

The Perennial

Community Newsletter

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EVERGREEN

RETIREMENT
RESIDENCE

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A Message from the Desk of Jonathan Isaacs



Lots of Love to
our Evergreen
Community this
February!

It's hard to
believe that we
are already in
the second month of 2021.

Time continues to fly by, and still we
strive to provide a safe environment for
our loved ones at Evergreen. At the same
time we are grateful that our staff is
working together to provide an
atmosphere of hope and joy as they plan
and lead activities that stimulate our
residents both physically and mentally.

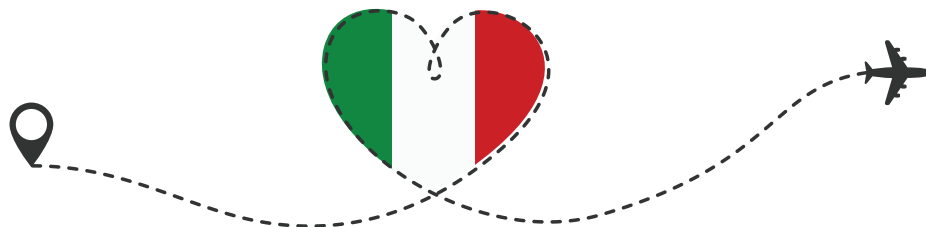
This February there are a myriad of
holidays to celebrate, from the Super Bowl
to Mardi Gras to Valentine's Day and
more. We are especially excited for
Valentine's Day, on February 14th, where
we will celebrate love with candy, flowers
and heartfelt cards. This is a great
opportunity for each one of us at
Evergreen to express our appreciation to
all the loved ones that we have been
blessed with in our lives.

No matter your favorite holiday this
month, from Chinese New Year to Purim
to Groundhog Day, we are excited to
share memories and stories from past
celebrations and continue to support and
love each resident, family member, and
staff member here at Evergreen!

Enjoy the Festivities!

~ Jonathan Isaacs,
Executive Director

Welcome to Italy



February 2021

evergreenretire.com

Resident Birthdays



Carmela G.	2/6
Donald W.	2/12
Frank C.	2/13
Virginia G.	2/15
Robert N.	2/19

Holiday Celebrations

2/02	Groundhog Day
2/07	Super Bowl Sunday
2/12	Chinese New Year
2/14	Valentine's Day
2/15	President's Day
2/16	Mardi Gras
2/17	Ash Wednesday
2/25	Purim

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



COVID-19 Vaccine Clinic Success!

We are thrilled to share with you that the U.S. FDA approved Pfizer's request for emergency use authorization of its COVID-19 vaccine. This is incredible news and something worth celebrating after what has been a challenging year. As previously shared, the CDC recently recommended that long term care residents and staff be included at the highest priority level for the first distributions of this vaccine. We are happy to have partnered with CVS Pharmacy this January and February to give the vaccine to all interested residents and staff members. The vaccine has been shown to provide a great deal of protection against serious illness due to COVID-19. Thank you to all the residents and staff that chose to get vaccinated so we can better protect our community against potential outbreaks and save lives.

You can rest assured that we will continue to take all necessary precautions after the vaccine is administered, including wearing personal protective equipment and conducting regular testing, to ensure the safety of our residents and staff. We will also work with public health officials to determine how and when to adjust our policies for visitations and social activities and keep you updated. There is a light at the end of the tunnel. We are hopeful that the vaccine will be a lifesaving turning point in the fight against COVID-19. Please do not hesitate to reach out to us with any questions. You may also visit www.cdc.gov/coronavirus/2019-ncov/vaccines to learn more about the vaccine.

Wellbeing *Focus*

American Heart Month Awareness



Why do we observe American Heart Month every February? Well, every year more than 600,000 Americans die from heart disease. The number one cause of deaths for most groups, heart disease affects all ages, genders, and ethnicities. Risk factors include high cholesterol, high blood pressure, smoking, diabetes, and excessive alcohol use.

The human heart is responsible for pumping blood throughout our body, supplying oxygen and nutrients and removing toxins and waste. Weighing between 8 and 12 ounces, the heart is a mighty organ divided into four chambers that work together to pump blood in and out. The heart gets oxygenated blood from the lungs and pumps it throughout the rest of the body. It does this by contracting at a rhythmic pace, about 60-80 times per minute, thanks to electrical cells called “pacemakers.” When the heart ceases to perform its regular function, a medical device also called a pacemaker can be implanted to assist the heart.

Heart disease occurs when the arteries leading to the heart become clogged. Although heart disease has been around for thousands of years, we do know that many aspects of modern life exacerbate risk factors and make people more prone to heart disease and heart failure. Today, one in four deaths in the U.S. is attributable to heart disease. Heart disease can affect everyone, but taking stock of your prior health risks, activities and diet can help you reduce your risk.

Although we’ve learned a lot about how the heart works, there are still many unanswered questions about heart health and the cardiovascular system. As far as we know, the best way to protect your heart is to stay active, eat a healthy and balanced diet, and reduce your daily stress. To celebrate American Heart Month, take some time to learn about heart health risks, find your favorite heart-healthy activities, and choose healthy meals!

SPOTLIGHT ON OUR RESIDENT

Arnold & Donna L.



Arnold was born in New Orleans. When he was a child, his father took him to the annual Pepperdine Navy Games at Pepperdine University.

His father told him that he noticed he paid more attention to the girls than the actual game, which started a personal jest between them that one day Arnold was going to get himself a “Pepperdine girl”. Little did he know that he would meet Donna many years later, who attended Pepperdine University, so in the end you can say he got his Pepperdine girl!

Arnold joined the military at the age of 18 and was stationed in Texas, then in Tokyo, Japan before joining the historic combat in Vietnam. He was part of the 441st Air Combat Support stationed all over Southeast Asia. While on Takli Air Base in Thailand, Arnold vividly recalls the smell of the teas being brewed each morning coming up from over the hill. He was also part of Air Force Intelligence, where he developed lifelong respect from his fellow servicemen for always being one step ahead in all that he did. He spent a total of 7 years in the military. Everywhere Arnold is recognized, he is immediately treated with the utmost respect and gratitude not just because of his outstanding service for his country, but also for the many lives he saved during the war with his tact.

Donna was born in Los Angeles. From an early age, she found her love for dancing. She was a dancer her entire life and says that she would dance even now if she could. Donna’s home-cooking is legendary, especially her creole dishes, which surpass even the decades-old recipes of New Orleans. If she could, she would still be cooking for everyone today. They have four brilliant daughters: Evangeline Marie is a retired French Professor, Lora Jeanine owns her own tax business, Robin Kathleen is a Scientific and Medical Editor for the Encyclopedia of Britannica, and their youngest, Kelli Michelle, is currently in law school. Their favorite family hobbies were camping and fishing. Arnold and Donna are both ordained as pastors for the Church of the Living God in Los Angeles and have been extending their wisdom to hundreds of people for over 20 years.

February

Featured Activities & Events



February 7th

Super Bowl Sunday

After 16 hard-fought matches spanning 17 weeks, the two best football teams in the NFL battle their way to a world championship in the grandest TV spectacle in America. This is a cultural phenomenon we anticipate the whole year round; for the food and friends, the big-

budget commercials, the spectacular halftime show, and last but not least, the football. So get your grub on, settle down, and join us for Super Bowl Sunday!

February 14th

Valentine's Day

Valentine's Day is celebrated on February 14, and we are ready to shower our loved ones with tokens of our affection. This day of love is celebrated in so many ways, and it is always exciting to see what new traditions are included or created year after year. Join us in making beautiful cards, enjoying fine dining, eating delicious chocolate goods, singing classic love songs, sharing stories of Valentine memories, and much more!



February 16th

Mardi Gras

Mardi Gras is French for “Fat Tuesday” to reflect the practice of eating rich, fatty foods before the ritual fasting of the Lenten season, which starts the day after on Ash Wednesday. It's also a time to bring out those colorful beads and masks and party! This celebration goes on in many parts of the world in various forms. So get out there and

join our Venetian themed Mardi Gras celebrations on February 16th, and party with the world!

February 25th

Purim

Every year starting on the Hebrew date of Adar 14 (February 25, 2020), Jewish people all over the world celebrate the victorious festival of Purim. This religious celebration commemorates the salvation of the Jewish people in ancient Persia from the cruel Haman's plot to rid them from the world. So raise a glass, rejoice, and feast — Chag Purim Sameach!



The Importance of Vitamin D in a Senior Diet



Vitamin D is often referred to as the “sunshine vitamin” because it's the only nutrient your body produces when exposed to sunlight. Vitamin D can be also be obtained through diet and supplements. In our community we do our best to ensure residents enjoy time in the sun, and our Chef ensures that foods high in Vitamin D, such as oily fish, eggs, oatmeal, and other fortified foods, are available on a daily basis for consumption. It is important to include in sufficient daily amounts to reap the benefits of protection from many issues seniors battle, such as depression, osteoporosis and weakened immune systems.

Vitamin D improves senior mental health, combating prevalent issues like elderly depression. A 2017 study of more than 5,600 older adults found a link between lower levels of vitamin D and depressive symptoms, such as loneliness, lack of enjoyment, and restless sleep. Osteoporosis, a condition that causes bones to become brittle and weak, affects 16 % of all seniors, according to the CDC. The condition carries serious health risks, potentially leading to falls and other home safety hazards. The connection between vitamin D and bone health in the elderly is that it helps defend against bone softening.

In addition to fending off life-threatening and chronic diseases, Vitamin D can help boost seniors' immune system to defeat more everyday illnesses, like colds, the flu, and other respiratory conditions, including COVID-19. A global study incorporating 25 clinical trials reported that vitamin D promotes “natural antibiotic-like substances” in the lungs.

Red Carpet Residents

Survivors of Covid-19 are given the ultimate celebrity treatment with an actual red carpet placed outside their door, paparazzi-style picture-taking, applause, and a trophy!



Employee OF THE MONTH

Marcia McKay

Certified Nursing Assistant



Marcia was born in the Caribbean but spent most of her life in Barbados. After graduating high school in the Caribbean, she moved to Barbados and lived there from the age of 18 to 30. She spent a year studying to become a Certified Nursing Assistant, while also working as a caretaker for university professors, who ultimately encouraged her to continue her educational pursuits. She moved back to the Caribbean where she pursued a degree in Business Management. While in college, she met her future husband online and chose to move to the States to be with him.

In 2017, she obtained naturalization through her marriage and began working at Evergreen in the Wellness Department. Her husband, Shane, is from Jamaica and worked as a geography teacher before transitioning into student finances. Together, they love to travel and experience dining in restaurants that serve new, unfamiliar foods. She is currently attending college to become a Licensed Vocational Nurse, but in her spare time loves to read non-fiction, watch reality tv shows, and partake in intellectually stimulating debates.

When asked about what her thoughts were regarding Black History Month and living in America as a black woman who is neither African nor American, she said that, frankly, one month is not enough to honor and reflect upon the black people of this country. She said that in Caribbean culture, being direct in conversation is very normal, as is black people in positions of power, so she is conscious of the cultural differences. She feels the presence of discrimination all around and in the news, but has fortunately not been discriminated against. She keeps her peace of mind and her strength of will by praying for that which she cannot change. Her belief is that we should strive to use the best of our own ability in all that we do, remember our limits, and then pray for those who can go beyond our own limits.

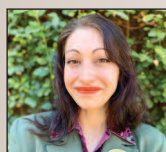
Community Leadership Team



Jonathan Isaacs
Executive Director



Tahni Harp
Sales Director



Leana Silva
Activity Director



Mele Liu
Wellness Director



Agabid Lopez
Culinary Director



David Santizo
Housekeeping Director