

Emerald News

January 2026



**Emerald Valley
Assisted Living**

Leadership Team

Amanda Roby
Executive Director

Katelin Hamilton
Wellness Director

Erin Baumann
*Business Office
Manager*

Rita Frazier
*Life Enrichment
Director*

Kayla Butler
*Dining Services
Director*

Jared Johnson
*Plant Operations
Director*

Danielle Evans
*Resident Care
Coordinator*

Changes

Something we all can expect are changes, and the list of what changes in life is long. This is note about some of changes around our warm and loving community. The first is in your hands – the Emerald News - it has been renewed and reformatted to make for a better read. Submissions and ideas for the Emerald News are always open.

You've surely noticed we have some new faces around here. New staff and a new Wellness director, yay! They are all here because they want to help, so please welcome them to the Emerald Valley family. Sometimes change is good.



Happy New Year!

2026



9th - Gwen 16th - Gloria
 13th - Dee 16th - Pat L.
 14th - Cynthia 29th - Kay
 30th - Rose Marie

January Birthdays

In astrology, if you were born between January 1–19, you are a Goat of Capricorn. Goats are the most stable and sure-footed of astrological signs. Reliable, economical, practical, and organized, they make good multitaskers and politicians. Those born between January 20–31 are Aquarian Water Bearers. Aquarians have attractive personalities, vivid imaginations, strong intuition, and a thirst for knowledge. They also share a strong desire to help humanity and create unity.



The Animal in You



January 1–7: Sea Turtle You are creative, caring, and patient. Your wise counsel is well-known among your friends, who often call on you for advice or a shoulder to cry on. While you tend to savor alone time, you also love nights out with your pals.

January 8–15: Polar Bear It's easy to see you are loyal, strong, responsible, and highly intelligent. Yet you also have a playful side that leads to much merriment. You value friendship and family.

January 16–25: Walrus Your creative spirit and problem-solving skills are legendary. Whatever the issue, you are the one who tends to come up with workable solutions. You are also a fabulous cook and host who knows how to welcome and uplift others.

January 26–31: Giraffe Known for your graceful, cheerful presence, you have a knack for making those around you feel loved. You always seem to have a smile to share and are invariably friendly, kind, funny, and well-mannered. You also love spending time in nature.

Wellness Corner

Hi Emerald Valley residents! My name is Katelin Hamilton and I am so excited to be your new Wellness Director. A little about me: I am a Colorado native who came out to Eugene, Oregon due to a travel nursing contract and fell in love with the town. So, my husband and I decided to make it our home. I have been a nurse for almost 7 years and have experience in brain injury, skilled nursing, assisted living and as a Wellness Director. I have been married to my husband Justin for a little over a year and we just had our first child in September, a baby boy named Colton Henry. We also have two Great Danes, Kalani and Indiana Jones. Previous to becoming a nurse I was a photographer which I still do in my free time. I love the outdoors and sports - especially football! I am a Broncos fan through and through and have become a Ducks fan as well since we acquired Bo Nix! Anyways, that's enough about me! I can't wait to start this journey in your community.



Upcoming

Trip to the Coast	1/7 @ 9:30am
How to Draw a Face	1/8 @ 2pm
Armchair Travel to São Paulo	1/11 @ 1:30
Vocalist Sara Scofield	1/14 @ 2pm
Hats Off to Helping Others	1/15 @ 2pm
Lunch at the Bier Stein	1/18 @ 11:45
Live Peanut Auction	1/21 @ 2pm
Bowling at Emerald Lanes	1/22 @ 1:30
Fetch Therapy Dogs	1/25 @ 4pm
Winter Masquerade Ball	1/29 @ 4pm
Family & Friends Buffet	1/29 @ 5pm

Recurring Weekly

(see calendar for days and times)

Singing and Movement with Paz from Steel Feathers

Music with Dan on the Piano

Coffee Social

Texas Hold 'Em Poker

Bingo

Exercise



Did you get to meet Milk Dud, the baby goat? What a delight to have her visit us!

Click with Caution

When you hop on a computer to browse the Web, how can you be sure no one is watching you? Governments collect data to fight threats. Social media platforms and search engines gather data to personalize their services. And retailers analyze behavior to optimize what you see. As a global reminder of just how much we share online, many countries observe Data Privacy Day on January 28.

Large institutions like banks and insurance firms invest heavily in securing their data. But how should individuals protect themselves? Time-tested advice includes the following: avoid oversharing in online profiles, because people who really know you already have much of that info; use private or incognito browsing to prevent local traces, though it won't hide your activity from websites or your internet provider. Use a password manager to create strong, unique passwords, and whenever possible enable multifactor authentication. Any of these measures can help reduce the risk of hackers stealing your data.

Front Desk Facts

Our mail person has been leaving a lot of mail at the front desk instead of putting them in individual mailboxes, because the addresses don't have apartment numbers on them. This delays your mail by a couple days. Don't forget to add your apartment number when giving your address.

Concerning Care

When leaving the building please sign out. Care staff recently had to do a couple searches for residents who, it ends up, left the community and didn't sign out. It's important for us to have some information you might not think about. This includes when you have a doctor's appointment, even if we aren't providing your transportation (or medication). We will provide you with paperwork that will be helpful to your doctor.

Dining Services

We're kicking off the new year right: it's official, new dining room chairs, carpet and linens are on the horizon for us! There isn't an exact date for any of it right now, but we're excited about all of it. We'll have a coordinated dining room to be proud of. Even the breakfast table will coordinate with matching placemats. So much to look forward to!

