

FEBRUARY 2023

COMMUNITY NEWSLETTER

# EVERGREEN

*Where You Live Matters*

2/21  
MARDI GRAS  
CELEBRATION

*Let the good  
times roll!*

A FOCUS ON  
DENZEL  
WASHINGTON  
Wednesdays!

2/19

WHITE  
HOUSE  
CHEF

Meet Celebrity Chef  
Andre Rush and  
enjoy a dinner  
prepared by him!

*Romantic  
Destinations*  
ARMCHAIR  
TRAVEL  
EVERY SUNDAY

## VALENTINE'S DAY DANCE

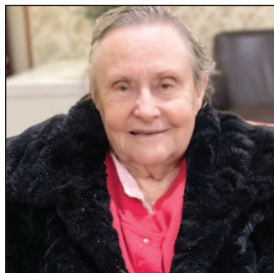
*Music • Dancing • Drinks • Sweet Treats*

*Tuesday, February 14 at 2:00 pm*

Dance your heart out and share in the sweet fun that Valentine's Day brings!  
Celebrating love, friendship and admiration!

# RESIDENT SPOTLIGHT

**RONDA R.**



Ronda was born in the “Sooner” state of Oklahoma, and she brings with her that energetic, can-do spirit that state is known for! She was an office manager, and owns three homes! Her favorite place to eat by far is Bob’s Big Boy (she eats there whenever she can!). She enjoys all of our activities like dancing, bingo, charades and volleyball. The residents and staff alike love Ronda because she always presents a sunny disposition and has a funny story to share.



## RESIDENT HAPPY HOUR

Get to Know OUR RESIDENTS!  
Learn more about our Resident of the Month, Ronda R. on THURSDAY, 2/02 AT 3:00 PM

Celebrate all of our February Resident Birthdays at our

*Birthday Party*

THURSDAY, 2/23 AT 3:00 PM



## RESIDENT BIRTHDAYS

Beverly A.	2/09
Lewis T.	2/15
Robert N.	2/19
Katy G.	2/24

## HOLIDAY CELEBRATIONS

2/02	Groundhog Day
2/05	Tu BiShvat begins
2/11	Grandmother Achievement Day
2/12	Super Bowl LVII
2/14	Valentine’s Day
2/20	President’s Day
2/21	Mardi Gras/Fat Tuesday
2/22	Ash Wednesday
2/26	Personal Chef Day

## Transportation & Concierge Information

Complete peace of mind is our priority in all our communities. Enjoy the journey of senior living starting from the comfort of concierge transportation services.

Mondays and Wednesdays are available for Medical Appointments. Please make your reservations with our Concierge at (818) 843-8268 today!

## RELIGIOUS SERVICES

Bible Study Club  
Saturday at 2:00 p.m.  
Church Outing on Sundays  
10:00 a.m.  
Shabbat: Friday at 5:00 p.m.

## The Beautician IS IN

SUNDAY STARTING AT 9:00 A.M.

PLEASE BOOK APPOINTMENTS THROUGH OUR CONCIERGE:  
**(818) 843-8268**

# FEBRUARY

## Activities & Events



### MORNING WALKS

Let's get moving!

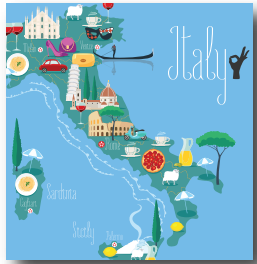
**Mondays, Wednesday, Thursdays | 9:30 am**

A walks is a great way to start out your day as well as help to reduce your risk of heart disease.

### WOMEN'S SUPPORT GROUP

**Every Tuesday | 2:00 pm**

This ladies' group is a safe place to share your experiences and discuss issues or problems that you may be experiencing. Resident Claire, an F&M therapist helps to run the group.



### FUN FACTS ABOUT ITALY

**Monday, 2/13 | 2:00 pm**

In celebration of National Italian Food Day, Guiseppe will present some fun facts about the popular boot-shaped country, Italy.

### TED TALK

#### The Surprising Science of Happiness

**Monday, 2/27 | 2:00 pm**

Presented by Dan Gilbert argues that our psychological immune system lets us feel truly happy, even when things don't go as planned.



### RESIDENT COUNCIL MEETING

**Thursday, 2/16 - 3:00 pm**



“  
I say luck  
is when an  
opportunity  
comes along  
and you're  
prepared for it.”

~ Denzel  
Washington

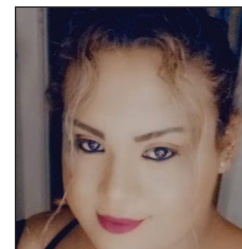


## Valentine's Day DANCE

**Tuesday, February 14 at 2:00 pm**

Dance your heart out  
at our Valentine's Day Dance  
and share in the sweet fun!  
Celebrate love, friendship and admiration!

Music • Dancing • Drinks • Sweet Treats



**EMPLOYEE OF  
THE MONTH  
AMBER L.  
Caregiver**

Amber comes to us from the Land of Volcanoes, El Salvador (it has over 100 volcanoes!). She loves working here because she really cares about our residents and staff and is always ready with a helping hand to anyone who needs it. The residents love Amber's happy and friendly attitude along with the kind smile and compassion she offers. When she's not working here, you may find her dining out at one of her favorite Chinese restaurants!



# Mardi Gras

CELEBRATION

TUESDAY, 2/21  
3:30 PM

Let the good times roll as you celebrate Fat Tuesday with us!

The French Quarter may have Bourbon Street, but our Mardi Gras Party will be hard to beat!

**Laissez les bons temps rouler!**

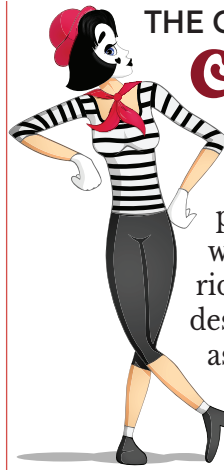
## BLACK HISTORY MONTH

February is Black History Month (also known as African-American History Month) and represents an opportunity to pay tribute to the generations of African Americans who have struggled with adversity to achieve full citizenship in America. We celebrate the central role African Americans represent in the development of our country, and this represents a way of remember important people and events in the history of the African diaspora. It was first celebrated as a week in February that coincided with Abraham Lincoln's birthday on February 12 and Frederick Douglass on February 14, both dates Black communities had celebrated together since the late 19th century. With time, the week celebration grew into a month long event, when finally President Gerald Ford recognized Black History Month in 1976 during the United States Bicentennial, and he urged Americans to "seize the opportunity to honor the too-often neglected accomplishments of Black Americans in every area of endeavor throughout our history."

4 - February 2023

THE GAME OF

## CHARADES



The game of Charades has been around since the 18th century where it was popularized in France. This parlor game was originally practiced as a form of literary riddle where each syllable of the answer was described as a separate word before the word as a whole was described. The term "charade" was borrowed into English from French in the second half of the 18th century, and the riddle grew into either dramatically or enigmatically representing each syllable, word or an entire phrase.

In the early 19th century, the French began performing or acting charades, and the game was soon brought over to England from France by the British aristocracy. Examples of these games were described in William Thackeray's *Vanity Fair* and Charlotte Brontë's *Jane Eyre*.

By the early 20th century, acting charades had replaced the written form of the game, and as written charades were forgotten, the word "acting" or "acted" was dropped and the game was simply called "Charades." The rules can vary widely as to how the game is played, but the acting or performance must be silent, and silent mouthing of the words, humming, clapping, and other noises are generally banned. The game is usually played with teams, there is typically a time limit to guess the answer.

Thinking and problem-solving skills are important to the game of Charades, and it also helps to stimulate our imaginations and creativity. The game is all about laughing, being silly, and focusing on subjects that are light-hearted, which is probably why this classic guessing game is so popular at dinner parties, social and work events.

An interesting twist to the game is known as "Telephone Charades" (also known as "Charades Down the Line") in which one person in the group acts out a charade (often for one word) for the next person in line only (everyone else turns away), who then acts it out for the next person in the line. The last person in the group attempts to guess what the original clue was, and the answers can often be quite hilarious.

Evergreen currently has two teams that regularly play and exciting round of Charades throughout the week, and these teams have named themselves "Team Winner" and "Team Better". If you're interested in playing along too, please join us and we'll start a third team!

Game Times: Friday, 2/10 & 24 at 2:00 pm



Did you know that there are actually professional Bingo Callers, and a National Bingo Game Caller of the Year Contest (Benj Maycock from the UK is the 2022 winner)? Those who call out bingo numbers for those playing, especially the professionals, often utilize various techniques to make sure the number called out is clear. In order to clarify that the call outs are not misunderstood, the ninety possible bingo numbers have been given actual nicknames! Below is a list of the first twenty traditional Bingo Calls nicknames. There's not enough room to list the remaining seventy names, but they can be easily found online.

1. Kelly's Eye
2. One Little Duck
3. Cup of Tea
4. Knock at the Door
5. Man Alive
6. Tom Mix / Half a Dozen
7. Lucky Seven
8. Garden Gate
9. Doctor's Orders / Brighton Line
10. Boris's Den / Johnson's Den (Past UK PM)
11. Legs Eleven
12. One Dozen
13. Unlucky for Some
14. Valentine's Day
15. Young and Keen
16. Sweet Sixteen / Never Been Kissed
17. Dancing Queen
18. Coming of Age
19. Goodbye Teens
20. One Score



c o r n e r



## A Playful Tradition *Valentine's Day Cards*

**Monday & Tuesday, 2/06, 07**

**3:30 pm**

Get ready for Valentine's Day and let's DIY a lovely card with your own special heartfelt message!



## Surprise Us! *Valentine's Day Arts & Crafts*

**Wednesday, 2/8 | 3:30 pm**

We'll pull out all our craft goodies and assemble a sweet Valentine craft that's sure to please!

## Afternoon Game Time!

**FEBRUARY 15 AND 22 AT 3:30 PM**

Whether it's Scrabble, Boggle, Connect Four, Yahtzee, Dominos or something else, let's pick a favorite game residents can play together in the afternoon. Everyone enjoys participating in a fun, stimulating game of chance and even strategy to keep the old noggin humming! So be sure to join in on our afternoon game play!



# WHITE HOUSE CHEF

SUNDAY, 2/19 FROM 2:00 TO 5:00 PM

## Chef Andre Rush

Evergreen will celebrate the President's Day in a unique way in 2023... with a visit from former White House chef and military combat veteran Andre Rush! And if his visit wasn't enough excitement, after spending an afternoon with this exciting celebrity chef, Chef Rush is going to prepare a meal just for all of our Evergreen residents!

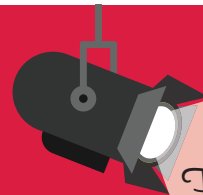


After enlisting for active duty in the US Army in 1993, and having been deployed several times, in 1997, Rush began to cook at the White House. He served the presidential administrations of Bill Clinton, George W. Bush, Barack Obama and Donald Trump. He worked at the White House part-time while at the same time, working at The Pentagon. In fact, he was in the gym of the Pentagon when it was hit on September 11, 2001 in the 9/11 attacks. It was after 9/11 that he chose to enlist in combat duties.

Chef Rush's fame grew when he was photographed by CNN reporter Kate Bennett and Wall Street Journal reporter Vivian Salama while he was preparing a Ramadan meal for a White House dinner in June 2018. The photo of him with his massive 24 inch biceps cooking on the White House lawn soon went viral, and later that year, he left his job as a White House chef after signing a deal to produce a television show called *Chef in the City*. Chef Rush eats about eight meals and consumes up to 10,000 calories a day! But don't worry, the meal he prepares for our Evergreen residents will be much more low calorie!

In closing, we want to congratulate Chef Rush for his new show coming out with Gordon Ramsey which will premier on Super Bowl weekend (2/12)! We'll all be sure to watch the exciting new show here! Get all your questions ready because Chef Rush is ready to take them on at his President's Day Celebration visit!

6 - February 2023



## A Focus On Denzel Washington



### *One of the Greatest Actors of his Generation*

Actor Denzel Washington's performances are often described as powerful, and they are regularly praised by the critics. His films have been consistently successful at the box office, and with a career spanning over four decades, he has more than proven that African American actors can draw in mainstream America. Thus far in his career, he has received two Academy Awards, the coveted Golden Globe Cecil B. DeMille Lifetime Achievement Award, and in 2020, President Biden awarded him the Presidential Medal of Freedom. This month, we celebrate the accomplishments of this celebrated actor.

### *Denzel Washington in Film*

Wednesdays at 3:00 pm

- 2/01 *The Taking of Pelham 123* (2009)
- 2/08 *Hard Lessons* (1986)
- 2/15 *Cry Freedom* (1987)
- 2/22 *Unstoppable* (2010)

## Super Bowl LVII Party

FEBRUARY 12

KICK OFF AT

3:30 PM

APPETIZERS • DRINKS



# Romantic Armchair Travel

SUNDAYS AT 3:00 PM



February is the month of love, so what better time for us to chair travel to some of the most romantic locations on the planet. Things that might make a destination romantic are things like the historical structures, the sense of being transported somewhere that's intoxicating and appealing to look at, somewhat like losing yourself in a novel. Below are a few of the most romantic travel destinations in the world, and we plan to virtually visit one every Sunday!



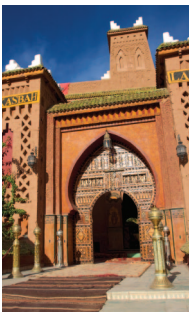
## Santorini, Greece - 2/05

This picturesque Cycladic island in the southern Aegean Sea is a luxury destination that is perfect for couples. It's rare beauty, amazing views, volcanic beaches, and caldera paint the breathtaking canvas that is Santorini.



## Paris, France - 2/12

Called by many the most romantic city on Earth, Paris has served as a muse to many an artist. There are many magical sides, views and moments to be had in this wonderous destination. The way the city lights up at night will make any visitor fall in love with Paris.



## Marrakech, Morocco - 2/19

Home to some of the most romantic boutique hotels in the world (called "riads"), exotic Marrakech with all its spices, labyrinthine markets, camel rides and snack charmers surrounded by palm trees and mountains make this alluring city a wonderfully romantic getaway.



## Amalfi Coast, Italy - 2/26

With romantic settings at every turn, and incredible sunsets over the sea every night, the Amalfi Coast lavishes her gifts upon lovers and travelers alike. You will swoon in every little town located in this southern part of Italy, south of Naples.

# BECOMING HEART HEALTHY



When you take care of your heart, your entire body benefits. A healthier heart enables us to function at our best, and ensures a better quality of life.

February is National Heart Month, so what better time to turn our attention towards the vital organ at the center of our circulatory systems? Below are five effective ways to go about improving and maintaining heart health:

### 1. Eat right.

Support heart health by reducing cholesterol and sodium intake.

### 2. Get enough sleep.

Sleeping too little changes the way our bodies function and can adversely affect blood pressure. Be sure to get 7 to 9 hours of sleep every night.

### 3. Exercise daily.

Get a minimum of 30 minutes of movement a day to get your heart pumping. Varying the types of daily exercises can help to strengthen the heart in different ways.

### 4. Stop smoking.

In the U.S. alone, smoking kills the equivalent of three filled-to-capacity jumbo jets crashes every day. By quitting or avoiding smoking altogether, you can save your heart from the almost inevitable cardiac-related complications.

### 5. Manage stress.

30 minutes of yoga, deep breathing and "me" time can help deal with stress. The five simple steps can go a long way towards improving your heart health.

# VALENTINE'S DAY

## CROSSWORD

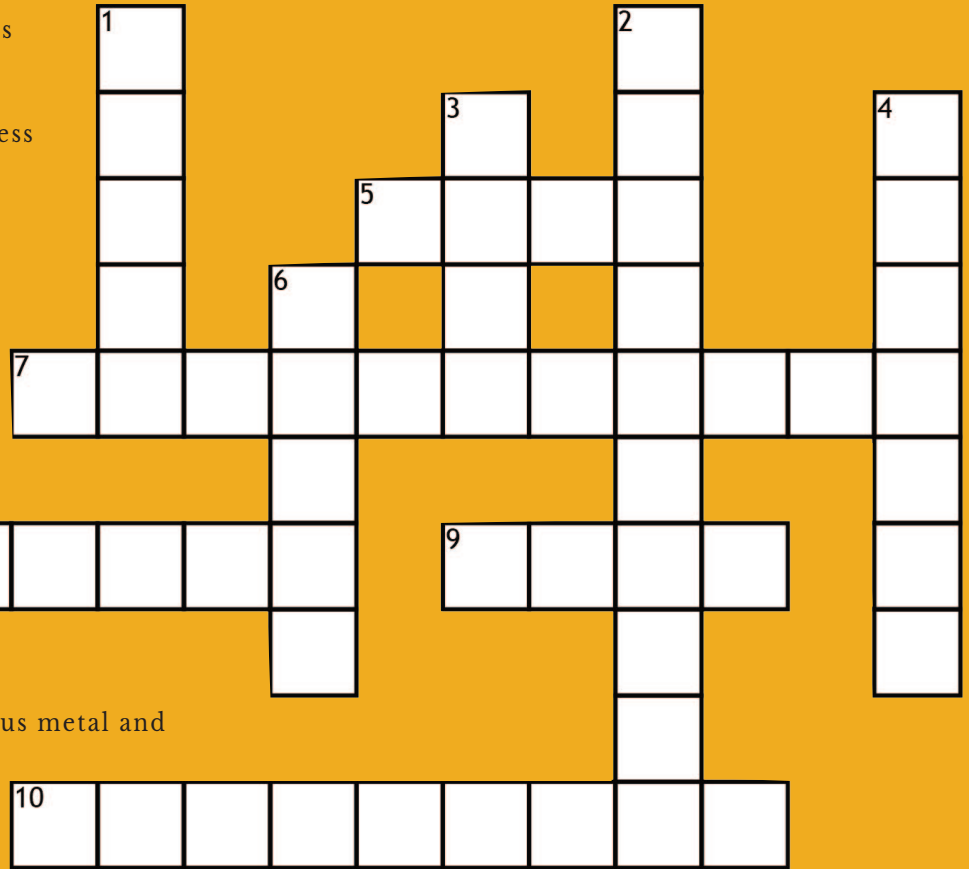
\*Crossword answers will be available at the Concierge on the 15th of the month.

### ACROSS

- 5 A beautiful smelling flower that has sharp thorns on its stem.
- 7 Who is the saint of love?
- 8 The name of the child of the goddess of love?
- 9 A rhythmical composition that is sometimes rhymed and expresses experiences, ideas or emotions.
- 10 An intoxicatingly rich candy made from roasted and ground cacao seed kernels.

### DOWN

- 1 The organ that pumps the blood through your body.
- 2 A person with whom someone is having a romantic relationship.
- 3 An extreme feeling of attachment, affection and need.
- 4 An object usually made of a precious metal and semi-precious and precious stones to adorn the body.
- 6 A confection with sugar as the principal ingredient.



Check out community photos on our social media.



REACH OUT TO OUR  
FAMILY SPECIALIST

*Sheina Oratz*

TO ARRANGE FOR A  
LUNCH TOUR TODAY!  
**(818) 843-8268**

#### OUR SERVICE PLEDGE

We understand that we are responsible for the delivery of excellent Resident service. We represent our company, our communities, and myself. At each "service moment", we will initiate a warm and friendly greeting, treat residents with care and understanding, and communicate clearly. We will do our part to implement the essentials of service excellence.

#### MEET OUR TEAM...

**Jonathan Perles**

Executive Director

**Shirley Romero**

Wellness Director

**Amber Leigh**

Business Office Manager

**Sheina Oratz**

Family Specialist

**Dawna Butala**

Move-In Specialist

**Lashell Alexander**

Activity Director

**Luis Pacheco**

Executive Chef

**Josue Paulin**

Dining Director

**Sam Harrison**

Concierge

225 North Evergreen Street, Burbank CA 91505 / (818) 843-8268 / license: 197609022