

The Perennial

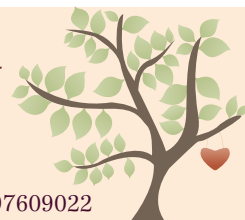
Community Newsletter

225 North Evergreen Street, Burbank, CA 91505 / phone: 818.843.8268

EVERGREEN

RETIREMENT
RESIDENCE

lic: 197609022



A Message from the Desk of Rosie Julinek

Executive Director

My name is Rosie Julinek, and I am very excited to share that I will be the Executive Director at Evergreen Retirement! I have worked in Senior Living for over 10 years, and had the pleasure of creating lasting relationships and memories with the residents and associates in each community I have worked. I recently spent three years as the Executive Director at our sister community, City View, which is located in the heart of Los Angeles. I now look forward to getting to know Evergreen residents, associates, and families; as well as the beautiful neighborhood around us!

My role as the Executive Director includes planning, organizing, developing, and coordinating overall operations, but most importantly, serving our community and residents. My motto is and always will be: "Serve with a cheerful heart." I absolutely believe in providing great customer service and leading a team to transform your home into a place where your needs are met and the atmosphere is filled with warmth.

One of the holidays that I'm most looking forward to this April is Easter, and I am happy to join in and celebrate with everyone. I spend most of my free time at home with my family, enjoying life as a mother to my three children: Melody, Abel, and Emilio. I look forward to meeting each of you, joining Evergreen's great team, and learning the community that I've heard so many wonderful things about.

Feel free to stop by my office to discuss any issues or positives you would like to share.

Happy April!
Rosie Julinek



April 2021

evergreenretire.com

Resident Birthdays



Joan C.	4/01
Evelyn G.	4/12
Hae Ran D.	4/18
D'Lauren K.	4/26
Barbi M.	4/30

Holiday Celebrations

April Poetry Month	
4/01	April Fool's Day
4/04	Easter Sunday
4/22	Earth Day
4/30	Arbor Day

St. Patrick's Day Festivities

Our celebration included Irish coffees, green beer, dancing many an Irish jig, and classic Gaelic delicacies!



Wellbeing Focus

**April is
Parkinson's
Awareness Month**



It's April, and we're celebrating Parkinson's Awareness Month, which focuses on education about the disease. There are still segments of the population where Parkinson's isn't fully understood, which makes facing it incredibly scary. But even in places that are beginning to label Parkinson's disease and its symptoms, a lot of fear and judgment is associated with the disease. Not only does Parkinson's wreak havoc on the body, it also has tremendous social repercussions. It is relatively common for people with Parkinson's to withdraw from social circles, hiding the illness from friends and family.

A tremendous stigma surrounds the disease because of misinformation or a lack of information. Providing access to facts reduces the stigma that is associated with having an illness. By supporting education and more conversations, we can better shed some light on the disease.

Parkinson's is a neurodegenerative disorder. Over time, this slowly progressing condition causes tremors, gait and balance issues, limb stiffness or rigidity and a slow muscle movement. While each person responds differently to the disease, complications often become serious.

There is no cure, and more research is needed. National Parkinson's Awareness Month every April encourages us to support further research, continue the conversation, increase access to information, and reduce the stigma of Parkinson's!

SPOTLIGHT ON OUR RESIDENT Lee F.



Lee F. was born in the 1950's in Los Angeles. His parents were Jewish immigrants from Austria escaping the horrors of World War II. He is an only child and was typically a happy-go-lucky kid growing up in Hollywood, but his life's kryptonite has been the ability to breathe normally without any issues - something many others take for granted. His breathing issues lead him on a unique path in life that was anything but mundane. One of Lee's fondest memories from childhood was being able to drive around the town with one of the delivery service trucks offered to neighborhoods back then: The Weber's Bread Truck. He also recalls the excitement, like rolling thunder, from all the kids in the neighborhood upon hearing the approaching jingle of the ice cream truck!

In school, Lee was an avid reader since his father had turned him onto reading at an early age. His favorite things to read were Reader's Digest and comic books. He spent great portions of his life reading as a result of spending many days in multiple treatment centers for his breathing problems, including Kaiser Sunset Children's Hospital, Sun-Air, and even a Jewish Hospital that specialized in Asthma. In his college years, he would take the bus down to his friends house in Hollywood to play Dungeons and Dragons, while on other days he would venture off to a pizza joint near Fairfax that bikers would frequent, where he got to hear all about their intriguing life stories.

He attended Los Angeles Valley College in Van Nuys, where he studied Anthropology and convinced one of his instructors to allow him to do an independent study, which was rare for a junior college to allow. He transferred to Long Beach State where he studied Journalism and Photography -two skills that have served him well his entire life-before transferring to California State University Northridge, where he obtained his BA. During these years, Lee dabbled in painting, roofing, editing newspapers, working in a photo lab (where they luckily for press kits for upcoming movies), and even acting. He was on the show Night Court, and would travel to Warner Brothers for rehearsal 4 days a week, and once a week for live audience taping.

When his father got ill with cancer, Lee got a job working at a nearby theater so he could be close to him. He chose to keep busy as much as he could, and it was during these years he would experience fantastic events like Star Wars nights where his friend would dress in a wookiee costume and gain all the glory and fame from the theater crew and ticket purchasers. He collects original art pieces, Dungeons and Dragons miniatures and original manuals, and Star Wars memorabilia. The words that most often echo through his mind throughout his life are that of Master Yoda: "Don't think- DO."

April

Featured Activities & Events



Thursday, April 1 **April Fools Day**

To honor the fools and pranksters of the world, we will not only be showing classic stand-up comedy all day long, but we shall keep the laughter going by blending comedic performances and silly themes throughout the month! The ultimate remedy for seriousness and grief is laughter, so we will be the turning all the frowns upside down from here on out through glorious humor all month long! *mic drop*

Sunday, April 4 **Easter Sunday Alice in Easterland Sunday Brunch**

This Easter, our curiosity will lead us down the white rabbit hole to a delectable three course Easter Brunch...with a Wonderland twist. We will celebrate this holy holiday by having exciting trivia games, a not-just-for-kids Easter egg hunt, entertainment, and, oh yes- bottomless mimosas! Curiouser and curiouser? All who join this elegant rabbit-themed wonderland will receive colorful gift baskets and enter chances to win fun prizes!



Thursday, April 22 **Earth Day**

On this day, we will be spending the day of activities outdoors crafting terrariums, practicing yoga, eating organic snacks and talking to the flowers in our new Patio Garden! We will be discussing ways in which the earth and its climate are important to each of us and little ways we can do our part in keeping it safe for our grandchildren and generations to come!



Discovering Indian Cuisine



Think of India and one of the first things that comes to mind is its diversity. A large country, its population is second only to China; its languages are numerous, and every state (of which there are 28 and seven Union territories) is unique in its traditions and very importantly, its food. In fact, food from one region may actually be totally alien to a person from another region! The common thread that runs through most Indian food, though, is the use of numerous spices to create amazing flavors and aromas.

Some popular appetizers, drinks, and dishes that we will feature in our menus and happy hours include:

- Vegetable Samosas
- Naan and Hummus
- Butter Chicken
- Chicken Tikka Masala
- Mango Lassi

We hope you enjoy exploring the different tastes and concoctions we will be featuring as we explore Indian cuisine and culture this April through June!

Celebrating Passover

Evergreen had a wonderful community seder dinner, with the Passover service led by Cantor Gidon. At the seder, foods of symbolic significance commemorating the Hebrews' liberation were eaten, and prayers and traditional recitations performed. We look forward to celebrating the week-long holiday throughout the beginning of April, and eating lots of matzah!



Employee OF THE MONTH Mario Barco *Kitchen*

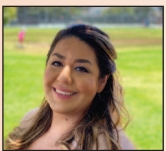
Mario Barco was born in Jalisco, Mexico and grew up in the city of Guadalajara. He is the youngest of all his siblings. Growing up, he loved poetry, performing in Marching Band, and leading class discussions. He always stood out from the crowd and was proud of being an original everywhere he would go. He moved to the U.S. in 1989 to be with his siblings who had already moved here years prior, and it was here that he finished high school at Fairfax. He lived in the heart of the Hollywood night scene -Melrose Ave- where you would often see people walking around in every sort of fashion that existed.

He wisely spent most of his youth enjoying life to the fullest, and along the way made many cherished and everlasting friendships. He got a job working at a K-12 private school district in the food services department to which he stayed for over 23 years. Outside of work, he loves spending time with his family, as well as with his friends who have kids, having exciting carne asada cookouts and enjoying each other's company. He also loves to play basketball, watch movies based on true stories, and listen to top of the charts pop music from all decades, especially the 80's!

Mario joined the Evergreen family in the midst of the pandemic, and has been a leading source for smiles and feel-good compliments. When staff and residents need a little pick me up in the form of laughter, Mario is everyone's go-to! You can catch him turning up the tunes in the kitchen, covering his designer clothes with protective wear and radiating positive energy through his cooking and friendly interactions. Mario keeps his spirits lifted through prayer and by being grateful for the strength and good health to carry on and become a better person every single day.



Community Leadership Team



Rosie Julinek
Executive Director



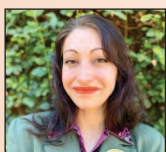
Mele Liu
Wellness Director



Tahni Harp
Sales Director



Agabid Lopez
Culinary Director



Leana Silva
Activity Director



David Santizo
Housekeeping Director