

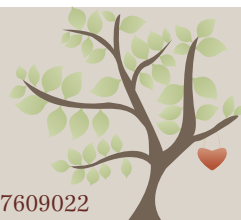
The Perennial

Community Newsletter

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EVERGREEN
RETIREMENT
RESIDENCE

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A Message from the Desk of Jonathan Isaacs



*Happy New
Year to our
Evergreen
Community!*

We are excited to announce our first Newsletter for Evergreen! The newsletter will be a monthly update for all of our residents and families to communicate the exciting news and activities concerning our community. It's hard to believe that January has already come along, and the holiday season is behind us. As we begin this New Year, we look forward to getting to know our newer staff members. Leana, our Activity Director, is a recent hire who has already been able to implement a tremendous amount of new ideas that our residents love. Over the last couple of months we have interacted with her and seen the positive energy she brings to the building! Tahni is our new Sales Director, and we are looking forward to helping her grow our Evergreen family. Recently we promoted our Med Tech Mele to be the community Wellness Director, and she has done a fabulous job keeping everyone safe, healthy, and festive.

From Thanksgiving Dinner to December Holiday Festivities, we have spent time together with our Evergreen family, appreciating what we have despite the challenging times we are going through. We look forward to this upcoming year of 2021, which looks very hopeful thanks to the Covid-19 vaccine rolling out soon. We hope to spend upcoming special occasions together as a community, even having family members join in as soon as it is deemed safe!

Happy New Year to All!
~ Jonathan Isaacs,
Executive Director



January 2021

evergreenretire.com

•HAPPY•



Resident Birthdays

Bonnie R.	1/03
Cecilia G.	1/18
Louise Q.	1/25
Maria F.	1/26

Holiday Celebrations

New Year's Day	1/01
Martin Luther King Jr Day	1/18

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



Hot Cocoa Bar

This year we baked, designed, and decorated a multitude of individually wrapped goodies in our Community Kitchen for residents and associates. From beautiful hot cocoa bombs, to chocolate dipped pretzels, to many flavored and textured mini cupcakes, to peppermint hot cocoa spoons – we had a lot of fun and hope you enjoy your holiday delights!

Wellbeing

Focus



Glaucoma

"The Sneak Thief of Sight"

January is National Glaucoma Awareness Month so it's fitting that we should address this significant cause of irreversible blindness. Over 3 million Americans, and over 60 million people worldwide, have glaucoma. But it's estimated that over 50 % of them don't even know they have it! Given that it is the second leading cause of blindness in the world, it's important to raise awareness about Glaucoma, and become aware of what it can do to your vision, and how to slow down its debilitating effects.

Glaucoma is characterized as a group of eye diseases that gradually steal away one's sight without any upfront warning. Glaucoma can affect people of all ages, but its most common forms primarily impact the middle-aged and the elderly. Glaucoma is a complex disease that slowly damages your eyes' optic nerves and it only gets worse over time. It's often linked to a buildup of pressure inside the eye. This disease is typically genetically linked and is more common in African American, Latino, and Asian populations. Other higher risk groups include those with family members already diagnosed with Glaucoma as well as diabetics, and people who are severely nearsighted.

Regular and comprehensive eye exams are the single best way to protect your sight from the slow ravages of Glaucoma. An early diagnosis of Glaucoma can help slow down, and sometimes even prevent, additional vision loss. Doctors will usually prescribe special eyedrops to help lessen high eye pressure. Taking these drops regularly will help to significantly reduce the risk that high eye pressure will further progress to Glaucoma.

SPOTLIGHT ON OUR RESIDENT

Clair R., MFT

Clair is a retired Marriage and Family Therapist who continues to be a confiding source of comfort for both residents and staff at Evergreen. She was born in Los Angeles but grew up in New York where she attended a modern dance school and was a professional dancer for 15 years.



Clair always had a natural gift at being able to understand and converse deeply with people, which lead her on her path to becoming a Therapist. She attended California State University Los Angeles where she obtained her BA in Psychology, then Azusa University where she obtained her master's degree. She practiced at California Counseling Association (CCA) for 15 years in Venice, CA. When she married, she had two daughters and a son. Her husband taught music at the local jr. high school, so her children's upbringing included exposure to the arts and was filled with stimulating and creative activities. Her professional advice to those who may be having a difficult time keeping their chin up lately is to not be afraid to make connections with people around you.

Do not be afraid to get close to others just because they may leave your life because to experience that is necessary and very healthy. This is excellent advice, and we love and appreciate Clair's expertise on the subject. She also mentioned that her favorite part about Evergreen is all of the wonderful people she has met and made meaningful connections with since staying here.

Travel Club

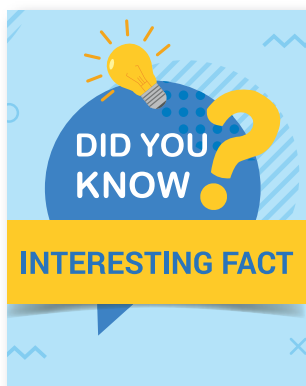
Italy

Arguably Europe's most enticing country, Italy charms people with irresistible food, historical architecture, diverse scenery and unparalleled art. This January through March we will explore this beautiful country from our community:

- Examining Italian History & Culture
- Discussing Past Travels & Experiences
- Tasting Classic Dishes and Desserts
- Listening to Italian Music and Opera
- Exploring Renaissance Art and Artists
- Learning Italian Phrases and Trivia

We hope everyone enjoys this exciting dive into Italy, and invite you to contribute any Italian knowledge, experiences, and artifacts throughout our lengthy tour!

January's Featured Activities & Events



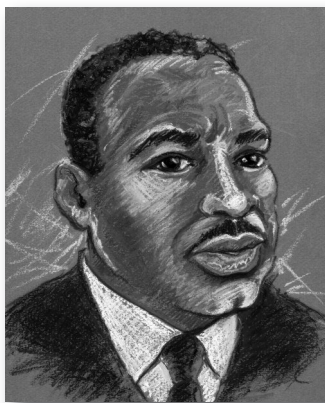
Monday, January 4, 2021 **National Trivia Day**

For those who hoard and accumulate arcane tidbits of information (both useful and useless!), National Trivia Day is your day! As the collectors of dates, facts, history, and quotes that are stored in the hidden recesses of your brain, you are the ones that provide astounding bits of information when family and friends least expect it. And on January 4th, we celebrate you!

This National Trivia Day we will challenge residents with Italian trivia crossing various cities and eras, including questions about Italian historical events, religion, foods, art history, and more!

Monday, January 18, 2021 **Martin Luther King Jr. Day**

Martin Luther King Jr Day, on the third Monday in January, honors the American clergyman, activist, Civil Rights Movement leader. Dr. Martin Luther King Jr. (January 15, 1929 – April 4, 1968) is best known for his role in the advancement of civil rights using nonviolent civil disobedience. King has become a national icon in the history of American progressivism. Many schools, businesses, and government offices are closed during Martin Luther King Jr Day. Our community will hold programs engaging residents in Civil Rights history and lessons throughout the week to learn more about the Civil Rights Movement and Dr. Martin Luther King Jr.



Sunday, January 31, 2021 **Inspire Your Heart w/Art Day**

Art can move us to tears, or cause us to break out in joyous laughter. Transcendent art possesses the power to inspire our hearts. And just as art comes in so many different forms, there is an equally endless number of ways to celebrate it. This January through March we will examine the major artists and masterpieces of the Italian Renaissance. As art and science evolved throughout the fourteenth to sixteenth centuries, it was key to the development of the artistic

innovations of the era. It will be exciting to explore the creations of Masters such as Fra Angelico, Donatello, Botticelli, Michelangelo, Leonardo da Vinci, Raphael, and Titian!

Chef's Inspiration

Explore the Benefits of the Mediterranean Diet



According to the Mayo Clinic, the Mediterranean diet blends the basics of healthy eating with the traditional flavors and cooking methods of the Mediterranean. It is one of the healthy eating plans recommended by the Dietary Guidelines for Americans to promote health and prevent chronic disease.

The Mediterranean diet is a way of eating based on the traditional cuisine of countries bordering the Mediterranean Sea. While there is no single definition of the Mediterranean diet, it is typically high in vegetables, fruits, whole grains, beans, nut and seeds, and olive oil.

Interested in trying the Mediterranean diet? These tips will help you choose the healthy option:

- Eat more fruits and vegetables. Aim for 7 to 10 servings a day of fruit and vegetables.
- Opt for whole grains. Switch to whole-grain bread, cereal and pasta.
- Use healthy fats. Instead of putting butter or margarine on bread, try dipping it in flavored olive oil.
- Eat more seafood. Try grilled fish twice a week. Fresh or water-packed tuna, salmon, trout, mackerel and herring are healthy choices.
- Reduce red meat. Substitute fish, poultry or beans for meat. If you eat meat, make sure it's lean and keep portions small.
- Enjoy some dairy. Eat low-fat Greek or plain yogurt and small amounts of a variety of cheeses.
- Spice it up. Herbs and spices boost flavor and lessen the need for salt.

Community Gallery



Employee OF THE MONTH Agabid Lopez Chef



Agabid is our professional chef at Evergreen who is praised for his culinary masterpieces and kitchen managerial skills. He is from Honduras and was an elementary school teacher there for 12 years. He also dabbled in acting and guitar playing. He decided to join his brother in the US in the 1980's and worked in landscaping while attending night classes to learn English. From that point on he established a life-long quality of being a "jack of all trades." The passion that rose above all other careers was the culinary arts. He attended Le Cordon Bleu for 2 years where he obtained his Culinary Arts Diploma. There he learned how to bake intricate dishes, elegant food presentation, and teamwork in a kitchen under pressure. While attending Le Cordon Bleu, he was noted by his instructors for demonstrating excellent leadership skills.

After graduating, he began working in the restaurant industry, with an emphasis in fine dining, for 15 years. During this time he learned how to make exquisite international cuisine. He then worked in fine dining for seniors for additional 16 years. He has been a chef working in fine dining for over 30 years! Agabid's wife, Maria, cooks for a Jewish family and came out with her own professional cookbook of traditional and unique recipes. Agabid and Maria have 3 beautiful, talented daughters named Jacqueline, Odalys, and Jocelyne. His oldest daughter, Jacqueline, is studying to be a chef just like her father.

In the kitchen, his family likes to cook to music like classic rock n' roll, cumbias and Merengue. You can definitely conclude that their family meals are an exciting compilation of such different culinary pieces!"

Community Leadership Team



Jonathan Isaacs
Executive Director



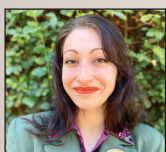
Mele Liu
Wellness Director



Tahni Harp
Sales Director



Agabid Lopez
Culinary Director



Leana Silva
Activity Director



David Santizo
Housekeeping Director