

**Administrative Team:**

**Melissa Fisher: Executive Director**  
**Amanda Anderson: Business Office Director**  
**Mike G: Community Relations Director**  
**Kari Roper : Wellness 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 June 2021 Newsletter



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**3 Team & Resident Spotlight**  
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**7 Special Moments & Birthdays**  
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# Support an End to Alzheimer's Disease!

This **Alzheimer's & Brain Awareness Month**, take action toward an end to Alzheimer's! The Alzheimer's Association has a slew of opportunities for getting involved. Check out the info and links here to start supporting!

## Make a Difference Against Alzheimer's

- Take part in the Longest Day on June 20—the day with the most light, the day we fight—by taking an activity you enjoy and making it a fundraiser to fight Alzheimer's.
- Walk in the Walk to End Alzheimer's! Register for your local walk as part of a team or independently. Our local walk date is: **Oct. 9**. Set up a Tribute or Memorial Page with fundraising support options at [act.alz.org](http://act.alz.org)
- Participate in the Ride to End Alzheimer's on August 29, 2021. You can bike ride anywhere for this Summer Challenge.
- Help with Research. TrialMatch is a free service that pairs potential participants with clinical studies. See: [trialmatch.alz.org](http://trialmatch.alz.org)
- Advocate. Urge congress to support the Alzheimer's and dementia community. There are online fillable forms for contacting congress about vital issues at [alz.org/get-involved-now/advocate](http://alz.org/get-involved-now/advocate)
- Donate vehicles, boats, and RVs through the Donate-A-Car Program. Proceeds support the Alzheimer's Association and may provide tax benefits. Visit [alz.careasy.org/home](http://alz.careasy.org/home)
- Be a Volunteer:
  - ⇒ Support Group Facilitator, creating safe environments for sharing feelings or experiences of Alzheimer's or dementia.
  - ⇒ Volunteer Faith Outreach Representative, sharing information and free resources through the Alzheimer's Association.



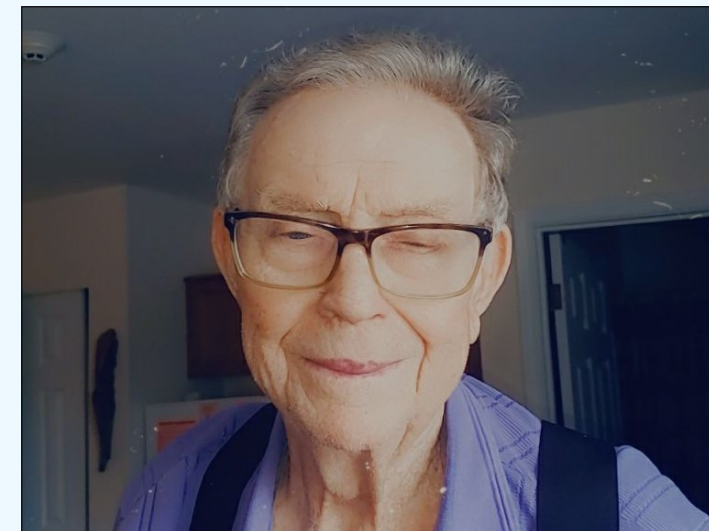
⇒ Volunteer Community Educator, providing education and expanding program reach. Learn more at: [volunteer.alz.org/Volunteeropportunities/becoming](http://volunteer.alz.org/Volunteeropportunities/becoming)

## Alzheimer's Facts

- Americans who have Alzheimer's is growing. More than 6 million Americans have Alzheimer's in 2021.
- 1 in 3 seniors pass with Alzheimer's or Dementia. Deaths from Alzheimer's increased 145% from 2000 to 2019.
- Early diagnosis can: provide medical, emotional, and social benefits; aid with participation in vital clinical trials; enable individuals to be in control of their legal and financial wishes; and create significant cost savings in medical and long-term care.

The more information about Alzheimer's that is shared, the more people will support the fight against Alzheimer's. Follow along with our Facebook page this month as we "Go Purple for Alzheimer's" and as we share resources and information to support the cause.

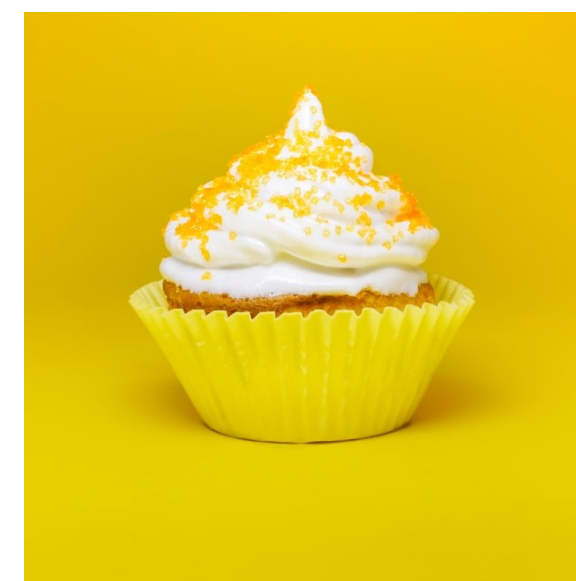
## Special Moments



## Let's Celebrate!

**Donna: June 1st**  
**Stacey: June 3rd**  
**Phil: June 17th**  
**Esmeralda: June 18th**  
**Tanya: June 26th**  
**Kassandra: June 28th**

Those born in June are Gemini (May 21–June 20) and Cancer (June 21–July 22). The birthstone for June are alexandrite and pearl. The birth flowers for June are the rose and honeysuckle. Those born in June are said to be optimistic and creative!



Happy Birthday!



# June 2021 Highlights

**June observes Men's Health, Cataract Awareness, and Headaches. It celebrates the Great Outdoors, Roses, and Fresh Fruits & Veggies!**

01 Olive Day; Nail Polish Day; Pen Pal Day	16 Fudge Day
02 Rocky Road Day; Rotisserie Chicken Day	17 Mascot Day; Apple Strudel Day
03 Egg Day; Chocolate Macaroons Day	18 Go Fishing Day; Picnic Day; Tapas Day
04 Cheese Day; Donut Day; Fish & Chips Day	19 Juneteenth; Garfield Day; Wear Blue Day
05 Veggie Burger Day; Environment Day	20 Father's Day; Seashell Day; It's Summer!
06 D-Day; Glasses Day; Sweden Day	21 Peach N' Cream Day; Selfie Day; Yoga Day
07 Oklahoma Day; Chocolate Ice Cream Day	22 Chocolate Éclair Day; Onion Rings Day
08 Best Friends Day; Positive Thinking Day	23 Hydrate Day; Pecan Sandy Day; Pink Day
09 Donald Duck Day; Strawb. Rhubarb Pie Day	24 Praline Day; Red, White, Blue Pops Day
10 Egg Roll Day; Iced Tea Day	25 Catfish Day; Strawberry Parfait Day
11 Corn Cob Day; German Choc. Cake Day	26 Coconut Day; Beautician's Day
12 PB Cookie Day; Red Rose Day; Falafel Day	27 Ice Cream Cake Day; Sunglasses Day
13 Weed the Garden Day; Sew Machine Day	28 Alaska Day
14 Flag Day; Strawberry Shortcake Day	29 Camera Day; Waffle Iron Day
15 Photography Day; Smile Power Day	30 Parchment Day; Meteor Watch 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.

## June 20 marks the Start of Summer!

**Our residents and staff shared their favorite things about summer!**

**"The weather!" - Mirna**

**"Outside cooking & dining!" - Maria**

**"Picnics on the beach" - Tanya**

**"Playing with my dogs outside" - Nina**

**"Family BBQs & backyard games with my kids." - Amanda**



**Staff Spotlight:**  
Maricela, CG



**Resident Spotlight:**  
Linda



**Staff Spotlight:**  
Jonna, CG





**Resident Spotlight:**  
Doris



# JUNE 2021


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

SUN	MON	TUE	WED	THU	FRI	SAT										
<div>All Activities subject to change per mandated health guidelines.</div>		1 10:00 Balance & Stretch 10:45 One on Ones 1:30 Art by Artist 2:15 Ladies’ Tea Time 3:00 Bingo 4:00 Bible Study 6:00 in2l Movie	2 10:00 Chair Dancing 10:45 Piggy Bankers 1:30 Resident Council 2:30 Pretty Nails 4:00 Patio & Sunshine 6:00 Places to Color	3 10:00 Scenic Drive 10:45 Sit & Be Fit 1:30 Wii Bowling 2:15 Ice-Cream Social 3:00 BiNGO 4:00 Thursday Travels 6:00 Brain Aerobics	4 <u>Donut Day</u> 10:00 Morning Meditation 10:45 Bible Study 1:30 Wii Golf 2:15 Pictionary 3:00 Bingo 4:00 Donut Social 6:00 Karaoke Night	5 10:00 Arm Strengthening 10:45 Crossword Puzzles 2:00 Current Events 3:00 Resident’s Choice 4:00 On this Day 6:00 Movie Matinee										
6 10:00 Latin Soul 10:45 Word Search 2:00 Coloring Hour 3:00 Residents’ Choice 4:00 Good News 6:00 Tell Me A Joke	7 <u>Oklahoma Day</u> 10:00 Chair Yoga 10:45 Name 5! 1:30 Oklahoma Trivia 2:15 Afternoon Stroll 3:00 Bingo 4:00 Wii Bowling 6:00 Brain Games	8 <u>Best Friends Day</u> 10:00 Balance & Stretch 10:45 My Best Friend Story 1:30 Art by Artist 2:15 Ladies’ Tea Time 3:00 Bingo 4:00 Bible Study 6:00 in2l Movie	9 10:00 Chair Dancing 10:45 Piggy Bankers 1:30 Portrait Painting 2:30 Pretty Nails 4:00 Patio & Sunshine 6:00 Places to Color	10 <u>Iced Tea Day</u> 10:00 Scenic Drive 10:45 Sit & Be Fit 1:30 Wii Bowling 2:15 Iced Tea Social 3:00 Bingo 4:00 Thursday Travels 6:00 Brain Aerobics	11 10:00 Morning Meditation 10:45 Bible Study 1:30 Wii Golf 2:15 Pictionary 3:00 Bingo 4:00 Afternoon Stroll 6:00 Karaoke Night	12 10:00 Arm Strengthening 10:45 Crossword Puzzles 2:00 Current Events 3:00 Residents’ Choice 4:00 On this Day 6:00 Movie Matinee										
13 <u>Weed The Garden Day</u> 10:00 Latin Soul 10:45 Word Search 2:00 Coloring Hour 3:00 Residents’ Choice 4:00 Good News 6:00 Tell Me A Joke	14 10:00 Chair Yoga 10:45 Name 5! 1:30 Flower Trivia 2:15 Afternoon Stroll 3:00 Bingo 4:00 Wii Bowling 6:00 Brain Games	15 <u>Photography Day</u> 10:00 Balance & Stretch 10:45 Outside Photography 1:30 Art by Artist 2:15 Ladies’ Tea Time 3:00 Bingo 4:00 Bible Study 6:00 in2l Movie	16 10:00 Chair Dancing 10:45 Piggy Bankers 1:30 Portrait Painting 2:30 Pretty Nails 4:00 Patio & Sunshine 6:00 Places to Color	17 <u>Mascot Day</u> 10:00 Name That Mascot 10:45 Sit & Be Fit 1:30 Wii Bowling 2:15 Ice-Cream Social 3:00 Bingo 4:00 Thursday Travels 6:00 Brain Aerobics	18 10:00 Morning Meditation 10:45 Bible Study 1:30 Wii Golf 2:15 Pictionary 3:00 Bingo 4:00 Afternoon Stroll 6:00 Karaoke Night	19 <u>Juneteenth Day</u> <u>Wear Blue Day</u> 10:00 Arm Strengthening 10:45 Crossword Puzzles 2:00 Current Events 3:00 Residents’ Choice 4:00 On this Day 6:00 Movie Matinee										
20 <u>Father’s Day</u> <u>First Day of Summer!</u> 10:00 Latin Soul 10:45 Word Search 2:00 Coloring Hour 3:00 Residents’ Choice 4:00 Good News 6:00 Tell Me A Joke	21 <u>Selfie Day</u> 10:00 Chair Yoga 10:45 Picture This Selfie! 1:30 Summer Trivia 2:15 Afternoon Stroll 3:00 Bingo 4:00 Wii Bowling 6:00 Brain Games	22 10:00 Balance & Stretch 10:45 One on Ones 1:30 Art by Artist 2:15 Ladies’ Tea Time 3:00 Bingo 4:00 Bible Study 6:00 in2l Movie	23 <u>Hydrate Day</u> <u>Pink Day</u> 10:00 Chair Dancing 10:45 Piggy Bankers 1:30 Portrait Painting 2:30 Pretty Nails 4:00 Patio & Sunshine 6:00 Places to Color	24 10:00 Scenic Drive 10:45 Sit & Be Fit 1:30 Wii Bowling 2:15 Ice-Cream Social 3:00 Bingo 4:00 Thursday Travels 6:00 Brain Aerobics	25 10:00 Morning Meditation 10:45 Bible Study 1:30 Wii Golf 2:15 Pictionary 3:00 Bingo 4:00 Afternoon Stroll 6:00 Karaoke Night	26 10:00 Arm Strengthening 10:45 Crossword Puzzles 2:00 Current Events 3:00 Residents’ Choice 4:00 On this Day 6:00 Movie Matinee										
27 <u>Sunglasses Day</u> 10:00 Latin Soul 10:45 Word Search 2:00 Coloring Hour 3:00 Residents’ Choice 4:00 Good News 6:00 Tell Me A Joke	28 <u>Alaska Day</u> 10:00 Chair Yoga 10:45 Name 5! 1:30 Alaska Trivia 2:15 Afternoon Stroll 3:00 Bingo 4:00 Wii Bowling 6:00 Brain Games	29 <u>Camera Day</u> 10:00 Balance & Stretch 10:45 Lights, Camera, Action 1:30 Art by Artist 2:15 Ladies’ Tea Time 3:00 Bingo 4:00 Bible Study 6:00 in2l Movie	30 <u>Meteor Watch Day</u> 10:00 Chair Dancing 10:45 Piggy Bankers 1:30 Portrait Painting 2:30 Pretty Nails 4:00 Patio & Sunshine 6:00 Places to Color	<div>June Birthdays</div> <table><tr><td>Donna</td><td>1st</td></tr><tr><td>Stacey</td><td>3rd</td></tr><tr><td>Esmeralda</td><td>18th</td></tr><tr><td>Tanya</td><td>26th</td></tr><tr><td>Kassandra</td><td>28th</td></tr></table>		Donna	1st	Stacey	3rd	Esmeralda	18th	Tanya	26th	Kassandra	28th	
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