

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

*Happy Mothers
Day to all our
Evergreen Moms!*

Where would we be without our moms? I know I would be lost without my mom... no matter what happens in life she always taught me to have faith and keep a smile on my face, because better days will always come. My mother has helped mold me into the woman I am today (without me knowing it), and because of this, I am forever grateful. To be a mom is also one of my greatest joys, there is nothing like it. I look forward to my husband and three children showering me with love this May on Mother's Day.

I hope all of you, residents and staff members alike, know how loved and appreciated you are here at Evergreen. To the moms that work here day in and day out, we appreciate you and thank you for all your hard work and dedication to our Evergreen community. To all the residents that have been mothers, and even grandmothers, thank you for all the wisdom and love you have shared over the years. We look forward to honoring mothers at our garden brunch party, and sharing fun memories of mom-moments that inspire laughter and love.

Also, I'd like to give a warm welcome to all of our new friends who have moved into our Evergreen community this month and last! Make sure to peruse our newsletter, because it is chock full of fun plans and parties this May.



May 2021

evergreenretire.com

Resident Birthdays



Joanna	5/9
Stephen B.	5/22
Donna L.	5/28

Holiday Celebrations

5/05	Cinco de Mayo
5/09	Mother's Day
5/16	Shavuot
5/31	Memorial Day



**Celebrating
Easter
in Wonderland**



Wellbeing *Focus*

**May is
Arthritis Awareness
Month**



Everyone knows someone with arthritis. It is a leading cause of disability, and causes pain, aching, stiffness, and swelling of the joints. The most common types are osteoarthritis, rheumatoid arthritis, gout, lupus, and fibromyalgia.

- About 1 in 4 (54 million) US adults have arthritis.
- About 24 million adults are limited in their activities from arthritis.
- Adults with arthritis can decrease pain and improve function by about 40 % by being physically active.

For those diagnosed with this chronic illness, it can be a lot to handle, but rest assured: you can do it! You'll play a big role in getting your disease under control and staying as healthy as possible via self-management. Self-management is about making healthy lifestyle choices and learning to manage the physical and emotional effects of arthritis. Make the effort to learn all you can about your disease and build strong partnerships with your doctors.

The following self-management habits can help you successfully manage your disease:

Be Organized, Manage Pain, Address the Emotional Side, Tackle Fatigue, Improve Sleep, Get Moving, Balance Activity With Rest, & Eat a Balanced Diet. (See a community staff member or check out arthritis.org to explore each habit further!)

It may seem like a lot to do but you're not alone. Staff members in our community, doctors, family members, and organizations like The Arthritis Foundation are here to help you manage your disease, so take heart!

SPOTLIGHT ON OUR RESIDENT Evelyn G.



Evelyn was born on a farm in Hawaii. Her father passed away when she was five years old, leaving her mother to raise her two older brothers, her younger sister and herself. In 1941, she witnessed the bombing on Pearl Harbor which changed her family and community drastically. She recalls the billowing black smoke rising to the sky, as well as the gathering of tin cans, aluminum, and other precious materials for the soldiers to make what they needed to fight the war. She would walk to school due to the many bus strikes during the war time, and she would frequently pass the military base, which was located less than a quarter of a mile from her house. In her teens, she got a job working for Dole Pineapple Company as a trimmer in order to help her mother out.

After she graduated high school, she worked for a fire insurance company. In her early 20's she moved to Chicago, met her first husband, and had a son, David. She moved back to Hawaii where she raised David until moving back to the sunniest of states: California. She married a friend from school and had four amazing sons, but like the trimming of old leaves in a stable garden, she got a divorce and decided to focus on herself. It was at this time that she truly developed her skill at making floral arrangements and gardening.

When one of her brothers passed away, and the other fell ill, she moved back to Hawaii to help her sister take care of him. When her sister, Irene, was diagnosed with cancer, Evelyn heroically dedicated every day to being by her side, even during the last months at the hospital. She wears Irene's golden necklace in remembrance of her and never takes it off, because Irene never did either. She moved back to the states, where she worked at a floral arrangement shop for many years. She then eventually moved to her home at Evergreen to be closer to her sons.

She loves to listen to smooth jazz, read mystery and adventure novels, and zoom through many booklets of brain-teasing puzzles. She is part of a team of lovely women here who garden and adore flowers of all sorts. You can find her tending to her own balcony garden or playing Bingo, but always with a huge smile on her face and laughing. She unconditionally helps others and always has the most optimistic approach to any situation to make you feel better about it. Evelyn has often been identified within the Evergreen community as the lady who does all the beautiful floral arrangements!

May Featured Activities & Events



Saturday, May 1

May Day

'Round and 'round we shall go as we wrap a maypole of our very own with colorful ribbons! In honor of Worker's Rights and hard workers all over the world, we shall gayly dance around with spring flowers and strong ribbon to symbolize our tough endurance during this change of season!

Wednesday, May 5

Cinco de Mayo

Historically, this day is to commemorate the victory of Mexico's independence against the French armies. Morally, let this day also remind us that no matter how vast our challenges are, there is always a way we can overcome them, no matter how deficient our resources may seem! Hurra! We shall celebrate the history, culture and achievements of people with a Mexican background in the U.S. with delicious, authentic Mexican cuisine, a live Mariachi band, freshly made churros, and, oh yes, margaritas! If we do this properly, after a few of those margaritas, we'll be listening to Vicente Fernandez by the end of the festivities! ;) Vamos!



Sunday, May 9

Mother's Day

Everyone comes from a mother, so let's honor her by giving so much back to her, or at least in remembrance of her. She would have wanted you to smile and enjoy this beautiful day. After all, she only gave us her all for many years! This Mother's Day, we welcome ALL mothers to our blooming patio garden for a lovely garden brunch party. There will be entertainment, a colorful

sparkling juice bar, delectable food, sweet treats, [of course] roses, and gifts!

Monday, May 31

Memorial Day

Memorial Day, for many Americans, conjures up images of barbecues, parades, family gatherings, and summertime. But the last Monday in May serves, most importantly, as a time to honor those who died while fighting in the U.S. Armed Forces. It's a holiday steeped in somber American history and tradition. The day actually began as "Decoration Day," following the Civil War, when mourners placed flowers on the graves of Union and Confederate soldiers. Yes, Memorial Day has also come to signify the "unofficial" start of summer, but let's remember the heroes who made it all possible.



May Farmer's Market Favorites



Your diet should be as colorful as possible. By eating a variety of foods and trying different sources of proteins, fruits and vegetables, you'll ensure that your body has the valuable vitamins and minerals it needs. Keep your eyes open for the following five delicious May eats available throughout the month in a variety of dishes!

STRAWBERRIES

What tastes better than juicy strawberries? Synonymous with spring, strawberries bring the color and nutrition we all crave coming out of the cool, gray days of winter. The low-calorie berries are loaded with tons of important nutrients: strawberries score points with their vitamin C, fiber and versatility.

SPINACH

Do it like Popeye the Sailor and integrate spinach into your diet regularly. The dark leafy green is packed with fiber, minerals and antioxidants. Antioxidants support your immune system and keep you healthy.

CHERRIES

Fresh cherry season runs from late May to August. Cherries are a good source of fiber, potassium and vitamin C. Beyond the nutrients, cherries boast health benefits worthy of superfood status. They have been shown to fight inflammation in conditions like arthritis.

SALMON

Though you may not think fish has a season — salmon does. Wild salmon season starts on the Pacific coast in May. Not only is it a quality protein source, salmon is one of the best sources of omega-3 fatty acids. These essential fats have been shown to help protect the heart, and emerging evidence suggests fish oils might have a positive impact on the brain from depression to dementia.

YOUR ARE INVITED
TO ATTEND OUR

Open House

Tuesday, May 25
11:00 a.m. to 2:00 p.m.

Evergreen's provincial
market atmosphere,
filled with fresh produce
and flowers, offers our
residents a wonderful
place to call home!

Please come for a tour of
our lovely community,
and join us in a toast
pour votre santé
(to your health).

RSVP to Melodie at
(818) 842-8268.

Employee OF THE MONTH Melodie Flore *Concierge*

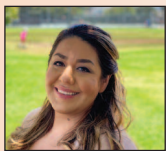


Melodie Flores was raised in La Puente, CA. She has one older brother who she is very close with. As a child, she went to Catholic school, then attended Bishop Amat High School. Her mother is a huge USC college football fan, and her father loves the thrill of dirt bike racing! Growing up, her family owned a beach house in Rosarito where her relatives from Fresno and all over would gather for unforgettable vacations. Her "family first" virtues were instilled in her from these vacations because of the strict rules of no television, no phone, and no distractions - family time only.

Melodie attended community college and took child development courses, but she found her true calling in caring for others through advice from her partner's friends. They encouraged her to try caregiving because of her already ever-giving, warm personality. She became a caregiver for 10 years, cherishing the wisdom and lessons that are such a privilege to learn in a profession such as this, and then became her own grandfather's caregiver 4 years ago. For fun, she loves to go out to fine restaurants with her girlfriends and merrily indulge. On Sundays, which are traditionally sacred family-oriented days, her partner and her have special movie dates followed by nice dinners at upscale restaurants.

She joined the Evergreen family at just the right time because we love and need her heart-warming smile as the first sight to see upon walking through the door! Since Melodie joined the Evergreen family, she has been taking extra care and effort in all that she does, even when it is not asked of her. She does things because they are the right thing to do, and that especially goes for helping those who are in need. She doesn't like to see other people down, but instead feels compelled to lift them high up! I asked her to encompass her personality in a phrase or saying, and she said she has been told by many people in her life that once you get to know her, you won't forget her!

Community Leadership Team



Rosie Julinek
Executive Director



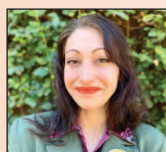
Mele Liu
Wellness Director



Tahni Harp
Sales Director



Agabid Lopez
Culinary Director



Leana Silva
Activity Director



David Santizo
Housekeeping Director