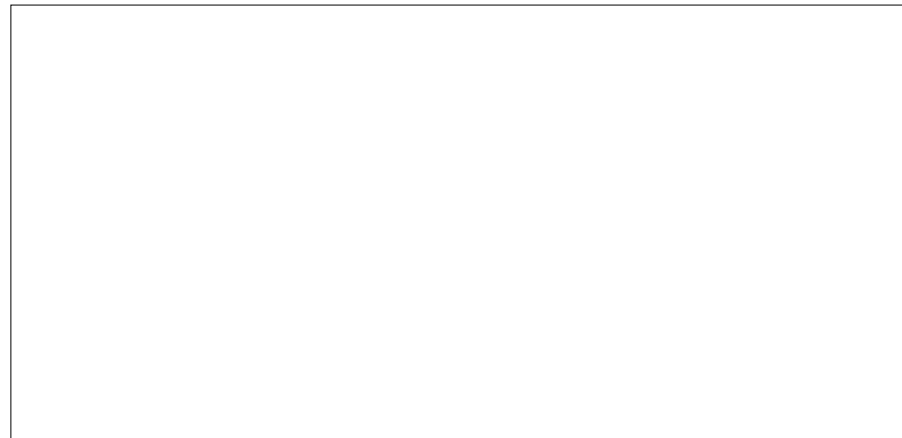


Stamp



### **Administrative Team:**

**Melissa Fisher: Executive Director**  
**Amanda Anderson: Business Office Director**  
**Ashley Krause: Community Relations Director**  
**Kari Roper : 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**

**Facebook.com/EmeraldGardensCommunity**

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

# Emerald Gardens News

**Residential & Memory Care May 2021 Newsletter**



**2 Arthritis Facts & Care Tips**  
**3 Team & Resident Spotlight**  
**4 - 5 Activities Calendar: RC**

**6 Highlights, Notes, In Our Words**  
**7 Special Moments & Birthdays**  
**8 Mission & Team**



# Hands On Arthritis Facts and Care Tips

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

This May marks National Arthritis Month to bring attention to the condition of joint pain and joint disease.

For those wondering whether they have Arthritis, it's best to go through a primary care provider or Rheumatologist for a diagnosis. In general, Arthritis symptoms may come and go and include mild to severe swelling, pain, stiffness, and decreased motion range. It can also limit one’s ability to do some daily activities.

Read on to learn about arthritis types and ways to help arthritic conditions.

## Types of Arthritis

- Osteoarthritis is the most common Arthritis type. Risk factors include family history, overweightness, age, and prior injuries. Those with non-severe Osteoarthritis can help the condition with a healthy weight, proper exercise, rest per activity level - especially during flare ups, avoiding repetitive movements, strengthening muscles by joints, and hot/cold therapy.
- Inflammatory Arthritis is another type. Rheumatoid and Psoriatic Arthritis are in this category. It occurs when the immune system creates inflammation to rid of what it falsely sees as infection. It occurs in people with genetic predisposition and environmental risk factors, like smoking. Early diagnosis and strong treatment are key in slowing the condition.



**American Adults Diagnosed: 54 million+**  
**Americans Likely to Have Arthritis: 91 million**  
**Types of Arthritis That Exist: Over 100**  
**Working Adults With Arthritis: 60%**

## Arthritis Pain Management Tips:

Are you dealing with Arthritis pain? Try some of the below tips for potential relief:

- Create a plan with your rheumatologist.
- Be aware of, and track, your warning signs, like a dull hand ache or daytime sleepiness.
- Stay up to date on vaccinations and wash hands frequently to avoid infections which could trigger a flare.
- Stay on top of your emotional health. Anxiety and stress can raise inflammation.
- Slow your movements, but continue moving to avoid stiff joints.
- Do hot & cold therapy, no more than 15 minute intervals, two to four times a day.
- Sleep on a schedule with lights off, devices off, and have no caffeine hours before bed.

We hope you find pain relief this National Arthritis Month. Let us know if you’ve found this helpful or received relief from these tips!

## Special Moments



Happy Birthday!



## LET US CELEBRATE YOU!

- Moni L.: May 6th**  
**Bob: May 11th**  
**Mary: May 11th**  
**Joyce: May 14th**  
**Nick J.: May 15th**  
**Donnie: May 20th**  
**Nella: May 31st**

Those born in May are Taurus (May 1-20) and Gemini (May 21-June 20). The birthstones for May are emerald and pearl. The birth flower for May is lily of the valley. A UK study showed that May is the luckiest month in which to be born!



# May 2021 Highlights

**May observes Blood Pressure Education, Asthma Awareness, and Osteoporosis. It celebrates BBQs, Nurses, Photography, & Seniors!**

01 Kentucky Derby; Scrapbook Day; Fit Day	16 BBQ Day; Sea Monkey Day; Mimosa Day
02 Lemonade Day; Truffle Day; Tuna Day	17 Cherry Cobbler Day; Walnut Day
03 Garden Meditation Day; Textiles Day	18 Cheese Souffle Day; Intl. Museum Day
04 Firefighters Day; Teacher's Day; Bird Day	19 Devil's Food Cake Day; Juice Slush Day
05 Astronaut Day; Cartoon Day; Hoagie Day	20 Quiche Day; Pick Strawberries Day
06 Nurses Day; Beverage Day	21 Waitstaff Day; Pizza Party Day; Tea Day
07 Space Day; Military Spouse Day	22 Solitaire Day; Vanilla Pudding Day
08 National Coke Day; Mini Golf Day	23 Lucky Penny Day; Taffy Day; Turtle Day
09 Mother's Day; Moscato Day	24 Brother's Day; Scavenger Hunt Day
10 Shrimp Day; Hamster Day	25 Tap Dance Day; Wine Day; Geek Pride Day
11 Twilight Zone Day; Eat Whatever Day	26 Sr. Health/Fitness Day; Paper Airplane Day
12 Intl. Nurses Day; Receptionists' Day;	27 Grape Popsicle Day
Third Shift Workers' Day	28 Burger Day; Road Trip Day; Brisket Day
13 Apple Pie Day; Fruit Cocktail Day	29 Paperclip Day; Coq Au Vin Day
14 Buttermilk Biscuit Day; Chicken Dance Day	30 Water Flowers Day; Mint Julep Day
15 Chocolate Chip Day; Armed Forces Day;	31 Memorial Day; Macaroon Day; Smile Day
World Baking 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.

## May 6th is Beverage Day!

**Our residents and staff shared their favorite drinks!**

**"Shiraz. A Body of Red Wine" - Ariana**

**"A cold Coke never fails!" - Maria**

**"Iced water w/ extra ice!" - Darlyn**

**"Coffee, Coffee, Coffee" - Geraldine**

**"Strawberry Green Teas" - Kevin**

**"Freshly Opened Root Beer" - Peggy**



## Staff Spotlight: Tanya, Med-Tech

Tanya was born in Moldova and has been our Med-Tech since August of 2020. Her favorite hobbies include hiking because of the relaxation and the beautiful sights she gets to witness.

Tanya says what makes her the happiest is when she gets to spend time with her family and friends and her amazing fluffy Maltese dog, Ollie!

Her dream one day is to travel the world in an RV. She would love to just pack a suitcase and hit the road.

"What I like best about working at Emerald Gardens is the residents. No matter what type of day I am having they always find ways to cheer me up!" she shared.

**Thank You Tanya for all that you do! We are glad to have you on our Team!**

**Thank You to the Tulip Farm for the Beautiful Flowers!**





# MAY 2021



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

SUN	MON	TUE	WED	THU	FRI	SAT	
2 (1st in last box) 10:00 Latin Soul 10:45 Coloring Hour 1:30 Good News 2:00 Name 5! 3:00 Residents Choice 4:00 I Love Lucy 6:00 Crossword Puzzles	3 Garden Meditation Day Montana Day 10:00 Morning Meditation 10:45 Brain Games 1:30 Montana Trivia/History 2:00 Wii Golf 3:00 BiNGO 4:00 One on Ones 6:00 Art by Artist	4 10:00 Balance & Stretch 10:45 The Price is Right 1:30 Bible Study 2:15 Ladies’ Tea Tlme 3:00 BiNGO 4:00 Name 5 Outside! 6:00 Karaoke	5 Cinco de Mayo 10:00 Morning Stroll 10:30 One on Ones 1:30 Resident Council 2:30 Pretty Nails 3:30 5 de Mayo Carts! 4:00 Juke Box Hour 6:00 On This Day	6 Nurses Day 10:00 Scenic Drive 11:00 Piggy Bankers 1:30 Wii Bowling 2:15 Ice-Cream Social 3:00 BiNGO 4:00 Thursday Travels 6:00 Tell Me A Joke	7 10:00 Chair Dancing 10:30 Chef Chat 1:30 Wii Bowling 2:15 Pictionary 3:00 BiNGO 4:00 Bible Study 6:00 Fright Night Movie	8 Have A Coke Day 10:00 Arm Strengthening 10:45 Crossword Puzzles 1:30 Good News & Coffee 3:00 Resident’s Choice 4:00 How Much Did It Cost? 6:00 Short Stories	
9 Mother’s Day 10:00 Latin Soul 10:45 Coloring Hour 1:30 Good News 2:00 Name 5! 3:00 Residents Choice 4:00 I Love Lucy 6:00 Crossword Puzzles	10 Washington Day 10:00 Morning Meditation 10:45 Brain Games 1:30 WA State Trivia/History 2:00 Wii Golf 3:00 BiNGO 4:00 One on Ones 6:00 Art by Artist	11 10:00 Balance & Stretch 10:45 The Price is Right 1:30 Bible Study 2:15 Ladies’ Tea Tlme 3:00 BiNGO 4:00 Name 5 Outside! 6:00 Karaoke	12 International Nurses Day 10:00 Morning Stroll 10:30 One on Ones 1:30 Resident Council 2:30 Pretty Nails 3:30 Lemonade & Patio 4:00 Juke Box Hour 6:00 On This Day	13 Apple Pie Day Fruit Cocktail Day 10:00 Scenic Drive 11:00 Piggy Bankers 1:30 Wii Bowling 2:15 Make Ambrosia Salad 3:00 BiNGO 4:00 Thursday Travels 6:00 Tell Me A Joke	14 10:00 Chair Dancing 10:30 Chef Chat 1:30 Wii Bowling 2:15 Pictionary 3:00 BiNGO 4:00 Bible Study 6:00 Friday Night Movie	15 10:00 Arm Strengthening 10:45 Crossword Puzzles 1:30 Good News & Coffee 3:00 Resident’s Choice 4:00 How Much Did It Cost? 6:00 Short Stories	
16 10:00 Latin Soul 10:45 Coloring Hour 1:30 Good News 2:00 Name 5! 3:00 Residents Choice 4:00 I Love Lucy 6:00 Crossword Puzzles	17 Idaho Day 10:00 Morning Meditation 10:45 Brain Games 1:30 Idaho Trivia/History 2:00 Wii Golf 3:00 BiNGO 4:00 One on Ones 6:00 Art by Artist	18 10:00 Balance & Stretch 10:45 The Price is Right 1:30 Bible Study 2:15 Ladies’ Tea Tlme 3:00 BiNGO 4:00 Name 5 Outside! 6:00 Karaoke	19 10:00 Morning Stroll 10:30 One on Ones 1:30 Resident Council 2:30 Pretty Nails 3:30 Lemonade & Patio 4:00 Juke Box Hour 6:00 On This Day	20 10:00 Scenic Drive 11:00 Piggy Bankers 1:30 Wii Bowling 2:15 Rootbeer Floats 3:00 BiNGO 4:00 Thursday Travels 6:00 Tell Me A Joke	21 10:00 Chair Dancing 10:30 Chef Chat 1:30 Wii Bowling 2:15 Pictionary 3:00 BiNGO 4:00 Bible Study 6:00 Friday Night Movie	22 10:00 Arm Strengthening 10:45 Crossword Puzzles 1:30 Good News & Coffee 3:00 Resident’s Choice 4:00 How Much Did It Cost? 6:00 Short Stories	
23 Lucky Penny Day 10:00 Latin Soul 10:45 Coloring Hour 1:30 Good News 2:00 Name 5! 3:00 Residents Choice 4:00 I Love Lucy 6:00 Crossword Puzzles	24 Wyoming Day 10:00 Morning Meditation 10:45 Brain Games 1:30 Wyoming Trivia/History 2:00 Wii Golf 3:00 BiNGO 4:00 One on Ones 6:00 Art by Artist	25 10:00 Balance & Stretch 10:45 The Price is Right 1:30 Bible Study 2:15 Ladies’ Tea Tlme 3:00 BiNGO 4:00 Name 5 Outside! 6:00 Karaoke	26 Senior Health & Fitness 10:00 Morning Stroll 10:30 One on Ones 1:30 Resident Council 2:30 Pretty Nails 3:30 Lemonade & Patio 4:00 Guided Relaxation 6:00 On This Day	27 10:00 Scenic Drive 11:00 Piggy Bankers 1:30 Wii Bowling 2:15 Ice-Cream Social 3:00 BiNGO 4:00 Thursday Travels 6:00 Tell Me A Joke	28 10:00 Chair Dancing 10:30 Chef Chat 1:30 Wii Bowling 2:15 Pictionary 3:00 BiNGO 4:00 Bible Study 6:00 Friday Night Movie	29 10:00 Arm Strengthening 10:45 Crossword Puzzles 1:30 Good News & Coffee 3:00 Resident’s Choice 4:00 How Much Did It Cost? 6:00 Short Stories	
30 Water Flowers Day 10:00 Latin Soul 10:45 Coloring Hour 1:30 Good News 2:00 Name 5! 3:00 Residents Choice 4:00 I Love Lucy 6:00 Crossword Puzzles	31 Memorial Day Utah Day/Smile Day 10:00 Morning Meditation 10:45 Brain Games 1:30 Utah Trivia/History 2:00 Wii Golf 3:00 BiNGO 4:00 One on Ones 6:00 Art by Artist	All activities subject to change per mandated health guidelines.		May Birthdays			1st 10:00 Arm Strengthening 10:45 Crossword Puzzles 1:30 Good News & Coffee 3:00 Resident’s Choice 4:00 How Much Did It Cost? 6:00 Short Stories
	Monica L.			6th			
	Bob O.			11th			
	Mary W.			11th			
	Nick J.			15th			



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9 Mother’s Day 10:00 Crossword Puzzles 10:45 Latin Soul 1:30 Coloring Hour 2:30 Good News & Coffee 4:00 On This Day 6:00 Sing-A-Long	10 Washington Day 10:00 Morning Meditation 10:45 Washington Trivia 1:30 One One Ones 2:30 Snack & Hydration 3:00 Portrait Painting 4:00 Patio Strolls 6:00 Build A Puzzle	11 10:00 BiNGO 10:45 Conductorcise 11:30 Hand Aromatherapy 1:30 Trivia 2:30 Ladies’ Tea Time 3:00 One On Ones 4:00 Bible Study 6:00 Rick Steven’s Travel	12 International Nurses Day 10:00 Pretty Nails 10:45 Bubble Popper 11:30 Hand Aromatherapy 1:30 Afternoon Stroll 2:30 Snack & Hydration 3:00 One on Ones 4:00 Family Feud 6:00 Karaoke	13 Fruit Cocktail Day 10:00 Sit & Be Fit 10:45 Thursday Travels 11:30 Hand Aromatherapy 1:30 BiNGO 2:30 Ice-Cream Social 3:00 One On Ones 4:00 Bible Study 6:00 Tell Me A Joke	14 10:00 Balance & Stretch 10:45 Space Trivia 1:30 Craft Corner 2:30 Snack & Hydration 3:00 Reminisce Videos 4:00 Bible Study 6:00 Friday Night Matinee	15 10:00 Chair Dancing 10:45 Resident’s Choice 1:30 Word Search 2:30 Good News & Coffee 4:00 How Much Did It Cost 6:00 Little Rascals					
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