

Administrative Team:

Melissa Fisher: Executive Director
April Krebs: Business Office Director
Rob Walker: 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

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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 August 2021



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Explore Paths to Improved Eye Wellness

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

August is Eye Exam Month and in observance, we've gathered some insight for eyesight! It can be frustrating to experience changes to eyes which result from an array of factors. Luckily, there are many ways to address eye health.

One of the best ways to stay on top of eye health is to have annual eye exams. Practicing precautionary measures through lifestyle is also important. People with diabetes, high blood pressure, or medications that affect eyes have increased risk for vision problems.

Some lifestyle recommendations from the National Eye Institute include having a diet rich in fruits and vegetables—particularly dark, leafy greens; maintaining a healthy weight; wearing glasses, goggles, and safety shields as appropriate; avoiding smoking; reducing eyestrain from screens by looking 20 feet before you for 20 seconds every 20 minutes; and cleaning hands often to avoid infections.

Knowing family eye history, and being educated about vision issues and symptoms that may affect seniors is also helpful toward eye wellness.

Four Eye Issues That Can Affect Older Adults:

- Dry eye is a common issue for seniors, in which not enough tears or quality tears are made, and poor vision may result.
- Age-related macular degeneration is an issue that causes central (not side) vision loss. The macula of the eye allows people to see fine details and colors, so when it is affected, activities like reading, watching movies, and recognizing faces could be challenging



Did you know? UV rays can negatively affect your eye's surface tissue, cornea, and lens. When in the sun, protect your eyes with sunglasses that have 100% UV or UV400 protection.

- Cataracts are cloudy areas in the eye lens (usually in both eyes, to different degrees) that can cause blurry vision, poor contrast awareness, dulled colors, and glare sensitivity.
- Glaucoma is a group of issues which damage the optic nerve and in time can take away side vision. While glaucoma is often painless with no symptoms, older adults are at risk for it.

With all that in mind, there are many ways to help vision conditions, per the American Optometric Association. Some optometrists have rehabilitation programs to help with low vision for daily routines. Prescription devices are also available, like spectacle-mounted magnifiers for close-up tasks; hand-held or spectacle-mounted telescopes for near and far vision; handheld and stand magnifiers to assist with short-term reading; and video magnification that enlarges items on video.

Let us know if this information has been helpful for you in the comments section of our newsletter Facebook post on the first.



Special Moments



2021



Let's Celebrate!

- Dolores H. August 8th**
Maria G. August 24th
Jessenia, August 29th

Those born in August are either Leo (Aug. 1-22) or Virgo (August 23-31). The birthstone for August is peridot. The birth flower for August is the gladiolus. August babies are said to be natural leaders and teachers who thrive in the spotlight. They can often be described as charismatic.

August 2021 Highlights

August is Eye Exam Month, Wellness Month, and Sun Safety Month. It celebrates peaches, paninis, golf, catfish, sandwiches, and goat cheese!

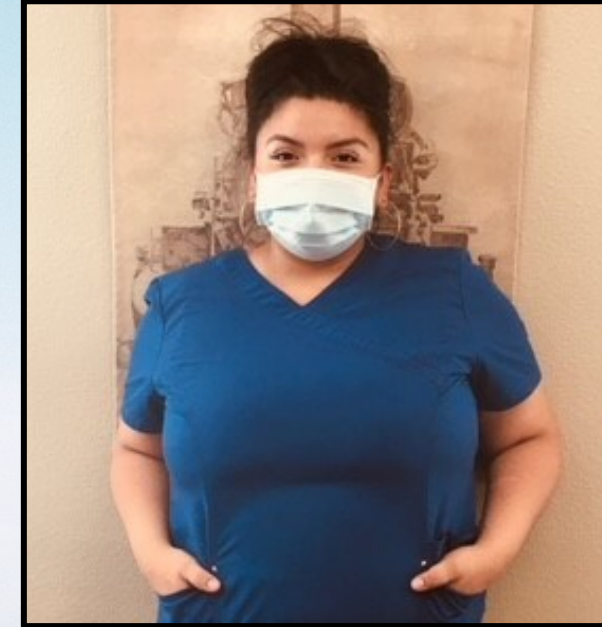


01 Mahjong Day; Sister Day; Colorado Day	19 Aviation Day; Potato Day; Hair Bow Day
02 Coloring Day; Ice Cream Sandwich Day	20 Radio Day; Lemonade Day
03 Watermelon Day; National Night Out Day	21 Senior Day; Spumoni Day; Geocache Day
04 Chocolate Chip Cookie Day	22 Pecan Torte Day; Be an Angel Day
05 Oyster Day; Work Like a Dog Day; IPA Day	23 Sponge Cake Day; Cuban Sandwich Day
06 Root Beer Float Day; Water Balloon Day	24 Maryland Day; Waffle Day; Peach Pie Day
07 Mustard Day; Disc Golf Day	25 Banana Split Day
08 Froyo Custard Day; Zucchini Day; Cat Day	26 Cherry Popsicle Day; Dog Day
09 Book Lovers' Day; Rice Pudding Day	27 Pots de Crème Custard Day; Just Cuz Day
10 S'mores Day; Connecticut Day	28 Bow Tie Day; Cherry Turnover Day
11 Son & Daughter Day; Kinetic Sand Day	29 Chop Suey Day; Lemon Juice Day
12 Vinyl Record Day; World Elephant Day	30 Toasted Marshmallow Day; Beach Day
13 Intl. Left Handers' Day; Prosecco Day	31 Trail Mix Day; Intl. Bacon Day
14 Creamsicle Day; Bowling Day	
15 Lemon Meringue Pie Day; Honey Bee Day	
16 Tell a Joke Day; Airborne Day	
17 Black Cat Day; Thrift Shop Day	
18 Fajita Day; Ice Cream Pie 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.

August 9th is Book Lovers Day!
Our residents and staff shared their favorites!

"Poetry; books based on true stories" - Phyllis
"True crime books" - Rhonda
"Harry Potter Series!" - Maria
"Thrillers, romance, non-fiction, coaching books, biography, all sorts of books!" - Kari
"Mysteries, fiction " - Linda S.
"Crime, romance, thrillers based on true life" - Tanya

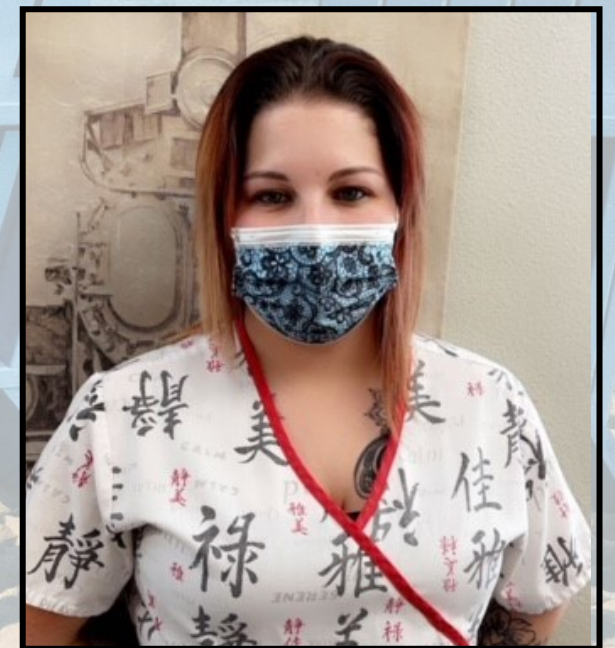


Staff Spotlight:
Yessica, Caregiver in Memory Care



Staff Spotlight:
Sam, Med Tech

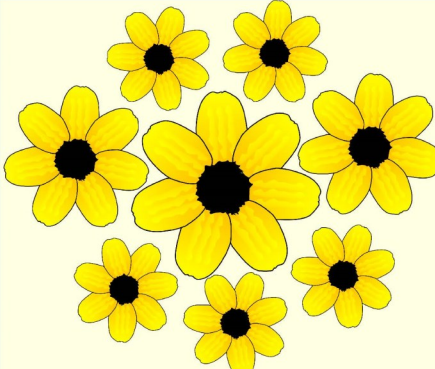
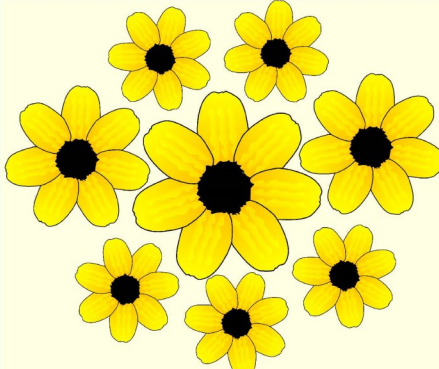
"Never believe that a few caring people can't change the world. For, indeed, that's all who ever have." — Margaret Mead



Staff Spotlight:
Katie, Med Tech

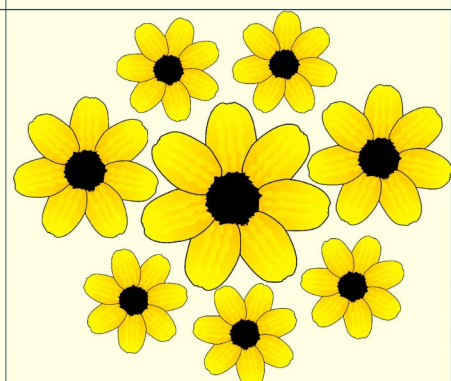
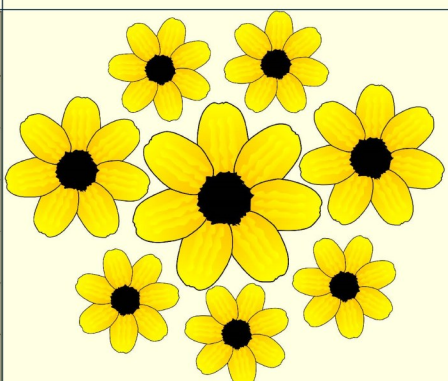
AUGUST 2021

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

SUN	MON	TUE	WED	THU	FRI	SAT	
1 Sister Day/Colorado Day 10:00 Conductorcise 10:45 Word Search 2:30 Adult Coloring 3:30 Good News & Coffee 4:00 Colorado Trivia 6:00 Karaoke	2 10:00 Sit & Be Flt 10:45 Daily Devotions 1:30 Wii Bowling 2:15 Family Feud 3:00 BiNGO 4:00 Afternoon Stroll 6:00 Scrabble	3 Watermelon Day 10:00 Balance & Stretch 10:45 Conversation Starter 1:30 One on Ones 2:15 Ladies’ Tea Time 3:00 BiNGO 4:00 Watermelon & Patio 6:00 Tell Me A Joke	4 Choco. Chip Cookie Day 10:00 Morning Stroll 10:45 Brain Aerobics 1:30 Resident Council 2:45 Pretty Nails 4:00 Cookies & Cocoa 6:00 Places to Color	5 10:00 Scenic Drive 10:45 Balance & Stretch 1:30 Wii Golf 2:15 Ice-Cream Social 3:00 BiNGO 4:00 Bible Study 6:00 Brain Games	6 Root Beer Float Day 10:00 Chair Dancing 10:45 Scrabble 1:30 Wii Bowling 2:15 Root Beer Floats Cart 3:00 BiNGO 4:00 One on Ones 6:00 Friday Night Movie	7 10:00 Arm Strengthening 10:45 Crossword Puzzles 2:30 Good News & Coffee 3:00 Resident’s Choice 4:00 Name 5! 6:00 iN2I Movie	
8 10:00 Conductorcise 10:45 Word Search 2:30 Adult Coloring 3:30 Good News & Coffee 4:00 Resident’s Choice 6:00 Karaoke	9 Book Lover’s Day 10:00 Sit & Be Flt 10:45 Daily Devotions 1:30 Wii Bowling 2:15 Name the Book 3:00 BiNGO 4:00 Afternoon Stroll 6:00 Scrabble	10 Connecticut Day 10:00 Walmart Outing 10:45 Connecticut Trivia 1:30 One on Ones 2:15 Ladies’ Tea Time 3:00 BiNGO 4:00 Lemonade & Patio 6:00 Tell Me A Joke	11 Son & Daughter Day 10:00 Morning Stroll 10:45 Brain Aerobics 1:30 Chef Chat 2:45 Pretty Nails 4:00 Popcorn & Pop 6:00 Places to Color	12 10:00 Scenic Drive 10:45 Balance & Stretch 1:30 Wii Golf 2:15 Ice-Cream Social 3:00 BiNGO 4:00 Bible Study 6:00 Brain Games	13 Intl. Left Handers’ Day 10:00 Chair Dancing 10:45 Scrabble 1:30 Wii Bowling 2:15 Root Beer Floats Cart 3:00 BiNGO 4:00 One on Ones 6:00 Friday Night Movie	14 Bowling Day 10:00 Arm Strengthening 10:45 Crossword Puzzles 2:30 Good News & Coffee 3:00 Resident’s Choice 4:00 Name 5! 6:00 iN2I Movie	
15 10:00 Conductorcise 10:45 Word Search 2:30 Adult Coloring 3:30 Good News & Coffee 4:00 Resident’s Choice 6:00 Karaoke	16 Tell A Joke Day 10:00 Sit & Be Flt 10:45 Daily Devotions 1:30 Wii Bowling 2:15 Tell Me A Joke 3:00 BiNGO 4:00 Afternoon Stroll 6:00 Scrabble	17 10:00 Balance & Stretch 10:45 Conversation Starter 1:30 One on Ones 2:15 Ladies’ Tea Time 3:00 BiNGO 4:00 Watermelon & Patio 6:00 Tell Me A Joke	18 10:00 Morning Stroll 10:45 Brain Aerobics 1:30 Activities Meeting 2:45 Pretty Nails 4:00 Cookies & Cocoa 6:00 Places to Color	19 10:00 Scenic Drive 10:45 Balance & Stretch 1:30 Wii Golf 2:15 Ice-Cream Social 3:00 BiNGO 4:00 Bible Study 6:00 Brain Games	20 Radio/Lemonade Day 10:00 Chair Dancing 10:45 Scrabble 1:30 Wii Bowling 2:15 Lemonade Cart Around 3:00 BiNGO 4:00 One on Ones 6:00 Friday Night Movie	21 Senior Day 10:00 Arm Strengthening 10:45 Crossword Puzzles 2:30 Good News & Coffee 3:00 Resident’s Choice 4:00 Name 5! 6:00 iN2I Movie	
22 10:00 Conductorcise 10:45 Word Search 2:30 Adult Coloring 3:30 Good News & Coffee 4:00 Resident’s Choice 6:00 Karaoke	23 10:00 Sit & Be Flt 10:45 Daily Devotions 1:30 Wii Bowling 2:15 Family Feud 3:00 BiNGO 4:00 Afternoon Stroll 6:00 Scrabble	24 Maryland Day 10:00 Dollar Tree Outing 10:45 Maryland Trivia 1:30 One on Ones 2:15 Ladies’ Tea Time 3:00 BiNGO 4:00 Lemonade & Patio 6:00 Tell Me A Joke	25 10:00 Morning Stroll 10:45 Brain Aerobics 1:30 Freehand Painting 2:45 Pretty Nails 4:00 Popcorn & Pop 6:00 Places to Color	26 10:00 Scenic Drive 10:45 Balance & Stretch 1:30 Wii Golf 2:15 Ice-Cream Social 3:00 BiNGO 4:00 Bible Study 6:00 Brain Games	27 10:00 Chair Dancing 10:45 Scrabble 1:30 Wii Bowling 2:15 Root Beer Floats Cart 3:00 BiNGO 4:00 One on Ones 6:00 Friday Night Movie	28 10:00 Arm Strengthening 10:45 Crossword Puzzles 2:30 Good News & Coffee 3:00 Resident’s Choice 4:00 Name 5! 6:00 iN2I Movie	
29 10:00 Conductorcise 10:45 Word Search 2:30 Adult Coloring 3:30 Good News & Coffee 4:00 Resident’s Choice 6:00 Karaoke	30 Beach Day 10:00 Sit & Be Flt 10:45 Daily Devotions 1:30 Wii Bowling 2:30 Outside Beach Social 4:00 Afternoon Stroll 6:00 Scrabble	31 Trail Mix Day 10:00 Balance & Stretch 10:45 Conversation Starter 1:30 One on Ones 2:15 Ladies’ Tea Time 3:00 BiNGO 4:00 Make-A-Mix 6:00 Tell Me A Joke		August Birthdays			All Activities subject to change per mandated health guidelines.
		Dolores		8th			
		Maria G.		24th			
		Jessenia		29th			

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8 Cat Day 10:00 Morning Meditation 10:45 Crossword Puzzles 1:30 Coloring Hour 3:00 Snack & Hydration 4:00 Funny Cat Videos 6:00 Sing-A-Longs	9 Book Lover’s Day 10:00 BiNGO 10:45 Tai Chi 1:30 Guess the Book 2:30 Snack & Hydration 3:00 Name 5! (Outloud) 4:00 On This Day 6:00 Karaoke	10 Connecticut Day 10:00 BiNGO 10:45 Sit & Be Fit 11:30 Hand Aromatherapy 1:30 Craft Corner 2:30 Connecticut Trivia 4:00 Bible Study 6:00 The Beverly Hillbillies	11 Son & Daughter Day 10:00 Pretty Nails 11:30 Hand Aromatherapy 1:30 Portrait Painting 2:30 Cookies & Cocoa 3:00 One on Ones 4:00 Family Feud 6:00 Dancing Videos	12 Vinyl Record Day World Elephant Day 10:00 Scenic Drive 11:30 Hand Aromatherapy 1:30 Craft Corner 2:30 Ice-Cream Social 3:00 One on Ones 4:00 Travel Thursdays*	13 Intl. Left Hander’s Day 10:00 BiNGO 10:45 Chair Dancing 1:30 Activity in A Box 2:30 Snack & Hydration 3:00 Matching Game 4:00 Bible Study 6:00 iN2I Movie	14 10:00 Conductorcise 10:30 Word Search 1:30 Short Stories 2:30 Snack & Hydration 3:00 Daily Devotional 4:00 Resident’s Choice 6:00 Evening Movie	
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