

Stamp

Administrative Team:

Melissa Fisher: Executive Director

Rob Walker: Community Relations Dir.

Stacey Zimmerman: Wellness Director

Kari Roper: Wellness Director

Monica Lezama: 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](https://www.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 September 2021



2 Achieving Better Balance
3 Team & Resident Spotlight
4 - 5 Activities Calendar: RC

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

Achieving Better Balance & A More Active Lifestyle

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

Do you ever feel lightheaded upon standing or feel your surroundings spin when taking a step? These are signs of balance issues. Most stem from the inner ear, but can be related to medications, the circulatory system, or blood pressure, among other causes. Fortunately, balance issues can be improved with attention to health, and action.

In September, Balance Awareness Week takes place, the 19th-25th. In observance, we’re sharing causes and improvement ideas.

Balance Issue Causes

Vertigo, lightheadedness, unsteadiness, and dizziness are four symptoms that can point to specific causes, per the Mayo Clinic. Causes are not limited to these, but can include: motion sickness, migraine, and Meniere's behind **vertigo**; cardiovascular issue or blood pressure change with movement behind **lightheadedness**; eyesight issue, medication, inner ear issue, leg nerve damage, or neurological issue behind **unsteadiness**; and inner ear issue, medication, or psychiatric issue behind **dizziness**. Balance disorders can bring about symptoms including but not limited to: confusion, disorientation, nausea and vomiting, diarrhea, changes in heart rate and blood pressure, fear, anxiety, or panic.

If you suspect you have an issue, speak with your medical professional for diagnosis and treatment. Depending on the issue, treatment can include medications to control dizziness and vomiting, balance retraining, inner ear



positioning procedures, surgery, change to diet (specific to the cause), and lifestyle change.

Lifestyle change many can benefit from is increased physical activity for muscle strength and flexibility. If your health professional approves, here are a few ideas to try, with a spotter present!

Exercises

- Tai Chi or Chair Chi! This is meditation in motion, with movements that shift weight from foot to foot, helping posture and balance.
- Hold a chair and stand on one leg at a time for several intervals.
- Tightrope Walking: Hold arms straight out at your sides. Walk a straight line with a 1-2 second pause as your back leg lifts from the ground. Have head up and eyes fixed ahead.
- Wall Pushups: Stand arm’s length from a wall. Lean forward slightly with palms flat on wall at height and width of shoulders. Keep feet in place as you move your body forward. Gently push back until arms are straight.

Let us know if this information has been helpful to you on our facebook page!

Emerald Gardens Photos!

Welcome, Brandon, our new med-tech!

Barbara, resident

Welcome, Kathy, our new caregiver!

Happy Birthday!

Let’s Celebrate!

Sharlene; September 13th
Carvin; September 14th
Catherine; September 23rd

Those born in September are either Virgo (Aug. 23-Sept. 22) or Libra (Sept. 23-Oct. 22). The birthstone for September is sapphire. The birth flowers for September are asters and morning glory. Virgos are best known for being practical, loyal, and organized. Libras are balanced, social, and fair-minded. September has 11 of the top birthdates in the nation with more babies born on September 9 than any other day of the year!

September 2021 Highlights

September is Healthy Aging Month, Cholesterol Education Month, Food Safety Education Month, and World Alzheimer's Month. It celebrates Hispanic Heritage, Sewing, Piano, Honey, Chicken, and Americana!

01 Building & Code Staff Day; Write Letters Day	16 Cinnamon Raisin Bread Day; Guacamole Day
02 Blueberry Popsicle Day	17 Apple Dumpling Day; Country Music Day
03 Bowling League Day; College Colors Day	18 Cheeseburger Day; Dance Day
04 Macadamia Nut Day; Tailgating Day	19 Butterscotch Pudding Day
05 Cheese Pizza Day; Intl. Day of Charity	20 Pepperoni Pizza Day; String Cheese Day
06 Labor Day; Rosh Hashanah; Book Day	21 Chai Day; NY Day; World Alzheimer's Day
07 Acorn Squash Day; Salami Day	22 Centenarians' Day; White Chocolate Day
08 Intl. Literacy Day; Ampersand Day	23 Pot Pie Day; Snack Stick Day
09 Teddy Bear Day; Wiener Schnitzel Day	24 Cherries Jubilee Day; Punctuation Day
10 Swap Ideas Day; TV Dinner Day	25 Family Health & Fitness Day; Quesadilla Day;
11 Hot Cross Bun Day; Patriot Day	26 HR Prof's Day; Pancake Day; Dumpling Day
12 Assisted Living Week Kickoff; Grandparent Day	27 Family Day; Corned Beef Hash Day; Scarf Day
13 Peanut Day	28 Good Neighbor Day; North Carolina Day
14 Cream Filled Donut Day; Hoagie Day	29 Coffee Day; Women's Health Day
15 Yom Kippur; Learn Online Day; Linguine Day	30 Hot Mulled Cider Day; Love Others Day

"O sweet September, thy first breezes bring. The dry leaf's rustle and the squirrel's laughter. The cool fresh air whence health and vigor spring. And promise of exceeding joy hereafter." — George Arnold, September Days

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.

Autumn Begins September 22!

Our residents and staff shared what they love most about Autumn!

"The sound of the crispy leaves underneath your feet. And its sweater season!" - Tanya B.

"The produce, the colors, the crisp air in the morning, the fall decorations!" - Kari

"The colors and the clean air; its beautiful!" - Roel

"The coldness in the mornings with the sun shining bright & warm pumpkin bread" - Maria

"Pumpkin spice cookies & I get to sleep in!" Bonnie



Staff Spotlight: Stacey

Stacey was born in Portland, Oregon, on June 3rd. She is the youngest in her family and her favorite color is red.

She enjoys cooking, roller blading and editing pictures. One day she hopes to travel to a warm tropical island.

Her favorite food is Italian and pastas made in endless ways.

A fun fact about Stacey, She is half Spanish from her dad's side of the family.

Thank You Stacey for all that you continue to do!



Resident Spotlight: Harold

Harold was born in Iowa on March 5th. At a young age in his birth state, Harold worked with his dad coal mining.

He moved to Oregon where he worked at the Tillamook Cheese Factory for years. After retiring, he worked for himself in logging and enjoyed wearing his logger clothes.

Harold served in the Korean War. He was a demolition specialist. His favorite color is the "dollar green."

Fun fact: at one point he raised five fish that when they were ready and big enough, the state got them and released them in the ocean.

"What I am most proud of, easy... my wife and kids!"

Thank You Harold for being a part of our Emerald Gardens Community!

SEPTEMBER 2021

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

SUN	MON	TUE		WED	THU	FRI	SAT
All Activities subject to change per mandated health guidelines.		<i>September Birthdays</i>		1	2	3 College Colors Day	4
		Sharlene	13th	10:00 Latin Soul 10:45 One on One	10:00 Scenic Drive 11:00 Balance & Stretch	10:00 Portrait Painting 10:45 Chair Dancing	10:00 Arm Strengthening 10:45 Bible Study
		Carvin	14th	1:30 Holiday Crosswords 2:30 Pretty Nails	1:30 Wii Bowling 2:15 Ice-Cream Social	1:30 Wii Golf 2:15 BiNGO	1:30 Good News & Coffee 3:00 Resident's Choice
		Catherine	23rd	4:00 Sweets & Lemonade 6:00 Places to Color	3:00 Bingo 4:00 NiNES! 6:00 Brain Games	3:00 Name 5! 4:00 Family Feud 6:00 Movie & Popcorn	4:00 Scrabble 6:00 Movie Matinee
5 10:00 Conductorcise 10:45 Word Search 1:30 Good News 2:30 Coloring Hour 4:00 Daily Devotional 6:00 Tell Me A Joke	6 Labor Day/Book Day 10:00 Sit & Be Fit 10:45 Discussion Starter 1:30 Name the Book 2:00 One on One 3:00 BiNGO 4:00 Wii Bowling 6:00 Short Stories	7 10:00 Chair Yoga 10:45 Bible Study 1:30 One on Ones 2:15 Ladies' Tea Time 3:00 BiNGO 4:00 Scrabble 6:00 Karaoke		8 Intl. Literacy Day 10:00 Latin Soul 10:45 One on One 1:30 Resident Council 2:30 Pretty Nails 4:00 Sweets & Lemonade 6:00 Places to Color	9 10:00 Scenic Drive 11:00 Balance & Stretch 1:30 Wii Bowling 2:15 Ice-Cream Social 3:00 Bingo 4:00 NiNES! 6:00 Brain Games	10 10:00 Portrait Painting 10:45 Chair Dancing 1:30 Wii Golf 2:15 BiNGO 3:00 Name 5! 4:00 Family Feud 6:00 Movie & Popcorn	11 10:00 Arm Strengthening 10:45 Bible Study 1:30 Good News & Coffee 3:00 Resident's Choice 4:00 Scrabble 6:00 Movie & Popcorn
12 Grandparents Day 10:00 Conductorcise 10:45 Word Search 1:30 Good News 2:30 Coloring Hour 4:00 Daily Devotional 6:00 Tell Me A Joke	13 10:00 Sit & Be Fit 10:45 Discussion Starter 1:30 Name the Book 2:00 One on One 3:00 BiNGO 4:00 Wii Bowling 6:00 Short Stories	14 10:00 Chair Yoga 10:45 Bible Study 1:30 One on Ones 2:15 Ladies' Tea Time 3:00 BiNGO 4:00 Scrabble 6:00 Karaoke		15 Learn Online Day 10:00 Latin Soul 10:45 One on One 1:30 Activities Meeting 2:30 Pretty Nails 4:00 Sweets & Lemonade 6:00 Places to Color	16 10:00 Scenic Drive 11:00 Balance & Stretch 1:30 Wii Bowling 2:15 Ice-Cream Social 3:00 Bingo 4:00 NiNES! 6:00 Brain Games	17 10:00 Portrait Painting 10:45 Chair Dancing 1:30 Wii Golf 2:15 BiNGO 3:00 Name 5! 4:00 Family Feud 6:00 Movie & Popcorn	18 10:00 Arm Strengthening 10:45 Bible Study 1:30 Good News & Coffee 3:00 Resident's Choice 4:00 Scrabble 6:00 Movie & Popcorn
19 10:00 Conductorcise 10:45 Word Search 1:30 Good News 2:30 Coloring Hour 4:00 Daily Devotional 6:00 Tell Me A Joke	20 10:00 Sit & Be Fit 10:45 Discussion Starter 1:30 Name the Book 2:00 One on One 3:00 BiNGO 4:00 Wii Bowling 6:00 Short Stories	21 World Alzheimer's Day 10:00 Chair Yoga 10:45 Bible Study 1:30 One on Ones 2:15 Ladies' Tea Time 3:00 BiNGO 4:00 Scrabble 6:00 Karaoke		22 Centenarians' Day 10:00 Latin Soul 10:45 One on One 1:30 Honor A Centenarian! 2:30 Pretty Nails 4:00 Sweets & Lemonade 6:00 Places to Color	23 Snack Stick Day 10:00 Scenic Drive 11:00 Balance & Stretch 1:30 Wii Bowling 2:15 Fruit On A Stick 3:00 Bingo 4:00 NiNES! 6:00 Brain Games	24 10:00 Portrait Painting 10:45 Chair Dancing 1:30 Wii Golf 2:15 BiNGO 3:00 Name 5! 4:00 Family Feud 6:00 Movie & Popcorn	25 Quesadilla Day 10:00 Arm Strengthening 10:45 Bible Study 1:30 Good News & Coffee 3:00 Resident's Choice 4:00 Scrabble 6:00 Movie & Popcorn
26 10:00 Conductorcise 10:45 Word Search 1:30 Good News 2:30 Coloring Hour 4:00 Daily Devotional 6:00 Tell Me A Joke	27 Family Day/Scarf Day 10:00 Sit & Be Fit 10:45 Discussion Starter 1:30 Name the Book 2:00 One on One 3:00 BiNGO 4:00 Wii Bowling 6:00 Short Stories	28 Good Neighbor Day North Carolina Day 10:00 Chair Yoga 10:45 Bible Study 1:30 NC History & Trivia 2:15 Ladies' Tea Time 3:00 BiNGO 4:00 Scrabble 6:00 Karaoke		29 Women's Health Day Coffee Day 10:00 Latin Soul 10:45 One on One 1:30 Coffee & Cookies 2:30 Pretty Nails 4:00 Sweets & Lemonade 6:00 Places to Color	30 10:00 Scenic Drive 11:00 Balance & Stretch 1:30 Wii Bowling 2:15 Ice-Cream Social 3:00 Bingo 4:00 NiNES! 6:00 Brain Games	Assisted Living Week! 9/12 - 9/18 Thank You Staff! 	

SUN	MON	TUE	WED	THU	FRI	SAT
All Activities subject to change per mandated health guidelines.		September Birthdays	1 10:00 Pretty Nails 11:15 Hand Aromatherapy 1:30 Portrait Painting 2:30 Snack & Hydration 3:00 One on Ones 4:00 On This Day 6:00 Karaoke	2 10:00 BiNGO 10:45 Sit & Be Fit 11:30 Hand Aromatherapy 1:30 Adult Coloring 2:30 3:00 One on Ones 4:00 Travel Thursdays 6:00 The Beverly Hillbillies	3 College Colors 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	4 10:00 Conductorcise 10:45 Table Cornhole 1:30 One on ONes 2:30 Snack & Hydrations 3:45 Resident's Choice 6:00 Movie Matinee
		Sharlene13th				
		Carvin14th				
		Catherine23rd				
5 10:00 Morning Stretches 10:45 Good News 1:30 Coloring Hour 2:30 Snack & Hydration 3:45 Resident's Choice 6:00 Activity in A Box	6 Labor Day/Book Day 10:00 BiNGO 11:00 Arm Strengthening 1:30 Daily Devotionals 2:30 Snack & Hydration 3:00 Bubble Popper 4:00 One on Ones 6:00 Short Stories	7 10:00 BiNGO 10:45 Tai Chi 11:15 Hand Aromatherapy 1:30 Alaska Trivia 2:30 Snack & Hydration 3:00 Name 5! (outlod) 4:00 On This Day 6:00 Reminisce Videos	8 Intl. Literacy Day 10:00 Pretty Nails 11:15 Hand Aromatherapy 1:30 Portrait Painting 2:30 Snack & Hydration 3:00 One on Ones 4:00 On This Day 6:00 Karaoke	9 10:00 BiNGO 10:45 Sit & Be Fit 11:30 Hand Aromatherapy 1:30 Adult Coloring 2:30 Ladies' Tea Time 3:00 One on Ones 4:00 Travel Thursdays 6:00 The Beverly Hillbillies	10 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	11 10:00 Conductorcise 10:45 Table Cornhole 1:30 One on ONes 2:30 Snack & Hydrations 3:45 Resident's Choice 6:00 Movie Matinee
12 Grandparent's Day 10:00 Morning Stretches 10:45 Good News 1:30 Coloring Hour 2:30 Snack & Hydration 3:45 Resident's Choice 6:00 Activity in A Box	13 10:00 BiNGO 11:00 Arm Strengthening 1:30 Daily Devotionals 2:30 Snack & Hydration 3:00 Bubble Popper 4:00 One on Ones 6:00 Short Stories	14 10:00 BiNGO 10:45 Tai Chi 11:15 Hand Aromatherapy 1:30 Hawaii Trivia 2:30 Snack & Hydration 3:00 Name 5! (outlod) 4:00 On This Day 6:00 Reminisce Videos	15 Learn Online Day 10:00 Pretty Nails 11:15 Hand Aromatherapy 1:30 Portrait Painting 2:30 Snack & Hydration 3:00 One on Ones 4:00 On This Day 6:00 Karaoke	16 10:00 BiNGO 10:45 Sit & Be Fit 11:30 Hand Aromatherapy 1:30 Adult Coloring 2:30 Ladies' Tea Time 3:00 One on Ones 4:00 Travel Thursdays 6:00 The Beverly Hillbillies	17 Country Music Day 10:00 BiNGO 10:45 Chair Dancing 1:30 Country Classics 2:30 Snack & Hydration 3:00 Matching Game 4:00 Bible Study 6:00 iN2I Movie	18 Dance Day 10:00 Conductorcise 10:45 Table Cornhole 1:30 One on ONes 2:30 Snack & Hydrations 3:45 Resident's Choice 6:00 Movie Matinee
19 10:00 Morning Stretches 10:45 Good News 1:30 Coloring Hour 2:30 Snack & Hydration 3:45 Resident's Choice 6:00 Activity in A Box	20 10:00 BiNGO 11:00 Arm Strengthening 1:30 Daily Devotionals 2:30 Snack & Hydration 3:00 Bubble Popper 4:00 One on Ones 6:00 Short Stories	21 World Alzheimer's Day 10:00 BiNGO 10:45 Tai Chi 11:15 Hand Aromatherapy 1:30 South Carolina Trivia 2:30 Snack & Hydration 3:00 Name 5! (outlod) 4:00 On This Day	22 Centenarian's Day 10:00 Pretty Nails 11:15 Hand Aromatherapy 1:30 Portrait Painting 2:30 Snack & Hydration 3:00 One on Ones 4:00 On This Day 6:00 Karaoke	23 Snack Stick Day 10:00 BiNGO 10:45 Sit & Be Fit 11:30 Hand Aromatherapy 1:30 Adult Coloring 2:30 Ladies' Tea Time 3:00 One on Ones 4:00 Travel Thursdays 6:00 The Beverly Hillbillies	24 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	25 10:00 Conductorcise 10:45 Table Cornhole 1:30 One on ONes 2:30 Snack & Hydrations 3:45 Resident's Choice 6:00 Movie Matinee
26 10:00 Morning Stretches 10:45 Good News 1:30 Coloring Hour 2:30 Snack & Hydration 3:45 Resident's Choice 6:00 Activity in A Box	27 Family Day/Scarf Day 10:00 BiNGO 11:00 Arm Strengthening 1:30 Daily Devotionals 2:30 Snack & Hydration 3:00 Bubble Popper 4:00 One on Ones 6:00 Short Stories	28 Good Neighbor Day North Carolina Day 10:00 BiNGO 10:45 Tai Chi 1:30 North Carolina Trivia 2:30 Snack & Hydration 3:00 Name 5! (outlod) 4:00 On This Day 6:00 Reminisce Videos	29 Women's Health Day Coffee Day 10:00 Pretty Nails 11:15 Hand Aromatherapy 1:30 Portrait Painting 2:30 Snack & Hydration 3:00 One on Ones 4:00 On This Day 6:00 Karaoke	30 10:00 BiNGO 10:45 Sit & Be Fit 11:30 Hand Aromatherapy 1:30 Adult Coloring 2:30 Ladies' Tea Time 3:00 One on Ones 4:00 Travel Thursdays 6:00 The Beverly Hillbillies	Assisted Living Week! 9/12 - 9/18 Thank You Staff!	
						