

FEBRUARY 2022

COMMUNITY NEWSLETTER

EVERGREEN

Where You Live Matters

SUPER BOWL

February 13

SUPER BOWL
COMES TO LA!

February 24

TASTE OF THE WORLD

FRUIT COBBLER

HEARTS ALIVE FEB 14

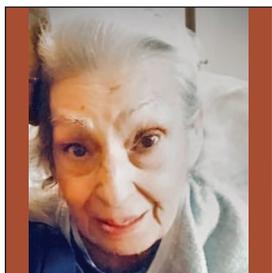
*Enjoy a
Romantic Dinner*

HEARTS ALIVE

*On February 14, enjoy a romantic atmosphere
paired with a chef-driven menu focused on New American cuisine,
followed by a delicious sweet finish to our Valentine's dinner.*

RESIDENT SPOTLIGHT

MARIA F.



Maria joined the Evergreen family in 2016 to be close to her friends in the area. Maria is a resident who all staff love to visit when solace is needed. She gives her love, wisdom and empathy to all who visit her.



New Resident Happy Hour

Meet and Get to Know
ALL OF OUR NEW RESIDENTS!

Learn more about our
Resident of the Month,
Maria!

FRIDAY, FEBRUARY 25

RESIDENT BIRTHDAYS

Carmela G.	2/06
Virginia G.	2/15
Lewis T.	2/18
Robert N.	2/19
Kathrine G.	2/24

HOLIDAY CELEBRATIONS

2/01	Chinese New Year
2/02	Groundhog Day
2/13	Super Bowl Sunday
2/14	Valentines Day
2/21	President's Day

RELIGIOUS SERVICES



Christian Bible Study
Saturday at 3:00 p.m.
Catholic Services
Sunday at 11:00 a.m.
Shabbat
Friday at 4:00 p.m.

Transportation & Concierge Information

In our communities, complete peace of mind is our priority. Enjoy the journey of senior living starting from the comfort of concierge transportation services.

Monday, Wednesday and Friday will have advertised outings and shopping trips.

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

The Beautician
IS IN

SUNDAY
STARTING
AT
9:00 A.M.

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

FEBRUARY *Activities & Events*



TRIBUTE TO BETTY WHITE America's Golden Girl

Thursday Matinees in February | 2:00 pm

View the beloved actress, comedian and animal advocate showcase her impeccable comic timing and irreverent tone.

SUPER BOWL WATCH PARTY

Sunday, February 13 | 3:00 pm

Watch football's biggest game of the year, complete with jaw-dropping halftime performances and hilarious Super Bowl commercials hosted this year right here in LA!



HEARTS ALIVE

Monday, February 14 | 5:30 pm

Enjoy a romantic atmosphere paired with a chef-driven menu focused on New American cuisine with a sweet finish.



TASTE OF THE WORLD

Southern Baking: Fruit Cobbler

Thursday, February 24 | 10:30 am

Not only will you participate in the prep of this fruit topped with a sweetened biscuit topping, but you'll get to eat this delicious dessert too!

Winter Olympics

Begins Friday, February 4
Ends, Sunday, February 20



Cheer on and admire the athletic prowess of the winter games athletes who ascribe to the Olympic motto of faster, higher, stronger - together!

“
The best and most beautiful things in the world cannot be seen or even touched - they must be felt with the heart.

~ Helen Keller



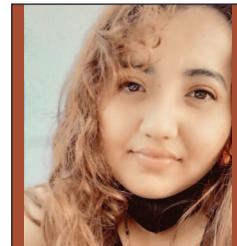
Lady Thistledown's SOCIETY PAPERS

February 2022

EXTRAORDINARY PEOPLE, EXTRAORDINARY NEWS

Those traversing the Fairfax district may have seen artist Corie Matties' mural of the legendary Betty White. "Be More Like Betty!" is the bold mural message. This Golden Girl was known for her animal rights advocacy and there's a special QR code on the mural for whoever wants to donate to Wagmor Pets in the beloved actress' memory.

Across the pond, everybody's favorite Cambridge duchess, Kate (we won't mention Prince Harry's bride!) just turned a ultra-fabulous 40 last month!



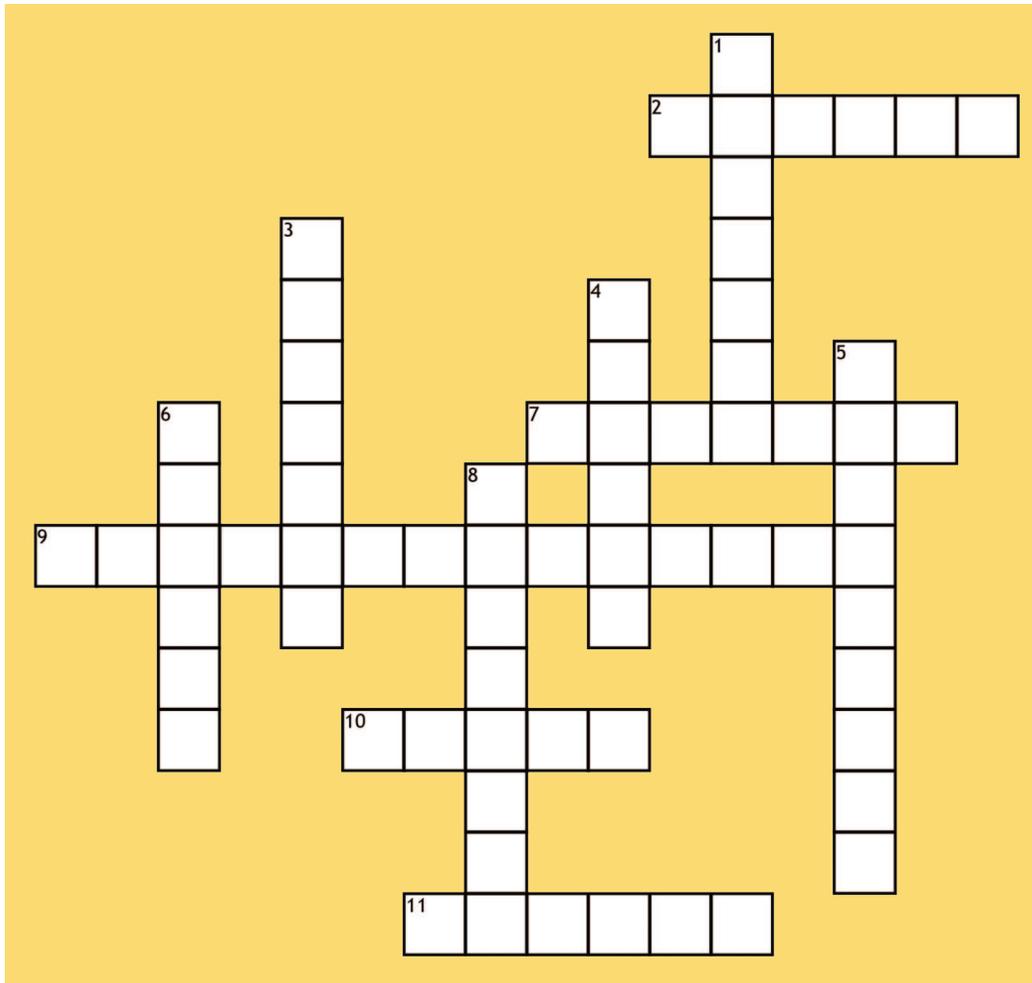
EMPLOYEE OF THE MONTH CLARISSA V.

Clarissa joined the Evergreen family during the holidays and has been working diligently ever since! She loves to interact with the residents and serve them. She believes that it's important to treat them with dignity, respect and above all else - good manners, because we are all going to reach that age someday and we can only hope others do the same for us.

February 2022

THE HUMAN HEART

CROSSWORD



ACROSS

- 2 Eating healthy diet. Try to limit saturated fats, goods high in _____ and added sugars.
- 7 Every year, heart disease and _____ cause the most deaths. Compared to all diseases and cancers together.
- 9 _____ disease is the leading cause of death globally.
- 10 Make sure you get enough _____.
- 11 To prevent high. blood pressure maintain a heathy _____.

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

DOWN

- 1 Using _____ products increase your risk of cardiovascular disease.
- 3 Aim for over 150 minutes of _____ exercise per week.
- 4 Reduce your chance of having heart disease or a heart _____ by exercising regularly and eating healthy.
- 5 Some of the warnings signs for a heart attack include chest pain, nausea, vomiting, cold sweats, and _____ symptoms.
- 6 _____ is linked to heart attacks.
- 8 Avoid excess salt and _____ in your diet.

Check out
community photos
on our social media.



REACH OUT TO OUR
FAMILY SPECIALIST

Tahni Harp

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

MEET OUR TEAM

Rosie Julinek
Mele Liu
Mary Jeanty
Tahni Harp
Leana Sliva
Melodie Flores
Agabid Lopez

Executive Director
Wellness Director
Business Office Manager
Family Specialist
Activity Director
Community Coordinator
Culinary Director

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