



A Message from the Desk of
Rosie Julinek
Executive Director



Happy Father's Day to all of our Evergreen Dads!

I want to recognize all the dads that worked hard for their family day in and day out. Thank you to all of you that sacrificed, as well as to those who served in the military to protect our country.

June is here and I am hoping for a nice, warm summer. I enjoy taking my kids to the beach every summer, and we look forward to spending time in the sand and water every year. My boys are like fish, so it's hard to get them to come out of the water when it is time to go home. Just like I remind my family - remember to stay hydrated if you are going to spend a lot of time in the sun!

I also want to give a warm welcome to all of our new neighbors and friends! I hope you are settling in and feeling welcome. Thank you all for coming out to our Open House last month; it was very beautiful, and a treat for the eyes and ears.

Happy start of summer!

Rosie Julinek



June 2021

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Resident Birthdays



Frances Y.	6/01
Pat Ferfari	6/15
Carol S.	6/16

Holiday Celebrations

6/14	Flag Day
6/19	Juneteenth
6/20	Father's Day
6/20	Summer Begins



Cinco de Mayo
Fiesta



Wellbeing Focus

June is
National
Men's Health Month



This month is all about encouraging the men in your life (including you, men out there!) to take care of their bodies by eating right, exercising, and working to prevent disease. The official symbol for the month is a blue ribbon and the purpose of Men's Health Month is to heighten the awareness of preventable health problems and encourage early detection and treatment of diseases including cancer, heart disease, and depression.

Why is National Men's Health Month Important? It serves as:

1. A reminder to get checked out

If you're stressing about a symptom—a busted knee, a persistent headache—it can be easy to get in a cycle of worrying about it. But going to the doctor can do two incredible things: one, it can figure out what's wrong, but two, it can keep you from worrying! Men's Health Month encourages you to get yourself checked out so you can feel better—and stop worrying.

2. A conversation starter

Men's Health Month gets people talking about health, which gets people acting about health. Gyms get joined, appointments get made, and resolutions get promised. It's a beautiful thing. Join in!

3. An excuse for pampering

Lots of things that are good for your body are also good for your soul! Play some golf, get a massage, take an extra long nap. It's all healthy, and if anyone asks the occasion, you've got an answer at the ready: Men's Health Month!

SPOTLIGHT ON OUR RESIDENT Lewis Tanner

Lewis Tanner was born and raised in Brooklyn, NY. He went to college when he was 17 as an English major studying writing. He attended CalArts, where he received his bachelor's degree in photography, then went on to obtain his master's in fine arts in the same field. He moved to Philadelphia where he worked as a photographer at the college for 8

years. Among his many accomplishments, he found his forte as an architectural photographer. His outstanding work has been featured in many published books of the same topic.



Lewis's parents, whom he shared a deeply close relationship with, had backgrounds in both the medical field and the arts. He was so close with his father that he said once at a deli, the gay waiter thought he and his father were a couple! Growing up, he played in the local football league, loved to read, and especially loved to write a lot. He likes to frequent restaurants, most notably Italian and anything serving up hot and spicy cuisine. He's acquired quite a jazz record collection, plays the guitar, reads a lot of non-fiction, and watches classic Western movies!

Since joining the Evergreen community, he has commented on how unique the place is compared to others, but that he has still got to get used to others constantly doing everything for him - even making his bed! Lewis has a son, Elias, as well as two stepsons, Eric and Gabriel. Elias studied abroad in South Africa before becoming a producer in both television and film. Lewis moved to California just three months ago to be closer to his son, Elias, who lives in Burbank. His son, Gabriel, graduated from John Hopkins University with a degree in Public Health, then received his veterinary degree from Penn State before moving to China to study abroad. His eldest son, Eric, works as a Certified Financial Planner, and has three wonderful sons of his own -just like dad!

June Featured Activities & Events



Month of June Pride Month

artistic expression, fashion, and joyous laughter. For years, this has been a celebratory month most notable for their extravagant street parades, but this year, we can enjoy the show safely on various media platforms. All the world's LGBT communities come together to celebrate the freedom to be themselves. Pride gatherings are rooted in the arduous history of minority groups

who have struggled for decades to overcome prejudice and be accepted for who they are. The world is so much more colorful with them in it, afterall!

Monday, June 14

Flag Day

America's Flag Day marks the Second Continental Congress' adoption of the first U.S. national flag on June 14, 1777. The first flag, thanks to Betsy Ross' sewing prowess, featured the same 13 red and white stripes we see today. The number and arrangement of stars, however, has changed as the number of states have increased over the centuries. The current flag has remained the same since 1960. Will we ever go from 50 to 51? Join us for a look at some possible statehood candidates. And consider this a warmup for Independence Day — in just 20 days!



Saturday, June 19

Juneteenth

The freedom of African Americans from slavery in the U.S. in 1865 is celebrated on the holiday Juneteenth on June 19. Juneteenth is made up of the words 'June' and 'nineteenth,' and it is on this day that Major General Gordon Granger arrived in Texas more than 155 years ago to

inform slaves that slavery had been abolished. Other than marking a pivotal date of significance in American history, Juneteenth also serves as an opportunity for African Americans to cherish their culture and heritage.



Sunday, June 20

Father's Day

Where would we be without dads? Honestly, who would show off 'dad jeans,' tell the same somewhat amusing jokes at Thanksgiving, or spin those charming childhood stories? But of course, there's far more to dads than their wardrobe choices and endless nostalgia for the 'good old days' (Elton John, David Bowie, and Queen — we get it). Still, dads are heroes. On June 20, join us as we let the community dads know how much they mean to us! "A father is neither an anchor to hold us back, nor a sail to take us there, but a guiding light whose love shows us the way." – Unknown



Summer Foods to Beat the Heat



and Keep Hydrated.

This summer we will be adding more summer foods to our menu, which will help us thrive during the hottest months of the year! Below are seven suggested foods that are good at keeping you hydrated, but chock full of nutrients as well!

Tomatoes

They are filled with antioxidants like vitamin C and lycopene, which are beneficial for the skin and your overall health.

Watermelon

It is rich in water and also contains lycopene, which helps keep you hydrated as well as protect skin cells from sun damage.

Zucchini

It is mostly composed of water (94 percent of its weight), making it a perfect summer side! Rich in vitamin C, it boosts the immune system; being high in potassium, it helps to keep blood pressure in check.

Oranges

These delicious citrus summer fruits are well known for their Vitamin C levels, but also for their water content!

Leafy Greens

Veggies like spinach, broccoli, cabbage, cucumber are high in water content and nutrients!

Berries

A variety of berries aids skin health as they are high in antioxidants and increase your fluid levels in the heat.

Corn

This yellow veggie favorite on the grill contains antioxidants that help protect skin from the sun's rays! Every corn on the cobb also contains around 70% of water!

Always remember... an uptake of water in the summer is imperative to avoid headaches, dehydration, and brain fog. Make sure to have plenty of water, in addition to high water content foods, to stay hydrated through the day!

Mother's Day *Celebration*



Employee OF THE MONTH Abigail “Abby” Leonin *Caregiver*

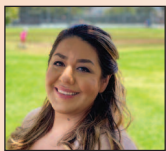


Abigail Leonin, known by the residents of Evergreen as either “Abby” or “Little One”, was born and raised in Los Angeles. Her parents are Jehovah’s Witnesses, and she has one older brother, James. Growing up in Echo Park, her family attended the Lotus Festival every year, where she got to eat funnel cakes, explore the farmer’s market and watch the cultural arts dancers. This struck up a hidden passion from deep within her, and she knew then that she wanted to be a dancer. In high school, she was in the school’s Cultural Dance Club. She had dreams of becoming a dancer, but life threw her a completely different type of rewarding opportunity.

Abby has a son, Alexander, with her partner Jerry. They live nearby in the city of Glendale. She became interested in caregiving after becoming a mother. She attended CNA school where she received her certificate, and was about to start taking LVN classes, when the pandemic began. She started working at Evergreen as a caregiver, but upon learning about her CNA experience, was quickly moved on to becoming a Medical Technician. Since she joined the Evergreen family, she has brought nothing but joy and smiles to all who interact with her because of her very cheery, approachable manner and constant reliability.

When asked what made her go into caregiving, she said that she doesn’t think it’s fair that people suffer from loneliness or any kind of lack of care, because if she were in that position, she would want basic companionship. This prompted her into going into a career of making as many people feel cared for as she possibly can. When she is not at work, she loves to eat out at different restaurants and cafes in Koreatown. Her favorites include Korean BBQ, Ramen, and Boba Teas, but she is truly an all-around foodie at heart. She loves watching Nicholas Sparks novels-turned-movies, Ice-skating with friends, shopping at Daiso, and anything to do with choreographic dancing!

Community Leadership Team



Rosie Julinek
Executive Director



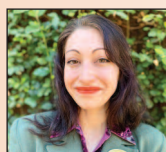
Mele Liu
Wellness Director



Tahni Harp
Sales Director



Agabid Lopez
Culinary Director



Leana Silva
Activity Director



David Santizo
Housekeeping Director