:30 Coloring Hour	1:30 Sit & Be Fit	1:30 Chair Dancing		11:15 Hand Aromatherapy	11:15 Hand Aromatherapy	1:30 Bible Study	1:30 Garden Club
2:30 Snack & Hydration	2:30 Snack & Hydration	2:30 Ladies' Tea Time		1:30 Reminisce Videos	1:30 Art by Artist	2:30 Snack & Hydration	2:30 Tea & Cookies
3:00 Easter Trivia	3:00 Nebraska Trivia	3:00 One on Ones		2:30 Snack & Hydration	2:30 Ice-Cream Social	3:00 One on Ones	3:00 Resident's Choice
4:00 Resident's Choice	4:00 Balloon Volleyball	4:00 Bible Study		3:00 One on Ones	3:00 One on Ones	4:00 Jokes & Riddles	4:00 Daily Devotional
6:00 Activity in A Box	6:00 The Beverly Hillbillies	6:00 Short Stories		4:00 Health Wordsearch	4:00 Zoo Videos	6:00 Movie Matinee	6:00 Activity in A Box
				6:00 Karaoke	6:00 Activity in A Box		
11	12 Grilled Cheese Day	13		14 Garden Day	15 World Art Day	16 Wear PJ's To Work Day	17
10:00 Morning Stretches	Colorado Day	10:00 BiNGO		10:00 Pretty Nails	10:00 BiNGO	10:00 BiNGO	10:00 Morning Meditation
10:45 Good News	10:00 BiNGO	11:15 Hand Aromatherapy		10:45 Morning Walks	10:45 Morning Stretches	11:00 Name 5!	10:45 Word Search
1:30 Coloring Hour	10:45 Garden Club	1:30 Chair Dancing		11:15 Hand Aromatherapy	11:15 Hand Aromatherapy	1:30 Bible Study	1:30 Garden Club
2:30 Snack & Hydration	1:30 Sit & Be Fit	2:30 Ladies' Tea Time		1:30 Garden Club	1:30 Art by Artist	2:30 Snack & Hydration	2:30 Tea & Cookies
3:00 Easter Trivia	2:30 Snack & Hydration	3:00 One on Ones		2:30 Snack & Hydration	2:30 Ice-Cream Social	3:00 One on Ones	3:00 Resident's Choice
4:00 Resident's Choice	3:00 Colorado Trivia	4:00 Bible Study		3:00 One on Ones	3:00 One on Ones	4:00 Jokes & Riddles	4:00 Daily Devotional
6:00 Activity in A Box	4:00 Balloon Volleyball	6:00 Short Stories		4:00 Wordsearch	4:00 Thursday Travels	6:00 Movie Matinee	6:00 Activity in A Box
	6:00 The Beverly Hillbillies			6:00 Karaoke	6:00 Activity in A Box		
18	19 North Dakota Day	20 Twin Day		21	22 Earth Day	23	24
10:00 Morning Stretches	10:00 BiNGO	10:00 BiNGO		10:00 Pretty Nails	10:00 BiNGO	10:00 BiNGO	10:00 Morning Meditation
10:45 Good News	10:45 Garden Club	11:15 Hand Aromatherapy		10:45 Morning Walks	10:45 Morning Stretches	11:00 Name 5!	10:45 Word Search
1:30 Coloring Hour	1:30 Sit & Be Fit	1:30 Chair Dancing		11:15 Hand Aromatherapy	11:15 Hand Aromatherapy	1:30 Bible Study	1:30 Garden Club
2:30 Snack & Hydration	2:30 Snack & Hydration	2:30 Ladies' Tea Time		1:30 Reminisce Videos	1:30 Earth Wordsearch	2:30 Snack & Hydration	2:30 Tea & Cookies
3:00 Easter Trivia	3:00 North Dakota Trivia	3:00 One on Ones		2:30 Snack & Hydration	2:30 Ice-Cream Social	3:00 One on Ones	3:00 Resident's Choice
4:00 Resident's Choice	4:00 Balloon Volleyball	4:00 Bible Study		3:00 One on Ones	3:00 One on Ones	4:00 Jokes & Riddles	4:00 Daily Devotional
6:00 Activity in A Box	6:00 The Beverly Hillbillies	6:00 Short Stories		4:00 Wordsearch	4:00 Thursday Travels	6:00 Movie Matinee	6:00 Activity in A Box
				6:00 Karaoke	6:00 Activity in A Box		
25	26	27		28 Poetry Reading Day	29 International Dance Day	30 Oatmeal Cookie Day	
10:00 Morning Stretches	10:00 BiNGO	10:00 BiNGO		10:00 Pretty Nails	10:00 BiNGO	10:00 BiNGO	
10:45 Good News	10:45 Garden Club	11:15 Hand Aromatherapy		10:45 Morning Walks	10:45 Morning Stretches	11:00 Name 5!	
1:30 Coloring Hour	1:30 Sit & Be Fit	1:30 Chair Dancing		11:15 Hand Aromatherapy	11:15 Hand Aromatherapy	1:30 Bible Study	
2:30 Snack & Hydration	2:30 Snack & Hydration	2:30 Ladies' Tea Time		1:30 Reminisce Videos	1:30 Chair Dancing	2:30 Snack & Hydration	
3:00 Easter Trivia	3:00 South Dakota Trivia	3:00 One on Ones		2:30 Snack & Hydration	2:30 Ice-Cream Social	3:00 One on Ones	
4:00 Resident's Choice	4:00 Balloon Volleyball	4:00 Bible Study		3:00 One on Ones	3:00 One on Ones	4:00 Jokes & Riddles	
6:00 Activity in A Box	6:00 The Beverly Hillbillies	6:00 Short Stories		4:00 In2I Poems	4:00 Thursday Travels	6:00 Movie Matinee	
				6:00 Karaoke	6:00 Activity in A Box		