



Emerald Gardens News

June 2022 Newsletter



June is National Camping Month!

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 Amanda Lopez

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



Share in the Hope for an End to Alzheimer's Disease

This **Alzheimer's & Brain Awareness Month**, take action in the fight to end Alzheimer's! The Alzheimer's Association has many types of opportunities for getting involved. Check out the information and links here to start supporting!

Join the Fight Against Alzheimer's

- Participate in the Longest Day on June 21—the day with the most light, the day we fight—by taking an activity you enjoy and making it a fundraiser to fight Alzheimer's.
- Walk in the Walk to End Alzheimer's! Register for your local walk as part of a team or independently. Set up a Tribute or Memorial Page with fundraising support options at act.alz.org
- Participate in the Ride to End Alzheimer's on August 28, 2022. You can bike ride anywhere for this Summer Challenge.
- Help with Research. TrialMatch is a free service that pairs potential participants with clinical studies. See: trialmatch.alz.org
- Advocate. Urge congress to support the Alzheimer's and dementia community. There are online fillable forms for contacting congress about vital issues at alz.org/get-involved-now/advocate
- Donate vehicles, boats, and RVs through the Donate-A-Car Program. Proceeds support the Alzheimer's Association and may provide tax benefits. Visit alz.careasy.org/home
- Be a Volunteer:
 - ⇒ Support Group Facilitator, creating safe environments for sharing feelings or experiences of Alzheimer's or dementia.
 - ⇒ Volunteer Faith Outreach Representative, sharing information and free resources through the Alzheimer's Association.



Alzheimer's Facts

- Americans who have Alzheimer's is growing. More than 6.5 million Americans have Alzheimer's in 2022.
- 1 in 3 seniors pass with Alzheimer's or Dementia. Deaths from Alzheimer's increased 145% from 2000 to 2019.
- Early diagnosis can: provide medical, emotional, and social benefits; aid with participation in vital clinical trials; enable individuals to be in control of their legal and financial wishes; and create significant cost savings in medical and long-term care.

⇒ Volunteer Community Educator, providing education and expanding program reach. Learn more at: volunteer.alz.org/Volunteeropportunities/becoming

The more information about Alzheimer's that is shared, the more people will support the fight against Alzheimer's. Follow along with our Facebook pages this month as we "Go Purple for Alzheimer's" and as we share resources and information to support the cause. Don't forget to hashtag your efforts on social media with #endalz.

Special Moments



Happy Birthday!

6/1 Donna

6/17 Phil

6/21 Lily

Those born in June are Gemini (May 21-June 20) and Cancer (June 21-July 22). The birthstones for June are pearl and alexandrite. The birth flowers for June are roses and honeysuckles. People born in June are said to be sociable and enthusiastic.

June 2022 Highlights

June includes awareness observances for cataracts, headaches and migraines, liver health, men's health, and PTSD. It celebrates camping, dairy, the outdoors, roses, papayas, and fresh fruits and vegetables!

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| 01 Olive Day; Kind Words Day; Intl. Parent Day | 20 Vanilla Shake Day; Ice Cream Soda Day; Hike Day |
| 02 Rocky Road Day; Rotisserie Chicken Day | 21 Summer!; Peaches N' Cream Day; Selfie Day |
| 03 Egg Day; Donut Day; World Bike Day | 22 Éclair Day; Onion Ring Day; World Rainforest Day |
| 04 Cheese Day; Fish/Chips Day; Trail Day | 23 Hydrate Day; Pecan Sandies Day; Color Pink Day |
| 05 Veggie Burger Day; Cancer Survivors' Day | 24 Pralines Day; World UFO Day; Cream Tea Day |
| 06 Applesauce Cake Day; Garden Exercise Day | 25 Strawberry Parfait Day; Summersgiving |
| 07 Chocolate Ice Cream Day; World Food Safety Day | 26 Coconut Day; Beautician Day; Choc. Pudding Day |
| 08 Best Friends Day; World Oceans Day | 27 Ice-Cream Cake Day; Sunglasses Day; Onion Day |
| 09 Donald Duck Day; Strawberry Rhubarb Pie Day | 28 Alaska Day; Paul Bunyan Day |
| 10 Egg Roll Day; Iced Tea Day; Spice Day | 29 Camera Day; Waffle Iron Day; Buttercrunch Day |
| 11 Corn on Cob Day; German Chocolate Cake Day | 30 Meteor Day; Show off Your Personal Style Day |
| 12 PB Cookie Day; Red Rose Day; Jerky Day | |
| 13 Weeding Garden Day; Men's Health Week | |
| 14 Army Bday; Flag Day; Strawberry Shortcake Day | |
| 15 Nature Photography Day; Smile Power Day | |
| 16 Fudge Day; Intl. Tapas Day; Nurse Assistant Day | |
| 17 Waste Collectors' Day; Mascot Day; Apple Strudel Day; Wear Blue Day (for Men's Health) | |
| 18 Go Fishing Day; Intl. Picnic Day | |
| 19 Father's Day; Juneteenth; Turkey Lovers' Day | |



Regarding Covid-19:

Our resident and staff safety and comfort remain our first priority as Coronavirus cases have occurred nationwide. We are following mandated health guidelines. All activities are subject to cancellation per those guidelines. To read a full list of measures taken, and our current visitor policy, please visit our website.

In Our Words

June 30th is Show Off Your Personal Style Day. Our staff and residents shared their style favorites.



"Fancy" -Phyllis

"Colorful Scrubs" -Iris

"Comfy socks" -Amanda

"Bougie" -Christina

"Purple, soft clothing" -Nina

"Nike, Crocs" -Trevin



Visit our facebook at: [Facebook.com/EmeraldGardensCommunity](https://www.facebook.com/EmeraldGardensCommunity)



Staff Spotlight: Amanda

We would like to introduce Amanda, our new Life Enrichment Director. She was born in Southern California and has lived here in Woodburn for 41 years. She is a mother of three and a grandmother of two who is very passionate about her grandchildren and their growth. She enjoys arts and crafts and is excited to share her skills with everyone here and enrich their lives.



Staff Spotlight: Sheyenne

We would like to introduce Sheyenne, our interim CRD here at Emerald Gardens. She shared, "I'm so grateful for the opportunity to be a part of this great community and connect with everyone! I was born in Salem, and grew up in Silverton. I played high school soccer, I then attended Corban University in Salem on a soccer scholarship. I graduated with my B.S. Anyone who knows me would probably say I'm a little goofy, but I try to wear that with a badge of honor!"

JUNE 2022

Emerald Gardens • Assisted Living • 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.			1 <i>National Polish Day</i> 8:00 Music & Meal 10:00 Brain Games 11:45 Good News 12:00 Music & Meal 1:30 Pretty Nails 4:00 1 on 1 with Stickers 5:00 Music & Meal	2 8:00 Music & Meal 10:00 BINGO 11:45 Good News 12:00 Music & Meal 2:00 Ice Cream Social 4:00 Crafts w/ Amanda 5:00 Music & Meal	3 8:00 Music & Meal 10:00 Nature Walk 11:45 Good News 12:00 Music & Meal 2:00 Chaircise 4:00 1 on 1's 5:00 Music & Meal	4 8:00 Music & Meal 10:00 Morning Movie 11:45 Good News 12:00 Music & Meal 2:00 Words with Friends 4:00 Coffee Hour 5:00 Music & Meal
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• Memory Care

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• (503)-982-4000

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