

Stamp

**Administrative Team:**

**Melissa Fisher: Executive Director**

**Wanda Wooten: Wellness Director**

**Monica Lezama: Dining Service Director**

**Roel Garza: Maintenance Director**

**Maria Sanchez: Life Enrichment Director**

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

**Connect:**

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**[Facebook.com/](https://www.facebook.com/EmeraldGardensCommunity)**

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# Emerald Gardens News

## Residential & Memory Care December 2021



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## Cold Weather Safety & Wellness Tips

We've all heard—and many agree, it's "the most wonderful time of the year!" With the changing weather in mind, here are a few ways to keep as safe and merry as possible!

### Dress for Warmth

Stay toasty throughout winter with appropriate clothing for your surroundings. Outdoors, if it's very cold, be sure to wear warm socks, gloves, a heavy coat, a scarf, and a hat or ear muffs, and make sure exposed skin is covered. Indoors, if cold, dress in layers and keep feet covered. One's body temperature should never dip below 95 degrees.

### Avoid Falling

In the winter, falls may occur due to slips on icy sidewalks and roads or wet indoor spaces. Avoid injury by wearing shoes with good traction and non-skid soles. Stay inside when at all possible, and wait to walk on sidewalks until you know that they have been treated for ice. It is also smart to have a walking buddy or two if you do head outdoors. If you have been outside and are returning to an indoor space, take off your shoes to avoid slipping due to wet soles.

### Ward off Wintertime Blues

In the winter, there are fewer opportunities for people to get regular exercise and sunshine. There are also some stressors that come along with the holidays. These changes in routine may lead to feelings of loneliness, isolation, and sadness. Help fight off the winter blues by getting regular



exercise, participating in social activities, and eating a varied diet of Vitamin D fortified foods.

### Avoid Fire Hazards & Carbon Monoxide Poisoning

It's lovely to enjoy the warmth of the fireplace or a scented candle in winter, but be prepared to avoid fire dangers. Heaters, fireplaces, stoves, candles, and holiday decorations can pose fire risks. Avoid possible fires and carbon monoxide poisoning by following fire safety rules, abiding by device manufacturer instructions, and making sure all alarms are functional. Also, practice routine fireplace maintenance, make sure electrical sockets are operating properly, and keep holiday decorations neat and in good repair. There's no shame in reaching out to a friend or loved one for help tending to these tasks.

We wish everyone a safe, warm, and fun-filled winter season this year! Let us know if you've found this information helpful in the comments section when we post our newsletter on the 1st!

## Special Moments



## Happy Birthday!



### Let's Celebrate!

**Phil, December 1st**

**Leroy, December 7th**

**Kimmie, December 12th**

**Kyoko, December 15th**

Those born in December are Sagittarius (Nov. 22-Dec 21) or Capricorn (Dec. 22-Jan. 19). Their birthstone is Turquoise, zircon, or tanzanite. Their birth flower is Narcissus or Holly. Narcissus symbolizes rebirth and respect.

# December 2021 Highlights

December observes human rights, handwashing awareness, older driver's safety awareness, spiritual literacy, learning languages, and food service safety! December celebrates writing to friends, being neighborly, root vegetables, pears, bingo, tropical fruits, eggnog, and art and architecture!

- |  |   |
|--|---|
| 01 Red Apple Day; Pie Day; Rosa Park Day     | 17 Syrup Day; Ugly Holiday Sweater Day                |
| 02 Mutt Day; Special Ed. Day; Fritter Day    | 18 Twin Day; Roast Suckling Pig Day                   |
| 03 Persons w/ Disabilities Day; Faux Fir Day | 19 Oatmeal Muffin Day; Hard Candy Day                 |
| 04 Team Appreciation Day; Sock Day           | 20 Sangria Day  |
| 05 Sacher Torte Day; Intl. Volunteers' Day   | 21 Winter Begins; Crossword Puzzle Day                |
| 06 Gazpacho Day; Microwave Day               | 22 Date Nut Bread Day; Forefathers' Day               |
| 07 Remember Pearl Harbor Day; Illinois Day   | 23 Pfeffernusse Cookies Day                           |
| 08 Be a Time Traveler Day; Brownie Day       | 24 Christmas Eve; Eggnog Day                          |
| 09 Pastry Day; Christmas Card Day            | 25 Christmas Day; Pumpkin Pie Day                     |
| 10 Chanukah Begins; Nobel Prize Day          | 26 Kwanzaa Begins; Candy Cane Day; Thank You Note Day |
| 11 Noodle Ring Day; App Day; Indiana Day     | 27 Fruitcake Day                                      |
| 12 Gingerbread House Day; Ambrosia Day       | 28 Chocolate Day; Cards Day; Short Film Day           |
| 13 Cocoa Day; Violin Day; Horse Day          | 29 Pepper Pot Day                                     |
| 14 Alabama Day; Monkey Day                   | 30 Bacon Day  |
| 15 Cupcake Day; Wear Pearls Day; Tea Day     | 31 New Year's Eve; Champagne Day                      |
| 16 Chocolate Covered Anything Day            |   |

## Regarding Covid-19:

Resident and staff safety and comfort remains our number one priority. 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.

## Winter Begins December 21st!

**Our residents and staff shared what they love most about the season!**

**"The Christmas lights" - Geri**

**"Family time" - Nina**

**"Having cookies & hot chocolate" - Bonnie**

**"Binge Watch Hallmark**

**Movies" -Maria**

**"Baked cookies" - Phyllis**

**"The best relaxing season & all the warm food there is!" - Stacey**



## Staff Spotlight:

**Jessica, MT**

Meet Jessica! She is our new evening MT, but has done so much more than that! Residents are very keen of her and her willingness to help. She joined EG and instantly hit the floor running.

Some facts about Jessica; She was born in Chula Vista, CA. Her zodiac sign is Scorpio, her favorite color is olive green, and her favorite food is Menudo. She has two daughters and when asked her favorite thing about working with older adults, she said; "Loving them like my own family!"

Thank You & Welcome, Jessica!




## Staff Spotlight:

**Mia, MT**

Say Hello to Mia! She is a MT that covers any shift when needed. Mia has been with EG for about a year and has made the residents quite happy by making herself available for one-on-one time with them. Residents say it is the little things and her personality that they enjoy about her.

Some facts about Mia: She is a Scorpio, her favorite color is green, her favorite food is authentic Mexican food, and an awesome fact about her is going to school to become a nail artist!

Thank You, Mia for all that you do!

SUN	MON		TUE	WED	THU	FRI	SAT
All activities subject to change per mandated health guidelines.	December Birthdays			1 <u>Pie Day</u> 10:00 Balance & Stretch 10:45 Nines 1:30 Craft Corner 2:30 Pretty Nails 4:00 Rumikub 6:00 Places to Color & Socialize	2 10:00 Scenic Drive 11:15 Sit & Be Flt 1:30 Wii Golf 2:30 Ice-Cream Social 3:00 Bingo 4:00 Travel to Peru 6:00 Tell Me A Joke	3 10:00 Latin Soul 10:45 Nines 1:30 Chef Chat 2:30 Wii Bowling 3:00 BiNGO 4:00 Bible Study 6:00 The Beverly Hillbillies	4 <u>Team Appreciation Day</u> <u>Sock Day</u> 10:00 AM Meditations 10:45 Morning Devotions 1:30 Good News & Coffee 3:00 Resident's Choice 4:00 Name 5! 6:00 Movie Matinee 
	PHIL	1ST					
	LEROY	7TH					
	KIMMIE	15th					
	KYOKO	15th					
5 10:00 Chair Dancing 10:45 Crossword Puzzles 1:30 Good News & Coffee 3:00 Coloring Hour 4:00 Resident's Choice 6:00 Build A Puzzle	6 10:00 Arm Strengthening 10:45 Discussion Starter 1:30 One on Ones 2:30 Wii Bowling 4:00 Brain Games 6:00 Karaoke	7 <u>Illinois Day</u> 10:00 Bingo 11:00 Chair Yoga 1:30 Walmart 3:00 Ladies' Tea Time 4:00 Illinois Trivia 6:00 Scrabble	8 10:00 Balance & Stretch 10:45 Nines 1:30 Craft Corner 2:30 Pretty Nails 4:00 Rumikub 6:00 Places to Color & Socialize	9 <u>Christmas Card Day</u> 10:00 Scenic Drive 11:15 Sit & Be Flt 1:30 Xmas Card Making 2:30 Ice-Cream Social 3:00 Bingo 4:00 Travel to Peru 6:00 Tell Me A Joke	10 10:00 Latin Soul 10:45 Nines 1:30 Chef Chat 2:30 Wii Bowling 3:00 BiNGO 4:00 Bible Study 6:00 Petty Coat Junction	11 <u>Indiana Day</u> 10:00 AM Meditations 10:45 Morning Devotions 1:30 Good News & Coffee 3:00 Resident's Choice 4:00 Indiana Trivia 6:00 Movie Matinee	
12 10:00 Chair Dancing 10:45 Crossword Puzzles 1:30 Good News & Coffee 3:00 Coloring Hour 4:00 Resident's Choice 6:00 Build A Puzzle	13 <u>Cocoa Day</u> 10:00 Arm Strengthening 10:45 Discussion Starter 1:30 One on Ones 2:30 Cookies & Cocoa 4:00 Brain Games 6:00 Karaoke	14 <u>Alabama Day</u> 10:00 Chair Yoga 10:45 World Travels 1:30 Alabama Trivia 2:30 Ladies' Tea Time 3:00 Bingo 4:00 Pictionary 6:00 Scrabble	15 <u>Tea Day</u> 10:00 Balance & Stretch 10:45 Nines 1:30 Craft Corner 2:30 Pretty Nails & Tea 4:00 Rumikub 6:00 Places to Color & Socialize	16 10:00 Scenic Drive 11:15 Sit & Be Flt 1:30 Wii Golf 2:30 Ice-Cream Social 3:00 Bingo 4:00 Travel to Peru 6:00 Tell Me A Joke	17 <u>Ugly Holiday Sweater Day</u> 10:00 Latin Soul 10:45 Nines 1:30 Chef Chat 2:30 Wii Bowling 3:00 BiNGO 4:00 Bible Study 6:00 Shirley Temple	18 10:00 AM Meditations 10:45 Morning Devotions 1:30 Good News & Coffee 3:00 Resident's Choice 4:00 Name 5! 6:00 Movie Matinee	
19 10:00 Chair Dancing 10:45 Crossword Puzzles 1:30 Good News & Coffee 3:00 Coloring Hour 4:00 Resident's Choice 6:00 Build A Puzzle	20 10:00 Arm Strengthening 10:45 Discussion Starter 1:30 One on Ones 2:30 Wii Bowling 4:00 Brain Games 6:00 Karaoke	21 <u>First Day Of Winter!</u> 10:00 Dollar Tree 11:15 Chair Yoga 1:30 Portrait Painting 2:30 Ladies' Tea Time 3:00 Bingo 4:00 Pictionary 6:00 Scrabble	22 10:00 Balance & Stretch 10:45 Nines 1:30 Craft Corner 2:30 Pretty Nails 4:00 Rumikub 6:00 Places to Color & Socialize	23 10:00 Scenic Drive 11:15 Sit & Be Flt 1:30 Wii Golf 2:30 Ice-Cream Social 3:00 Bingo 4:00 Travel to Peru 6:00 Tell Me A Joke	24 <u>Christmas Eve</u> 10:00 Latin Soul 10:45 Nines 1:30 Chef Chat 2:30 Wii Bowling 3:00 BiNGO 4:00 Bible Study 6:00 The Little Rascals	25 <u>Christmas Day!</u> 10:00 AM Meditations 10:45 Morning Devotions 1:30 Good News & Coffee 3:00 Resident's Choice 4:00 Name 5! 6:00 Movie Matinee 	
26 <u>Candy Cane Day</u> 10:00 Chair Dancing 10:45 Crossword Puzzles 1:30 Good News & Coffee 3:00 Coloring Hour 4:00 Resident's Choice 6:00 Build A Puzzle 	27 10:00 Arm Strengthening 10:45 Discussion Starter 1:30 One on Ones 2:30 Wii Bowling 4:00 Brain Games 6:00 Karaoke	28 <u>Chocolate Day</u> 10:00 Chair Yoga 10:45 World Travels 1:30 Portrait Painting 2:30 Ladies' Tea Time 3:00 Bingo 4:00 Pictionary 6:00 Scrabble	29 10:00 Balance & Stretch 10:45 Nines 1:30 Craft Corner 2:30 Pretty Nails 4:00 Rumikub 6:00 Places to Color & Socialize	30 <u>Bacon Day</u> 10:00 Scenic Drive 11:15 Sit & Be Flt 1:30 Wii Golf 2:30 Ice-Cream Social 3:00 Bingo 4:00 Travel to Peru 6:00 Tell Me A Joke	31 <u>New Year's Eve</u> 10:00 Latin Soul 10:45 Nines 1:30 Chef Chat 2:30 Wii Bowling 3:00 BiNGO 4:00 Bible Study 6:00 Carol Burnette Show		

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	LEROY	7TH					
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5 10:00 Arm Strengthening 10:45 Daily Devotions 1:30 Coloring Hour 2:30 Snack & Hydration 3:00 Resident's Choice 4:00 Discussion Starters 6:00 Evening Matinee	6 10:00 Bingo 10:45 Latin Soul 1:30 Table Cornhole 2:30 Snack & Hydration 3:00 One on Ones 4:00 Matching Game 6:00 Karaoke		7 <b>Illinois Day</b> 10:00 Bingo 10:45 Chair Yoga 11:30 Hand Aromatherapy 1:30 Illinois Trivia 2:15 Ladies' Tea Time 3:00 One on Ones 4:00 Reminsce Videos 6:00 Tell Me A Joke	8 Be A Time Traveler Day 10:00 Pretty Nails 10:45 Balloon Volleyball 11:30 Hand Aromatherapy 1:30 Rick Steven's Travel 2:15 Snack & Hydration 3:00 One on Ones 4:00 Hymns 6:00 Game: Uno	9 <b>Christmas Card Day</b> 10:00 Scenic Drive 11:00 Sit & Be Fit 11:30 Hand Aromatherapy 1:30 Bingo 2:15 Snack & Hydration 3:00 One on Ones 4:00 Xmas Card Making 6:00 Sing w/ Susie Q	10 10:00 Bingo 10:45 Chair Dancing 1:30 Funny Cat Videos 2:30 Snack & Hydration 3:00 One On Ones 4:00 Bible Study 6:00 Friday Night Movie	11 Indiana Day 10:00 AM Meditation 10:45 Daily Devotions 1:30 Coloring Hour 2:30 Snack & Hydration 3:00 Resident's Choice 4:00 Indiana Trivia 6:00 Little Rascals
12 10:00 Arm Strengthening 10:45 Daily Devotions 1:30 Coloring Hour 2:30 Snack & Hydration 3:00 Resident's Choice 4:00 Discussion Starters 6:00 Evening Matinee	13 <b>Cocoa Day/Horse Day</b> 10:00 Bingo 10:45 Latin Soul 1:30 Table Cornhole 2:30 Cookies & Cocoa 3:00 One on Ones 4:00 Matching Game 6:00 Karaoke		14 <b>Alabama Day</b> 10:00 Bingo 10:45 Chair Yoga 11:30 Hand Aromatherapy 1:30 Portrait Painting 2:15 Ladies' Tea Time 3:00 One on Ones 4:00 Alabama Trivia 6:00 Tell Me A Joke	15 10:00 Pretty Nails 10:45 Balloon Volleyball 11:30 Hand Aromatherapy 1:30 Craft Corner 2:15 Snack & Hydration 3:00 One on Ones 4:00 Hymns 6:00 Game: Uno	16 10:00 Scenic Drive 11:00 Sit & Be Fit 11:30 Hand Aromatherapy 1:30 Bingo 2:15 Snack & Hydration 3:00 One on Ones 4:00 Rick Steven's Travel 6:00 Sing w/ Susie Q	17 <b>Ugly Holiday Sweater Day</b> 10:00 Bingo 10:45 Chair Dancing 1:30 Funny Cat Videos 2:30 Snack & Hydration 3:00 One On Ones 4:00 Bible Study 6:00 Friday Night Movie	18 10:00 AM Meditation 10:45 Daily Devotions 1:30 Coloring Hour 2:30 Snack & Hydration 3:00 Resident's Choice 4:00 Seasons Trivia 6:00 Little Rascals
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