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Monica Lezama: Dining Service Director

Roel Garza: Maintenance 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 January 2022 Newsletter



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Here's to You in 2022: Healthy New Year's Resolutions

A new year is a great time to focus on health and look at what great habits you have in place for yourself, and what areas you could improve upon. There's so many ways to approach taking on better habits, from exercise to sleep. These are just a few to consider!

Get Social

Taking part in group activities, being with others, and sharing your feelings boosts overall health. Ways to bring out your social butterfly:

- Attend group activities. Set small social goals each time you take part. Greet and share an observation or compliment.
- Have your hearing and vision tested to ensure that you aren't missing things.
- Practice your favorite hobby in a common area. Others may join you!
- If religious, attend group services.
- Use IN2L with your Life Enrichment Director.

Make Exercise Fun

Being active helps the whole body. Do some thinking about your favorite ways to be active and set small goals for daily activities (walking, dancing, stretching, lifting, bowling, golfing, or chair exercises). Work out with a buddy for motivation and safety. Share your successes!

Hydrate

Dehydration can affect people of all ages, but especially older adults. Ask your health professional how much water you should get each day, as it varies from person to person. To make hydration fun, in addition to water, try foods like watermelon, spinach, cucumbers, green peppers, and celery. Ways to detect fluid intake is adequate include rarely feeling thirsty and colorless or light yellow urine.

Prioritize Your Wellness

Reach out to your medical and dental health



Goal Idea: Eat more blueberries! Did you know blueberries can: improve brain function, protect the body from unstable molecules, lower blood pressure, and help prevent heart disease? These little blue buddies pack quite the health punch!

professionals as you head into 2022 to schedule wellness appointments. Staying on top of your well-being is the best gift you can give yourself.

Sleep Well

Sleep quality can be compromised in many ways. Try these goals to improve your sleep:

- Follow a pre-sleep routine / sleep schedule
- Avoid late afternoon naps or caffeine
- Avoid screens, lights, & large pre-bed meals

Have A Rainbow A Day...

It's true, the saying goes "an apple a day..." but a rainbow is more fun. When you eat, improve nutrition with a rainbow of different colored foods on your plate at each meal, with many colors coming from fruits and vegetables.

We wish you a healthy 2022! Let us know which of these focus areas spark your interest on our Facebook post on the 1st. Follow your medical professional's advice and speak with them before changing diet, exercise, or medications. This article is for informational use only and should not be considered medical advice.

Special Moments



Happy Birthday! Let Us Celebrate!

Peggy, January 1st
Carolyn, January 16th
Aldo, January 29th

Those born in January are Capricorn (Jan. 1-19) or Aquarius (Jan. 20-31). Their birthstone is garnet, symbolizing love and was discovered in Ancient Egypt. Their birth flowers are Carnations and Snow Drops. Carnations are among few flowers that can bloom in the cold!



January 2022 Highlights

January observes bath safety, mentoring, and braille literacy. It celebrates oatmeal, soup, hot tea, slow cooking, and Sunday suppers. It's Hobby Month so it's a great time to indulge in and share about hobbies!

- | | |
|---|---|
| 01 Bloody Mary Day; Set Resolutions | 17 MLK Jr. Day; Hot Buttered Rum Day |
| 02 Cream Puff Day; Science Fiction Day | 18 Pooh Bear Day; Thesaurus Day |
| 03 Chocolate Covered Cherry Day | 19 Popcorn Day; World Quark Day |
| 04 Spaghetti Day; Trivia Day; Braille Day | 20 Cheese Lovers' Day; Buttercrunch Day |
| 05 Whip Cream Day; Bird Day; Keto Day | 21 Granola Bar Day; Squirrels Day |
| 06 Bean Day; Tech Day; Shortbread Day | 22 Blonde Brownie Day |
| 07 Bobblehead Day; Tempura Day | 23 Pie Day; Handwriting Day |
| 08 Argyle Day; English Toffee Day | 24 Compliment Day; Peanut Butter Day |
| 09 Law Enforcement Day; Apricot Day | 25 Opposite Day; Intl. Irish Coffee Day |
| 10 Bittersweet Chocolate Day; Eagles Day | 26 Green Juice Day; Peanut Brittle Day |
| 11 Arkansas Day; Milk Day | 27 Chocolate Cake Day |
| 12 Pharmacists' Day; Chicken Curry Day | 28 Kazoo Day; Blueberry Pancake Day |
| 13 Stickers Day; Peach Melba Day | 29 Corn Chip Day; Puzzle Day |
| 14 Dress Pet Day; Pastrami Sandwich Day | 30 Croissant Day |
| 15 Hat Day; Bagel Day | 31 Artsy Day; Backwards Day; Cocoa Day |
| 16 Fig Newton Day; Eat Hot & Spicy Day; | |

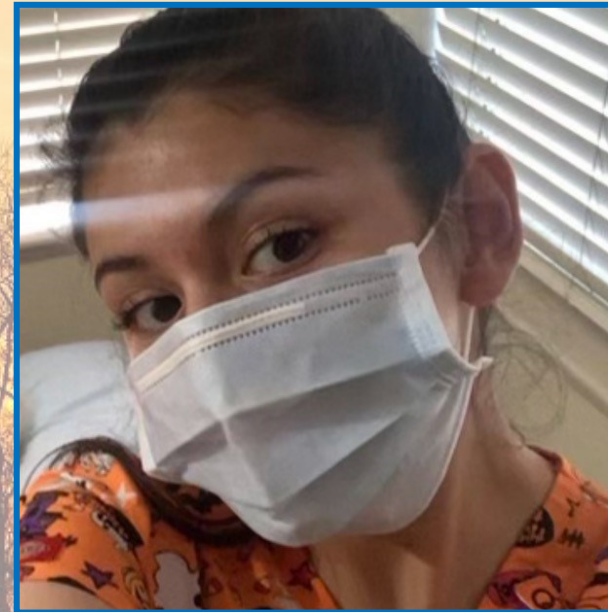
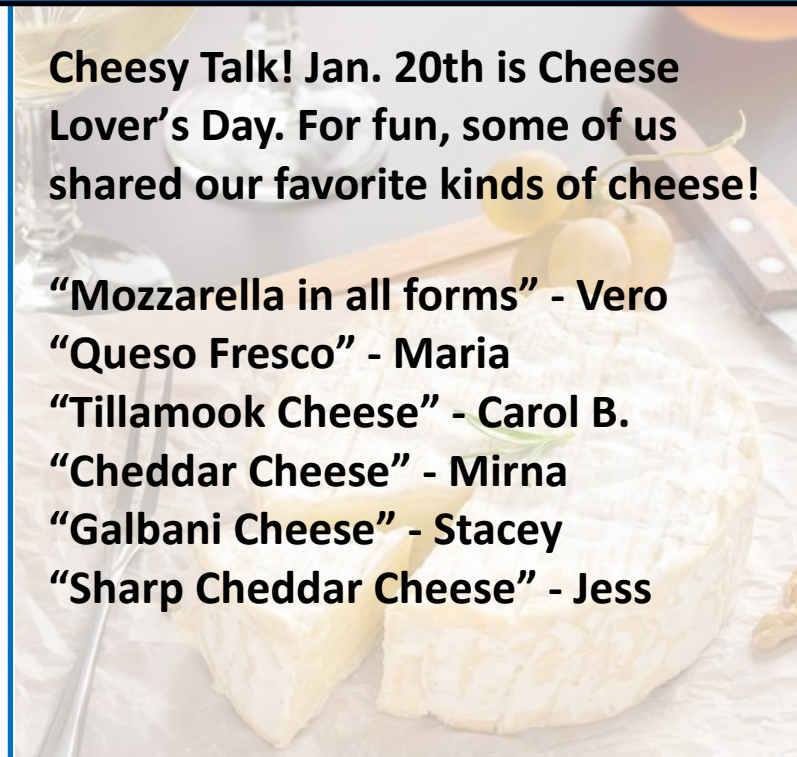


Regarding Covid-19:

Safety and comfort of our residents and staff remains our number one priority during the Coronavirus cases that have happened nationwide. We are following mandated health guidelines. Please note that all activities are subject to cancellation per current mandated health guidelines. To read a full list of measures taken, and our current visitor policy, please visit our website.

Cheesy Talk! Jan. 20th is Cheese Lover's Day. For fun, some of us shared our favorite kinds of cheese!

- "Mozzarella in all forms" - Vero
- "Queso Fresco" - Maria
- "Tillamook Cheese" - Carol B.
- "Cheddar Cheese" - Mirna
- "Galbani Cheese" - Stacey
- "Sharp Cheddar Cheese" - Jess



Staff Spotlight:
Dayanara

Dayanara, better known to residents as "Lala," is an outstanding caregiver! She shows her passion in her work and residents and staff notice when she has worked as she is known for going above and beyond!

"It's the constant little things that matter most!"

Fun facts: She is a Sagittarius, her favorite color is orange, and her favorite food is beans & rice. She can ride a unicycle while juggling balls in the air and one day she hopes to climb Mt. Everest.

Thank You Lala for all that you do! We appreciate you!



Resident Spotlight:
Barbara

Barbara was born in July of 1938 in Salem, OR, and lived in Aurora for some time. She has three boys who she loves to see.

She enjoys fruits and vegetables, her favorite color is sky blue, her favorite past time is music shows, and she likes taking naps.

She enjoys being at Emerald Gardens because the people are very nice and she doesn't have to clean a kitchen!

We are so glad to have you be a part of our community, Barbara

SUN	MON	TUE	WED	THU	FRI	SAT
2 (1st in last box) 10:00 Morning Meditations 10:45 Sunday Devotions 1:30 Cookies & Coffee 2:30 Crossword Puzzles 3:00 Residents Choice 6:00 On This Day	3 10:00 Brain Games 10:45 Sit & Be Fit 1:30 Name 5! 2:15 Wii Golf 3:00 BiNGO 4:00 NiNES 6:00 Scrabble	4 Trivia Day 10:00 Walmart 10:45 Tai Chi 1:30 New Years Trivia 2:15 Ladies' Tea Tlme 3:00 BiNGO 4:00 Bible Study 6:00 Jenga	5 10:00 Arm Strengthening 10:45 One on Ones 1:30 Resident Council 3:00 Pretty Nails 4:00 Popcorn & Tea 6:00 Places to Color & Socialize	6 Tech Day 10:00 Scenic Drive 11:15 Balance & Stretch 1:30 Portrait Painting 2:30 Ice-Cream Social 3:00 BiNGO 4:00 Tech Corner 101 6:00 Karaoke	7 10:00 Chair Dancing 10:45 Pictionary 1:30 Chef Chat w/ Moni 2:15 Wii Golf 3:00 BiNGO 4:00 Bible Study 6:00 Friday Night Matinee	8 10:00 Morning Meditation 10:45 Card Game: Nines 1:30 Good News & Coffee 3:00 Residents Choice 4:00 Brain Games Outloud 6:00 iN2L Movie
9 10:00 Morning Meditations 10:45 Sunday Devotions 1:30 Cookies & Coffee 2:30 Crossword Puzzles 3:00 Residents Choice 6:00 On This Day	10 10:00 Brain Games 10:45 Sit & Be Fit 1:30 Name 5! 2:15 Wii Golf 3:00 BiNGO 4:00 NiNES 6:00 Scrabble	11 Arkansas Day 10:00 Dollar Tree 10:45 Tai Chi 1:30 Arkansas Trivia 2:15 Ladies' Tea Tlme 3:00 BiNGO 4:00 Bible Study 6:00 Jenga	12 10:00 Arm Strengthening 10:45 One on Ones 1:30 Rummikub 3:00 Pretty Nails 4:00 Popcorn & Tea 6:00 Places to Color & Socialize	13 10:00 Scenic Drive 11:15 Balance & Stretch 1:30 Portrait Painting 2:30 Ice-Cream Social 3:00 BiNGO 4:00 Tech Corner 101 6:00 Karaoke	14 10:00 Chair Dancing 10:45 Pictionary 1:30 NiNES 2:15 Wii Golf 3:00 BiNGO 4:00 Bible Study 6:00 Friday Night Matinee	15 Hat Day/Bagel Day 10:00 Morning Meditation 10:45 Card Game: Nines 1:30 Good News & Coffee 3:00 Residents Choice 4:00 Brain Games Outloud 6:00 Western Movie
16 10:00 Morning Meditations 10:45 Sunday Devotions 1:30 Cookies & Coffee 2:30 Crossword Puzzles 3:00 Residents Choice 6:00 On This Day	17 MLK Jr. Day 10:00 Brain Games 10:45 Sit & Be Fit 1:30 Name 5! 2:15 Wii Golf 3:00 BiNGO 4:00 NiNES 6:00 Scrabble	18 Thesaurus Day 10:00 Goodwill 10:45 Tai Chi 1:30 New Years Trivia 2:15 Ladies' Tea Tlme 3:00 BiNGO 4:00 Bible Study 6:00 Jenga	19 Popcorn Day 10:00 Arm Strengthening 10:45 One on Ones 1:30 Activities Meeting 3:00 Pretty Nails 4:00 Pick-A-Popcorn 6:00 Places to Color & Socialize	20 10:00 Scenic Drive 11:15 Balance & Stretch 1:30 Portrait Painting 2:30 Ice-Cream Social 3:00 BiNGO 4:00 Tech Corner 101 6:00 Karaoke	21 10:00 Chair Dancing 10:45 Pictionary 1:30 NiNES 2:15 Wii Golf 3:00 BiNGO 4:00 Bible Study 6:00 Friday Night Matinee	22 10:00 Morning Meditation 10:45 Card Game: Nines 1:30 Good News & Coffee 3:00 Residents Choice 4:00 Brain Games Outloud 6:00 iN2L Movie
23 Handwriting Day 10:00 Morning Meditations 10:45 Sunday Devotions 1:30 Cookies & Coffee 2:30 Crossword Puzzles 3:00 Residents Choice 6:00 On This Day	24 Compliment Day 10:00 Brain Games 10:45 Sit & Be Fit 1:30 Name 5! 2:15 Wii Golf 3:00 BiNGO 4:00 NiNES 6:00 Scrabble	25 Intl. Irish Coffee day 10:00 Walmart 10:45 Tai Chi 1:30 New Years Trivia 2:15 Ladies' Tea Tlme 3:00 BiNGO 4:00 Bible Study 6:00 Jenga	26 10:00 Arm Strengthening 10:45 One on Ones 1:30 Rummikub 3:00 Pretty Nails 4:00 Popcorn & Tea 6:00 Places to Color & Socialize	27 10:00 Scenic Drive 11:15 Balance & Stretch 1:30 Portrait Painting 2:30 Ice-Cream Social 3:00 BiNGO 4:00 Tech Corner 101 6:00 Karaoke	28 10:00 Chair Dancing 10:45 Pictionary 1:30 NiNES 2:15 Wii Golf 3:00 BiNGO 4:00 Bible Study 6:00 Friday Night Matinee	29 Corn Chip Day Puzzle Day 10:00 Morning Meditation 10:45 Card Game: Nines 1:30 Good News & Coffee 3:00 Chips & Salsa Social 4:00 Build A Puzzle 6:00 Western Movie
30 10:00 Morning Meditations 10:45 Sunday Devotions 1:30 Cookies & Coffee 2:30 Crossword Puzzles 3:00 Residents Choice 6:00 On This Day	31 Cocoa Day 10:00 Brain Games 10:45 Sit & Be Fit 1:30 Name 5! 2:15 Wii Golf 3:00 BiNGO 4:00 NiNES 6:00 Scrabble	All activities subject to change per mandated health guidelines.			January Birthdays	1st 10:00 Morning Meditation 10:45 Card Game: Nines 1:30 Good News & Coffee 3:00 Residents Choice 4:00 Brain Games Outloud 6:00 iN2L Movie
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9 10:00 Morning Meditation 10:45 Activity Boxes 1:30 Coloring Hour 2:30 Snack & Hydration 3:00 Resident’s Choice 4:00 How Much Did it Cost? 6:00 The Little Rascals	10 <u>Eagles Day</u> 10:00 BiNGO 10:45 Get Fit! 1:30 One on Ones 2:30 Snack & Hydration 3:00 Craft Corner 4:00 Short Stories 6:00 Rick Steven’s Travel	11 10:00 BiNGO 10:45 Chair Dancing 1:30 One on Ones 2:30 Snack & Hydration 3:00 New Years Trivia 4:00 Family Feud 6:00 Yahtzee 7:00 Trivia & Snacks	12 10:00 Sit & Be Fit 10:30 Pretty Nails 1:30 One on Ones 2:30 Snack & Hydration 3:00 Activity Boxes 4:00 Hand Aromatherapy 6:00 Build A Puzzle 7:00 UNO! & Snacks	13 10:00 Scenic Drive 11:15 Conductorcise 1:30 BiNGO 2:30 One on Ones 3:00 Ice-Cream Social 4:00 Hand Aromatherapy 6:00 Bubble Popper 7:00 Karaoke & Snacks	14 10:00 BiNGO 11:00 Chair Dancing 1:30 One on Ones 2:30 Snack & Hydration 3:00 Bible Study 4:00 Music Therapy 6:00 Movie Matinee		15 <u>Hat Day/Bagel Day</u> 10:00 Morning Stretches 10:45 Bean Bag Toss 1:30 One on Ones 2:30 Snack & Hydration 3:00 Residents Choice 4:00 Balloon Volleyball 6:00 The Beverly Hillbillies
16 10:00 Morning Meditation 10:45 Activity Boxes 1:30 Coloring Hour 2:30 Snack & Hydration 3:00 Resident’s Choice 4:00 How Much Did it Cost? 6:00 The Little Rascals	17 <u>MLK Jr. Day</u> 10:00 BiNGO 10:45 Get Fit! 1:30 One on Ones 2:30 Snack & Hydration 3:00 Craft Corner 4:00 Short Stories 6:00 Rick Steven’s Travel	18 10:00 BiNGO 10:45 Chair Dancing 1:30 One on Ones 2:30 Snack & Hydration 3:00 New Years Trivia 4:00 Family Feud 6:00 Yahtzee 7:00 Trivia & Snacks	19 <u>Popcorn Day</u> 10:00 Sit & Be Fit 10:30 Pretty Nails 1:30 One on Ones 2:30 Snack & Hydration 3:00 Activity Boxes 4:00 Hand Aromatherapy 6:00 Build A Puzzle 7:00 UNO! & Snacks	20 <u>Cheese Lover’s Day</u> 10:00 Scenic Drive 11:15 Conductorcise 1:30 BiNGO 2:30 One on Ones 3:00 Ice-Cream Social 4:00 Hand Aromatherapy 6:00 Bubble Popper 7:00 Karaoke & Snacks	21 10:00 BiNGO 11:00 Chair Dancing 1:30 One on Ones 2:30 Snack & Hydration 3:00 Bible Study 4:00 Music Therapy 6:00 Movie Matinee		22 10:00 Morning Stretches 10:45 Bean Bag Toss 1:30 One on Ones 2:30 Snack & Hydration 3:00 Residents Choice 4:00 Balloon Volleyball 6:00 The Beverly Hillbillies
23 10:00 Morning Meditation 10:45 Activity Boxes 1:30 Coloring Hour 2:30 Snack & Hydration 3:00 Resident’s Choice 4:00 How Much Did it Cost? 6:00 The Little Rascals	24 10:00 BiNGO 10:45 Get Fit! 1:30 One on Ones 2:30 Snack & Hydration 3:00 Craft Corner 4:00 Short Stories 6:00 Rick Steven’s Travel	25 10:00 BiNGO 10:45 Chair Dancing 1:30 One on Ones 2:30 Snack & Hydration 3:00 New Years Trivia 4:00 Family Feud 6:00 Yahtzee 7:00 Trivia & Snacks	26 10:00 Sit & Be Fit 10:30 Pretty Nails 1:30 One on Ones 2:30 Snack & Hydration 3:00 Activity Boxes 4:00 Hand Aromatherapy 6:00 Build A Puzzle 7:00 UNO! & Snacks	27 10:00 Scenic Drive 11:15 Conductorcise 1:30 BiNGO 2:30 One on Ones 3:00 Ice-Cream Social 4:00 Hand Aromatherapy 6:00 Bubble Popper 7:00 Karaoke & Snacks	28 10:00 BiNGO 11:00 Chair Dancing 1:30 One on Ones 2:30 Snack & Hydration 3:00 Bible Study 4:00 Music Therapy 6:00 Movie Matinee		29 <u>Puzzle Day</u> 10:00 Morning Stretches 10:45 Bean Bag Toss 1:30 One on Ones 2:30 Snack & Hydration 3:00 Residents Choice 4:00 Balloon Volleyball 6:00 The Beverly Hillbillies
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