



A Message from the Desk of

Rosie Julinek

Executive Director

Season's Greetings to All!

December is quite a month! It's a time of short days, long nights, and much to celebrate! From Hanukkah at the beginning of December, to Christmas and New Year's Eve at the end, there will be plenty of holiday cheer this month. My favorite holiday happens to be Christmas, and my family tries to focus on "remembering the reason for the season" amongst all the gifts and parties.



I hope everyone enjoyed our Thanksgiving Celebration and all the other fun November festivities last month. We want to pay a special welcome to all our new residents and their families; we look forward to making great friends and unforgettable memories. Likewise in a spirit of gratitude, myself and my team would like to give a resounding "Thank You!" to all our residents and families that contributed so far to the Employee Holiday Fund. Your donations are very much appreciated, and still accepted through December 10th!

As families continue to gather for the holidays, we wish everyone safe travels and blessings all around. We are looking forward to seeing those family members and friends on December 25th at our Christmas Luncheon at 12:00pm. Please RSVP to our concierge as soon as possible so we can prepare an amazing space for everyone! Also, note that individuals must be vaccinated to RSVP for our Christmas Luncheon, and there is a twenty dollar charge per guest. We're looking forward to spirited gatherings!

Happy Holidays!



December 2021

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HAPPY.



Resident Birthdays

Gloria F.	12/03
Lee F.	12/05
Sally S.	12/09
Audrey H.	12/11
Yehuda V.	12/14
Patricia L.	12/14
Clair R.	12/26

Holiday Celebrations

11/28-12/06	Hanukkah
12/21	Winter Solstice
12/25	Christmas Day
12/31	New Year's Eve

'Tis the Season

Religious Services and Study

Resident Bible Study - Saturdays at 2:00 p.m.
Virtual Mass - Sundays at 11:00 a.m.

faith

*Excited for the holiday season,
decor & joy this year
at Evergreen!*



The Spirit of Holiday Gift Giving



Of the many joyous seasonal bounties and rituals, the most evocative rituals of the holidays involves the giving and receiving of gifts. And for some of us, while we might feel pressured to prove our love and caring in a strictly material way, gift-giving often means much more than just spending money. When giving is done thoughtfully, it can have a wonderful, even profound, emotional, social, and often transformative spiritual effect on us and our loved ones.

The definition of a gift is the transfer of something without any expectation of payment. While gift-giving may often involve an expectation of reciprocity, the gift itself is meant to be free. The term “gift” can be applied to anything that makes the recipient feel happier, or can include appeals for forgiveness and an invocation of kindness. Gift-giving (while remaining true to your values and budget!) represents an opportunity to make a meaningful connection with someone who matters.

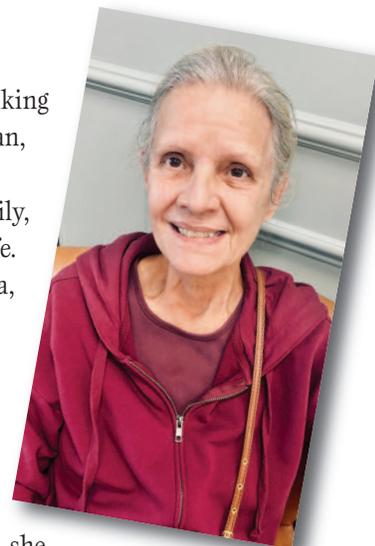
The rewards of gift-giving are plentiful and profound. The giving of gifts can often produce a positive psychological and emotional effect. Gift-giving reinforces our feelings for another person, and allows us an opportunity to communicate that we truly care about them. The act of giving can also deliver a host of additional benefits to the giver, too! The giving of actual material gifts, time or money has also been proven to lower one’s blood pressure, reduce stress levels, and eventually diminish anxiety or depression, while elevating one’s own self-esteem.

Anne Morrow Lindbergh, an American author, aviator and the wife of legendary aviator Charles Lindbergh once wrote, “To give without any reward, or notice, has a special quality of its own.” In support of this worthy sentiment, research has revealed that the joy of giving often lasts longer than the joy of getting! In fact, a 2018 study presented in Psychological Science by researchers Ed O’Brien and Samantha Kassierer found that the study participants’ level of happiness did not decline, or declined much more slowly, when they repeatedly bestowed gifts on others versus repeatedly receiving those very same gifts themselves. Perhaps the elusive “quality” Lindbergh describes actually refers to the value of connection and its accompanying happiness. Increased happiness always comes from connecting with others we care about or love, and the act of giving is usually reciprocated with the invaluable gift of genuine human connection.

SPOTLIGHT ON OUR RESIDENT

Vivian O.

Vivian was born and raised walking distance to the ocean in San Juan, Puerto Rico. Her father was a jeweler, as was most of her family, and her mother was a housewife. She has one older sister, Patricia, who she did everything with. Growing up so close to the ocean, she was always going to the beach to swim. She says she is like a fish -always in the water -whether it be in the ocean or in pools. In school, she was very social and loved to make a lot of friends. Her favorite hobbies were Arts & Crafts, especially making bracelets, or just about anything that had to do with creating and decorating.



In high school, she used to go to the local clubs (very different from the clubs we know today) to dance to all the different types of music. After high school, she took a secretarial course, joined the workforce, and started working at a jewelry store. She found love and loss, then love again, which brought her a beautiful daughter, Francheska. She and her daughter were like two peas in a pod -always doing everything together! Her daughter inherited her dancing gene, though chooses to go dancing with her other friends. Her daughter married and had a son, Marcel, who speaks English, Spanish and Turkish (since his father is Turkish) and he is not even 4 years old!

Vivian always had pet birds growing up, so birds have always made her feel very happy. She absolutely loves walking everywhere, as well as promoting a healthy lifestyle. She tries her best to eat organic, if available, but will definitely succumb to the occasional bacon cheeseburger, which is her ultimate guilty pleasure. She loves to watch historical documentaries, read books on biographies and books on world religions, mostly because spirituality throughout the cultures fascinates her. She’s a seafood and glass of rosé kind of gal and firmly believes that one should always try to live in the moment! She recently joined the Evergreen family and has already graced us with her good-natured spirit and positive energy. Cheers to our newest song and dance partner!

December *Featured Activities & Events*



11/28-12/06
Hanukkah

The Festival of Lights, or Hanukkah, is an eight-day celebration that commemorates the rededication of the Holy Temple after the Jewish people battled the Syrian-Greeks (Seleucids) to reclaim it in the second century BCE. Hanukkah has both historical and spiritual meaning in the Jewish religion, and is celebrated by discussing the meaning of the holiday, lighting the menorah, eating fried

foods, and playing dreidel. Rabbi Minnen shares that Hanukkah “symbolizes the creation of light in the darkest times, which will be especially true this year”, as our nation works to heal and recover from the pandemic. We are so fortunate to continue to celebrate throughout the beginning of December, sharing traditions and blessings, progressively lighting the candles of the Hanukkiah, giving gifts, and eating lots of latkes and jelly donuts. Chag Sameach!

Saturday, December 25
Christmas Day

Every year on December 25, we celebrate Christmas, a day for spending time with family, observing an important Christian holiday, partaking in lighthearted traditions, or just spreading some holiday cheer! Christmas has evolved over several millennia into a worldwide celebration that’s both religious and secular and chock full of fun-filled traditions and activities. Our community will celebrate this holiday throughout the month of December by decorating our community, creating handmade gifts, cookie decorating, enjoying hot cocoa hours and carolers, a Christmas feast, and much more as we spread joy this season. Merry Christmas!



Friday, December 31
New Year’s Eve

On New Year’s Eve, you either breathe a sigh of relief that the year is over or marvel at how it went by in a flash. There are some annual traditions that we are especially enthusiastic about observing, such as toasting a glass of champagne as we watch the grand celebration and Ball Drop at Times Square in New York. We take the opportunity to reflect on



the past year with all its highs and lows, but we also get ready to party our way into the New Year. Here’s to a new day, new year, and new beginnings!

Favorite Seasonal Holiday Drinks



It is probably not surprising that eggnog remains our most popular holiday elixir. This creamy, silky milk-based libation has been around since at least the 1700s, and was originally used as a kind of medicine for a range of ailments including even malaria. A taste for eggnog, however, is not a universal phenomenon. The number of people with a penchant for the drink is probably matched by an almost equal number of those who dislike it! For those of us who love it, National Eggnog Day is celebrated every Christmas Eve. So be certain to indulge on December 24th and tilt a glass to your favorite seasonal beverage!

Eggnog, however, isn’t the only popular holiday tittle. Seasonal punches come in a wide variety of tastes and colors, although the carmine cranberry-based juice punches are perennial favorites. Splash in some pineapple juice, ginger ale, almond extract, fresh fruits such as cranberries and sliced lemons and limes, and you’ve got yourself a holiday drink with some real punch to it!

For those who look forward to sipping on something warm during the holidays, Mulled Cider is certainly a leading contender. Apple cider mulled with cinnamon sticks, cloves, allspice berries, orange and lemon peel (and a splash of rum for the adults!) is a wonderful way to savor the warm glow of the holidays!

And if hot drinks are more to your liking, another yuletide favorite remains the popular and delicious cup of piping hot cocoa. However, a tasty holiday version isn’t just any hot cocoa... try your cocoa infused with peppermint and topped off with crushed candy cane and marshmallows!

So whatever your holiday beverage cravings may be, there’s always a cup of liquid cheer to satisfy your holiday cravings!

“To appreciate the beauty of a snowflake it is necessary to stand out in the cold.” ~ Aristotle

Employee
OF THE MONTH
Martha Reyes
Activities



Martha was born in Guadalajara Mexico and has two younger brothers whom she is very close with. As a child her fondest memories were spending quality time during Christmas with her family. In 1989 she decided to take a vacation to the states, but then decided to stay permanently to pursue a different kind of life. A year later she met her husband and was married 3 months later! Martha has 1 son, Noel, and 1 daughter, Nadelyne, who lives in Hollywood. She worked at the famous Pink's Hot Dogs in Hollywood for a bit, but then eventually found a more substantial job at a private Jewish school for children called “Vicky's Kitchen”, where she worked for 10 years.

In her spare time, Martha enjoys going to the occasional concert or party with her friends and family. She loves spending time with her beloved mother, who she started taking care of full-time 2 years ago. She highly enjoys spending quality time with her 3 granddaughters: Jaylene, Jacey, and Adrienne. They, too, love going to concerts and taking guitar lessons in their living room. Martha enjoys listening to romantic music and is always in the mood for good Italian food, but her favorite thing to do is to go visit family in Mexico. When given the opportunity, they go to the Rodeo to watch bull-riding, and indulge in authentic pozole and tacos.

She always tells her children and grandchildren to “Always do what you love, and if it feels right - keep doing it!” She firmly believes that one should always be happy regardless of what life throws at you. Family and friends have often told Martha that the trait they enjoy most about her, is her utmost spirit! She is cherished by all who meet her for always knowing how to turn a bad situation into a positive one. Martha joined the Evergreen family recently, and has already instilled so much warmth, love, and joy to the community. We all know that when you need someone to uplift your spirit, Martha is your go-to!



Please RSVP to our concierge as soon as possible so we can prepare an amazing space for everyone!
All individuals must be vaccinated to RSVP for our Christmas Luncheon, and there is a \$20 fee per guest.
No charge for residents.
We're looking forward to a joyful gathering!



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