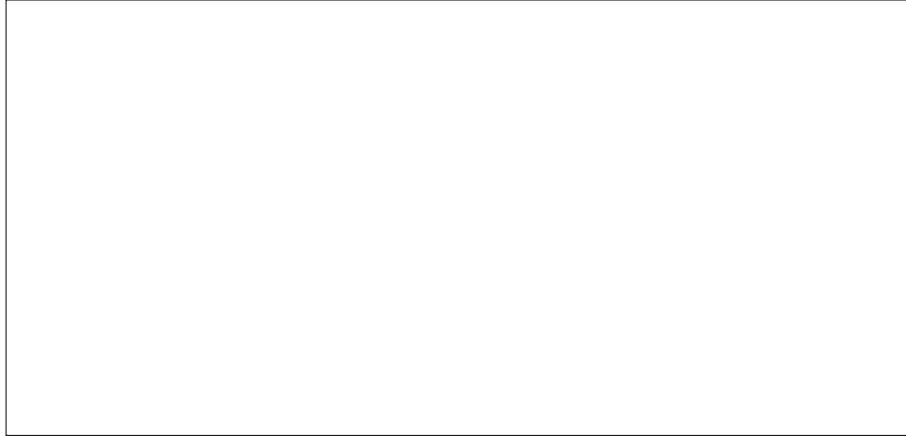


Stamp



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Dining Service Director:
 Monica Lezama
Maintenance Director:
 Roel Garza
Community Relations Director:
 Isaiah Perez
Life Enrichment Director:
 Fran Armstrong



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

Emerald Gardens News

October 2022 Newsletter



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3 Team & Resident Spotlight
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Breast Cancer Awareness Month is Here!

Note: This 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.

October observes Breast Cancer Awareness! It's a month for wearing pink, promoting knowledge, raising research funds, supporting those in and through the cancer fight, and taking steps to help detect the disease in early stages.

This October, increase your awareness with some breast cancer facts and early detection information. Your knowledge could help a loved one, friend, or yourself.

What is Breast Cancer?

Cells are tissue building blocks and are where cancer starts. During cell growth, sometimes new cells that are not needed form and mutate, and old or damaged cells do not die as they ought to. In the breast, when these cells spread to surrounding tissues, breast cancer occurs. This process is often slow. If a lump can be felt, it may have been growing for years. Finding a lump in the breast does not necessarily mean one has cancer, though if one is found, seeing a physician for a clinical breast exam is recommended.

Breast cancer may occur in men or women, but affects women more often than men. According to the National Breast Cancer Foundation, Inc., (NCBFI) in 2022, 287,500 estimated new cases of breast cancer will have been diagnosed in women in the U.S., as well as 51,400 new cases of non-invasive breast cancer. For men in the U.S. in 2022, 2,710 men will have been diagnosed with breast cancer.

Early Detection is Key

There are ways to detect breast cancer early, such as regular self-examinations and clinical



Did you know? 1 in 8 women in the U.S. will be diagnosed with breast cancer in their lifetime. There is hope though: There are more than 3.8 million U.S. breast cancer survivors. (NBCFI)

screenings. Clinical screenings include mammograms (breast x-rays); clinical breast exams (where a trained provider feels for abnormalities); and in certain cases, breast MRIs (usually in addition to a screening mammogram). Learn more on screening options at cancer.org.

Men at high risk for breast cancer should discuss managing their risk with their doctor. Women should be familiar with how their breasts normally look and report changes to a medical provider. Women at average risk for breast cancer between 40-44 have the option to start annual mammograms. The American Cancer Society recommends average-risk women ages 45-54 get annual mammograms, earlier for those who are high-risk for breast cancer. Those 55+ can switch to every other year if in good health. Learn more about risk level at cancer.org.

Some Positive News

Death rates from breast cancer have been on the decline since 1990 due to better screening, early detection, increased awareness, and improved treatments. In addition, for women over 50 and older, in recent years breast cancer incidence rates have decreased. (NCBFI)

This month and in those to follow, we hope to encourage breast cancer awareness and continued learning. We welcome your feedback on this article on our Facebook page on the 1st.

Special Moments



Happy Birthday!

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!

- Residents**
George: Oct. 1
Claudine: Oct. 7
Janette: Oct. 7
Jim: Oct. 24
Virginia: Oct. 27

- Staff**
Iris: Oct.12
Monica: Oct.14
Kirsten: Oct. 17
Rhonda: Oct.18



October 2022 Highlights

October observes Breast Cancer Awareness, Dental Hygiene, Emotional Wellness, Financial Planning, Physical Therapy, and Protecting Hearing. It Celebrates: Apples, Arts, Humanities, Baking, Books, Caramel, Chili, Cookies, Pasta, Pizza, Sausage, Seafood, Stamp Collecting, Pears, Pineapples, Spinach, and Vegetarianism.

- | | |
|--|---|
| 01 Day for Seniors; Hair Day; Homemade Cookies Day; Pumpkin Spice Day | 17 Bosses Day; Pasta Day |
| 02 Custodial Day; Cards Day; Fried Scallops Day | 18 Pharmacy Tech Day; Choco Cupcake Day; No Beard Day |
| 03 Smoothie Day; Consign Day; Chili Week | 19 Chamber of Commerce Day; Seafood Bisque Day |
| 04 Cinn. Bun Day; Golf Day; Taco Day; Fruit Day | 20 Chefs' Day; Chicken & Waffles Day |
| 05 Teachers' Day; Do Something Nice Day | 21 Nachos Day; Pumpkin Cheesecake Day; Reptile Day |
| 06 Mad Hatter Day; Noodle Day | 22 Color Day; Nut Day; Make A Difference Day |
| 07 Choco Pretzel Day; Frappe Day; Smile Day | 23 Mother-in-Laws' Day; Boston Cream Pie Day |
| 08 Podiatry Day; Pierogi Day; Chess Day | 24 Bologna Day; UN Day |
| 09 Clergy Day; Migratory Birds Day | 25 Pasta Day; Opera Day; Greasy Food Day |
| 10 Columbus Day; Native American Day; Decorate Cake Day; Park Walk Day | 26 Day of the Deployed; Pumpkin Day |
| 11 Sausage Pizza Day | 27 Black Cat Day; Civics Day; Navy Day |
| 12 ER Nurse Day; Gumbo Day; Fossil Day | 28 First Responders' Day; Breadstick Day |
| 13 Train Your Brain Day; Yorkshire Pudding Day | 29 Cat Day; Oatmeal Day; World Stroke Day |
| 14 Dessert Day | 30 Orthopedic Nurse Day |
| 15 Cheese Curd Day; I Love Lucy Day | 31 Halloween; Girl Scout Day; Caramel Apple Day |
| 16 Pharmacy Week; Cat Day; Sports Day | |

Our Executive Director's Corner

Dear residents, family members, and friends,

I am so happy to have returned to Emerald Gardens. I have always loved the small-town, homey feel of this community. It has been a pleasure reconnecting with some of you and I am looking forward to getting to know more of our residents, friends, and families. Our whole team is excited for the fall season and festivities that come with it. We will be having a safe Trick or Treat for the community and a party for residents to celebrate Halloween. Our team is busy planning the details for these events and we hope you can join in on the fun with us!

- Jessica



Staff Spotlight:
Jessica

Jessica is the new Executive Director here at Emerald Gardens. Recently, she transferred here from Farmington Square Salem. She has been the ED here before, back until 2019. Jessica has been with the Radiant Senior Living communities since 2011.

She started her senior living career as a housekeeper and has also been a caregiver, med tech, wellness coordinator, business office director and assistant director. She is kind of a Jess-of-all trades! In the year 2017 Jessica won the Radiant Senior Living "Administrator of The Year."

Resident Spotlight:
Linda

Linda has lived at Emerald Gardens for a little over 4 years. She is often seen walking around the community and always greets you with a smile and warm "Hello!" Linda did most of her growing up in Oregon and New York, though she has lived in many different places throughout the country.

She went to an all-women's college in upstate New York after winning a scholarship. She worked for a magazine publisher in N.Y., before moving back west and doing secretarial work. Linda then got married and had two daughters. Her favorite place to visit is the Oregon Coast.

OCTOBER 2022

Emerald Gardens •

Assisted Living •

1890 Newberg Highway 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 9:15 1 on 1 Exercise 10:45 Coffee & Chat 11:15 Good News 12:00 Music & Meal 1:45 Crafts 3:00 Game Hour 4:00 1 on 1 Visits 5:00 Music & Meal</p>
	<p>2</p> <p>8:00 Music & Meal 9:15 Bible Verses 9:30 Bible Hymns 11:15 Good News 12:00 Music & Meal 1:00 Sunday Football 3:30 1 on 1 Crafts 5:00 Music & Meal</p>	<p>3</p> <p>8:00 Music & Meal 9:15 1 on 1 Exercise 10:30 Bingo 12:00 Music & Meal 1:15 Woodburn Library 3:30 1 on 1 Visits 5:00 Music & Meal 5:15 Monday Night Football</p>	<p>4</p> <p>8:00 Music & Meal 9:15 Group Exercise 10:45 Card Making 11:15 Good News 12:00 Music & Meal 1:00 Brain Games 3:00 Resident Council & Chef Chat 5:00 Music & Meal</p>	<p>5</p> <p>8:00 Music & Meal 9:15 1 on 1 Exercise 10:15 Country Drive 11:30 Good News 12:00 Music & Meal 2:15 Bingo 3:30 1 on 1 Visits 5:00 Music & Meal</p>	<p>6</p> <p>8:00 Music & Meal 9:15 Group Exercise 10:15 Game Hour 11:30 Good News 12:00 Music & Meal 1:15 Pretty Nails 4:30 Good News 5:00 Music & Meal</p>	<p>7</p> <p>8:00 Music & Meal 9:30 1 on 1 Exercise 10:15 Bookmark Making 11:30 Good News 12:00 Music & Meal 2:00 Bingo 5:00 Music & Meal 5:30 Movie & Popcorn</p>
<p>9</p> <p>8:00 Music & Meal 9:15 Bible Verses 9:30 Bible Hymns 11:15 Good News 12:00 Music & Meal 1:00 Sunday Football 3:30 1 on 1 Crafts 5:00 Music & Meal</p>	<p>10</p> <p>8:00 Music & Meal 9:15 1 on 1 Exercise 10:30 Bingo 12:00 Music & Meal 1:15 Woodburn Library 3:30 1 on 1 Visits 5:00 Music & Meal 5:15 Monday Night Football</p>	<p>11</p> <p>8:00 Music & Meal 9:15 Group Exercise 10:45 Card Making 11:15 Good News 12:00 Music & Meal 1:00 Jewelry Making 3:00 Wine & Cheese 5:00 Music & Meal</p>	<p>12</p> <p>8:00 Music & Meal 9:15 1 on 1 Exercise 10:15 Country Drive 11:30 Good News 12:00 Music & Meal 2:15 Bingo 3:30 1 on 1 Visits 5:00 Music & Meal</p>	<p>13</p> <p>8:00 Music & Meal 9:15 Group Exercise 10:15 Game Hour 11:30 Good News 12:00 Music & Meal 1:15 Pretty Nails 4:30 Good News 5:00 Music & Meal</p>	<p>14</p> <p>8:00 Music & Meal 9:30 1 on 1 Exercise 10:15 Wal-Mart 11:30 Good News 12:00 Music & Meal 2:00 Bingo 5:00 Music & Meal 5:30 Movie & Popcorn</p>	<p>15</p> <p>8:00 Music & Meal 9:15 1 on 1 Exercise 10:45 Coffee & Chat 11:15 Good News 12:00 Music & Meal 1:45 Crafts 3:00 Game Hour 4:00 1 on 1 Visits 5:00 Music & Meal</p>
<p>16</p> <p>8:00 Music & Meal 9:15 Bible Verses 9:30 Bible Hymns 11:15 Good News 12:00 Music & Meal 1:00 Sunday Football 3:30 1 on 1 Crafts 5:00 Music & Meal</p>	<p>17</p> <p>8:00 Music & Meal 9:15 1 on 1 Exercise 10:30 Bingo 12:00 Music & Meal 1:15 Woodburn Library 3:30 1 on 1 Visits 5:00 Music & Meal 5:15 Monday Night Football</p>	<p>18</p> <p>8:00 Music & Meal 9:15 Group Exercise 10:45 Bookmark Making 11:15 Good News 12:00 Music & Meal 1:00 Facial Masks 3:00 Birthday Celebration 5:00 Music & Meal</p>	<p>19</p> <p>8:00 Music & Meal 9:15 1 on 1 Exercise 10:15 End Of The Oregon Trail Museum 11:30 Good News 12:00 Music & Meal 2:15 Bingo 3:30 1 on 1 Visits 5:00 Music & Meal</p>	<p>20</p> <p>8:00 Music & Meal 9:15 Group Exercise 10:15 Game Hour 11:30 Good News 12:00 Music & Meal 1:15 Pretty Nails 4:30 Good News 5:00 Music & Meal</p>	<p>21</p> <p>8:00 Music & Meal 9:30 1 on 1 Exercise 10:15 Bug Zoo 11:30 Good News 12:00 Music & Meal 2:00 Bingo 5:00 Music & Meal 5:30 Movie & Popcorn</p>	<p>22</p> <p>8:00 Music & Meal 9:15 1 on 1 Exercise 10:45 Coffee & Chat 11:15 Good News 12:00 Music & Meal 1:45 Crafts 3:00 Game Hour 4:00 1 on 1 Visits 5:00 Music & Meal</p>
<p>23</p> <p>8:00 Music & Meal 9:15 Bible Verses 9:30 Bible Hymns 11:15 Good News 12:00 Music & Meal 1:00 Sunday Football 3:30 1 on 1 Crafts 5:00 Music & Meal</p>	<p>24</p> <p>8:00 Music & Meal 9:15 1 on 1 Exercise 10:30 Bingo 12:00 Music & Meal 1:15 Woodburn Library 3:30 1 on 1 Visits 5:00 Music & Meal 5:15 Monday Night Football</p>	<p>25</p> <p>8:00 Music & Meal 9:15 Group Exercise 10:45 Card Making 11:15 Good News 12:00 Music & Meal 1:00 Jewelry Making 3:00 Apple Tasting 5:00 Music & Meal</p>	<p>26</p> <p>8:00 Music & Meal 9:15 1 on 1 Exercise 10:15 Country Drive 11:30 Good News 12:00 Music & Meal 2:15 Bingo 3:30 1 on 1 Visits 5:00 Music & Meal</p>	<p>27</p> <p>8:00 Music & Meal 9:15 Group Exercise 10:15 Game Hour 11:30 Good News 12:00 Music & Meal 1:15 Pretty Nails 4:30 Good News 5:00 Music & Meal</p>	<p>28</p> <p>8:00 Music & Meal 9:30 1 on 1 Exercise 10:15 Dollar Tree 11:30 Good News 12:00 Music & Meal 2:00 Bingo 5:00 Music & Meal 5:30 Movie & Popcorn</p>	<p>29</p> <p>8:00 Music & Meal 9:15 1 on 1 Exercise 10:45 Coffee & Chat 11:15 Good News 12:00 Music & Meal 1:45 Crafts 3:00 Game Hour 4:00 1 on 1 Visits 5:00 Music & Meal</p>
<p>30</p> <p>8:00 Music & Meal 9:15 Bible Verses 9:30 Bible Hymns 11:15 Good News 12:00 Music & Meal 1:00 Sunday Football 3:30 1 on 1 Crafts 5:00 Music & Meal</p>	<p>31 Halloween</p> <p>8:00 Music & Meal 9:15 1 on 1 Exercise 10:30 Bingo 12:00 Music & Meal 2:30 Halloween Celebration 3:30 1 on 1 Visits 5:00 Music & Meal 5:15 Monday Night Football</p>					

