

Administrative Team:
Melissa Fisher: Executive Director
Tatyana Berlinskya: Business Office Director
Rob Walker: Community Relations Director
Stacey Zimmerman: Wellness Director
Christina Armstrong: 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 October

2021 Newsletter



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3 Team Spotlight: Meet Christina
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8 Mission & Team

Physical Therapy for Improved Quality of Life

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

You may think of a physical therapist as one to go to for healing and strengthening after an injury. While physical therapists are great for that, they also do much more. Physical therapists can help people by diagnosing physical conditions, improving movement, managing pain, restoring function, and preventing disabilities, according to the American Physical Therapy Association.

Physical therapists help people through all stages of life with care, education, and treatment plans that aim to improve overall quality of life. They may approach issues with proper stretching techniques, strengthening and core-focused exercises, ice and heat, or ultrasound, to name a few approaches.

This Physical Therapy Month, we've delved into five ways physical therapy can help people, especially older adults.

5 Potential Physical Therapy Benefits

Improved Movement: Physical therapists can identify, diagnose, and treat movement challenges, and in some cases can help people to avoid having surgery.

Pain Relief or Prevention: Physical therapy can provide long-term pain solutions with exercises, joint and soft tissue mobilization, ice/heat therapy, ultrasound, and electrical stimulation for relief or restoring function.



Did you know? There are many physical therapy focus areas, including but not limited to: orthopedic, neurological, vestibular, and cardiovascular!

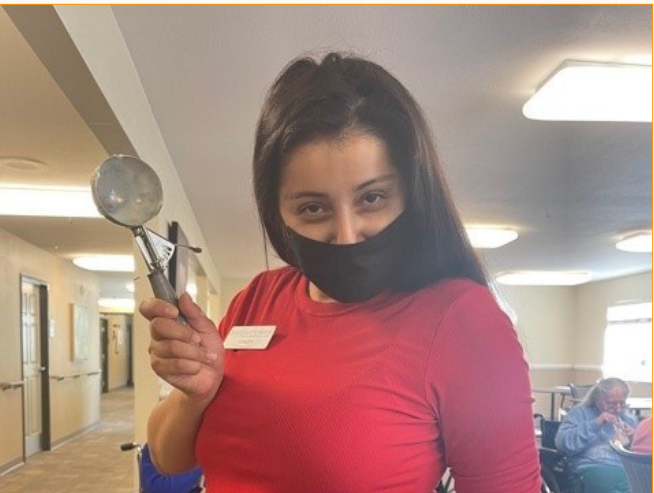
Management of Issues with Diabetes: Physical therapists can help prescribe and teach exercise for lowering blood glucose levels, treat chronic pain, improve walking ability, treat sores, help with assistive devices, and restore normal movement and balance.

Management of Issues As We Age: Physical Therapists may be able to help with managing arthritis, managing pain, osteoporosis and/or recovering from procedures like joint replacements. They may also be able to help prevent or recover from falls with exercises.

Strengthening After a Stroke: Physical therapists can help improve function and balance with Constraint-Induced Movement Therapy, functional electrical stimulation, and motor imagery, among others.

For those who haven’t tried physical therapy, but are interested, a great first step would be to reach out to a local physical therapist and see how they might be able to play a positive role in healthy living. Let us know if this information has been helpful to you on our facebook page!

Special Moments



to



Happy Birthday!

- Carol N.– October 2nd
- Ashley C.– October 5th
- Jeanette– October 7th
- Sue B.– October 10th
- Dan – October 11th
- Monica VB.—October 14th
- Zina—October 25th

Those born in October are Libras (Sept. 23-Oct. 22) or Scorpios (Oct. 23-Nov. 21). Their birthstones are opals & tourmaline. Their birth flower is the Calendula. More American presidents have October birthdays than any other month!

October 2021 Highlights

October is Emotional Wellness Month, Physical Therapy Month, Dental Hygiene Month, and Breast Cancer Awareness Month. It celebrates Chili, Pretzels, Global Diversity, Adopting Shelter Dogs, and World Space Week!

01 Intl. Seniors Day; Homemade Cookies Day	17 Pasta Day
02 Custodial Workers' Day; Fried Scallops Day	18 Chocolate Cupcake Day; No Beard Day
03 Techies' Day	19 Seafood Bisque Day; Kentucky Day
04 Golf Love Day; Taco Day; Cinnamon Bun Day	20 Confident Youth Day; Medical Asst. Day
05 Nice Act Day; International Teachers' Day	21 Pumpkin Cheesecake Day; Reptile Day
06 Mad Hatter Day; Pumpkin Seed Day	22 Color Day; Nut Day; Make a Dog's Day
07 Frappe Day; Chocolate Pretzel Day	23 Boston Cream Pie Day; Make Difference Day
08 Fluffernutter Day; Pierogi Day; Heroes Day	24 Bologna Day; Mother-In-Laws' Day
09 Leif Ericson Day; Chess Day; I Love Yarn Day	25 Greasy Food Day; Sourest Day
10 Decorate Cake Day; Clergy Appreciation Day	26 Pumpkin Day; Mincemeat Day
11 Native Americans' Day; Columbus Day	27 Navy Day; American Beer Day; Black Cat Day
12 World Arthritis Day; Farmers' Day	28 Chocolate Day; First Responders' Day
13 Navy Birthday; Train Brain Day; Fossil Day	29 Cat Day; Oatmeal Day; Nevada Day
14 Dessert Day	30 Candy Corn Day
15 I Love Lucy Day; Bosses Day	31 Halloween; Girl Scout Founder's Day
16 Global Cat Day; Sports Day; Sweetest Day	

"I wish that every day was Saturday and every month was October." - Charmaine J. Forde

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.

October 14 is Dessert Day!

Our residents and staff shared their favorites!

"Tiramisu" - Ariana

"Strawberry Cheesecake" - Mia/Jennifer

"Chocolates!" - Doris

"Freshly Baked Struddles" - Darlyn

"Apple Pie A La Mode" - Maria



Staff Spotlight:
Christina, Wellness Director

Meet Christina! She is a Sagittarius and was born in Coeur d'Alene, Idaho.

She is a hairdresser & barber and enjoys roller skating, gardening and traveling.

Christina loves pasta, artichoke hearts and pickled garlic. Her favorite colors are purple, red, black and yellow! She likes to do puzzles and word searches.

Here are some of Christina's animals that she absolutely loves!
Welcome Christina to Emerald Gardens!

OCTOBER 2021

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

SUN	MON	TUE	WED	THU	FRI	SAT
31 Halloween 10:00 Morning Meditation 10:45 Daily Devotions 2:15 Good News & Coffee 3:00 Resident's Choice 4:00 Coloring Hour 6:00 One This Day	All activities subject to change per mandated health guidelines.	October Birthdays Carol N. - 10/02 Ashley C. -10/05 Jeanette - 10/07 Sue B. -10/10 Dan - 10/11 Monica VB. -10/14 Zina -10/25			1 Homemade Cookies Day 10:00 Chair Dancing 10:45 Family Feud 1:30 Wii Golf 2:15 Resident One on One 3:00 BiNGO 4:00 Bible Study 6:00 Friday Night Movie	2 10:00 Arm Strengthening 10:45 Crossword Puzzles 2:15 Good News & Coffee 3:00 Resident's Choice 4:00 Card Game: NiNES 6:00 Western Matinee
3 Techies' Day 10:00 Morning Meditation 10:45 Daily Devotions 2:15 Good News & Coffee 3:00 Resident's Choice 4:00 Tech Corner 101 6:00 One This Day	4 Taco Day 10:00 Sit & Be Fit 10:45 Short Stories 1:30 Wii Bowling 2:15 Name 5! 3:00 BiNGO 4:00 Scrabble 6:00 Karaoke*	5 Nice Act Day 10:00 Balance & Stretch 10:45 Resident One on One 1:30 Bible Study 2:15 Ladies' Tea Time 3:00 BiNGO 4:00 Card Game: NiNES 6:00 Brain Aerobics	6 10:00 Morning Stroll 10:45 Discussion Starter 1:30 Resident Council 3:00 Pretty Nails 4:00 Poppin' Social 6:00 Tell Me A Joke	7 10:00 Scenic Drive 10:45 Chair Yoga 1:30 Wii Bowling 2:15 Ice-Cream Social 3:00 BiNGO 4:00 Culture Club: Italy 6:00 Scrabble	8 Heroes Day 10:00 Chair Dancing 10:45 Family Feud 1:30 Wii Golf 2:15 Resident One on One 3:00 BiNGO 4:00 Bible Study 6:00 Friday Night Movie	9 Chess Day 10:00 Arm Strengthening 10:45 Chess 101 2:15 Good News & Coffee 3:00 Resident's Choice 4:00 Card Game: NiNES 6:00 Western Matinee
10 10:00 Morning Meditation 10:45 Daily Devotions 2:15 Good News & Coffee 3:00 Resident's Choice 4:00 Coloring Hour 6:00 One This Day	11 Native American's Day Columbus Day 10:00 Sit & Be Fit 10:45 Scrabble 1:30 Wii Bowling 2:15 Name 5! 3:00 BiNGO 4:00 Columbus Day History 6:00 Karaoke*	12 Farmer's Day 10:00 Walmart Trip 10:45 Farmer's Trivia 1:30 Bible Study 2:15 Ladies' Tea Time 3:00 BiNGO 4:00 Card Game: NiNES 6:00 Brain Aerobics	13 Train Brain Day 10:00 Morning Stroll 10:45 Discussion Starter 1:30 Brain Games 3:00 Pretty Nails 4:00 Poppin' Social 6:00 Tell Me A Joke	14 Dessert Day 10:00 Scenic Drive 10:45 Chair Yoga 1:30 Wii Bowling 2:15 Banana Splits! 3:00 BiNGO 4:00 Culture Club: Mexico 6:00 Scrabble	15 10:00 Chair Dancing 10:45 Family Feud 1:30 Wii Golf 2:15 Resident One on One 3:00 BiNGO 4:00 Bible Study 6:00 Friday Night Movie	16 Sports Day 10:00 Arm Strengthening 10:45 Crossword Puzzles 2:15 Good News & Coffee 3:00 Resident's Choice 4:00 Sports Trivia 6:00 Western Matinee
17 10:00 Morning Meditation 10:45 Daily Devotions 2:15 Good News & Coffee 3:00 Resident's Choice 4:00 Coloring Hour 6:00 One This Day	18 10:00 Sit & Be Fit 10:45 Short Stories 1:30 Wii Bowling 2:15 Name 5! 3:00 BiNGO 4:00 Scrabble 6:00 Karaoke*	19 Kentucky Day 10:00 Balance & Stretch 10:45 Kentucky History 1:30 Bible Study 2:15 Ladies' Tea Time 3:00 BiNGO 4:00 Card Game: NiNES 6:00 Brain Aerobics	20 10:00 Morning Stroll 10:45 Discussion Starter 1:30 Resident One on One 3:00 Pretty Nails 4:00 Poppin' Social 6:00 Tell Me A Joke	21 10:00 Scenic Drive 10:45 Chair Yoga 1:30 Wii Bowling 2:15 Root Beer Floats! 3:00 BiNGO 4:00 Culture Club: France 6:00 Scrabble	22 10:00 Chair Dancing 10:45 Family Feud 1:30 Wii Golf 2:15 Resident One on One 3:00 BiNGO 4:00 Bible Study 6:00 Friday Night Movie	23 Make A Difference Day 10:00 Arm Strengthening 10:45 Crossword Puzzles 2:15 Good News & Coffee 3:00 Resident's Choice 4:00 Card Game: NiNES 6:00 Western Matinee
24 10:00 Morning Meditation 10:45 Daily Devotions 2:15 Good News & Coffee 3:00 Resident's Choice 4:00 Coloring Hour 6:00 One This Day	25 10:00 Sit & Be Fit 10:45 Short Stories 1:30 Wii Bowling 2:15 Name 5! 3:00 BiNGO 4:00 Scrabble 6:00 Karaoke*	26 Pumpkin Day 10:00 Dollar Tree Trip 10:45 Resident One on One 1:30 Bible Study 2:15 Pumpkin Sweets 3:00 BiNGO 4:00 Card Game: NiNES 6:00 Brain Aerobics	27 10:00 Morning Stroll 10:45 Discussion Starter 1:30 Resident One on One 3:00 Pretty Nails 4:00 Poppin' Social 6:00 Tell Me A Joke	28 Chocolate Day 10:00 Scenic Drive 10:45 Chair Yoga 1:30 Wii Bowling 2:15 Ice-Cream Social 3:00 BiNGO 4:00 Culture Club: Spain 6:00 Scrabble	29 Nevada Day 10:00 Chair Dancing 10:45 Nevada Trivia/History 1:30 Wii Golf 2:15 Resident One on One 3:00 BiNGO 4:00 Bible Study 6:00 Friday Night Movie	30 Candy Corn Day 10:00 Arm Strengthening 10:45 Crossword Puzzles 2:15 Good News & Coffee 3:00 Resident's Choice 4:00 Card Game: NiNES 6:00 Western Matine
						(31st Top Left Corner Sun.)

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SUN	MON	TUE	WED	THU	FRI	SAT
31 Halloween 10:00 Morning Meditation 10:45 Daily Devotional 1:30 Little Rascals 2:30 Coffee Hour 4:00 Resident's Choice 6:00 How Much Did It Cost	All activities subject to change per mandated health guidelines.	October Birthdays Carol N. -10/02 Ashley C. -10/05 Jeanette -10/07 Sue B. -10/10 Dan -10/11 Monica VB -10/14 Zina -10/25			1 Homemade Cookies Day 10:00 BiNGO 10:45 Chair Dancing 1:30 Baking Video 2:15 Snack & Hydration 3:00 Bible Study 4:00 Colorful Creations 6:00 Friday Night Movie	2 10:00 Arm Strengthening 10:45 Daily Devotions 1:30 Good News 2:15 Snack & Hydration 4:00 Resident's Choice 6:00 Funny Cat Videos
3 Techies' Day 10:00 Morning Meditation 10:45 Daily Devotional 1:30 Little Rascals 2:30 Coffee Hour 4:00 Resident's Choice 6:00 How Much Did It Cost	4 Taco Day 10:00 BiNGO 10:45 Sit & Be Fit 1:30 Resident 1on1's 2:30 Snacktivity 3:00 Table Corn Hole 4:00 Bubble Popper 6:00 Tell Me A Joke	5 Nice Act Day 10:00 BiNGO 10:45 Morning Stroll 11:30 Hand Aromatherapy 1:30 Resident 1on1's 2:15 Ladies' Tea Time 3:00 Fall Painting 4:00 Family Feud 6:00 Karaoke	6 10:00 Pretty Nails 10:45 Conductorcise 11:30 Hand Aromatherapy 2:15 Snack & Hydration 3:00 Craft Corner 4:15 Matching Game 6:00 Places to Color & Socialize	7 10:00 Scenic Drive 11:00 Balance & Stretch 11:30 Hand Aromatherapy 1:30 Resident 1on1's 2:15 BiNGO 3:00 Ice-Cream Social 4:00 Travel to: Spain 6:00 Sing w/ Susie Q	8 Heroes Day 10:00 BiNGO 10:45 Chair Dancing 1:30 PictionaryS 2:15 Snack & Hydration 3:00 Bible Study 4:00 Colrful Creations 6:00 Friday Night Movie	9 Leif Ericson Day 10:00 Arm Strengthening 10:45 Leif Ericson in2l 1:30 Good News 2:15 Snack & Hydration 4:00 Resident's Choice 6:00 Funny Cat Videos
10 10:00 Morning Meditation 10:45 Daily Devotional 1:30 Little Rascals 2:30 Coffee Hour 4:00 Resident's Choice 6:00 How Much Did It Cost	11 Native American's Day Columbus Day 10:00 BiNGO 10:45 Sit & Be Fit 1:30 Resident 1on1's 2:30 Snacktivity 3:00 Table Corn Hole 4:00 Bubble Popper 6:00 Tell Me A Joke	12 Farmer's Day 10:00 BiNGO 10:45 Morning Stroll 11:30 Hand Aromatherapy 1:30 Resident 1on1's 2:15 Ladies' Tea Time 3:00 Farming Videos 4:00 Family Feud 6:00 Karaoke	13 Train Brain Day 10:00 Pretty Nails 10:45 Conductorcise 11:30 Hand Aromatherapy 2:15 Snack & Hydration 3:00 Craft Corner 4:15 Matching Game 6:00 Places to Color & Socialize	14 10:00 Scenic Drive 11:00 Balance & Stretch 11:30 Hand Aromatherapy 1:30 Resident 1on1's 2:15 BiNGO 3:00 Ice-Cream Social 4:00 Travel to: Argentina 6:00 Sing w/ Susie Q	15 I Love Lucy Day 10:00 BiNGO 10:45 Chair Dancing 1:30 I Love Lucy Matinees 2:15 Snack & Hydration 3:00 Bible Study 4:00 Colorful Creations 6:00 Friday Night Movie	16 Sports Day 10:00 Arm Strengthening 10:45 Sports Word Search 1:30 Good News 2:15 Snack & Hydration 4:00 Resident's Choice 6:00 Funny Cat Videos
17 10:00 Morning Meditation 10:45 Daily Devotional 1:30 Little Rascals 2:30 Coffee Hour 4:00 Resident's Choice 6:00 How Much Did It Cost	18 10:00 BiNGO 10:45 Sit & Be Fit 1:30 Resident 1on1's 2:30 Snacktivity 3:00 Table Corn Hole 4:00 Bubble Popper 6:00 Tell Me A Joke	19 Kentucky Day 10:00 BiNGO 10:45 Morning Stroll 11:30 Hand Aromatherapy 1:30 Resident 1on1's 2:15 Ladies' Tea Time 3:00 Kentucky Trivia 4:00 Family Feud 6:00 Karaoke	20 10:00 Pretty Nails 10:45 Conductorcise 11:30 Hand Aromatherapy 2:15 Snack & Hydration 3:00 Craft Corner 4:15 Matching Game 6:00 Places to Color & Socialize	21 Reptile Day 10:00 Scenic Drive 11:00 Balance & Stretch 11:30 Hand Aromatherapy 1:30 Reptile Trivia 2:15 BiNGO 3:00 Ice-Cream Social 4:00 Travel to: France 6:00 Sing w/ Susie Q	22 Color Day 10:00 BiNGO 10:45 Chair Dancing 1:30 Build a Puzzle 2:15 Snack & Hydration 3:00 Bible Study 4:00 Colorful Creations 6:00 Friday Night Movie	23 10:00 Arm Strengthening 10:45 Daily Devotions 1:30 Good News 2:15 Snack & Hydration 4:00 Resident's Choice 6:00 Funny Cat Videos
24 10:00 Morning Meditation 10:45 Daily Devotional 1:30 Little Rascals 2:30 Coffee Hour 4:00 Resident's Choice 6:00 How Much Did It Cost	25 Sourest Day 10:00 BiNGO 10:45 Sit & Be Fit 1:30 Resident 1on1's 2:30 Snacktivity 3:00 Table Corn Hole 4:00 Bubble Popper 6:00 Tell Me A Joke	26 Pumpkin Day 10:00 BiNGO 10:45 Morning Stroll 11:30 Hand Aromatherapy 1:30 Resident 1on1's 2:15 Ladies' Tea Time 3:00 Fall Painting 4:00 Family Feud 6:00 Karaoke	27 10:00 Pretty Nails 10:45 Conductorcise 11:30 Hand Aromatherapy 2:15 Snack & Hydration 3:00 Craft Corner 4:15 Matching Game 6:00 Places to Color & Socialize	28 10:00 Scenic Drive 11:00 Balance & Stretch 11:30 Hand Aromatherapy 1:30 Resident 1on1's 2:15 BiNGO 3:00 Ice-Cream Social 4:00 Travel to: Italy 6:00 Sing w/ Susie Q	29 Nevada Day 10:00 BiNGO 10:45 Chair Dancing 1:30 Nevada History & Trivia 2:15 Snack & Hydration 3:00 Bible Study 4:00 Colorful Creations 6:00 Friday Night Movie	30 Candy Corn Day 10:00 Arm Strengthening 10:45 Daily Devotions 1:30 Good News 2:15 Snack & Hydration 4:00 Resident's Choice 6:00 Funny Cat Videos