



A Message from the Desk of

Rosie Julinek

Executive Director



Hello Residents and Families! We're so excited for all the wonderful things we have in the works at our community as summer begins to set in. Longer and warmer days mean more daylight hours for fun, more time outdoors, and hopefully more time with family and friends as well. Of course, we are still diligently working to ensure the safety of our residents and staff as we plan and organize social activities, and we appreciate everyone for doing their part to stay safe and keep others safe in the process.

We have some exciting events planned for August! The Luau is a Polynesian and ancient Hawaiian ritual meant to unite the people of a town in celebration of a significant life event, achievement, war victory, or launching of a new canoe. Our community will host a luau on August 3rd in celebration of health and wellness!

Finally, one man's trash is another man's treasure! August 17th is National Thrift Shop Day. Thrift shops aim to help those most vulnerable in communities and give back to the needy. If you want to take a stroll down memory lane, then please sign up to join us on a trip to Goodwill to find some treasures! If you are wanting to get rid of some of your unwanted clutter, this will be a great time to do so, as we will also be taking donations to the drop-off center on this day.

Happy Summer!
Rosie



August 2021

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Resident Birthdays

Maria D. 8/11
Frances M. 8/15



Old age is like everything else. To make a success of it, you've got to start young. ~ Fred Astaire

Holiday Celebrations

8/01 U.S. Air Force Day
8/03 Hawaiian Luau Day
8/03 National Watermelon Day
8/09 National Book Lovers Day
8/15 Relaxation Day
8/17 National Thrift Shop Day
8/18 Bad Poetry Day
8/22 National Senior Citizen Day
8/30 National Beach Day

Religious Services and Study

Catholic Mass - Sundays at 9:00 a.m.
Shabbat Services - Fridays at 4:15 p.m.
Church Services - Saturdays at 10:00 a.m.



4th of July
at Evergreen

Staying Healthy by Playing Safe in the Sun!

August is
Summer Sun
Safety Month



Spending time outside is a great way to be physically active, reduce stress, and get vitamin D. However, too much sun can cause skin cancer (which is actually the most common cancer in America). You can enjoy your time outside without raising your skin cancer risk by protecting your skin from the sun.

Most skin cancers are caused by too much exposure to ultraviolet (UV) light. UV rays are an invisible kind of radiation that comes from the sun and can damage skin cells. UV rays can reach you on cloudy and cool days, and they reflect off of surfaces like water, cement, sand, and snow. In the continental United States, UV rays tend to be strongest from 10 a.m. to 4 p.m.

You can reduce your risk of sun damage and skin cancer by staying in the shade, using sunscreen, and wearing protective clothing and eyewear when you're outside—even when you're in the shade.

Remember: Sunscreen isn't an all-protective force field. It is intended to be combined with other sun-safety approaches like hats and sunglasses. Check out the following sunscreen tips to make sure you get optimal sun protection:

SPF: Sunscreens are assigned a sun protection factor (SPF), which is a number that rates how well they block UV rays. Higher numbers indicate more protection. You should use a broad spectrum sunscreen with SPF of 15 or higher.

Reapplication: Sunscreen wears off. Put it on again if you stay out in the sun for more than 2 hours and after sweating from exercise.

Expiration date: Check the sunscreen's expiration date. Sunscreen without an expiration date has a shelf life of no more than 3 years. Its shelf life is shorter if it has been exposed to high temperatures.

Stay safe this summer as you enjoy the sun!

SPOTLIGHT ON OUR RESIDENT

Yehuda V.

Yehuda was born in Hungary in the 1930's. His mother, Yulia Rosental, raised him and his 3 brothers. During the fascist invasion in Budapest, his mother was a victim of the Holocaust in Hungary. Along with dozens of other children whose parents were victims of the Jewish Holocaust that swept across Europe, he boarded a ship to Israel for safety. He lived in a Kibbutz in the town of Menara in northern Israel for 2 years.



Yehuda met his first wife, Hannah, while living in the Kibbutz, and they had 2 children: his daughter Y'ael and his son, Zeev. They moved to Eilat where he found his strong suit making an honest living as a craftsman installing and repairing pipes and fixtures. He actually built the first several hotels there! He believed that an honest reputation outweighed financial gain, so he never over-charged anyone for his services, and sometimes would not charge customers at all for a simple diagnostic. Since they were the 32nd family to live in Eilat, the number 32 is significantly profound to the entire family. Hannah and Yehuda divorced after 20 years of marriage.

While attending his brother's wedding in Budapest, he met and fell in love with his second wife, Miriam. He recalled traveling by boat from Haifa, Israel, to Italy, then straight to Hungary on motorcycle just to see her. They had 2 children, a son, Ofer, and a daughter, Ronit. He brought his family to America in 1979. Miriam battled with cancer and sadly passed away in 2005. He started a company, Vardi Plumbing, which his son grew to become a largely successful company in Los Angeles to this day.

Yehuda speaks Hungarian, Hebrew, and English. He is also a very talented pianist, accordionist, and harmonica player. Socially, he loves to play poker, table tennis, and most of all Backgammon (which is called shesh-besh). His favorite foods in the whole world are wiener schnitzel (Viennese breaded veal), and cremeschnitte (Romanian custard pastry). His life-long passion, however, is soccer! For as long as he can remember, he has always played goalie in soccer -from his childhood up until just a few years ago! Yehuda joined the Evergreen family a few months ago and has since graced us with his superb piano playing, his refreshing humor and his other-worldly wisdom.

August Featured Activities & Events



August 3, 2021

Hawaiian Luau Day

Aloha! Welcome to an afternoon of total immersion into the Polynesian spirit! Our luau brings the island vibes to you in song, dance, traditions and cuisine. Your experience begins with traditional island fare for lunch, followed by a traditional lei aloha and Maui cocktails or mocktails. Experience live Hawaiian music accompanying that features traditional dances

from Hawaii, Tahiti, Samoa and New Zealand. A photo shoot with the dancers will follow the exhibition.

August 15, 2021

Relaxation Day

National Relaxation Day advocates chilling out and promotes stress relief through meditation and other relaxation techniques. Managing stress requires relaxation, which leads to a clearer, calmer mind, positivity and better concentration. The hustle and bustle of the daily grind never seems to leave us with enough time to just kick back and relax. Some of the best ways to relax include breathing exercises, soaking in a warm bath, meditation, listening to soothing music, writing, and physical activity. The rule of Relaxation Day is to avoid doing anything stressful!



August 17, 2021

National Thrift Shop Day

On National Thrift Shop Day on August 17th, get ready for some bargain shopping! Clothing, furniture, and household goods are great finds among the other hidden treasures within the walls of thrift shops across the country. To some, shopping at a thrift store isn't even about the price

(that's just a bonus!), but instead, it's about the adventure of finding vintage and antique items. While thrift shopping helps the budget, it also helps the environment. Every item purchased from a thrift shop is one less item in a landfill. It's recycling at its best!

August 22, 2021

National Senior Citizen Day

President Ronald Reagan proclaimed August 21 as the day seniors are to be celebrated.

“Throughout our history, older people have achieved much for our families, our communities, and our country... For all they have achieved throughout life and for all they continue to accomplish, we owe older citizens our thanks and a heartfelt salute. We can best demonstrate our gratitude and esteem by making sure that our communities are good places in which to mature and grow older — places in which older people can participate to the fullest and can find the encouragement, acceptance, assistance, and services they need to continue to lead lives of independence and dignity.”



Luau's are Festivals of Food



The heart-pounding music, the mesmerizing dances, the fragrant leis— luau's offer heaps of enchantment. But amidst all the beauty the best ones offer— from Hawaiian chanting to Samoan fire dancing—one can forget the whole point behind the event: The feast itself.

At its heart, luau's are festivals of food. Rooted in ancient Hawaiian custom, their traditional iterations—aha'aina and pa'ina—focused chiefly on eats. So much food, in fact, that one of King Kamehameha III's luau's included 3,125 saltwater fish, 2,245 coconuts, and 4,000 taro plants (and that's just our getting started). Contemporary luau's have maintained this concentration, with most luau's offering buffets that celebrate Hawaii's bounty.

And bounty it is. Traditional Hawaiian fare was mainly limited to the canoe crops trans-Pacific Polynesians brought to the archipelago—items such as breadfruit, sweet potato, limu (seaweed), coconut, and taro—as well as the fish and birds they came upon when they landed. Over time, however, an influx of foreigners—from missionaries to whalers—and influence of the Japanese, Chinese, Korean, Filipino, and Portuguese immigrants who arrived; changed the landscape of Hawaiian cuisine.

Luau's honor this melting pot of cultures with a number of dishes. Common luau dishes include: Chicken Long Rice, Kalua Pig, Lomi Lomi Salmon, Lau'au (stuffed leaves), Macaroni Salad, Molokai Sweet Potatoes, Shoyu Chicken, Poke, Sweet Bread Rolls, and Haupia (nutty flavored custard). Join us at our August Luau for a chance to taste delicious traditional Hawaiian food and drink!

“Summertime is always the best of what might be.” ~ Charles Bowden

Silk Scarf Painting



Employee OF THE MONTH Crystal Caregiver

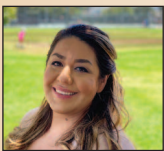


Crystal was born in Mission Hills and raised in North Hollywood. She is the middle child of 3 children, with an older brother and a younger sister. She was raised by her mother and her grandparents. Her childhood was a happy one filled with endless love and affection from her grandparents.

Growing up, it was tradition for the family to go on outings to Lake View Terrace Park. Her grandparents also owned a beach house in Ensenada, so the family frequently went there for vacations. In school she was “the shy kid” but enjoyed playing soccer and baseball. She graduated from Polytechnic High School, then chose to pursue a career in the healthcare field because she loves to help others. When her grandmother was diagnosed with cancer, taking care of her inspired her to get a certificate as a Medical Assistant at UEI college. Her long-term goal is to become a registered nurse.

When Crystal is not helping others, she loves to spend her time outdoors. She loves going to the park because it reminds her of her outings with her grandparents. Crystal has a son, Angel, who loves to play mini golf, go bowling and thrash around in bumper cars! When she has the time, she also enjoys going shopping, eating at sushi restaurants, camping and quad racing out in the desert! Since she joined the Evergreen family, she has provided nothing but warmth and empathy to all the residents -along with an impeccable work ethic!

Community Leadership Team



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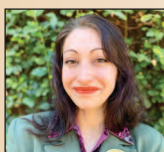
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