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



Emerald Gardens News

September 2022 Newsletter



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Pain Points: Tips for Managing Chronic Pain

Note: This article is for informational purposes and should not be mistaken for medical advice. Please consult a physician or other medical professional or specialist for all health matters.

While pain is a fact of life, for some it is more than an occasional occurrence. One in five adults in America experiences chronic pain. It is one of the most common reasons adults seek medical care and it can last for months, years, and possibly for life.

There are many reasons a person may experience pain, including injury, illness, birth defect, and bodily wear and tear over time. Pain is personal, and everyone experiences it differently, making diagnosis and treatment difficult. However, there are several ways to combat pain, and find relief.

Ways to Manage Pain (without or in conjunction with the use of pharmaceuticals):

- Regular exercise, particularly activities that are designed to improve flexibility and muscle tone (think yoga, Pilates, swimming) can be therapeutic and help you manage and even prevent pain. We suggest working with your medical provider to outline an appropriate exercise plan that meets your needs.
- In the same spirit as exercise, physical therapy is an excellent way to manage pain by treating it at its source. Maintaining your physical therapy exercises, even after your visits are over, can also help prevent future injury and pain to compromised joints and ligaments.
- Cognitive Behavioral Therapy is a form of psychotherapy that has been shown to be an effective way to manage pain and associated emotions through exercising mindfulness, ultimately improving quality of life. When pain is constant, it wears down more than just your body. Instances of depression and anxiety are higher in those who experience chronic pain.



There are various paths to relief. Strength and resistance training—like using elastic bands shown above—can improve muscle strength, decrease stiffness, and lead to some relief from pain. Aerobic exercise like walking and swimming are linked to weight loss and can reduce joint pressure, improving pain symptoms. Explore what may work for you.

Pain Management for Seniors

As we age, our bodies become more susceptible to experiencing pain and injury. Additionally, those who experience cognitive impairment in the form of Alzheimer's and other related dementia may find that pain management is complicated due to the difficulty they might experience in verbalizing the location and severity of pain.

It's important to know that you and your loved ones don't have to handle this alone. At our community, our care approach focuses on the individual needs of each resident, meeting them where they are. We incorporate the latest advances in building design and care philosophies to minimize the impact of our residents' symptoms, enabling them to live comfortably and securely.

As with any medical topic, we suggest that your journey begins with an open conversation with your medical provider. Don't be discouraged if it takes a while to find the answers you're looking for – health is a journey after all.

Special Moments



In Our Words...

September 23rd marks the start of Autumn!
These are our Fall Favorites:

"Leaves, trees, changing of colors." - Iris

"The rain" - Dolores

"Smell of pumpkin spice & Halloween" - Rhonda

"Baking & everything Halloween" - Fran

"A crisp fall morning hike & hot coffee" - Christina



September 2022 Highlights

September Observes: World Alzheimer's Awareness, Healthy Aging, Intergenerational Ties, Pain Awareness, Prostate Health, and Self-Care.

September Celebrates: Americana, Chicken, Classical Music, Honey, Little League, Mushrooms, Piano, Potatoes, Rice, Sewing, and Square Dancing.

01 World Letter Writing Day
02 Coconut Day, College Colors Day, Food Bank Day
03 Bacon Day, U.S. Bowling League Day, Tailgating Day
04 Macadamia Nut Day, Wildlife Day
05 Labor Day, Beautician Week, Cheese Pizza Day
06 Coffee Ice Cream Day, Read a Book Day
07 Acorn Squash Day, Beer Day, Salami Day
08 Literacy Day, Ampersand Day
09 Sudoku Day, Teddy Bear Day, Wiener Schnitzel Day
10 World First Aid Day, Swap Ideas Day
11 Assisted Living Week, Grandparents' Day,
Day of Service & Remembrance
12 Chocolate Milkshake Day, Video Games Day
13 Bald Is Beautiful Day, Peanut Day, Ants on a Log Day
14 Cream Donut Day, Eat a Hoagie Day, Live Creative Day
15 Cheese Toast Day, Linguine Day, Online Learning Day
16 Raisin Bread Day, Guac Day, POW/MIA Recognition Day
17 Thank Police Day, House Cleaners' Day, Dance Day
18 Bamboo Day, Air Force Bday, Cheeseburger Day
19 Butterscotch Pudding Day, Talk Like a Pirate Day

20 Fried Rice Day, Pepperoni Pizza Day, Punch Day
21 World Alzheimer's Day, Chai Day, Pecan Cookie Day
22 Centenarians' Day, Hobbit Day, White Chocolate Day
23 Autumn Begins, Pot Pie Day, Snack Stick Day
24 Family Health & Fitness Day, Hunting & Fishing Day
25 Dining Staff Day, Daughters' Day, Quesadilla Day
26 HR Staff Day, Family Day, Dumpling Day, Pancake Day
27 Chocolate Milk Day, Scarf Day, Corned Beef Hash Day
28 Strawberry Cream Pie Day, Ladies Health Day
29 VFW Day, Coffee Day
30 Chewing Gum Day, Hot Cider Day, Love People Day

"By all these lovely tokens, September days are here. With summer's best of weather and autumn's best of cheer." – Helen Hunt Jackson



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 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 Sept. 9 than any other day of the year!

Residents:

Cathrine: Sept. 4

Staff:

Adrian: Sept 5

Trevin: Sept. 18



Staff Spotlight: Trevin

Introducing Trevin, one of our Caregivers here at Emerald Gardens. He is 21 years old, and was born and raised in Woodburn. Trevin enjoys his job, because he cares for people. It also reminds him of when he took care of his own grandmother.

In his free time, Trevin likes to hang out with family & friends. He also enjoys watching movies, trips to the beach, driving fast & going to car meets. His favorite food is Pozole, and favorite drink is a Blue Raspberry Rebel from Dutch Bros.



Resident Spotlight: Dolores

Dolores grew up in the Woodburn area and lived here most of her life. She also lived in Everett, WA, and Las Vegas, NV briefly. Dolores worked straight out of high school for the Oregon State Police. She then became a bartender and even ran her own establishment here in town.

Dolores has 3 children and 3 grandchildren, who she very much enjoys spending time with. Her favorite food is filet mignon, and her favorite drink is coffee. She also loves the color red.

SEPTEMBER 2022

Emerald Gardens

• Assisted Living

• 1890 Newberg Hwy Woodburn, OR 97071

• (503) 982-4000

SUN	MON	TUE	WED	THU	FRI	SAT
<p>All activities subject to change per mandated health guidelines.</p>				<p>1</p> <p>8:00 Music & Meal 9:30 1 on 1 Exercise 10:30 Crafts 12:00 Music & Meal 1:45 Wal-Mart 4:15 Coffee & Chat 5:00 Music & Meal</p>	<p>2</p> <p>8:00 Music & Meal 9:30 Group Exercise 10:15 Yahtzee 12:00 Music & Meal 2:15 Bingo 5:00 Music & Meal 6:00 Friday Night Movie</p>	<p>3</p> <p>8:00 Music & Meal 9:30 1 on 1 Exercise 10:00 Game Hour 12:00 Music & Meal 1:30 Movie & Popcorn 4:00 1 on 1 Visits 5:00 Music & Meal</p>
<p>4</p> <p>8:00 Music & Meal 9:15 Bible Verses 9:30 Hymns 11:15 Coffee & Chat 12:00 Music & Meal 1:00 Sunday Football 3:00 Pretty Nails 5:00 Music & Meal</p>	<p>5</p> <p>8:00 Music & Meal 9:30 Group Exercise 10:15 Library 12:00 Music & Meal 1:30 Bingo 4:15 1 on 1 Visits 5:00 Music & Meal</p>	<p>6</p> <p>8:00 Music & Meal 9:30 1 on 1 Exercise 10:30 Card Making 12:00 Music & Meal 1:00 Painting 3:00 Resident Council & Chef Chat 5:00 Music & Meal</p>	<p>7</p> <p>8:00 Music & Meal 9:30 Group Exercise 10:15 Scenic Drive 12:00 Music & Meal 2:15 Bingo 4:15 1 on 1 Visits 5:00 Music & Meal</p>	<p>8</p> <p>8:00 Music & Meal 9:30 1 on 1 Exercise 10:30 Crafts 12:00 Music & Meal 1:45 Canby Dahlia Festival 4:15 Puzzles 5:00 Music & Meal</p>	<p>9</p> <p>8:00 Music & Meal 9:30 Group Exercise 10:15 Yahtzee 12:00 Music & Meal 2:15 Bingo 5:00 Music & Meal 6:00 Friday Night Movie</p>	<p>10</p> <p>8:00 Music & Meal 9:30 1 on 1 Exercise 10:00 Game Hour 12:00 Music & Meal 1:30 Movie & Popcorn 4:00 1 on 1 Visits 5:00 Music & Meal</p>
<p>11</p> <p>8:00 Music & Meal 9:15 Bible Verses 9:30 Hymns 11:15 Coffee & Chat 12:00 Music & Meal 1:00 Sunday Football 3:00 Pretty Nails 5:00 Music & Meal</p>	<p>12</p> <p>8:00 Music & Meal 9:30 Group Exercise 10:15 Library 12:00 Music & Meal 1:30 Bingo 4:15 1 on 1 Visits 5:00 Music & Meal</p>	<p>13</p> <p>8:00 Music & Meal 9:00 1 on 1 Exercise 10:30 Card Making 12:00 Music & Meal 1:00 Painting 3:00 Wine & Cheese 5:00 Music & Meal</p>	<p>14</p> <p>8:00 Music & Meal 9:30 Group Exercise 10:15 Scenic Drive 12:00 Music & Meal 2:15 Bingo 4:15 1 on 1 Visits 5:00 Music & Meal</p>	<p>15</p> <p>8:00 Music & Meal 9:30 1 on 1 Exercise 10:30 Crafts 12:00 Music & Meal 1:45 Dollar Tree 4:15 Coffee & Chat 5:00 Music & Meal</p>	<p>16</p> <p>8:00 Music & Meal 9:30 Group Exercise 10:15 Yahtzee 12:00 Music & Meal 2:15 Bingo 5:00 Music & Meal 6:00 Friday Night Movie</p>	<p>17</p> <p>8:00 Music & Meal 9:30 1 on 1 Exercise 10:00 Game Hour 12:00 Music & Meal 1:30 Movie & Popcorn 4:00 1 on 1 Visits 5:00 Music & Meal</p>
<p>18</p> <p>8:00 Music & Meal 9:15 Bible Verses 9:30 Hymns 11:15 Coffee & Chat 12:00 Music & Meal 1:00 Sunday Football 3:00 Pretty Nails 5:00 Music & Meal</p>	<p>19</p> <p>8:00 Music & Meal 9:30 Group Exercise 10:15 Library 12:00 Music & Meal 1:30 Bingo 4:15 1 on 1 Visits 5:00 Music & Meal</p>	<p>20</p> <p>8:00 Music & Meal 9:00 1 on 1 Exercise 10:30 Card Making 12:00 Music & Meal 1:00 Painting 3:00 Birthday Social 5:00 Music & Meal</p>	<p>21</p> <p>8:00 Music & Meal 9:30 Group Exercise 10:15 Scenic Drive 12:00 Music & Meal 2:15 Bingo 4:15 1 on 1 Visits 5:00 Music & Meal</p>	<p>22</p> <p>8:00 Music & Meal 9:30 1 on 1 Exercise 10:30 Crafts 12:00 Music & Meal 1:45 Safeway 4:15 Puzzles 5:00 Music & Meal</p>	<p>23</p> <p>8:00 Music & Meal 9:30 Group Exercise 10:15 Yahtzee 12:00 Music & Meal 2:15 Bingo 5:00 Music & Meal 6:00 Friday Night Movie</p>	<p>24</p> <p>8:00 Music & Meal 9:30 1 on 1 Exercise 10:00 Game Hour 12:00 Music & Meal 1:30 Movie & Popcorn 4:00 1 on 1 Visits 5:00 Music & Meal</p>
<p>25</p> <p>8:00 Music & Meal 9:15 Bible Verses 9:30 Hymns 11:15 Coffee & Chat 12:00 Music & Meal 1:00 Sunday Football 3:00 Pretty Nails 5:00 Music & Meal</p>	<p>26</p> <p>8:00 Music & Meal 9:30 Group Exercise 10:15 Library 12:00 Music & Meal 1:30 Bingo 4:15 1 on 1 Visits 5:00 Music & Meal</p>	<p>27</p> <p>8:00 Music & Meal 9:00 1 on 1 Exercise 10:30 Card Making 12:00 Music & Meal 1:00 Painting 3:00 Ice Cream Social 5:00 Music & Meal</p>	<p>28</p> <p>8:00 Music & Meal 9:30 Group Exercise 10:15 Scenic Drive 12:00 Music & Meal 2:15 Bingo 4:15 1 on 1 Visits 5:00 Music & Meal</p>	<p>29</p> <p>8:00 Music & Meal 9:30 1 on 1 Exercise 10:30 Crafts 12:00 Music & Meal 2:00 Goodwill 4:30 Coffee & Chat 5:00 Music & Meal</p>	<p>30</p> <p>8:00 Music & Meal 9:30 Group Exercise 10:15 Yahtzee 12:00 Music & Meal 2:15 Bingo 5:00 Music & Meal 6:00 Friday Night Movie</p>	

SEPTEMBER 2022

Emerald Gardens

• Memory 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.				1 7:30 Aromatherapy 8:00 IN2L Music & Meal 10:00 Morning Stretching 11:00 Aromatherapy 12:00 IN2L Music & Meal 1:00 Nature Walk (1 on 1) 3:30 Painting 4:00 Aromatherapy 5:00 IN2L Music & Meal	2 7:30 Aromatherapy 8:00 IN2L Music & Meal 10:00 Morning Stretching 11:00 Aromatherapy 11:30 1 on 1 visits 12:00 IN2L Music & Meal 1:00 Bingo 3:30 IN2L Games 4:00 Aromatherapy 5:00 IN2L Music & Meal	3 7:30 Aromatherapy 8:00 IN2L Music & Meal 10:00 Morning Stretching 10:30 Games 11:00 Aromatherapy 11:30 1 on 1 visits 12:00 IN2L Music & Meal 2:00 Coloring 4:00 Aromatherapy 5:00 IN2L Music & Meal
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