

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

Dear Residents and Families,

Fall brings many happy changes! It's official, summer is over and autumn has begun (my second favorite season of the year). We've collectively been through a lot in these seasons that are going by so quickly. The fall is a natural time to reflect on the year so far, and to prepare for the end of 2021. So much progress has been made, and much has improved thank goodness! We have several new residents at Evergreen, so welcome! We hope you feel at home and are getting to know your neighbors and our wonderful staff.

We have a lot going on this month, and are excited to celebrate Oktoberfest, Halloween, and Breast Cancer Awareness month. On Wednesday, October 13, 2021, don't forget to wear your pink! And dress up in your best costume to visit us on Halloween, Sunday, October 31st. However, if you or your family is not feeling well, please refrain from interacting in common areas and ask your visitors to come another time. Notify the med-room and stay in your room, where we will provide meals, care, and independent activities. We are pushing for a healthy community this fall, and ask everyone to please do their part.

Don't forget your flu shot this fall!

We are happily entering the holiday season, and as such will be sending out our annual Employee Holiday Fund Letter for your consideration!



Icebergs floating in Iceland's Jokulsarlon Glacier Lake



October 2021

evergreenretire.com



Resident Birthdays

Margarita Y. 10/25

Chuck C. 10/29

Zina A. 10/30

Wisdom doesn't necessarily come with age. Sometimes age just shows up all by itself.

~ Tom Wilson

Holiday Celebrations

10/01 International Coffee Day

10/10 World Mental Health Day

10/11 Native American Day

10/12 World Arthritis Day

10/24 United Nations Day

10/26 National Pumpkin Day

10/28 National First Responders Day

10/31 Halloween

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.

faith

Learning all about Iceland

Iceland is a land of fire and ice. Nowhere else can you find a more diversified, contrasted and extraordinary nature. Even with a location barely below the Arctic Circle, the winters on the island can be warmer than in New York or Vienna. The landscape is rough but at the same time romantic: steep cliffs plunging precipitously into narrow fjords, deep canyons, extensive glaciers, black sand beaches, volcanos and boiling geysers represent the island.



Aurora borealis above Hallgrímskirkja Church in central of Iceland's Reykjavik city.

Iceland was founded more than 1,000 years ago during the Viking age of exploration and settled by a mixed Norse and Celtic population. The capital, Reykjavik, when translated, means "Smoky Bay". Smoke, or rather steam, was the first thing the city founder Ingolfur Arnarson saw rising from the thermal hot springs in the 9th century. The early settlement, made up primarily of Norwegian seafarers and adventurers, have since been influenced by the Black Death, hunger and natural catastrophes. These influences developed a tough and vigorous Icelandic folk, in which Nordic fatalism and self-confidence is combined with sensitivity and curiosity of the Celts. The Icelanders are famous for publishing books; they publish more books per capita than any other nation in the world. They love to write, read and tell stories, especially about their famous trolls and sagas. We are excited to learn about them and their country this fall season, and celebrate Iceland!

Physical Therapy **October is**
1st line of Defense **National Physical**
against Pain **Therapy Month**



Physical therapy is a profession dedicated to helping people find pain relief. A PT appointment also improves mobility and overall functional ability and helps patients live healthier, more physically-able lives. Physical therapists are movement specialists and are trained to view your body as a kinetic chain. They recognize which link in the system is causing pain/dysfunction and provide ways to correct that dysfunctional link. A Physical Therapist's primary goal is to help you feel your best while participating in the game of life!

Physical Therapy is highly known for its ability to treat orthopedic patients, geriatric patients, and high-level athletes. But there is so much more to the profession that may not be as highly recognized. Below are three examples of what physical therapy has to offer.

1. **Preventative Care** – You can seek out a physical therapist to help prevent pain and dysfunction? Physical therapists are happy to show you the warning signs of potential future issues. These include:
 - How your body moves or doesn't move correctly.
 - What weaknesses are present that may cause pain in the future?
2. **Balance Issues** – Have you noticed that your balance isn't quite as good as before? Do you feel unsteady on your feet and are more cautious about falling? You can start physical therapy to work on your balance deficits. It also helps you regain strength and proprioception in your lower legs to feel safer and steadier on your feet.
3. **Respiratory Care** – Your physical therapist helps assist you with your breathing and heart issues. After a respiratory disease diagnosis, or you just have difficulty catching your breath while exercising, physical therapy helps battle your deconditioned lungs and heart. It also gets you back on track.

Think of physical therapy as the first line of defense. It is also the safest avenue for pain management. Before jumping to opioids or just giving up, reach out to our Wellness Director to help you find a physical therapist and book an appointment. Make sure to take care of yourself today and make October your healthiest month yet!

SPOTLIGHT ON OUR
RESIDENT
Antoinette W.



Antoinette was born on the island of Malta off the Mediterranean coast. Her father, Joseph, was an agent working with imported goods, such as fine silks from Italy, perfumes from France, and children's undergarments from England. Her mother, like most women in those days, didn't work until the war started -then she worked for General War Headquarters. Antoinette has two siblings, an older sister named Suzette, and a younger sister named Nathalia. She recalls having a very happy childhood with a large flat in Valletta, a gorgeous summer house by the sea in St. Julian's Bay and attended Catholic school where she developed a deep love for all the nuns. Antoinette adopted the nickname "Nano" (pronounced nah-noo) because she did not like to be associated with the famous lyrics "Yes, Yes, Suzette, No, No, Nanette".

Her childhood was shattered when her father passed away in 1943. Once the war started, a Yugoslav academy officer from the Royal Navy literally swept her off her feet and married her when she had just turned 18. She recalls the especially hard life under Tito's communistic rule in occupied Yugoslavia, although she did learn to cook Italian, Yugoslav, and Russian cuisine, and gave birth to her beautiful son, Michael. Her husband was captured and taken to a concentration camp, and during this time, pregnant with her second child, Simone, she had no other choice but to go back to the heavily bombed island of Malta. Planes in those days did not allow pregnant women on board for fear of the pressure in the cabin possibly causing labor induction, so she hid her belly the entire trip and prayed that she would make it safely to Malta.

Her Visa was finally approved after waiting for 5 grueling years because the U.S. deemed her husband a "classic enemy of communism", so they moved to California. He passed away from cancer, and as the years went by, Antoinette learned many crafts and hobbies, such as painting with pastels, painting Ukrainian eggs, knitting, reading historical novels and above all else - swimming! One day in San Francisco, her son was sitting with a newly acquainted gentleman at a restaurant, so he introduced Antoinette to him because they both apparently longed for someone to talk to. This is how she met the love of her life, Don. They were married within a year and never spent more than 3 weeks apart from each other. They moved to Los Angeles to be closer to her son, who was staying in the hospital after falling ill with severe kidney failure, and sadly passed shortly after they arrived.

Antoinette and Don traveled over 15,000 miles throughout Europe over the course of 8 months, then traveled the entire United States. She speaks five languages: Maltese, English, Italian, Yugoslav, and French. Don's nickname for her was "lovey" and her nickname for him was "darling". They moved to Evergreen 6 years ago and have enjoyed the warmth and kindness here ever since. Don only recently passed away, but Antoinette, being a staunch family woman who has survived a lifetime of trials, has had the good fortune of being lovingly supported by her daughter and 2 wonderful grandchildren. Her philosophy is that of her father's, in which he always said to be a good Christian, but always respect every other religion.

October Featured Activities & Events



Friday, October 1

International Coffee Day

International Coffee Day is an opportunity to take some time off from your hectic day to enjoy your favorite version of the beverage. Let us also recognise and be grateful toward the hard work of millions of farmers who provide us with the magical beverage! On this day, we will be sampling different coffee blends accompanied by some good old-fashioned

donuts. So, let's have (as the late Harry Dean Stanton says in Twin Peaks) a cup of Good Morning America!

Sunday, October 10

World Mental Health Day

Everything starts with the mind. Scientific studies have shown continuously that the power of positive, proactive thinking can lead to positive behaviors that can ultimately determine the level of strength and endurance a person can wield when battling other illnesses throughout the body. It all starts with a healthy mind. On this day, we will provide university level research articles and discussions on the topic, along with take-home practices to better equip ourselves with tools for maintaining better mental health.



Thursday, October 28

National First Responders Day

This is a day to commemorate the heroic acts of the men and women who are there first on the scene of an emergency. This day is all about showing appreciation for firefighters, EMTs, paramedics, police, and others who risk their lives to save others. This day will also honor those who were and still are at the front lines

saving thousands during the Covid-19 pandemic that has affected all of our lives like never before.

Sunday, October 31

Screamin' Jay Hawkins Halloween

It's the most creative time of the year for costume enthusiasts everywhere! This year the Evergreen family will be kicking off the festivities by having a spirit week! Each day of the week will represent a different Halloween theme accompanied by costume contests and photoshoots for all who participate! The Thursday before shall bring us a hauntingly glamorous 1930's Halloween theme with a very special performance by local Marlene Dietrich Tribute act during our always reliable Evergreen Happy Hour. Finally, on All Hallows' Eve, there will be a classically macabre Screamin' Jay Hawkins Bizarre Voodoo Party (shrunk heads highly encouraged), along with traditional neighborhood candy-giving to all children who dare wander down our dead end street! Muahaha! So come on down and join us for trivia, contests, photo ops, sweet tooth pleasing treats, spooky cocktails and maniacal laughter!



Autumn Eats: Pumpkins and Apples!



The fall season brings with it brightly colored foliage, crisp fall air, cooler temperatures and delicious fall produce, including grounding root vegetables perfect for all of your fall meal prep. Fall deliciously places the baking, cooking, decorating, and entertaining emphasis on apples and pumpkins, appropriately planting a seed of inspiration.

While pumpkin and apple are certainly flavors that can be appreciated year-round, peak pumpkin season lasts from mid-September through March, making it a perfect dish to add to any autumn meal. Fresh apples hit their seasonal peak from August through November, as well, making them a staple ingredient of many favorite fall and winter meals. With a seemingly endless supply of recipes and baking suggestions available, both our culinary and activity departments are excited to get into the fall spirit with plenty of pumpkin and apple dishes and desserts.

The wonderful thing about pumpkin is that nothing needs to be wasted, from the baked pumpkin shell to roasted pumpkin seeds! While it is certainly a favorite to many fall lovers, it would be difficult to surpass the popularity of a good old-fashioned apple dish. From apple pie to apple cobbler and cider, it seems that fall is filled with recipes calling for every variety of the fruit.

What gives many dishes that bit of something extra is the ingredients used to season. Sprinkles and dustings of cinnamon, cloves, and nutmeg bring in that fall flavor to sweet and savory dishes alike, whereas vanilla and brown sugar compliment pumpkin and apple desserts very well.

Whether cooking pumpkin pie or apple streusel, the most important thing to remember when baking for the season is simply to have fun, enjoy the process of baking, and take your time taste-testing your results!

EVERGREEN GALLERY

Independent Transportation

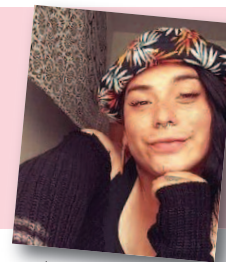
Evergreen Community is happy to provide transportation to medical appointments, as well as to stores and banks. However, we ask that you make these appointments for certain days and times so that we may best serve everyone in a timely manner. Space is limited, and appointments are first come, first served.

Please sign up with the Med Room for all medical appointments. We provide transportation to medical appointments on Mondays and Thursdays from 8:00AM to 3:00PM.

Please sign up with the concierge for any store or bank trips. We provide transportation to stores or banks on Tuesdays from 1:00PM to 3:00PM.

All appointments should be made at least one week in advance with the appropriate departments and should be within a 10-mile radius. Any destination further than the set 10-mile radius needs to be approved by the Executive Director, so please reach out to Rosie with any questions. Thank you!

Employee OF THE MONTH Eddie R. Caregiver

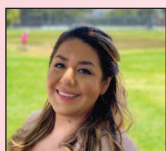


Eddie was born in North Hollywood and raised in Wrightwood, CA. Eddie's house tragically burned down, along with all the childhood photo albums, so he will never know what he looked like as a child. Eddie has 10 siblings, in which he is the third youngest. Eddie's mother is a beautician, and his father worked for a moving company which caused him to always be on the road traveling, so Eddie was mostly raised by his grandmother. Eddie recalls a happy childhood filled with sleepovers, hiking, and block parties with the neighborhood kids, since it was such a tight-knit town in the mountains where everyone knew and trusted each other. In high school, Eddie was a social butterfly and was involved in drama class.

After graduating high school, he and his best friends decided to take a long road trip to Indiana, and they made a pit stop to see Mount Rushmore! After the road trip, Eddie moved to Colorado with some of his siblings for a few years. Eddie worked in retail as a visual merchandising manager where the most fun part of the job was styling the mannequins, since they were highly interested in fashion! One day, an old friend from High School mentioned she worked as a caregiver for senior living, and voila – Eddie's caregiving career began! While being raised by his grandmother, he oftentimes found himself assuming the role of caretaker, which is how their compassion and empathy for the elderly was rooted.

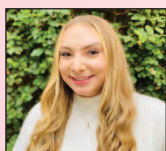
When Eddie is not at work, he enjoys camping with siblings in Kern County, going out with friends for Mexican food, and yes, Margaritas, attending music festivals, drawing and writing. Eddie loves to go to the movies with friends to watch all sorts of movies, but his favorite genre is horror! Eddie is also a makeup artist and an avid craftsman at making hand-picked floral headbands. Eddie is a nature-loving free spirit who believes in karma and the power of manifesting energies (positive and negative) that one puts out into the universe. Eddie firmly believes that the more positivity you put out there, the more positivity will return to you, which is why you must always be your best, most caring self.

Community Leadership Team



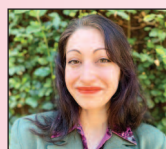
Rosie Julinek

Executive Director
rosie@evergreenretire.com



Tahni Harp

Sales Director
family@evergreenretire.com



Leana Silva

Activity Director
activities@evergreenretire.com



Mele Liu

Wellness Director
wellness@evergreenretire.com



Agabid Lopez

Culinary Director
chef@evergreenretire.com



David Santizo

Housekeeping Director