

## A Message from the Desk of

*Rosie Julinek*

Executive Director

Hello, Residents and Families!

November is here, and it is a beautiful month! I hope you all enjoyed

Halloween and all the other fun fall activities last month.

November is a month that spreads a message of gratitude, and I am so thankful for the many blessings this year, and for all of you!



Veteran's Day will be celebrated on November 11th. We want to thank and honor all of our residents who have served in the military. You are truly heroes to us all.

Please consider contributing to our "Employee Appreciation Fund" this holiday season. This is a great way to show your appreciation for our staff here at Evergreen. I sent out an official letter on October 15, 2021. Contributions would be greatly appreciated if submitted before December 10, 2021.

Thank you all for being a part of the Evergreen Retirement family!

With Gratitude,

Rosie



**Daylight Saving Ends**  
Be sure to turn back your clocks on the morning of Sunday, November 7th.



November 2021

[evergreenretire.com](http://evergreenretire.com)



### Famous Birthdays

Daniel Boone	11/02
Marie Curie	11/07
Carl Sagan	11/09
Grace Kelly	11/12
Charles Schulz	11/26
Mark Twain	11/30

### Holiday Celebrations

11/02	Día de los Muertos
11/11	Veterans Day
11/18	World Philosophy Day
11/25	Thanksgiving Day
11/28	Hanukkah (begins)

## Religious Services and Study

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



*Handmade For the Holidays...*  
(aromatherapy soaps and sea shell frames)





*November is  
Alzheimer's  
Awareness Month*

It was President Ronald Reagan who had originally designated November as National Alzheimer's Disease Awareness Month in 1983. The 40th president created the designation to help raise general awareness of the disease, and to increase public knowledge of potential care options for individuals and families impacted by Alzheimer's. Despite the fact that ongoing and extensive research has been conducted into the causes, origins and treatments for this dread disease, Alzheimer's still remains relatively mysterious and misunderstood. The actual causes of Alzheimer's disease remain unclear, although most scientists believe that the likely cause appears to be correlated to genetic factors. There is also some level of evidence supporting the premise that head injuries, depression, and hypertension can also be contributory factors. Early detection of Alzheimer's can be difficult as many symptoms (forgetfulness, short-term memory loss, etc.) are often confused with normal aging processes.

Because the early signs of Alzheimer's disease can often be quite similar to typical manifestations of the aging process, it's instead the severity of the symptoms that will often help us to distinguish if a loved one is indeed suffering from the illness. These early symptoms include short-term memory loss, including difficulty remembering very recent events, problems with speech, increasingly pronounced mood swings, other behavioral issues, as well as general disorientation.

As a loved one's disease further progresses, the family may want to consider some long-term care options to help them face the myriad of challenges ahead. As these manifestations increase in severity and duration, home care by an unskilled family member may become increasingly burdensome. It is at this time, depending on the stage of Alzheimer's that a person is experiencing, that an assisted living or memory care community can represent a sympathetic and appealing option. In our community, your loved one can always receive round-the-clock care and assistance with everyday tasks like eating, bathing, grooming, dressing, and they will also benefit from thoughtfully conceived meal plans, as well as activities expressly designed to engage and socialize your loved one. Each of our on-staff dementia experts are specifically trained to manage the most challenging behaviors and to look after our memory care residents' unique and varied needs. We understand that while everyone is different, our wealth of resources and in-house expertise can help guide you and your loved one during this challenging time of life transition. Please reach out to our Family Specialist with any inquiries!

## SPOTLIGHT ON OUR RESIDENT Carolyn W.



Carolyn was born and raised in Yreka, CA. Her father was in the Navy, so her family moved around very often, making it difficult to form bonds with peers in grade school. Her mother worked at Solair Aircraft and wore head bandanas like Rosie the Riveter and other women who joined the workforce at that time. She is an only child and recalls having a pretty strict childhood, so, naturally, she was very shy. In high school she played hockey and golf and enjoyed homemaking class. She met her first husband, Pete, at a dance at the Naval Base. He was a serviceman, which made her father very proud, so they got married. She attended Marinello School of Beauty to obtain her Cosmetology License, but during her board exam, she fell ill (while pregnant) and then life happened.

Carolyn moved to Michigan where she had her daughter, Becky. She went through a divorce and focused on being a hard working mother for a while. She worked at a brokerage house, then for Bob's Big Boy Corporate Office in Glendale for many years until they were bought out by another company. She met her second husband, Charlie through friends. They dated for a while before getting married, then had her second daughter, Catharine. Charlie worked at a foreign auto body part shop and loved to watch football on his only day off, so Carolyn got into the habit of tending to their massive garden as often as she could.

She recalls peaceful pastimes sitting outside and just smelling all the flowers in her garden. To this day, Springtime is her favorite time because of all the light, colors, and lovely scents of lavender and lilac. In her garden she grew vegetables like lettuce, onions, radishes, and fruits like tomatoes, along with beautiful flowers like tulips, roses, and a variety of narcissus. She took a break from the workforce to raise Catharine, then jumped back in to work at ATT for over 11 years.

Carolyn loved shopping and cooking with her daughters, as well as all their fun adventures together to Knotts Berry Farm and Disneyland. She has 3 granddaughters: Deanna, Sheynne, and Rachel, who are very smart and creative. She loves all music from the 60's, especially The Beatles, Barbra Streisand, and Frank Sinatra. She loves her Tex-Mex food, especially chili, which her mother made for her as a child. Her favorite movies are The Bridges of Madison County and The Witches of Eastwick (because -duh- Cher). She prays on a daily basis and believes what goes around comes around. She joined the Evergreen Family, along with her recently passed beloved companion, Jack, who was a 15-year-old chihuahua, and has been bringing chuckles and smiles to all who converse with her.

# November *Featured Activities & Events*



*Monday, November 1 (ends on November 2)*

## **Day of the Dead Dia de los Muertos**

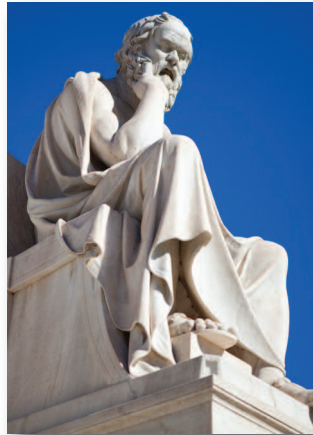
If you've lived in Southern California for a while, then you probably have some idea of or may have experienced this soul-enriching Mexican holiday. It's the time of year where people in the hispanic culture remember and celebrate their loved ones who are no longer with us in body - just in spirit!

Within our culturally-diverse staff, there are some Mexican Americans who will be sharing the festivities of this day with all the residents. We will have a memorial wall of everyone we have known and loved who are no longer with us, accompanied with a potluck of their favorite foods for us to eat as we recall fond moments with them, keeping them alive among us through our memory.

*Thursday, November 18*

## **World Philosophy Day**

We hear this term thrown around a lot during light conversation, or used interchangeably with opinions, but what is philosophy as a discipline? It is much more than just a person's mere opinion, but instead the love of wisdom through the theoretical basis of a particular branch of knowledge or experience. Famous ancient philosophers (like Aristotle, Plato and Socrates) have paved the way for many people who strive to understand the depth of whatever subject they are discussing. Ever wonder what drives you to behave the way that you do? Do too many "whys" or "hows" keep you up at night? It's easier to do philosophy than most people think, and this day will be filled with discussions on existence, love, humanism, logic, ethics, morality and tons more! Let's exercise those brains and maybe even experience our very own enlightenment!



*Thursday, November 25*

## **Thanksgiving**

Thanksgiving Day is observed each year in the United States on the fourth Thursday in November. In 1621, the Plymouth colonists and Wampanoag Indians shared an autumn harvest feast that is acknowledged today as one of the first Thanksgiving celebrations in the colonies. For more than two centuries, days of thanksgiving were celebrated by individual colonies and states. It wasn't

until 1863, amid the Civil War, that President Abraham Lincoln proclaimed a national Thanksgiving Day to be held each November. In many American households, the Thanksgiving celebration centers on cooking and sharing a bountiful meal with family and friends. Here at Evergreen we look forward to a delicious turkey meal with all the trimmings to be shared among family and friends!



## *Winner, Winner Turkey Dinner!*



The side dishes vary from house to house. In some parts of the country, you'll find mashed potatoes and gravy and in other places, sweet potato pie. But no matter how you celebrate Thanksgiving, in most homes around America, one guest is invited to the table each year — the turkey!

How did we end up with the tradition of eating turkeys during the holidays? They were fresh, affordable, and big enough to feed a crowd. Americans have long preferred large poultry for celebrations because the birds could be slaughtered without a huge economic sacrifice. Cows were more useful alive than dead, and commercial beef wasn't widely available until the late 19th century. Chicken was more highly regarded than it is today, but rooster meat was tough, and hens were valuable as long as they laid eggs. There was plenty of ham or brined pork around, but it wasn't considered fit for special occasions. Eating turkey was also in keeping with British holiday customs that had been imported to the New World.

Among the big birds, turkey was ideal for a fall feast. Turkeys born in the spring would spend about seven months eating insects and worms on the farm, growing to about 10 pounds by Thanksgiving. They were cheaper than geese, which were more difficult to raise, and cheaper by the pound than chickens. Cost was an important factor for holiday shoppers, because people weren't necessarily preparing just one meal; Thanksgiving was the time to bake meat and other types of pies that could last through the winter. By 1863, when Lincoln proclaimed Thanksgiving a national holiday, turkeys had taken center stage at Thanksgiving.

Here's some interesting turkey trivia that might surprise you:

- Wild turkeys can fly, but domestic turkeys cannot.
- The wild turkey is a native bird of North America
- Turkeys can run up to 20 miles per hour.
- The long, loose skin that hangs down on a turkey's neck is called a "wattle."

"It looked like the world was covered in a cobbler crust of brown sugar and cinnamon." ~ Sarah Addison Allen

## INTRODUCING

*Evergreen's  
New Community  
Coordinator ... Melodie!*

As Covid cases start to dwindle (though we're not out of the woods yet, folks), we are prioritizing our residents' need for outings. That's why we have created our new Community Coordinator position! They will be responsible for taking residents on all outings and events organized by the Wellness and Activity Department. Whether it's medical appointments, grocery/ clothing shopping, mall browsing, concert attending, picnic-going, restaurant dining, or weekly trips to the movie theater, our Community Coordinator will be there for all the commuting needs!

There will be a sign-up sheet for all desired local outings at the concierge desk. All major trips and events will be organized many weeks in advance, with flyers posted and email invitations sent out to residents' family and friends.

Congratulations, Melodie!

## Employee OF THE MONTH Marlayna M.

*Wait Staff*

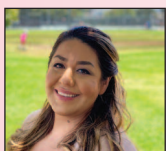


Marlayna was born in Inglewood, CA and raised in West L.A. She has two sisters and two brothers, with her being more of a middle child. Growing up, her father worked as the manager for ATT, while her mother worked as a Registered Nurse. She recalls a childhood filled with family outings like bike riding and getting ice cream. Her mother and her went shopping a lot, took a knitting class together, and would go attend local plays. She attended Catholic school, was very shy, never got into trouble and loved to play softball. She was also in drama class and in the school yearbook class where she got to interview her peers and take photos

After high school, she attended community college to become an Ultrasound Technician, but somehow ended up in too many Surgical Technician classes, which was off-putting, so she ventured out into the workforce. She began working at our sister community, Cityview, but after experiencing some personal lessons in love and loss, she moved to Las Vegas (still worked in Assisted Living) then moved back to LA where she landed a job opportunity working in Special Education at LAUSD. Her grandmother suffered from Dementia, so she recalls helping take care of her, giving her medication, shopping for her and witnessing the disease progress until her final months in hospice. She believes her enriching experiences working in the field of care for so many years has helped her come out of her shell and grow like nothing else could. She joined the Evergreen family during the summer and has been such a delightful, creative presence in the dining area ever since.

When she is not working, she delights in watching reality tv shows, listening to Rhythm and Blues music, reading fashion magazines, and sporting her own unique fashion with brands like Balenciaga, Gucci and Nike. She gets her creative, eye-catching hair-coloring from her mother, who, when she was a teenager, dyed her hair bright fuschia (to the disdain of the principal) so she could express her individuality. She was in a woman's bible study group that she describes as a very much needed form of therapy since they would offer each other constructive criticism, advice on personal goals from vision boards, and emotional support to heal from all that life tends to throw at us. Even though she was raised Catholic, she prefers to practice her own spirituality in private. Her favorite quote is, "A minor setback paves the way for a major comeback."

## Community Leadership Team



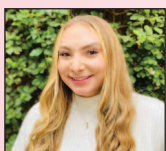
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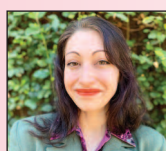
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