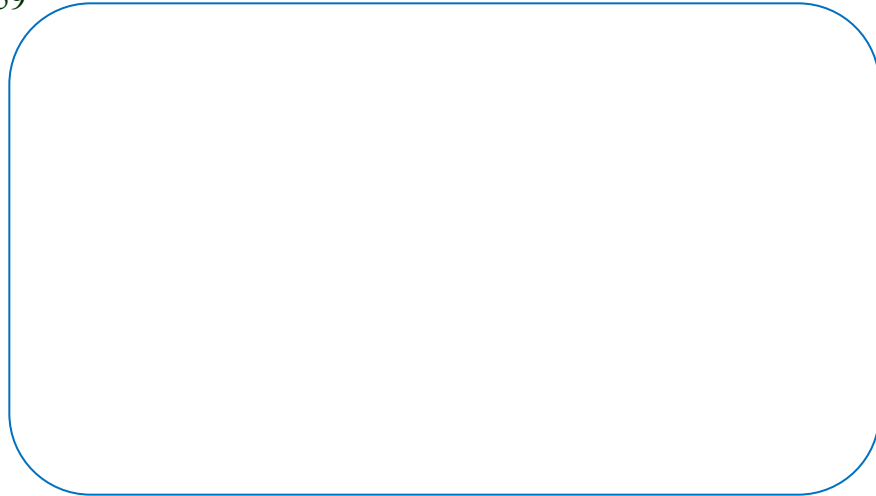




451 O'Connell Street  
North Bend, OR 97459

PLACE  
STAMP  
HERE



## Administrative Team

**Terri Stamsos**  
Retirement Community  
Manager

**Karen Gray**  
Business Office Manager

**Emmalisa Dobson**  
Food Service Manager

**Bruce Payne**  
Maintenance Director

**Mildred Mollett**  
Life Enrichment Director

Contact us at:  
**541-756-4466**



# Evergreen Court News

Independent Living Newsletter



## January 2019

- 2 • Life-Changing New Year's Resolutions
- 3 • Highlighted Resident & Team Member
- 4 - 5 • Activities Calendar
- 6 • Birthdays, Highlights, Social Media, Chuckle
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# Life-Changing New Year's Resolutions

Setting New Year's resolutions is pretty easy, but sticking to them can be a challenge. For extra incentive to follow through on goals in 2019, check out these big-reward resolutions!

## Take a Daily "Me Moment" to Breathe

Every day, make time (even if it is one actual minute) to connect with yourself. Close your eyes, sit up straight, relax your body, and breathe in through your nose and out deeply through your mouth. You'll feel the benefits instantly.

## Become an Active Listener

For this one, you do yourself a favor and the person with whom you're conversing. Maintain eye contact, really hear what the other person is saying, and think before responding. Your conversations will become much more meaningful.

## Only Apologize When it's Appropriate

People of all ages and walks of life can struggle with apologizing when another word or phrase would better communicate a feeling. Examples: pardon me, excuse me, thank you, that sounds very difficult, how frustrating, I would prefer, might I suggest...Doing so can raise self-esteem and help with communication.

## Reach Out to a Friend

In certain instances, distance or time can put



wedges into relationships. Other times, they don't, but we perceive that they have! Take the first step and reach out to a friend with a note or a call to let them know you care, are there for them, or that you miss them.

## Thoughtfully Avoid Judging Others

Sometimes, people judge things or actions without even realizing it. Try to change your thought process if you start to judge. It will make you more empathetic and

understanding, and can improve relationships.

## Avoid Looking at Screens Before Bedtime

This one is a challenge. It's hard for many to disconnect, but doing so can vastly improve how fast you are able to get to sleep, and your sleep quality. Try some reading before bed if you need to busy your mind.

## Take a Daily Walk

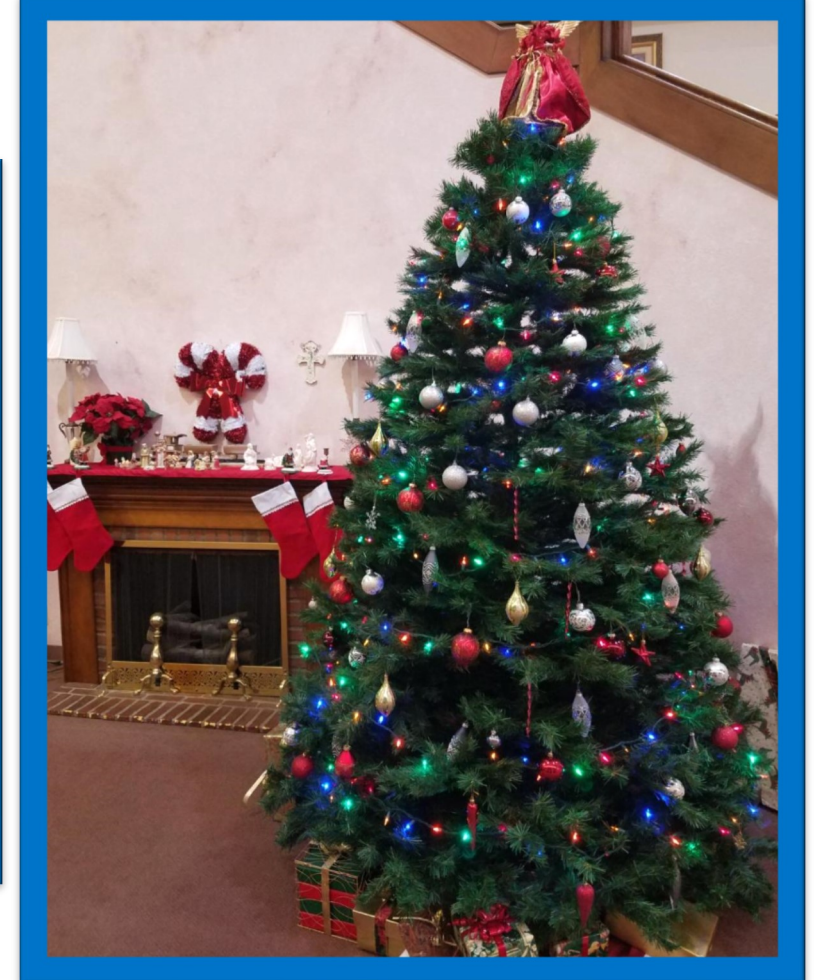
Taking a walk every day can improve overall health and well-being. It can be as simple as you want and may just brighten your day.

## Share Your Knowledge or a Skill

People often have the resolution to learn a new skill, but how about teaching one? Everyone has their areas of expertise and what could be nicer than sharing them for free with those who would like to learn?!

Let us know your resolutions! We will post them in the newsletter next month!

# Gingerbread House and Tree Trimming Party



## What type of creative outlet or artist most inspires you?

"Reading"

~ Elberta

"Hiking"

~ Wayne

"Working in the Yard"

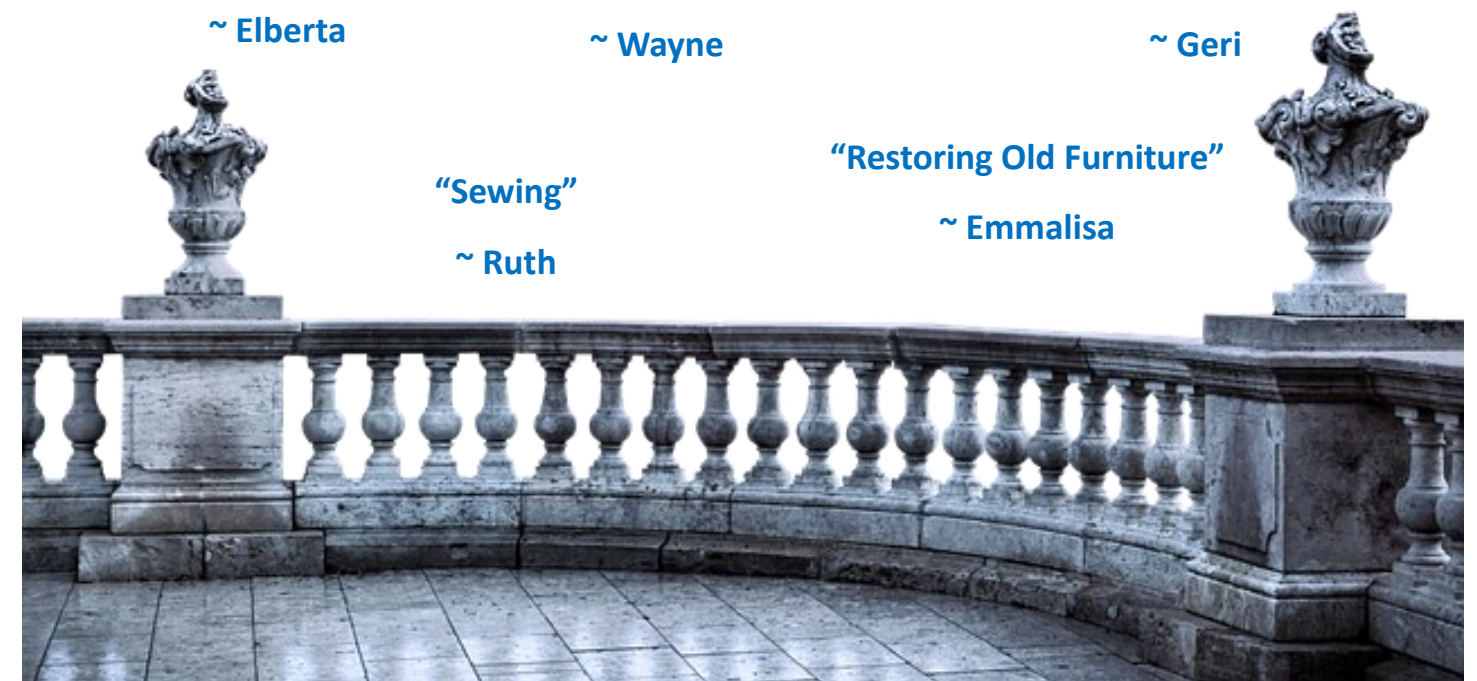
~ Geri

"Sewing"

~ Ruth

"Restoring Old Furniture"

~ Emmalisa





# January Highlights

- 1 New Year's Day
- 2 National Science Fiction Day
- 3 National Chocolate-Covered Cherry Day
- 4 Spaghetti Day / Trivia Day
- 5 Whipped Cream Day
- 6 Shortbread Day / Technology Day
- 8 English Toffee Day / Skincare Day
- 9 Law Enforcement Appreciation Day
- 11 National Milk Day
- 14 National Dress Up Your Pet Day
- 15 Strawberry Ice Cream Day
- 16 Fig Newton Day
- 17 National Hot Buttered Rum Day
- 19 National Popcorn Day
- 20 Cheese Lover's Day
- 21 Martin Luther King Jr. Day
- 21 New England Clam Chowder Day
- 24 Peanut Butter Day / Compliment Day
- 23 Pie Day
- 25 Irish Coffee Day / Opposite Day
- 26 National Peanut Brittle Day

- 27 National Chocolate Cake Day
- 28 Blueberry Pancake Day / Kazoo Day
- 29 National Corn Chip Day
- 30 Croissant Day
- 31 Inspire your Heart with the Arts Day

## We're online @

- ♦ "Evergreen Court Independent Living" on Facebook
- ♦ [Blog.radiantseniorliving.com](http://Blog.radiantseniorliving.com)
- ♦ Radiantsrliving & Radiantvoices on Instagram
- ♦ RadiantSrLiving on Twitter
- ♦ [Pinterest.com/radiantsrliving](https://www.pinterest.com/radiantsrliving)
- ♦ Radiant Senior Living on YouTube



## Chuckle of the Month:

"Plant carrots in January and you'll never have to eat carrots." - Gardening Saying

# January Birthdays!



We wish you a very  
Happy Birthday!

- Audrey Wheeler ~ January 1st
- Shirley Mazzera ~ January 3rd
- Rose Strand ~ January 13th
- Elberta Smith, January 29th

# Resident of the Month! Nellie Hillis

Nellie was born in Clarksville, Tennessee and lived in Tennessee until the age of 19. Nellie married David at age 19 and was married for 64 years. Nellie was blessed with 5 children; 3 boys and 2 girls, she also has 5 grandchildren and 6 great grandchildren.

Nellie has been an inspiration with her detailed arts and crafts to include quilting, dollhouse making and numerous other crafts.

Nellie has been a resident of Evergreen Court for about a year and a half. Nellie's bright and enthusiastic attitude has been a truly uplifting inspiration for all.



Team Member  
of the Month!  
Mildred Mollett

Mildred was born and raised in Kansas, this is also where she met her husband Gary of 32 years. After Gary served time in the military, they decided on moving to Oregon to be closer to family.

Her hobbies include riding quads, fishing and she loves to read. Mildred and Gary have a total of 9 children together and 16 grandkids. They were also foster parents.

Everyone is so pleased Mildred works at Evergreen Court. She also makes a famous potato salad.



# January 2019

Evergreen Court • 451 O'Connell Street, North Bend, OR • 541-756-4466

| Sun  | Mon  | Tue   | Wed  | Thu  | Fri   | Sat                        |
|--|--|---|--|--|---|----------------------------|
| ACTIVITIES ARE<br>SUBJECT TO CHANGE<br>WITH PRIOR NOTICE | <b>LEGEND</b><br>AR = Activity Room<br>ER = Exercise Room<br>DR = Dining Room<br>LR = Living Room<br>TR = Theater Room<br>CB LB=Coos Bay Library | 1<br>10:30 Bible Study AR<br>1:00 Tai Chi (Residents only) ER<br>2:00 Tai Chi (All) ER<br>2:30 Susie Wilson, Musician LR<br>6:00 Yahtzee Games AR   | 2<br>10:45 Lunch Outing Sizzler<br>1:00 Tina Foutz, Pianist LR<br>3:00 Activity Meeting TR<br>6:00 Game Night AR                                   | 3<br>9:45 Shopping NB Safeway<br>10:00 Chair Yoga Class ER<br>1:00 Fred Meyer & Banks                            | 4<br>1:00 Tai Chi (Residents only) ER<br>2:00 Tai Chi (All) ER<br>2:00 Birthday Celebration LR<br>2:30 Debbie Dumonceaux LR<br>6:00 Mexican Train Dominos AR  | 5<br>1:00 Chicken Foot AR  |
| 6<br>2:00 Movie Matinee TR                               | 7<br>1:00 NB Bi-Mart & Walmart<br>2:00 Willoughby Hearing TR<br>3:00 Singer Carol Stepleton LR<br>6:00 Bingo AR                                  | 8<br>10:30 Bible Study AR<br>1:00 Tai Chi (Residents only) ER<br>1:45 Armchair Adventures CB LB<br>2:00 Tai Chi (All) ER<br>6:00 Yahtzee Games AR   | 9<br>9:45 Pony Village Farmer's Market<br>1:00 Tina Foutz, Pianist LR<br>2:00 Food Committee TR<br>3:00 Old Time Fiddlers LR<br>6:00 Game Night AR | 10<br>9:45 Shopping NB Safeway<br>10:00 Chair Yoga Class ER<br>1:00 Fred Meyer & Banks<br>1:30 Mobile Library LR | 11<br>10:00 Furry Friends LR<br>1:00 Tai Chi (Residents only) ER<br>2:00 Tai Chi (All) ER<br>3:30 Social Hour LR<br>3:30 Shamus Hanlin LR<br>6:00 Mexican Train Dominos AR<br>6:30 Foreign Film CB LB | 12<br>1:00 Chicken Foot AR |
| 13<br>2:00 Movie Matinee TR                              | 14<br>1:00 NB Bi-Mart & Walmart<br>6:00 Bingo AR   | 15<br>10:30 Bible Study AR<br>12:30 Mill Casino<br>1:00 Tai Chi (Residents) ER<br>2:00 Tai Chi (All) ER<br>2:00 Pie & Coffee Social LR<br>6:00 Yahtzee Games AR                           | 16<br>12:30 Scenic Drive Charleston<br>1:00 Tina Foutz, Pianist LR<br>1:00 Rock Painting AR<br>3:00 Resident's Meeting TR<br>6:00 Game Night AR    | 17<br>9:45 Shopping NB Safeway<br>10:00 Chair Yoga Class ER<br>1:00 Fred Meyer & Banks<br>2:00 Chair Dancing LR  | 18<br>1:00 Tai Chi (Residents only) ER<br>2:00 Tai Chi (All) ER<br>3:30 Social Hour LR<br>3:30 Simple Harmonies LR<br>6:00 Mexican Train Dominos AR   | 19<br>1:00 Chicken Foot AR |
| 20<br>2:00 Movie Matinee TR                              | 21<br>1:00 NB Bi-Mart & Wal-Mart<br>2:00 Willoughby Hearing TR<br>6:00 Bingo AR  | 22<br>10:30 Bible Study AR<br>1:00 Tai Chi (Residents only) ER<br>2:00 Tai Chi (All) ER<br>6:00 Yahtzee Games AR  | 23<br>10:30 Marty Giles TR<br>1:00 Tina Foutz, Pianist LR<br>3:00 Bucks Store AR<br>6:00 Game Night AR   | 24<br>9:45 Shopping NB Safeway<br>10:00 Chair Yoga Class ER<br>1:00 Fred Meyer & Banks                           | 25<br>1:00 Tai Chi (Residents only) ER<br>2:00 Tai Chi (All) ER<br>3:30 Social Hour LR<br>3:30 Frank Martinelli LR<br>6:00 Mexican Train Dominos AR   | 26<br>1:00 Chicken Foot AR |
| 27<br>2:00 Movie Matinee TR                              | 28<br>1:00 NB Bi-Mart & Walmart<br>6:00 Bingo AR   | 29<br>10:00 Mandie's Craft Corner TR<br>10:30 Bible Study AR<br>1:00 Ruthe Garagnon, Pianist LR<br>1:00 Tai Chi (Residents only) AR<br>3:30 Allegany Fiddlers LR<br>6:00 Yahtzee Games AR | 30<br>9:00 Bandon Creamery<br>1:00 Tina Foutz, Pianist LR<br>3:00 BUCKS Store AR<br>6:00 Game Night AR   | 31<br>9:45 Shopping NB Safeway<br>10:00 Chair Yoga Class ER<br>1:00 Fred Meyer & Banks                           | RESIDENT BIRTHDAYS<br><br>Audrey Wheeler ~ January 1st<br>Shirley Mazzera ~ January 3rd<br>Rose Strand ~ January 13th<br>Elberta Smith ~ January 29th   |                            |