

Stamp



**Administrative Team:**

**Melissa Fisher: Executive Director**  
**Ashley Krause: Community Relations Dir.**  
**Sara Benavides: Wellness Director**  
**Kari Roper: Wellness Director**  
**Monica Lezama: Dining Service Director**  
**Roel Garza: Maintenance Director**  
**Maria Sanchez: Life Enrichment Director**

**Connect:**

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**EmeraldGardensCommunity**

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

# Emerald Gardens News

## Residential & Memory Care July 2021 Newsletter



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# Fun in the Sun: Hot Weather Safety Tips

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

Summer can be the most fun season of the year! With weather being warm and the sun shining bright, there are so many opportunities for activities outside - from gardening and picnics to ball-game watching and seashell hunting on the beach. To ensure a summer full of fun and one free from sunburns, heat stroke, or exhaustion, here are sun-safe guidelines to consider.

**Stay hydrated.** Older adults are especially susceptible to dehydration. The body's ability to conserve water reduces with age, as does thirst. It is important for older adults to drink lots of fluids and eat foods with high water content, like berries and celery. The Mayo Clinic's recommended daily water intake for men is 15.5 cups and for women is 11.5 cups.

**Use sunscreen.** Protecting the skin is always a good idea. A sunscreen with an SPF of at least 30 is recommended by the Mayo Clinic. Apply it at least 15 minutes before heading outside. It should be applied generously and reapplied every two hours or more if a person is swimming or sweating. Ears, scalp, lips, nose, hands, and neck are spots to remember!

**Cover up.** When headed out into the heat or sun, it is best to wear loose-fitting, lightweight, light-colored clothing. Wide-brimmed hats and sunglasses are smart for protective purposes. It is good to have a lightweight jacket handy to protect the skin from sun exposure. If possible, find a shady spot to be in.



Did You Know? Water, snow, sand and concrete reflect light and raise sunburn risk.

**Try to avoid the sun during peak hours.** Peak sun hours are between 10 am and 4 pm, with the sun highest in the sky at noon and the temp. highest at 3 pm. UV rays from the sun are greatest between late spring and early summer in the U.S.

**Pay attention to the heat index and UV index.** The Heat Index measures how hot it feels in a place when relative humidity is factored in with actual air temperature. It can be found on local weather websites. There is also a UV index for seeing how strong UV light is where you are at [www.epa.gov/sunsafety/uv-index-1](http://www.epa.gov/sunsafety/uv-index-1)

**Medications and sun don't always mix.** Certain medications can increase sensitivity to sunlight. Sunburns, hives and rashes can result if one is not careful while on such medications. Research your medications before going out.

**Have a great, safe summer!** We hope these suggestions are helpful to you in your preparation for summer fun this year!

## Special Moments



### Let Us Celebrate!

Barbara & Francie, July 22nd

Bee, July 23rd

Bonnie, July 31st

Those born in July are either Cancer (June 21-July 22) or Leo (July 23-August 22). The birthstone for July is ruby. The birth flowers for July are larkspurs (delphinium) and water lilies. July babies are said to have a sunny disposition and great self control.

# July 2021 Highlights

July observes Eye Injury Prevention, UV Safety, and Social Wellness. It celebrates Blueberries, Peaches, Ice Cream, and Watercolors!

- |  |  |
|--|--|
| 01 Stamp Day; Creative Ice Cream Day       | 17 Peach Ice Cream Day; Emoji Day            |
| 02 Anisette Day; World UFO Day             | 18 Sour Candy Day; Ice Cream Day             |
| 03 Chocolate Wafer Day; Eat Beans Day;     | 19 Daiquiri Day                              |
| 04 Independence Day; Scarecrow Build Day   | 20 Fortune Cookie Day; Penn. Day; Chess Day  |
| 05 Apple Turnover Day; Graham Cracker Day  | 21 Be Someone Day; Junk Food Day             |
| 06 Fried Chicken Day; Sushi Hand Rolls Day | 22 Penuche Fudge Day; Hot Dog Day            |
| 07 Macaroni Day; Strawberry Sundae Day     | 23 Vanilla Ice Cream Day; Lovely Grandma Day |
| 08 Almond Chocolate Day; Blueberry Day     | 24 A. Earhart Day; DriveThru Day; Cowboy Day |
| 09 Sugar Cookie Day                        | 25 Culinaricians' Day; Parents' Day          |
| 10 Collector Car Day; Pina Colada Day      | 26 Bagelfest Day; Coffee Milkshake Day       |
| 11 Blueberry Muffin Day; Amer. Pet Pic Day | 27 Creme Brulee Day; New Jersey Day          |
| 12 Pecan Pie Day; Jello Day                | 28 Milk Chocolate Day; Waterpark Day         |
| 13 Beans N' Franks Day; French Fries Day   | 29 Intern Day; Eat Chicken Wings Day         |
| 14 Mac and Cheese Day; Tape Measure Day    | 30 Cheesecake Day; Chili Dog Day             |
| 15 Give Something Away Day; Tapioca Day    | 31 Mutt Day; Avocado Day                     |
| 16 Corn Fritter Day; Personal Chefs' 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.

## July 1st is Creative Ice Cream Day

**Our residents and staff shared creative, unique combinations they came up with!**

**“Sugar Cookie Buttercream” - Barbara**

**“Café de Olla Coffee Ice-Cream” - Maria**

**“Pizza Ice-Cream” - Roel**

**“Vanilla Condensed Milk” - Stacey**

**“Breakfast Ice-Cream” - Bonnie**



### Staff Spotlight: Kassandra

Kassandra was born in Portland, OR, and has been working at Emerald Gardens since June of 2020.

Some of her favorite hobbies include spending time with her daughter and family because “it's important to spend time with the people you care about,” and traveling.

She says listening to music, watching a good movie and family time make her happy.

If she could do anything in the world, it would be to travel for the rest of her life.

Kassandra says what she enjoys about working at Emerald Gardens is her co-workers, the residents and the environment.

Thank you, Kassandra, for all the you do and for being a part of our Radiant Team!



### Resident Spotlight: Gary

Gary was born in Portland, OR, in 1934. He grew up as an only child and his summers out of school were spent at his grandfather's farm in Woodburn.

Gary graduated from Oregon State with a B.S. in Building and Architecture. He worked for the Portland Public Schools and owned his own business.

He had two daughters, Terri and Lisa. He loves motorcycles and owned a Harley for most of his life. Gary loves to travel by RV and has visited almost all 50 states.

Some of Gary's hobbies include river rafting, building legos, reading the Wall Street Journal, snowmobiling, water skiing and down hill skiing.

Gary says his wife Peggy makes him happy because she takes good care of him and loves him as much as he loves her. He also really enjoys facetime with his grandchildren.

We are so glad to have Gary as part of our Emerald Garden Community!

# JULY 2021

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

SUN	MON	TUE	WED	THU	FRI	SAT							
<b>All Activities subject to change per mandated health guidelines.</b>		<i>July Birthdays</i>			<b>1 Stamp Day</b> 10:00 Scenic Drive 11:15 Balance & Stretch 1:30 Wii Bowling 2:15 Ice-Cream Social 3:00 BiNGO 4:00 One on Ones 6:00 Travel Thursdays*	<b>2 World UFO Day</b> 10:00 Chair Dancing 10:45 UFO History 1:30 Wii Golf 2:15 Card Game: Nines 3:00 BiNGO 4:00 Bible Study 6:00 Comedy Clips	<b>3</b> 10:00 Arm Strengthening 11:15 Daily Devotional 2:00 Good News & Tea 3:00 Resident's Choice 4:00 Name 5! 6:00 Movie Matinee						
		<b>Barbara</b> <b>22nd</b>	<b>Francie</b> <b>22nd</b>		<b>Bee</b> <b>23rd</b>	<b>Bonnie</b> <b>31st</b>	<b>4 Independence Day</b> 10:00 Latin Soul 10:45 How Much Did it Cost 1:30 Coloring Hour 3:00 Resident's Choice 4:00 Word Search 6:00 Family Feud	<b>5</b> 10:00 Conductorcise 10:45 Geography Game 1:30 Bible Study 2:15 Wii Bowling 3:00 BiNGO 4:00 Name5! 6:00 Tell Me A Joke	<b>6</b> 10:00 Sit & Be Fit 10:45 Today in History 1:30 One on Ones 2:30 Ladies' Tea Time 3:00 BiNGO 4:00 Card Game: Nines 6:00 Karaoke	<b>7</b> 10:00 Morning Walks 10:30 One on Ones 1:30 Resident Council 2:30 Pretty Nails 4:00 Social Cart on the GO! 6:00 Places to Color & Socialize	<b>8</b> 10:00 Scenic Drive 11:15 Balance & Stretch 1:30 Wii Bowling 2:15 RootBeer FLoats 3:00 BiNGO 4:00 One on Ones 6:00 Travel Thursdays*	<b>9</b> 10:00 Chair Dancing 10:45 UFO History 1:30 Wii Golf 2:15 Card Game: Nines 3:00 BiNGO 4:00 Bible Study 6:00 Comedy Clips	<b>10 Collector Car Day</b> 10:00 Arm Strengthening 11:15 Daily Devotional 2:00 Good News & Tea 3:00 Reminisce Videos: Cars 4:00 Name 5! 6:00 Movie Matinee
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		<b>25 Parent's Day</b> 10:00 Latin Soul 10:45 How Much Did it Cost 1:30 Coloring Hour 3:00 Resident's Choice 4:00 Word Search 6:00 Family Feud	<b>26</b> 10:00 Conductorcise 10:45 Geography Game 1:30 Bible Study 2:15 Wii Bowling 3:00 BiNGO 4:00 Name5! 6:00 Tell Me A Joke		<b>27 New Jersey Day</b> 10:00 Sit & Be Fit 10:45 Today in History 1:30 New Jersey Trivia 2:30 Ladies' Tea Time 3:00 BiNGO 4:00 Card Game: Nines 6:00 Karaoke	<b>28</b> 10:00 Morning Walks 10:30 One on Ones 1:30 Discussion Starters 2:30 Pretty Nails 4:00 Social Cart on the GO! 6:00 Places to Color & Socialize	<b>29</b> 10:00 Scenic Drive 11:15 Balance & Stretch 1:30 Wii Bowling 2:15 Ice-Cream Social 3:00 BiNGO 4:00 One on Ones 6:00 Travel Thursdays*	<b>30</b> 10:00 Chair Dancing 10:45 UFO History 1:30 Wii Golf 2:15 Card Game: Nines 3:00 BiNGO 4:00 Bible Study 6:00 Comedy Clips	<b>31 Avocado Day</b> 10:00 Arm Strengthening 11:15 Daily Devotional 2:00 Good News & Tea 3:00 Resident's Choice 4:00 Name 5! 6:00 Movie Matinee				

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