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451 O'Connell Street North Bend, OR 97459

Barbara Maisch

Evergreen Court Manager

Denise Ehrendreich

Concierge

Mary Jo Harrison

Weekend Receptionist

Emmalisa Dobson Petra Hawk

Chefs

Dave Stout

Maintenance

Della McDermott Kirsten Cunningham

Housekeepers

David Bishop
Bus Driver



Evergreen Court News

Evergreen Court Independent Living Newsletter



February 2018 Edition

Detection for Prevention: A Look into Regular Cancer Screenings for Seniors

Regular health screenings can empower us with knowledge about our health. They can also give us the possibility to stall, stop, or receive support for a health issue so that we can lead our best lives. February is National Cancer Prevention Month. This month was designated to share information about lifestyle choices that may lead to cancer as well as the importance of early detection.

The American Cancer
Society provides screening
recommendations for seniors
with average risk--those who do
not present a high risk due to

genetics or lifestyle. For many older adults, screenings for cancer can be beneficial. Largely due to the early detection that screening provide, the mortality rate for cancer has steadily declined over the past two decades - down 26 percent from 1991.

Screening Suggestions for Men:

- Colon cancer testing should begin at 50. At 65 or older, it is also recommended. Talk with your healthcare provider about the best test type (as there are many) and how often to get tested.
- Prostate cancer testing should be discussed with your healthcare provider at 50 and should depend on overall health when over 65. Talk with your healthcare provider about uncertainties, risks, and benefits.
- Lung cancer testing should be discussed with your healthcare provider at 55 or older. Lowdose CT scans for early detection should be discussed. The same is recommended for those 65 or older and with a smoking history.

Screening Suggestions for Women:

• For women, age 50-54, annual mammograms



are recommended. At 55, they can be every two years, or annually if preferred. Learn the screening pros and cons. At 65 or older, mammograms should be every two years, or annually. If at high risk for breast cancer, ask your healthcare provider if other tests should accompany the mammogram.

• At 50-64, women should get a Pap test and HPV test every five years, or just a Pap test every three years. No testing is needed after a hysterectomy that removed

the uterus and cervix - if removal was unrelated to cervical cancer. At 65 or older, no cervical cancer testing is needed if results were normal during the previous 10 years.

- Colon cancer testing should start at 50. There
 are several testing options that ought to be
 discussed with your healthcare provider. At 65
 or older, testing is also recommended. Talk with
 your healthcare provider about the best test
 type and how often to do it.
- Lung cancer testing should be discussed with your healthcare provider when over 55. Lowdose CT scans for early lung cancer detection should be discussed at that time. At 65 or older, and with a smoking history, the same recommendation is given.

In addition to getting screenings and being aware of risk level (from personal and family history), one can reduce their risk of cancer by avoiding tobacco, getting to and staying at a healthy weight, engaging in regular physical activity, following a healthy diet, limiting alcohol intake, and protecting skin.

Fun & Dance

Valentine's Day Dance

Wednesday, February 14th 2:00 p.m. to 3:00 p.m. Evergreen Court Dining Room

Dance with

North Bend High School

Cheer Team

Music Provided by: Merle Hatley

Refreshments: Coffee, Punch & Cookies

Lunch & Learn

Elder Law

Knowing Your Rights

Thursday, February 22nd Noon to 1:00 p.m. McAuley Hall

Guest Speaker:

Jane Welhouse Stebbins

Attorney with

Stebbins & Coffey

Admission is *Free!*Lunch will be Provided

Please RSVP by Thursday, February 15th Call: 541-756-4151

Have you connected with us online? It's easy! Come join us!

- *Join our Facebook family at www.facebook.com/BaycrestVillage
- *Read our blog of health & lifestyle posts at blog.radiantseniorliving.com
- *Peek at our photos on Instagram at radiantsrliving & radiantvoices
- *Check out our Tweets on Twitter at RadiantsrLiving
- *Follow our Pinterest boards at www.pinterest.com/radiantsrliving
- *Watch our videos on YouTube be searching "Radiant Senior Living" or
- *Using link:https://www.youtube.com/channel/UCqdkyAwiJEnQ1e1NEq09WPg

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February 2018 Highlights — You're Invited!

Friday, Feb. 2nd	2:00-3:00	Birthday Party w/ Steve & Tina Duarte
Tuesday, Feb. 6th	2:30 - 3:30	Susie Wilson, Pianist
Wednesday, Feb 7th	3:00-4:00	Tina Foutz, Pianist
Friday, Feb. 9th	10:00-11:00	Furry Friends
	3:30 4:30	Shaymus Hanlin, Singer
Monday, Feb. 12	3:00-4:00	Carol Stepleton, Singer
Tuesday, Feb. 13th	3:00 4:00	Mardi Gras Entertainment: Just Jensens
Wednesday, Feb. 14th	2:00 - 3:00	Music w/ Merle Hatley –Dance w/ N.B. Cheer Team-DR
	3:15 - 4:15	Old Time Fiddlers
Friday, Feb. 16th	10:00-11:00	Coloring Book Club
	3:30 - 4:30	Valen-Friends's Party w/ Simple Harmonies
Tuesday, Feb. 20th	2:00-3:00	Pie Social- National Cherry Pie Day
Wednesday, Feb 21st	1:00 - 2:00	Tina Foutz, Pianist
	1:00 - 2:00	Rock Painting, Mandalas w/ Terri Carver
Thursday, Feb. 22nd	Noon - 1:00	Elder Law Seminar - McAuley Hall at Baycrest Village
	2:30-3:30	Meet & Greet Author Estelle Rivers
Friday, Feb. 23rd	3:30 ~ 4:30	Social Hour w/ Belles & Beaux
Tuesday, Feb 27th	2:00-3:00	Mandie's Craft Corner-St. Patrick's Day Buttons
	3:30 - 4:30	Allegany Fiddlers
Wednesday, Feb. 28th	10:30-11:30	Marty Giles- Proust Questionnaire Group Discussion TR
	3:30-4:30	Debbie Dumonceaux-Singer

Evergreen Court Beauty Salon

Nails by Kate ~ 541-294-5871 Hair Stylist ~ Julie Uppstad ~ 541-290-1735

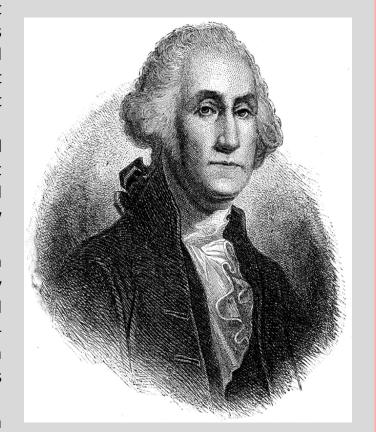
Presidents Day - Monday, Feb. 19

The history of Presidents Day began in 1800 A.D., the year after our first President George Washington died. His birthday was February 22 and that day became a perennial day of remembrance for Americans. At that time, Washington was venerated as the most important figure in American history.

Officially in 1879, President Rutherford Hayes designated it a Federal Holiday. At that time, it joined 4 other recognized Federal bank holidays along with Christmas, New Year's, 4th of July and Thanksgiving.

A shift occurred in the late 1960's when Congress adopted the Uniform Monday Holiday Act. This decreed that several Federal holidays would now fall on predetermined Mondays. This was considered a novel way for the public to get 3-day holidays and it would boost retail sales.

Presidents Day has now evolved into a patriotic celebration for all our Presidents.



14 year old George Washington's Rules of Civility & Decent Behavior

"Mock not nor jest at any thing of importance; break no jests that are sharp biting; & if you deliver any thing witty & pleasant, abstain from laughing thereat yourself." "Associate yourself with persons of good quality, if you esteem your reputation; for it is better to be alone than in bad company."

"Gaze not on the marks or blemishes of others & ask not how they came. What you may speak in secret to your friend, deliver not before others."

"Undertake not what you cannot perform, but be careful to keep your promise."

February 2018

Evergreen Court Activities ~ Denise Ehrendreich, Concierge

Sun	Mon	Tues	Wed	Thur	Fri	Sat
Activities are Subject to Change With Prior Notice	CATHOLIC MASS Every Monday 2:00 p.m. Baycrest Village Chapel			DARK CHOCOLATE DAY 1 9:45 Shopping NB Safeway 10:00 Chair Yoga ER 1:00 Fred Meyers & Banks 6:00 Cribbage AR	GROUNDHOG DAY 1:00 Tai Chi Residents Only 2:00 Birthday Celebration w/ Steve & Tina Duarte 6:00 Mexican Train Dominos AR	NATIONAL CARROT CAKE DAY 3 1:00 Chicken Foot AR
SUPER BOWL SUNDAY 4 3:00 Super Bowl Party TR 3:30 Kick Off Time Eagles vs Patriots	1:00 NB Bi-Mart & Walmart 2:00 Willoughby Hearing TR 6:00 Bingo AR	PAY A COMPLIMENT DAY 10:30 Bible Study AR 1:00 Tai Chi Residents Only ER 2:00 Tai Chi (All) ER 2:30 Susie Wilson, Pianist LR 6:00 Yahtzee Games AR	Brewery' & Coos Art Museum 1:00 Tina Foutz, Pianist LR 3:00 Activity Meeting TR	9:45 Shopping NB Safeway 10:00 Chair Yoga ER 1:00 Fred Meyers & Banks 1:30 Mobile Library LR 6:00 Cribbage AR	9 10:00 Furry Friends LR 1:00 Tai Chi Residents Only ER 2:00 Residents (All) ER 3:30 Social Hour w/ Singer Shaymus Hanlin LR 6:00 Mexican Train Dominos AR 6:30 Bulgarian Foreign Film CBLB	10 11:00 Crab Feed North Bend Community Center 1:00 Chicken Foot AR
WORLD MARRIAGE DAY 11 2:00 Movie Matinee TR	12 1:00 NB Bi-Mart & Wal-Mart 3:00 Carol Sings LR 6:00 Bingo AR	MARDI GRAS Resident SPA Day ~ Salon 10:00 AM - 2:00 PM 1:00 Tai Chi Resident's Only 2:00 Tai Chi (All) 3:00 Music w/ 'Just Jensens' ER 6:00 Yahtzee Games AR	2:00 North Bend Cheer Team	9:45 Shopping NB Safeway 10:00 Chair Yoga Class ER 1:00 Fred Meyer's & Banks	CHINESE NEW YEAR 16 10:00 Coloring Book Club LR 1:00 Tai Chi Residents Only ER 2:00 Tai Chi (All) ER 3:30 Valen-friends Social Hour Music w/ Simple Harmonies LR 6:00 Mexican Train Dominos AR	17 RANDOM ACTS OF KINDNESS DAY 1:00 Chicken Foot AR
1:15 Lil' Theater on the Bay Musical Matinee: Annie 2:00 Movie Matinee TR	PRESIDENTS DAY 19 1:00 NB Bi-Mart & Wal-Mart 2:00 Willoughby Hearing TR 2:30 Residents Meeting TR 6:00 Bingo AR	NATIONAL CHERRY PIE DAY 20 10:30 Bible Study AR 1:00 Tai Chi (All) ER 2:00 Pie Social LR 6:00 Yahtzee Games AR	10:00 Lunch Outing: Empire Cleaners/Bay Burger & Cranberry Sweets 1:00 Tina Foutz, Pianist LR 1:00 - 2:30 Rock Painting	Author Estelle Rivers	NATIONAL BANANA BREAD DAY 23 1:00 Tai Chi Residents Only ER 2:00 Tai Chi (All) ER 3:30 Social Hour, Entertainment: Belles & Beaux LR 6:00 Mexican Train Dominos AR	24 1:00 Chicken Foot AR
25 NATIONAL CLAM CHOWDER DAY 2:00 Movie Matinee TR	1:00 NB Bi-Mart & Wal-Mart 6:00 Bingo AR	9:15 Pony Village Theater 27 10:30 Bible Study AR 1:00 Tai Chi Residents only ER 2:00 Tai Chi (All) ER 2:00 Mandie's Craft Corner AR 3:30 Allegany Fiddlers LR 6:00 Yahtzee Games AR	10:30 Marty Giles Grp Discussion Topic: Proust Questionaire TR 1:00 Tina Foutz, Pianist LR 3:00 BUCKS Store AR 3:30 Entertainment: Singer LR Debbie Dumonceaux		RESIDENT BIRTHDAYS: Susie StengemFebruary 10 Phyllis SteeleFebruary 18 Marge HoffmanFebruary 28	LEGEND AR = Activity Room ER = Exercise Room DR = Dining Room LR = Living Room TR =Theater Room CB LB=Coos Bay Library

February Birthdays

Susie Stengem-10th Phyllis Steele-18th Marge Hoffman-28th



BIRTHDAY PARTY

FRIDAY, **FEBRUARY 2nd** 2:00 p.m.

Entertainment:

Steve & Tina **Duarte**

GROUNDHOG DAY!



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Administrative Staff:

Karisha Summers

Executive Director

Shelley Wilson

mmunity Bolations Director

Community Relations Director

Kathleen Silveira

Resident Care Coordinator

Robin Gonsalves

Registered Nurse

Denise Kurts

Dietary Director

Bruce Payne

Maintenance Director

Kila Jones

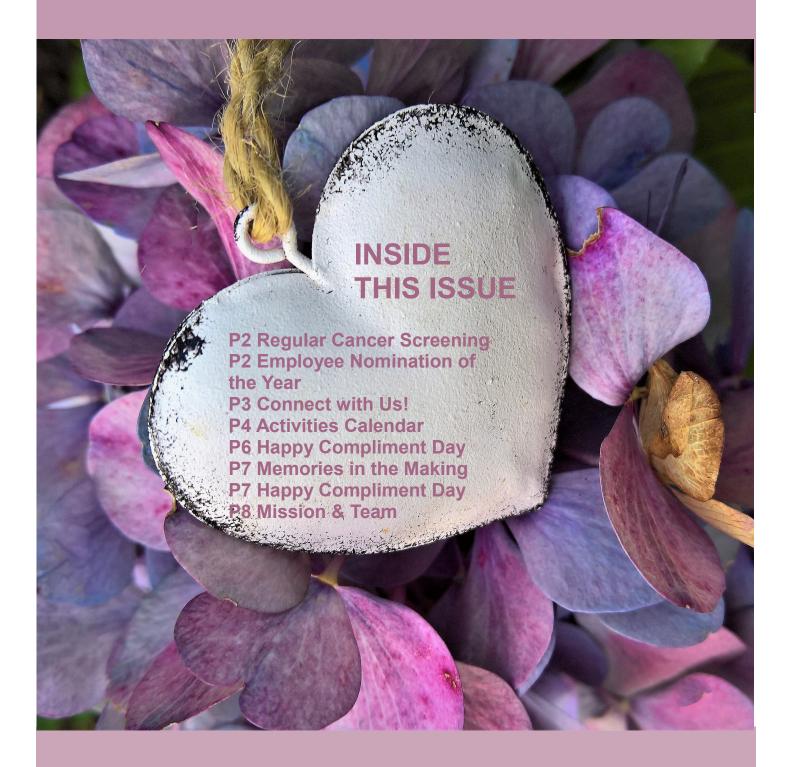
Activities Director

Contact Us At: **541-756-4151**



Baycrest Connection

Baycrest Village Assisted Living Newsletter



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Memories in the Making!

Lets roll out the Welcome Mat to our new residents this month..

Paul Benasco

Mary Ann Anderson



Happy Birthday To....

Barbara Eberth 15th

And to our staff...

Marissa Perkins 3rd





Happy Compliment Day! The best compliment ever was when...

"My friend said,
"I am a persistent old fart!""
- Delburt

"My friend said, 'I am an Angel on earth'"

- Jackie

"My friend said 'I am trustworthy, I can be trusted with any amount of dollar bills." -Fran

"My friend said that I have a kind heart!"
- Shelley

February Highlights — You're Invited!

February 4th: Superbowl Sunday! We're having the Superbowl Party in the Activity room at 3:00pm. Enjoy the big game! Snacks, beverages, and team spirit will be provided! Wear your sports jerseys and cheer on your team!

February 9th: National Pizza Day! Bring your appetite and enjoy some pizza with the staff! 11:00am in the Activity room.

February 14th: Valentines Day! For our chocolate lovers, we will be having chocolate tasting in the Activity Room at 10:00am. At 3:00pm we will have the sweet treat of our 3 year old Cupid-ette, who will be going door to door with her best Valentines smile and beautiful roses for our radiant residents.

February 16th: Bring your competitive spirit and enjoy a game of Bowling! At 1:00pm we will be loading up the Activity Bus and heading to North Bend Lanes. They kindly are waving the shoe rental costs, and having the games only cost \$3.00 per participant! What a steal!

February 26th: Resident Council Meeting! Come down to the Activity Room to vote for your own Resident Council President. Every vote counts so we would love to see everyone there! Come let your questions, concerns, and comments be heard.

In honor of Compliment Day on February 24, we turned to our residents and team members to find out the best compliment they have ever received.

"A stranger said, 'I am an Angel in disguise!"

- Michelle

"My Resident said, 'I had a good time visiting my family at Christmas but I am glad that I am home!""-Karisha ED

"My friend said, 'I always look nice, even after my fall I am told I look very well put together". -Hilda

Lisa Wright Nominated for Radiant Employee of the Year

Lisa Wright has been a Med-Tec here at Baycrest Village Assisted Living since June 6, 2004. Lisa was nominated for Radiant's Employee of the Year Award for 2017 as well as several magnificent team members in other Radiant communities in the States Oregon, Colorado, Montana, and Washington. Radiant's Company values include: honesty, integrity, reliability, excellence, respect, and compassion. These are the values that Lisa brings to the Baycrest Team each day she works. Lisa's dedication to Baycrest through years of turnover is outstanding . Lisa's hard work, dedication, customer service personality, and smile is a great example of the employees Baycrest has to offer and make our mission statement "Our mission is to create and sustain a comfortable, caring environment for those who depend on us" a reality that our residents and care providers are a part of each day.



Join us on Social Media!

Facebook:

facebook.com/BaycrestVillage

Blog:

blog.radiantseniorliving.com

Instagram:

radiantsrliving & radiantvoices

Twitter:

RadiantSrLiving

February 2018

Baycrest Village North Bend, OR 94759 541-756-4151 Activities with Kila Jones

				Activities with kild Jones			
	Sun	Mon	Tue	Wed	Thu	Fri	Sat
ı					9:15am Chair Karate 9:45am Hydration 10am Dominoes 1pm Soft Pretzel Social 2pm Rock Painting 3pm 1:1 W/ Kila 6:15pm Bingo	9:15am Leg Workout 9:45am Hydration 10am Yahtzee 1pm Balloon Volleyball 2pm Mini Manicures 3pm Plate Painting National Wear Red Day!	3 10am Chutes & Ladders 1pm Bean Bag Toss
4		5	6	7	8	9 National Pizza Day!	10
1pn 2pn	m Uno n Gospel Music W/Ray n Bible Study n Super Bowl Sunday	9:15am Coffee & News 10am Bi-Mart 1pm Plate Painting 2pm Music W/Carol 3pm 1:1 W/ Kila 6:15pm Movie & Chocolate	10am Yantzee 1pm Balloon Tennis 2pm Mini Manicures	7:45am Waffle Bar 9:15am Chair Yoga 9:45am Hydrate 10am Furry Friends 10:30am Plant Care 1pm 1:1 W/Kila 3pm Men's Manicures	9:15am Coffee & News 9:45am Hydration 10am Yahtzee 1pm Plate Painting 2pm Bean Bag Toss 6:15pm Root Beer Floats	9:15am Chair Karate 9:45am Hydration 10am Plant Care 11am Pizza Delivery 1pm Balloon Volley Ball 2pm Bubbles & Beer 3pm 1:1 W/Kila	10am Yahtzee 1pm Cards
11		12	13	14 Valentine's Day!	15	16 Chinese New Years!	17
1pn 2pn	n Gospel Music W/Ray n Bible Study n Bingo	9:15am Chair Yoga 9:45am Hydration 10am Yahtzee 1pm Music W/Carol 2pm Welcome Committee 3pm 1:1 W/Kila 6:15pm Root Beer Floats	11am Coach House 1pm Men's Manicures 2pm Uno	9:15am Walking Tour 9:45am Hydration 10am Chocolate Tasting 1:30pm Old Time Fiddlers 3pm Maya's Roses 6:15pm Clue	9:15pm Chair Karate 9:45am Hydration 10am Uno 2pm Belles & Beauxs 6:15pm Bingo	9:15am Leg Workout 9:45am Hydration 10am Yahtzee 11am Plate Painting 1pm Bowling! 4pm 1:1 W/Kila	10am Uno 1pm Bean Bag Toss 6:15pm Movie & Snacks
18		19 Presidents' Day!	20	21	22	23	24
1pn 2pn	n Gospel Music W/Ray n Bible Study n Dominoes	9:15am Chair Yoga 9:45am Hydration 10am News & Cookies 1pm Uno 2pm Menu Meeting 3pm 1:1 W/Kila	9:45am Hydration 10am Yahtzee 1:30pm Music W/Susie 4pm Appetizer Social 6:15pm Bingo	7:45am Omelet Bar 9:15am Morning News 9:45am Plant Care 10am Furry Friends 11am Bean Bag Toss 1pm Cheese Sampling 2pm 1:1 W/ Kila	9:15am Walking Tour 9:45am Hydration 10am Yahtzee 1pm National Margarita Day 2pm Chips & Salsa Social 3pm Aroma Therapy	9:15am Chair Karate 9:45am Hydration 10am Dominoes 1pm Afternoon Walk 2pm Snow Globe Craft 3pm 1:1 W/ Kila	10am Yahtzee 1pm Chutes & Ladders
25		26	27	28			
1pn 2pn	n Gospel Music W/Ray n Bible Study n Bingo	9:15am Stretching 9:45am Hydration 10am Resident Council 1pm Yahtzee 2:30pm Mini Manicures 3:30pm 1:1 W/ Kila	9:45am Hydration 10am Activities Meeting 1pm Uno 2pm Plate Painting 3pm Resident Birthday	9:15am Morning News 9:45am Yahtzee 11am Plant Care 1pm Men's Manicures 2pm Aroma Therapy 3pm 1:1 W/ Kila 6:15pm Bingo	Please note that if you want a waffle or an omelet you need to eat in the dining room the morning of any breakfast bar. Waffles and omelets are done being served at 8:15am.		

February 2018

				341-/30-4131		
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				8am Breakfast Club 11am Dinning Room Activities 130pm Menu Meeting 230pm Activity Meeting 3pm Hydration Pass	2 8am Breakfast Club 11am Dining Room Activities 130pm Ground Hog Trivia 2pm Afternoon Movie 230pm Coffee & Visiting 3pm Hydration Pass	Movies Puzzles Color Sheets Cards Ball Toss Trivia Cards Dominos
4	5	6	7	8	9	10
Morning Movie Coffee & Visiting Trivia Cards 1pm Music With Ray 2pm Bible Study With Steve	8am Breakfast Club 11am Dining Room Activities 1pm Music With Carol 2pm Catholic Mass 3pm Hydration Pass	8am Breakfast Club 1030am Coffee & Visiting 11am Dining Room Activities 1pm Family Feud Cards 230pm Clay Hearts Craft	8am Breakfast Club 10am Furry Friends 11am Dining Room Activities 1pm Coffee & Visiting 3pm Hydration Pass	8am Breakfast Club 11am Dining Room Activities 1pm Movie & Coffee 230pm Garden Club 3pm Hydration Pass	8am Breakfast Club 11am Dining Room Activities 1pm Coffee & Cookie Social 130pm Afternoon Movie 230pmTrivia Handouts 3pm Hydration Pass	Movies Puzzles Color Sheets Cards Ball Toss Trivia Cards Dominos
11	12 Abraham Lincolns Birthday	13	14 Valentine's Day!	15 Susan B Anthony Day	16 A CHINESE A	17
Morning Movie Coffee & Visiting Trivia Cards 1pm Music With Ray 2pm Bible Study With Steve	8am Breakfast Club 10am Morning Rounds 11am Dining Room Activities 1pm Ice Cream Social 2pm Music By Dick Ladd 2pm Catholic Mass 3pm Hydration Pass	8am Breakfast Club 10am Morning Rounds 1030am Coffee & Visiting 11am Dining Room Activities 1pm Music With Robin 2pm Mardi Gras Birthday Party 3pm Hydration Pass	8am Breakfast Club 10am Morning Rounds 11am Dining Room Activities 2pm Friendship Tea	8am Breakfast Club 10am Morning Rounds 11am Dining Room Activities 1pm Garden Club 2pm Bells & Beaux's Sing 3pm Hydration Pass	8am Breakfast Club 10am Morning Rounds 11am Chinese Paper Lanterns 12pm Chinese Take Out 1pm Dining Room Activities 3pm Simple Harmonies Music	Movies Puzzles Color Sheets Cards Ball Toss Trivia Cards Dominos
18	19 Presidents' Day!	20	21	22 George Washington's Birthday	23	24
Morning Movie Coffee & Visiting Trivia Cards 1pm Music With Ray 2pm Church Services in the Chapel	8am Breakfast Club 10am Morning Rounds 1030am Drive 1pm Ice Cream Social 2pm Catholic Mass 3pm Hydration Pass	8am Breakfast Club 10am Morning Rounds 1030am Coffee/Visiting 11am Dining Room Activities 1pm Nail Painting 2pm Family Feud Cards 3pm Hydration Pass 6pm Pie Social/Bingo Party	8am Breakfast Club 10am Furry Friends 1030am Morning Rounds 11am Dining Room Activities 1pm Bandon Cheese Trip 130pm Trivia Handouts 2pm Afternoon Movie & Cookies 3pm Hydration Pass	745am Hot Cereal Bar 10am Morning Rounds 11am Dining Room Activities 1pm Garden Club 130pm Garden Stepping Stones 3pm Hydration Pass	8am Breakfast Club 10am Morning Rounds 11am Dining Room Activities 1pm Coffee & Cookie Social 130pm Afternoon Movie 2pm Trivia Handouts 3pm Hydration Pass	Movies Puzzles Color Sheets Cards Ball Toss Trivia Cards Dominos
25	26 Read a Fairy Tail Day	27	28 National Florist Day			
Morning Movie Coffee & Visiting Trivia Cards 1pm Music With Ray 2pm Bible Study With Steve	8am Breakfast Club 10am Morning Rounds 11am Dining Room Activities 1pm Ice Cream Social 2pm Catholic Mass 230pm Walks Outside 3pm Hydration Pass	8am Breakfast Club 10am Morning Rounds 11am Dining Room Activities 1pm Arts & Crafts 2pm Mobile Library 3pm Drive/ Ice Cream Stop	8am Breakfast Club 10am Morning Rounds 11am Dining Room Activities 1pm Resident Council 2pm Love Songs/ Liz & Dan			