

PLACE STAMP HERE

451 O'Connell Street North Bend, OR 97459

Barbara Maisch

Evergreen Court Manager

Denise Ehrendreich

Concierge

Mary Jo Harrison

Weekend Receptionist

Emmalisa Dobson

Chef

Dave Stout

Maintenance

Della McDermott Kirsten Cunningham

Housekeepers

David Bishop

Bus Driver



Our mission is to create and sustain comfortable, caring environments for those who depend on us

Call Us At: 541-756-4466

Evergreen Court News

Evergreen Court Independent Living Newsletter — October 2017



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From birth, humans have an instinct to express themselves and engage with others. This instinct remains crucial throughout life in all of its stages.

For older adults, maintaining these regular interactions and engagements is encouraged as changes may occur with retirement, a new schedule, moving, being apart from certain family members or friends, and/or physical health. Companionship and activities with others can provide comfort and stability through life changes.

Some changes can lead to depression, feelings of sadness and loneliness, and/or self-isolating behaviors. For those who struggle with loneliness or self-isolation, it is important to recognize that those feelings are there and to let someone know.

Why Social Engagement is Necessary

Research studies suggest that there is a strong correlation between older adults' emotional and physical health and how social they are in their daily lives. The Alzheimer's Association has stated that brain vitality can best be maintained through physical and mental activities that involve social engagement, along with a brainhealthy diet.

Ways to Increase Engagement

To increase social interactions, it is a good idea for people to try to spend time in spaces where others are engaging in group activities. Taking on activities and setting goals add senses of purpose to daily life.

Engaging activities could include playing cards or table games, making puzzles, creating art, using technology to connect with others, walking, exercising, taking a class, gardening, cooking, fishing, going on a trip, watching a movie, listening to or watching a musician or entertainer, and/or dining with others. Discussion groups in which people talk about similar interests and activities or hobbies are also beneficial for senior health.

Helping out with a cause and/or taking care of a pet are two additional ways that seniors can find a sense of purpose and stay engaged. Having pride about a job well done or a person or animal cared for can lift up spirits and brighten daily life.

Note: Each individual should follow the advice of their medical professionals or doctors and speak with them before making changes to diet and/or exercise.

ART RECEPTION

Sunday October 8th
1:00 p.m. - 3:00 p.m.
Featuring Local Artists:
Jean Boyton, Carol Younker
& Georgia Martin
Refreshments Will Be Served
In Our Lobby

OCTOBERFEST

Sunday October 8th
3:30 p.m.
"Happy 5 Polka Band"
Pretzels & Beer
In Our Living Room

Halloween Trunk or Treat

Baycrest Village Parking Lot

Tuesday, October 31st 4:00 pm - 6:00 pm Fun for all ages!!



HEALTH & WELL BEING

Exercise Room

Mondays & Thursdays Tai Chi Classes 6:00 pm

Tuesdays & Fridays
Tai Chi Classes 1:00 pm

Thursdays Chair Yoga 10:00 am

FIND US ON FACEBOOK

We've been sharing more and more on our Facebook page recent and would love to have you join the conversation!

LIKE our Facebook page today!

www.Facebook.com/BaycrestVillage



October Highlights — You're Invited!

Tuesday, Oct. 3rd	2:30 ~ 3:30	Susie Wilson, Pianist
Friday, Oct 6th	2:00 ~ 3:00	Birthday Party, Steve & Tina Duarte, Entertainers
Saturday, Oct. 8th	1:00 ~ 3:30	Art Reception: Boyton, Younker & Martin
Saturday, Oct. 8th	3:30 ~ 4:30	Ocotberfest! Music by: Happy Five Polka Band,
Monday, Oct. 9th	3:00 ~ 4:00	Carol Stepleton, Singer
Tuesday, Oct. 10th	10:00 ~ 2:00	Resident Spa Day ~ Beauty Salon
Wednesday, Oct. 11th	10:00 ~ 2:00	Presentation: "Missoula Floods" by Marty Giles
	3:00 ~ 4:00	Old Time Fiddlers
Thursday, Oct. 12th	1:30 ~ 2:30	Mobile Library
Friday, Oct. 13th	3:30 ~ 4:30	Residents Actors in Play "Crabbing for Murder"
Monday, Oct. 16th	3:30 ~ 4:30	Shaymus Hanlin, Singer
Tuesday, Oct. 17th	2:00 ~ 3:00	Pie & Coffee Social
Wednesday, Oct. 18th	1:00 ~ 2:30	Rock Painting Mandalas ~ w/ Towmater Boston ~ AR
Friday, Oct 20th	3:30 ~ 4:30	Wear Pink Social Hour (Breast Cancer Awareness Month)
	4:14 ~ 5:00	Louis Faro, Pianist
Tuesday, Oct. 24th	2:00 ~ 3:00	Dan Covert: One Man Band "Oldies & Favorites"
Wednesday, Oct. 25th	7:00 ~ 7:30	Michael Jackson's Thriller "Flash Mob" Dance
Friday, Oct. 27th	3:30 ~ 4:30	Resident Costume Party, Robin O'Neill, Entertainer
Saturday, Oct 28th	2:00 ~ 3:00	Furry Friends Parade, McAuley Hall
Monday, Oct. 30th	10:00 ~ 11:30	Pumpkin Decorating ~ AR
Tuesday, Oct. 31st	3:00 ~ 3:30	The Great Pumpkin Judging & Awards
	3:30 ~ 4:30	Allegany Fiddlers

Evergreen Court Beauty Salon

Nails by Kate ~ 541-294-5871

Hair Stylist ~ Julie Uppstad ~ 541-290-1735

October is Breast Cancer Awareness Month

Each October people across the United States don pink and participate in fundraisers to increase the awareness of breast cancer. The month long drive to raise awareness stems from the knowledge that while most people are aware of this all-too-common disease, many people have not taken the steps to help themselves detect the disease in its early stages.

The month is also set aside to help support those that have or are survivors of breast cancer and raise funds for research.

Breast Cancer in Seniors

The chances of getting a breast cancer diagnosis increases with age. A woman in her thirties has a chance of about 1 in 233 of discovering breast cancer while a woman in her eighties has a chance of about 1 in 8. The average age of diagnosis of breast cancer in women is at age 62. Regular screening is increasingly important for women with greater risk factors, including age



Hope isn't rational. Hope doesn't make sense. Hope sees beyond the obvious. Hope may seem naive. But, without hope, what else do we have?

"In this world, Hope still remains strong on the list of human needs. It is like a single candle during the night, it gives light for us to continue on and find the way out of the darkness. This light of hope burns so strongly in the hearts of some. Hope is all we need to keep on living.



New
Coloring Book Club
Friday, October 6th
10:00 a.m. in Our Activity Room

OCTOBER 2017

Evergreen Court

Denise Ehrendreich, Activities

Sun	Mon	Tues	Wed	Thur	Fri	Sat
1 2:00 Movie Matinee	1:00 NB Bi-Mart & Wal-Mart 2:00 Willoughby Hearing TR 6:00 Bingo AR 6:00 Tai Chi ER	3 10:30 Bible Study AR 1:00 Tai Chi ER 2:30 Susie Wilson, Pianist LR 6:00 Yahtzee Games AR	11:30 Captains Choice North Bend 1:30 LCR Game AR 3:00 Activity Meeting TR	1:00 Fred Meyers & Banks	6 10:00 Coloring Book Club LR 1:00 Tai Chi ER 2:00 Birthday Celebration LR Entertainment: Steve Duarte 6:00 Mexican Train Dominos AR	7 10:30 Octoberfish @ Charleston Institute of Marine Biology 1:00 Chicken Foot AR
1:00 Art Reception L Boyton, Younker & Martin 2:00 Movie Matinee TR 3:30 Oktoberfest! LR "Happy 5 Polka Band"	1:00 NB Bi-Mart & Wal-Mart 3:00 Carol Sings LR 6:00 Bingo AR 6:00 Tai Chi ER	10:00 a.m2:00 p.m. 10:30 Bible Study AR 1:00 Tai Chi ER	Flu Shots: by appointment AR 10:30 Presentation: Marty Giles "The Missoula Floods" TR 3:00 Old Time Fiddlers LR	1:00 Fred Meyers & Banks 1:30 Mobile Library LR 6:00 Tai Chi ER 6:00 Cribbage AR	13 1:00 Tai Chi ER 2:30 Resident's Council TR 3:30 Social Hour featuring the Fine Folks of Evergreen in " "Crabbing For Murder" LR 6:00 Mexican Train Dominos AR 6:30 Foreign Film, Coos Library	1:00 Chicken Foot AR
2:00 Movie Matinee TR	8:00-Noon Swap Table TR 1:00 NB Bi-Mart & Wal-Mart 3:30 Music w/ Shaymus Hanlin LR 6:00 Bingo AR 6:00 Tai Chi ER	1:00 Tai Chi ER 2:00 Pie & Coffee Social	9:30 ~ 11:00 Farmer's Market 1:00 Rock Painting AR Mandalas with Towmater Boston 1:30 LCR Game TR	9:45 Shopping NB Safeway 10:00 Chair Yoga ER 11:00 Tina Foutz, Pianist 1:00 Fred Meyer's & Banks 2:30 Menu Meeting AR 6:00 Tai Chi ER 6:00 Cribbage AR	20 1:00 Tai Chi ER 3:30 Social Hour: Breast Cancer Awareness Wear Pink Day! LR 4:15 Louis Faro, Pianist LR 6:00 Mexican Train Dominos AR	21 1:00 'Always Patsy Cline' @ Little Theater on the Bay 1:00 Chicken Foot AR
2:00 Movie Matinee TR	23 1:00 NB Bi-Mart & Wal-Mart 2:00 Willoughby Hearing TR 6:00 Bingo AR 6:00 Tai Chi ER	9:15 Movie Pony Village Outing 10:30 Bible Study AR 1:00 Tai Chi ER 2:00 Dan Covert: One Man Band "Oldies & Favorites LR 6:00 Yahtzee Games AR	12:30 Mahaffy Ranch Outing: Pumpkins & Hay Rides 3:00 Bucks Store AR 7:00 Michael Jackson's Thriller LR Flash Mob Dance		1:00 Tai Chi ER 3:30 Social Hour: Costume Party Entertainment: Robin O'Neill LR 6:00 Mexican Train Dominos AR	28 1:00 Chicken Foot AR 2:00 Furry Friends Parade McAuley Hall at Baycrest Village
29 2:00 Movie Matinee TR	10:00 Pumpkin Decorating AR 1:00 NB Bi-Mart & Wal-Mart 6:00 Bingo AR 6:00 Tai Chi ER	Happy Halloween 31 10:30 Bible Study AR 1:00 Tai Chi ER 3:00 The Great Pumpkin: Judging & Awards LR 3:30 Allegany Fiddlers LR 6:00 Yahtzee Games AR		BIRTHDAYS: Caroline StewartOct. 3 Lois DicksonOct. 26 Shirley MitchellOct. 29	LEGEND AR Activity Room ER Exercise Room DR Dining Room L Lobby LR Living Room TR Theater Room WWL West Wing Library	Activities are Subject to Change With Prior Notice

October Birthdays

Caroline Stewart

~ 3rd ~

Lois Dickson ~ 26th ~

Shirley Mitchell ~ 29th ~



Birthday Party
Friday
October 6th
2:00 p.m.

Entertainment:
Steve & Tina
Duarte
Living Room



PLACE STAMP HERE

North Bend, OR 97459

Administrative Staff

Scott Nay

Director of Operations

Karisha Summers

Executive Director Assisted

Shelley Wilson

Community Liaison / Marketing

Tim Amato RN

Director of Nursing

Chris Amli

Culinary Services Director

Bruce Payne

Maintenance Director

Penny Stark

Social Services Director

Rodney Dean

Therapy Director

Amy Maine

Activities Director

Kelly West

Medical Records Director



Our mission is to create and sustain comfortable, caring environments for those who depend on us.

Baycrest Connection

Baycrest Village Newsletter — October 2017



P2 Interacting for Health

P3 Oktoberfest

P3 Connect on Facebook

P4-5 Health Center Activities Calendar

P6-7 Assisted Care Activities Calendar P8 Mission & Team



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Note: Each individual should follow the advice of their medical professionals or doctors and speak with them before making changes to diet and/or exercise.



You Are Invited to Baycrest Village McAuley Hall Sunday October 8th from Zpm to 3pm Happy Five Polka Band Will Play For your enjoyment



Find us on Facebook!



We've been sharing more and more on our Facebook page recently and would love to have you join the conversation! LIKE our Facebook page today!

www.Facebook.com/BaycrestVillage

October 2017

Assisted Care
3959 Sharidan Ave.
North Bend, OR
541-756-4151
Activities With Alexis

			Activities With Alexis			
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 National Cookie Day 1pm Cookie Baking & Decorating Lobby Area 2pm Bible Study With Steve 3pm Bingo/Popcorn	2 9:15am Chair Karate 10am Morning News 11am Bird Watching 1pm 1:1 with Alexis 2pm Pinecone Collecting	3 9:15am Baycrestersize 945 Yahtzee 11am Top Dog Coffee 1pm Balloon Tennis 2pm Scrabble 6pm Bingo	4 9:15 Chair Yoga 9:45 Movie Trivia 10am Furry Friends 1pm Pinecone Bird Feeders 2pm Mini Manicures	5 9:15 am Chair Dancing 9:45am Yahtzee 11am Conversation Dice 1pm Bread Social 2pm Bird Feeder Hanging 3pm 1:1 with Alexis	6 9:15 am Leg workout 9:45 Morning News 11am Balloon Tennis 1pm Men's Manicures 6:15pm Movie & Popcorn	7 9am Resident Game Choice 10am Bird Watching 1pm 1:1 with Alexis 6pm Bingo
Baycrest Octoberfest 2pm to 3pm Held in McAuley Hall Featuring the Happy Five Polka Band Friends and Family Welcome	9 9:15am Walking Tour 9:45am Uno 10am Walmart Shopping 1pm Rock Painting 2pm Parkinson's Support 6:15 Movie and Popcorn	10 9:15 Musical Stretching 945am Yahtzee 11am Dairy Queen Treat and Drive 1:30pm Music With Carol 2:30pm 1:1 with Alexis 6pm Bingo	9:15 Chair Karate 10am Flu Shot Clinic 1pm Knock It Down 2pm Bake Sale 3pm 1:1 with Alexis 6:15 pm Movie & Popcorn	9:15 am Chair Yoga 9:45 Yahtzee 11am Music Trivia 1pm Bread Social 1:30 1:1 with Alexis 3pm Uno	9:15am Chair Dancing 9:45 Morning News 11am Pinecone Décor 1pm Rock Painting 6pm Happy Hour	14 9am Uno 10am Bean Bag Toss 6:15 Movie & Popcorn
15 9am Charades 2pm Bible Study 3pm Bingo	9:15am Baycrestersize 9:45 Morning News 11am Rock Painting 1pm Balloon Volleyball 2pm Battle Of The Sexes 2:30 1:1 with Alexis	17 9am Aquarium Trip 9:15 Stretching 9:45 Yahtzee 1pm Uno 2:30pm Music with Susie 6pm Bean Auction/Pie Social	18 9:15 Chair Dancing 9:45 Morning News 10 Furry Friends 1:30 Old Time Fiddlers 2:30 1:1 with Alexis	19 9:15 Musical Stretching 9:45 Mini Manicures 1pm Bread Social 2pm Balloon Tennis 6:15 Movie & Popcorn	9:15 Chair Karate 9:45 Yahtzee 11am Rock Painting 1pm Hot Cider Social 2pm 1:1 with Alexis 6:15pm Uno	9am Cookie Decorating 1:30pm Scrabble 6:15pm Movie & Popcorn
9am Yahtzee 2pm Bible Study 3pm Bingo 6pm Pie and Cider	9:15 am Chair Dancing 10am Walmart Shopping 1pm Trick-O-Treat Bags 2:30 1:1 with Alexis 6:15 Movie & Popcorn	24 9:15 Musical Stretching 9:45 Yahtzee 11am Lunch Outing 1pm Mini Manicures 6pm Bingo	9:15am Morning News 9:45 Baycrestersize 11am Trick-O-Treat Bags 1pm Uno 2pm 1:1with Alexis 6:15 Movie & Popcorn	26 9:15am Chair Yoga 9:45 Activity Meeting 1pm Bread Social 2pm Men's Manicures 3pm Yahtzee	9:15 Chair Karate 9:45 Trick-O-Treat Bags 11am Uno 1pm Res. Birthday Party 2:30 1:1 with Alexis 6:15pm Movie & Popcorn	28 It's a Dog Day 11am Baking Homemade Dog Treats 1pm Resident Costumes Dress Up 2pm Furry Friends Halloween Circus
29 9am Bird Watching 2pm Bible Study 3pm Pumpkin Painting	30 9:15am Chair Yoga 9:45 Resident Council 11am Balloon Volleyball 1pm Pumpkin Painting 6:15pm Movie & Popcorn	31 9:15 Baycrestersize 9:45 Yahtzee 1pm Halloween Bingo 4pm-6pm Trunk & Treat	Please Note that all activities will be set up on the second floor in the living room unless stated otherwise. We look forward to seeing you there!!			

October 2017

Health Center
3959 Sheridan Ave.
North Bend, Oregon
541-756-4151
Activities Amy

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1pm Cookie Baking & Decorating Lobby Area 2pm Bible Study With Steve 3pm Bingo/Popcorn	2 745am Morning Meditation 10am Mystery Drive 11am Ball Games 1pm Resident Council 130pm Activity Meeting 2pm Vintage Treasures	9am Morning Movie/1 on 1s 11am Ball Games 1pm Canvas Collages	4 745am Current Event/Coffee 10am Furry Friends/1 on 1 11am Ball Games 1pm Music With Carol 2pm Community Service Project: Tic Tac Toes Game	10am Yahtzee Game 11am Ball Games 130pm Baycrest Rocetts 2pm Trivia Handouts	10am Activity Cart Rounds 11am Ball Games	7 1pm Mystery Activity With Madison 2pm Chicken Dice 3pm Room Visits
2pm to 3pm Held in McAuley Hall Featuring the Happy Five Polka Band	9 745am Morning Meditation 10am Catholic Mass 11am Ball Games 2pm Music With Dick 2pm Parkinson's Support 3pm Group Trivia/Handouts	745am Cards/Coffee 9am Morning Movie /1 on1s 11am Ball Games	745 Current Event/Coffee 10am Activity Cart Round 11am Ball Games 2pm Bake Sale Monies Go towards	8am Breakfast Club 10am Reminiscing/Coffee 11am Ball Games 130pm Baycrest Rocettes 5pm Candle Lit Dinner	745am Current Event/Coffee 10am Activity Cart Rounds 11am Ball Games	14 1pm Mystery Activity With Madison 2pm Group Trivia 3pm Room Visits
Chapel Service 3pm Bingo Popcorn	16 745am Morning Meditation 10am Mystery Drive 11am Ball Games 130pm Activity Cart Rounds 2pm Vintage Treasures 3pm Group Trivia/Handouts	9am Morning Movie 11am Ball Games 1pm Rocken Robin Sing a Long	11am Ball Games	8am Hot Cereal Bar 10am Yahtzee Game 11am Ball Games 130pm Baycrest Rocettes 2pm This Day in History	745am Current Event/Coffee 10am Group Trivia 11am Ball Games	21 1pm Mystery Activity With Madison 2pm Chicken Dice 3pm Room Visits
And Cookies 2pm Bible Study With Steve 3pm Bingo/Popcorn	23 745am Moring Meditation 10am Color My Crazy 11am Ball Games 130pm Activity Cart Rounds 2pm Vintage Treasures 3pm Group Trivia/Handouts	11am Ball Games 1pm Wax Paper Book Marks 2pm Sorry Game	10am Vintage Treasures 11am Ball Games 1pm Activity Cart Rounds	10am Reminiscing/Coffee 11am Ball Games 130pm Baycrest Rocettes 2pm Trivia Handouts	27 745am Current Event/Coffee 10am Group Trivia 11am Pumpkin Bowling 130pm Recipe Club Come Bake With Us 230pm Treats & Coffee	28 It's a Dog Day 11am Baking Homemade
1pm Button Spider Pins 2pm Bible Study With Steve 3pm Bingo/Popcorn	30 National Candy Corn Day 745am Morning Meditation 10am Mystery Drive 11am Ball Games 130pm Candy Corn Social	745am Old Time Radio/Coffee 9am Morning Movie /1 on 1s 11am Ball Games 1pm Popcorn/Movie 2pm Mobile Library Service 4pm-6pm Trunk & Treat				

October Birthdays:
Karen Wolf 10/12
Charles10/13
Ann 10/29

Join us for a
Birthday Party
Thursday the 12th
Cake and Ice Cream
at 530pm
Health Center
Dining Room
Entertainment By
Seth

