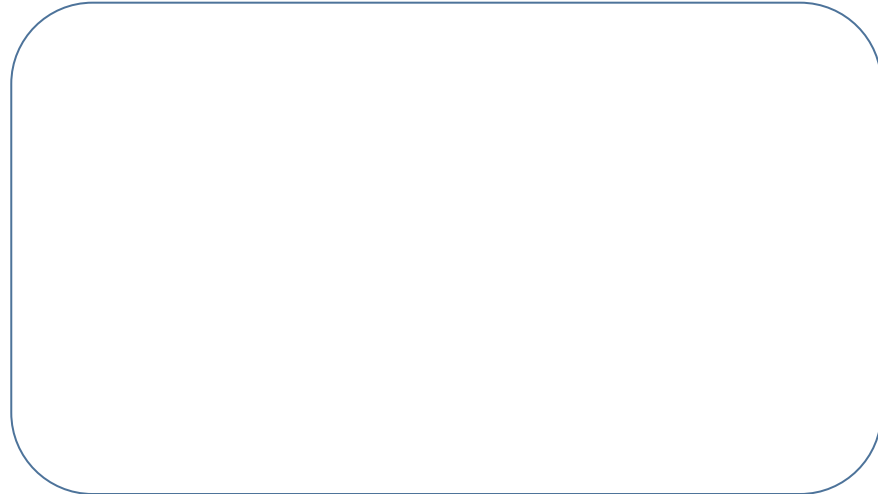




451 O'Connell Street  
North Bend, OR 97459

Stamp  
Here



#### Administrative Team

##### **Terri Stamsos**

Retirement Community  
Manager

##### **Anna Skomra**

Business Office Manager

##### **Emmalisa Dobson**

Food Service Manager

##### **Bruce Payne**

Maintenance Director

##### **Mildred Mollett**

Life Enrichment Director

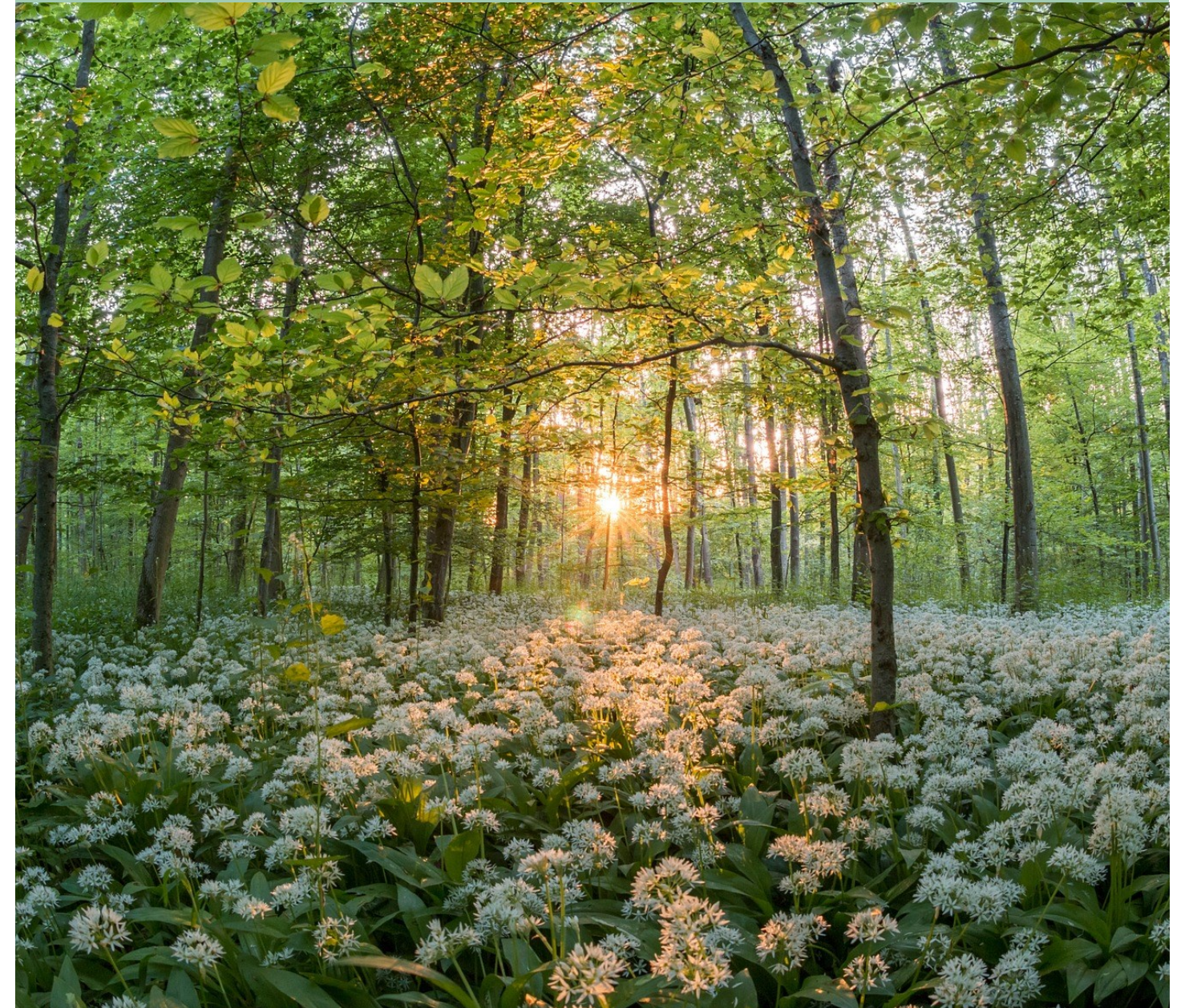
Contact us at:  
**541-756-4466**



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

# Evergreen Court News

## Independent Living Newsletter



### March 2019

2 Senior Eye Wellness  
3 Resident & Team Spotlight  
4/5 Activities Calendar

6 Highlights, Social Media, Birthdays  
7 Special Moments & Spring Joys  
8 Mission & Team



# Senior Eye-Condition Awareness & Wellness Tips

At times, we may find details in the scenery we love may be dulling, or written words we read may be blurring. Changes like these can be frustrating. Fortunately, there are ways to proactively manage eye health and ensure precautions and/or treatments are in place for best vision!

One of the best ways to stay on top of eye health is to have annual eye exams. Practicing precautionary measures through lifestyle is also important. People with diabetes, high blood pressure, or who take medications that affect eyes are at higher risk for vision problems.

Lifestyle recommendations from the National Eye Institute include: eating a diet rich in fruits and vegetables—particularly dark, leafy greens; maintaining a healthy weight; wearing glasses, goggles, and safety shields when appropriate; avoiding smoking; reducing eyestrain by looking 20 feet before you for 20 seconds every 20 minutes if you use screens often; and cleaning hands regularly to avoid infections.

Knowing family eye history, and being educated about vision issues and symptoms that may affect seniors is also helpful toward eye wellness.

## Four Eye Issues That Can Affect Seniors:

- **Dry eye** is a common issue for seniors, in which not enough tears or quality tears are made, and poor vision may result.
- **Age-related macular degeneration** is an issue that causes central vision loss, but



does not affect side vision. The macula of the eye allows people to see fine details and colors, so when it is affected, activities such as reading, watching movies, and recognizing faces could be challenging.

- **Cataracts** are cloudy areas that occur in the eye lens (usually in both eyes, to different degrees) that can cause blurry vision, poor contrast awareness, dulled colors, and extra sensitivity to glare.
- **Glaucoma** is a group of eye issues which damage the optic nerve and in time can take away side vision. While glaucoma is often painless and has no symptoms, older adults are at risk for it.

With all that in mind, there are many ways to help vision conditions, per the American Optometric Association. Some optometrists have rehabilitation programs to help with low vision for daily routines. Prescription devices are also available, like spectacle-mounted magnifiers that aid in close-up tasks; hand-held or spectacle-mounted telescopes that help near and far vision; handheld and stand magnifiers that assist with short-term reading; and video magnification that enlarges items on video.

This has been just a glimpse into eye wellness. For more info, visit [aoa.org](http://aoa.org) online.

**Note:** Each individual should follow their medical professional's advice and speak with them before making diet or exercise changes.

# Special Moments



## Our Favorite Things About Spring!

**"Flowers "**  
Mildred

**"Rain"**  
Alice

**"Birds"**  
- Nellie

**"Warm weather"**  
- Mike

**"Gardens"**  
- Emmalisa



# March Highlights

- 1 Staff Appreciation Day, Peanut Butter Day
- 2 Banana Cream Pie Day
- 3 I Want You to be Happy Day
- 4 Pound Cake Day, Marching Music Day
- 5 Fat Tuesday, Pancake Day
- 6 Ash Wednesday, Oreo Day
- 7 Cereal Day
- 8 Intl. Women’s Day, Unplug Day
- 9 Meatball Day
- 10 Blueberry Popover Day
- 11 Oatmeal Nut Waffles Day
- 12 Plant a Flower Day
- 13 Good Samaritan Day, Jewel Day
- 14 Kid’s Craft Day, Potato Chip Day
- 15 Pears Helene Day
- 16 Artichoke Hearts Day, Panda Day
- 17 St. Patrick’s Day
- 18 Sloppy Joe Day, Lacy Cookies Day
- 19 Let’s Laugh Day, Poultry Day
- 20 Spring Begins, Ravioli Day
- 21 French Bread Day, Courtesy Day



- 22 Puppy Day, Bavarian Crepes Day
- 23 Chip Dip Day, Melba Toast Day
- 24 Chocolate Covered Raisins Day
- 26 Spinach Day
- 28 Something on a Stick Day
- 29 Vietnam War Veteran’s Day
- 30 Take a Walk in the Park Day
- 31 Crayon Day, Taters Day

## We’re online @

- ◆ “Evergreen Court Independent Living” on facebook
- ◆ Blog.radiantseniorliving.com
- ◆ Radiantsrliving & Radiantvoices on Instagram
- ◆ RadiantSrLiving on Twitter
- ◆ Pinterest.com/radiantsrliving
- ◆ Radiant Senior Living on YouTube

Happy St. Patrick’s Day everyone! Take note:  
“Never iron a four-leaf clover because  
you don’t want to press your luck!”

# March Birthdays!

march



AQUAMARINE

## We wish you a Very Happy Birthday!

Kay Mills  
Virginia Powell  
Alice Hand  
Ruth Anderson  
Alice Brown  
Charlotte Dunk  
Edgar Powell  
Joyce Farr  
Don Watkins

Donna Lee  
Lorene Thompson



## Resident Spotlight!

Richard W. Humphrey

Richard Humphrey has goes by the name Spike for the last 88 years. Spike was born in Arroya Grande California.

Spike is a new resident here at Evergreen Court, has one son, loves to play poker and read.

Spike has a true passion and love for all cars.

Please welcome Spike to our wonderful community as he is a lovely addition!



## Staff Spotlight!

Katie Chambers

Katie was born in Coos Bay, Oregon. As Katie progressed through life, she developed a love for the art of nails. Katie has been doing nails for the past 8 years. She currently has a nail shop downstairs in Evergreen Court where she has been for the last 2 years. Some of the services include: manicures and pedicures, also facial waxing and eyebrows. There is a 10% discount for all residents. If you are in need of a truly divine make over, come to “Nails by Katie” where total excellence is making you feel your best.



# March 2019

EVERGREEN COURT • 451 O'CONNELL STREET • 541-756-4466

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>LEGEND</b> AR = Activity Room ER = Exercise Room DR = Dining Room LR = Living Room TR =Theater Room	<b>Activities are Subject to Change With Prior Notice</b>		<u>Resident Birthdays</u> Kay Mills Virginia Powell Alice Hand Ruth Anderson Alice Brown Charlotte Dunk	<u>Resident Birthdays</u> Edgar Powell Joyce Farr Don Watkins Donna Lee Lorene Thompson	<b>1</b> 1:00 Tai Chi (Residents) ER 2:00 Tai Chi (all ) ER 3:00 Social Hour / Games LR	<b>2</b> 1:00 Chicken Foot AR
<b>3</b> 2:00 Movie Matinee TR 3:00 Billiards Club LR	<b>4</b> 1:00 NB Bi-Mart & Walmart 2:00 Willoughby's Hearing TR 3:00 Carol Stepleton LR 6:00 Bingo AR	<b>5</b> 10:30 Bible Study AR 1:00 Tai Chi (Residents) ER 1:00 Mardi Gras Party LR 2:00 Tai Chi (All) ER 2:30 Susie Wilson LR 6:00 Yahtzee Games	<b>6</b> 9:45 Pony Village Market 11:30 Ciccarelli's Lunch outing 2:00 Activity Meeting TR 6:00 Game Night AR	<b>7</b> 9:45 Shopping NB Safeway 10:00 Chair Yoga ER 1:00 Fred Meyer & Banks	<b>8</b> 10:00 Furry Friends LR 1:00 Tai Chi (Residents) ER 2:00 Tai Chi (All) ER 2:30 Birthday Party LR Social Hour /Frank Martinelli 6:45 Foreign Film 6:00 Mexican Train Dominos	<b>9</b> 1:00 Chicken Foot AR 2:00 Wii Bowling Tournament TR
<b>10</b> 2:00 Movie Matinee TR	<b>11</b> 1:00 NB Bi-Mart & Wal-Mart 2:00 Game Time LR 6:00 Bingo AR	<b>12</b> 10:30 Bible Study AR 1:00 Tai Chi (Residents) ER 2:00 Tai Chi (All) ER 2:00 Pie Social LR 6:00 Yahtzee Games AR	<b>13</b> 9:45 Pony Village Market 2:00 Food Committee LR 3:00 Old Time Fiddlers LR 6:00 Game Night AR	<b>14</b> 9:45 Shopping Safeway 10:00 Chair Yoga Class ER 1:00 Fred Meyer & Banks 1:30 Mobile Library LR	<b>15</b> 1:00 Tai Chi Residents Only ER 2:00 Tai Chi (All) ER 2:00 Social Hour LR 2:00 Worn Out Frets LR 6:00 Mexican Train Dominoes AR	<b>16</b> 1:00 Chicken Foot AR 3:00 Balloon Volleyball LR 6:30 Geology Lecture Subsea
<b>17</b> 2:00 Movie Matinee TR 3:00 Billiards Club LR	<b>18</b> 1:00 NB Bi-Mart & Wal-Mart 2:00 Willoughby's Hearing TR 6:00 Bingo AR	<b>19</b> 10:00 Mandie's Craft Corner LR 10:30 Bible Study AR 1:00 Tai Chi (Residents) ER 2:00 Tai Chi (All) ER 6:00 Yahtzee Games AR	<b>20</b> 9:45 Pony Village Market 1:00 Rock Painting AR 2:00 Shelley Martens Adult Protective Services LR 6:00 Game Night AR	<b>21</b> 9:45 Shopping Safeway 10:00 Chair Yoga Class ER 1:00 Fred Meyer & Banks 2:00 Chair Dancing w/ Paul LR 3:15 Side Of The Tide Dancers LR	<b>22</b> 11:00 Lunch out / Gloria Del 1:00 Tai Chi Residents Only ER 2:00 Tai Chi (All) ER 2:00 Spring Fling LR Caught Red Handed LR 6:00 Mexican Train Dominos AR	<b>23</b> 1:00 Chicken Foot AR 2:00 Davia Gregory LR 2:00 Wii Bowling Tournament LR
<b>24</b> 2:00 Movie Matinee TR	<b>25</b> 1:00 NB Bi-Mart & Wal-Mart 6:00 Bingo AR	<b>26</b> 10:30 Bible Study AR 1:00 Tai Chi (Residents) ER 2:00 Tai Chi (All) ER 1:30 Ruthe Garagnon, Pianist LR 3:30 Allegany Fiddlers LR 6:00 Yahtzee Games AR	<b>27</b> 9:45 Pony Village Market 10:00 Marty Giles TR 11:45 Lunch Outing Blue Heron 3:00 BUCKS Store AR 6:00 Game Night AR	<b>28</b> 9:45 Shopping NB Safeway 10:00 Chair Yoga Class ER 1:00 Fred Meyer & Banks	<b>29</b> 1:00 Tai Chi Residents Only ER 2:00 Tai Chi (All) ER 3:00 Social Hour LR 3:00 Merle Hatley LR 6:00 Mexican Train Dominos AR	<b>30</b> 1:00 Chicken Foot AR 3:00 Balloon Volleyball LR
<b>31</b> 2:00 Movie Matinee TR						