

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

Hello Residents
and Families!

Wow, time is
surely flying by, I
can't believe we
are in
September! I
hope everyone
had a great time at our annual
Luau and enjoyed the Olympic
festivities!

Although Summer is coming to an
end, August was filled with
excitement, and we are ready to keep
the ball rolling through September,
with Labor Day and the High
Holidays upon us (Rosh Hashanah,
Yom Kippur, Sukkot, and more); that's
more than enough to keep everyone
busy and socially engaged all
September long.

With autumn in the air, it's time to
get ready for the cold and flu season.
The first and most important step to
protecting against the flu is to get a
yearly flu shot as early in the flu
season as possible. That's why we'll
be hosting a Flu Clinic on Wednesday,
September 15, 2021. The Flu Shot
Clinic will bill most insurances. There
will be a short form to be fill-out for
billing purposes. Be sure to bring
copies of your insurance and ID.
If you have any questions or need
copies made of your information,
please stop by the med room.
There's no need to make an
appointment, as the clinic will
accommodate all.

I wish you all a wonderful
September!

Rosie



September 2021

evergreenretire.com

HAPPY.



Resident Birthdays

Nancy E.	9/01
Doris R.	9/04
Arnold L.	9/07
Karen G.	9/21

Holiday Celebrations

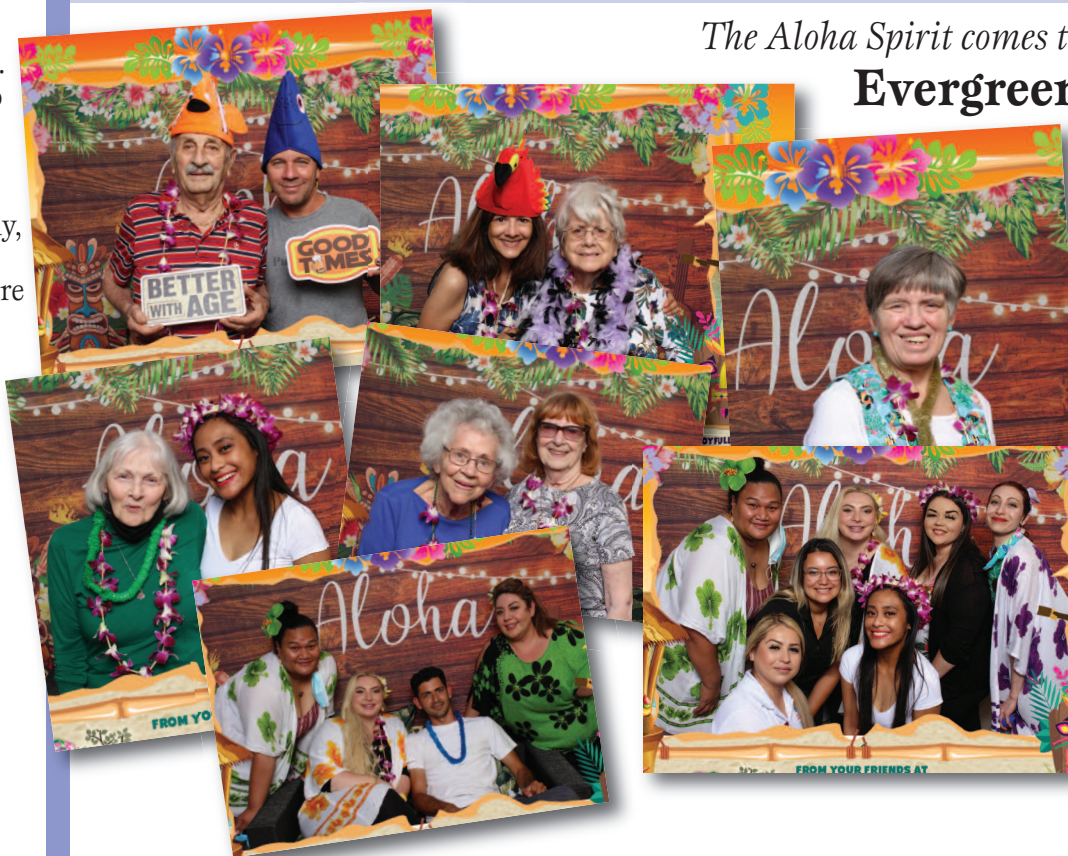
9/06	Labor Day
9/06	Rosh Hashanah
9/11	Patriot Day
9/12	Grandparents Day
9/16	Yom Kippur
9/20	Sukkot
9/22	Hobbit Day

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.

faith

*The Aloha Spirit comes to
Evergreen*



Taking on the Myths of Aging

September is
Healthy Aging
Month

New Mindset Chapter One



Celebrated English novelist George Eliot once remarked about getting older that, “It’s never too late to be what you might have been”, and because September is the month of Healthy Aging, there’s no better time for any of us to reinvent ourselves. In our community, we always encourage each resident to focus on the beneficial and worthy aspects of growing older. We celebrate and revel in a positive aging lifestyle. During September, we should encourage each other to take personal responsibility for our own health and well-being... be it physically, socially, mentally or financially. Remember, it’s never too late to take control of your health, or to get started on something entirely new!

Below are some important tips to consider... these suggestions will help you to become more proactive with your health and encourage healthier aging.

- Maintain a positive attitude
- Remember that age is merely a number
- Be proactive
- Try something new
- Embrace your creativity
- Surround yourself with supportive loved ones

Healthy Aging Month is dedicated to celebrating the process of growing older and still pursuing our passions, while at the same time, taking steps to improve our mental and physical health. Drawing upon the September “back to school” attitude embedded in our childhood memories, this month has been especially designated as the time to rejuvenate ourselves and embrace new and positive measures in our lives. As you’re aware, our community is dedicated to celebrating the aging process and improving our overall well-being every day of the year. We think, however, that you’ll be especially motivated throughout Healthy Aging Month as we deepen our appreciation of our later years. Here’s to good health and a life lived to its fullest!

SPOTLIGHT ON OUR RESIDENT

Dolores M.

Dolores was born in Glendale, CA but spent her childhood in Hollywood. She graduated from Burbank High School where she was also crowned princess at her Prom. She started a weekly club called the Caryatids (for “women of strength”) with her 13 friends that lasted a wonderful 67 years. Her father, Ken, worked in animation and helped with the production of the Disney film Snow White and the Seven Dwarves. Her mother, Barbara, was a housewife like most women during that time. One of her fondest memories as a child was getting ice from the Ice Cart, or “Ice Man”, since there were no refrigerators at the time -kids today will never know this kind of struggle!



After high school, she got a job at Bob’s as a car-hop, and she remembers she used to point at the Evergreen building (then a famous hotel) and say that when she retires, she was going to live there! She joined the Evergreen family and moved into a room with the perfect view of Bob’s and the timeless classic car shows. There are black and white photos of her and her girlfriends as car-hops inside Bob’s diner to this day. She later got a legal secretarial position at Glendale Federal building. She has always been an avid movie-goer, and she loved to play volleyball at the YMCA. She played sports and exercised regularly at the gym until Covid struck.

Dolores has three children: her oldest daughter, Jan, and fraternal twins Tony and Tia. She also has four grandchildren and twelve great-grandchildren! She was married to a life-long stunt man, Chuck, who was the oldest stunt man in the movie business during that time. She maintains her virtues (which she refers to as old-fashioned) of staying loyal, trustworthy, and always well-mannered. One of her favorite quotes is, ““Those who dance are often thought mad by those who don’t hear the music.”



Hobbit Day September 22

September 22nd is the birthday of Bilbo and Frodo Baggins, two characters from J.R.R. Tolkien’s popular Middle Earth books *The Hobbit* (1937), and the epic trilogy *Lord Of The Rings* (1954), in which Hobbits (typically between two and four feet tall and nothing like your usual hero) accomplish great feats and amazing acts of courage! With the trials of this past year, we need courage and comfort more than anything! Hobbits are known for their love of eating and sharing food, good wholesome conversations, and celebrating the simple things in life. Let’s raise a mug of ale to these fine fellows of lore and have a merry ol’ time in each others’ company!

September Featured Activities & Events



begins September 6

High Holy Days

The High Holy Days represent some of the most meaningful days in the Jewish calendar and are celebrated by Jews across the globe. These truly significant holidays begin with Rosh Hashanah (9/6), which literally means “head of year”, and marks the beginning of the Jewish New Year. Rosh Hashanah combines the evergreen theme of renewal and the joy of a New Year celebration.

Yom Kippur (9/15), or the Day of Atonement, follows ten days after Rosh Hashanah. These ten days mark a period known both as the “Days of Awe” and the “Ten Days of Repentance”. On this solemn day, Jews reflect upon any wrongs they may have committed during the past year, and attempt to atone and seek forgiveness from God and from those one has personally wronged. Some may consider Yom Kippur to be the birthday of humility, and it is considered the holiest day of the Jewish sacred calendar. Observant Jews fast, and do not eat or drink (including water) anything until Yom Kippur ends at sundown.



Following Yom Kippur is Sukkot (9/20-27), a weeklong Jewish holiday that occurs five days after Yom Kippur. Sukkot celebrates the gathering of the harvest and commemorates the miraculous protection that God provided for the children of Israel when they left Egypt. Jews celebrate this holiday in a foliage-covered booth (called a Sukkah) and by taking the “Four Kinds” or four special species of vegetation to bless the Sukkah. The four species are the palm branch, myrtle, willow and citron.



The two days following Sukkot are Shemini Atzeret (9/27) and Simchat Torah (9/28). Shemini Atzeret is characterized as a day when the Jewish people “tarry” or wait to spend an additional day with God at the end of Sukkot. Simchat Torah marks the final day and is the highlight of the end of Sukkot. This day is celebrated with an evening of singing, dancing and rejoicing in the synagogue, as the Torah scrolls are paraded in circles around the “bimah” (podium from where the Torah is read). Simchat Torah is meant to express the happiness and joy that Jews revel in while in possession and observance of the words of the Torah.



Rosh Hashanah Foods Rich in Taste & Symbolism



According to Jewish tradition, Rosh Hashanah is the day God created “Adam”. “Adam” is the Hebrew word for “human”, and represents the birthday of humanity itself for observant Jews. And what better way to celebrate the birthday of humanity than with honey, the symbol of sweetness, abundance, and prosperity? In celebration of the Jewish New Year, sweet honey is paired with apples, bread and cakes. Some celebrants also often make date honey (which isn’t actually honey), by boiling and mashing dates to create a thick sweet syrup with a texture similar to honey and tastes just as sweet.

You should also know that no Rosh Hashanah meal is complete without the wonderful and delicious braided egg bread known as Challah. This unique bread is shaped into spirals or rounds to symbolize continuity. The Challah is usually dipped into honey before eating. Yum!

Because Rosh Hashanah literally translates as the “head of the year”, a symbolic head of some variety will usually make an appearance somewhere on the dinner table. The easiest presentation typically showcases an entire fresh roasted fish (vegetarians will often substitute a head of cabbage or garlic). Another savory option is couscous with seven vegetables. The multitude of tiny couscous beads represent the innumerable blessings one hopes to receive. Interestingly, the number seven features largely during the holiday as the world was created in seven days.

Finally, sweet honey cake tops the dessert choices, and is often made by following generations-old recipes. The ingredients include, of course, honey, as well as spices such as cloves, cinnamon, allspice, and sometimes coffee, tea or even rum. Honey cakes are symbolic of the desire for a truly sweet, positive upcoming year.

"A holiday is an opportunity to journey within." ~ *Prabhas*

Grandparents Day

Sunday, 9/12/21

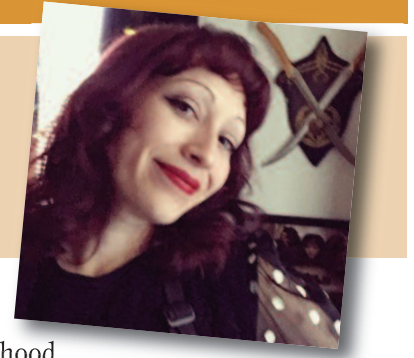


The bond between grandparents and grandchildren is like no other. It's the perfect yin and yang of wisdom and innocence.

As grandparents have much to teach their grandchildren by passing along their lifetime of wisdom, grandchildren also help remind them of the simple and innocent pleasures of life before the worries of adulthood buried much of those fundamental virtues.

This day we will honor this precious bond by throwing a 50's Rockabilly "Sock-Hop" party that all generations love to dance to!

Employee OF THE MONTH **Leana S.** *Activity Director*

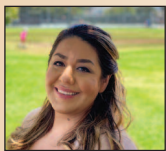


Leana was born in San Jose, CA but was raised in El Centro, CA. Temperatures in the Imperial Valley typically resemble those of the Middle East, which is why a lot of war and sci-fi movies are filmed out there in the Sand Dunes. She recalls her childhood being very strict in that she was not allowed to watch TV or play until all chores and school work were finished, so the precious moments of play were spent reading comics, watching Marvel and DC shows, and playing video games with her older brother, David. She could never really relate to most girls because they often wanted to gossip about each other and adhere to confusing beauty standards, so she preferred the company of her brother's nerdy friends, who wanted nothing more than to play fight and collect action figures. Her father suffers from a severe mental illness, so she was mostly raised by her mother, Esperanza, who taught her to be humble, always help others unconditionally, and to stay proactive -especially in the darkest of times.

In high school, Leana played varsity tennis, then (once the hormones kicked in) transformed into a theatrical goth girl, which is how her collection of bizarre costumes, hats and accessories began. After high school, she studied to become a Library Technician, but the school cut the program due to low attendance, so she decided to venture out into the workforce. She worked with mentally handicapped adults during the day and at a mom-and-pop video store during the evening for a few years until she moved to Los Angeles, where she got a job as a caregiver for the elderly. Her first and most profound client was a retired communications professor (the department is named after him in the Natural Sciences building) from Cal State LA, who upon passing, made her promise him that she would finish her education and make a difference in the world. After years of dabbling in executive assistant jobs, she remembered her promise to finish her education, so she attended Cal State LA, and recently graduated with her BA in Psychology cum laude. Her educational path was put on hold due to Covid, but when one door closes, another door opens.

Leana joined the Evergreen family at the peak of the pandemic and has been bouncing around trying to entertain as many residents as possible ever since. When she isn't working as an Activity Director, or selling John Fluevog Shoes in Venice, she plays Dungeons & Dragons, cooks, reads, listens/dances to music, and writes letters to her many pen pals. She has a 12 year old female chihuahua...and Bingo is her name-o! Her birthday is on National Hobbit Day, so this month she will be bringing the festivities of Tolkien's Middle Earth to the Evergreen family!

Community Leadership Team



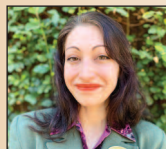
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