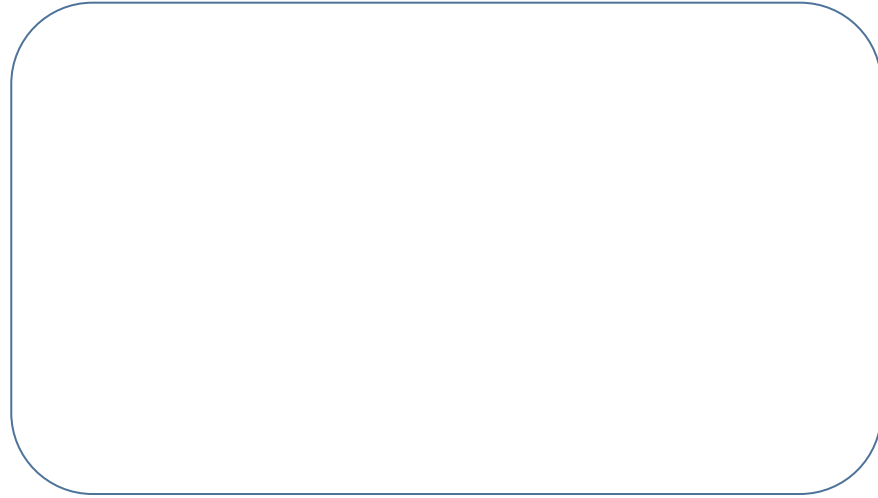




451 O'Connell Street  
North Bend, OR 97459

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



## April 2019

2 Gardening Benefits  
3 Resident/Team Spotlight  
4/5 Activities Calendar

6 Highlights, Social Media, Birthdays  
7 Special Moments & Animal Haikus  
8 Mission & Team



# Gardening Benefits for Health & The Environment Unearthed

Spring is here and it's a joyous time for those with green thumbs who have been waiting for the gardening season to begin. As it happens, there is a lot in the garden that is beneficial for health and the environment.

## Dig Into Better Health

Gardening positively impacts wellness in various ways.:

- **It relieves stress.** Gardening can lower cortisol levels that cause stress and increase blood pressure. It also increases serotonin, which helps people feel happy.
- **Friendly bacteria in the soil can boost immunity.** It may particularly help against asthma.
- **It provides great exercise.** It is low-impact and can be comfortable work with the right padding or protective gear, but it takes energy, and the elements can make it more challenging.
- **It involves hand-eye coordination and sensory intake.** Both of these factors can positively affect cognition.
- **It presents opportunities for a sense of community.** Socializing among friends while gardening can be so much fun.
- **It encourages outside activity.** For some, gardening is the best reason to head outside and enjoy sunshine and the environment (albeit with proper sun protection).
- **It is an ongoing activity that can extend**



**beyond the garden for learning.** Why not make predictions for when plants may sprout up and see who comes closest? Or learn about what to grow when and where, and share those techniques,

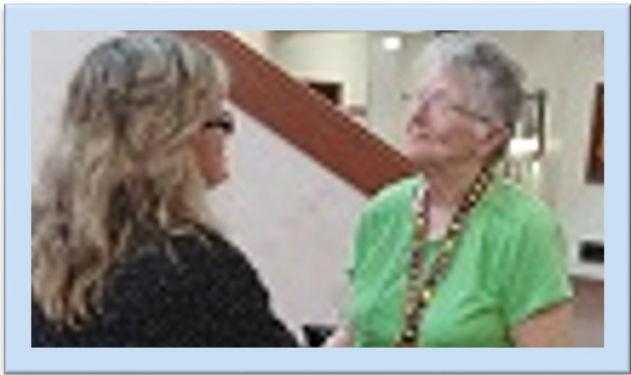
## Impact the Planet

Gardening also benefits the environment, and no act is too small toward making our world a better place.

- **It can help with pollution.** In large-scale harvesting of fruits and vegetables, pollution typically results. The transportation of those goods also causes pollution. It may seem a small step, but gardening at one's home or in the community influences the big picture.
- **It can reduce the size of landfills.** This is possible when people compost garden waste rather than sending everything to the landfill when it's gone bad.
- **Plants in the garden take in CO2 and release oxygen,** improving air quality.
- **It helps local habitats of insects and animals** which play important roles in our environment (like bees pollinating).
- **Plants and mulch can hold soil in place and reduce erosion,** and keep sediment out of waterways, drains, and roads.

These are just some of the benefits that gardening can bring! This Spring and Summer, give gardening a try and share the benefits with others.

# Special Moments



# Haikus About Our Favorite Animals

“Penguins eat fresh fish  
They dive in the cool water  
To catch the fish  
Anna

Turtle  
Walking on four legs  
Swimming in the wet river  
Hiding in it's shell

*April celebrates animals and haikus so we paired the two!  
The haiku is a Japanese verse.  
Line one has 5 syllables, line 2 has 7 syllables, and line three has 5 syllables.*

A peaceful evening  
Sparrows singing together  
With pretty feathers  
-Demi

Dog  
The love in your eyes  
Shows your gentle, happy soul  
Until the squirrel  
-Alan

Frogs  
They live in tall trees  
Such cool, luminous colors  
Sticky pads on feet  
-Matthew



# April Highlights

April is Poetry Month, Stress Awareness Month, Humor Month, and Gardening Month

- 1 April Fool's Day
- 2 Peanut Butter & Jelly Day
- 3 Walking Day
- 4 Walk Around Things Day
- 5 Deep Dish Pizza Day
- 6 Caramel Popcorn Day
- 7 Handmade Day
- 8 Zoo Lover's Day
- 9 Antiques Day
- 10 Encourage Young Writers' Day
- 11 Barber Shop Quartet Day
- 12 Grilled Cheese Day
- 13 Scrabble Day
- 14 Dolphin Day
- 15 Take a Guess Day
- 16 Eggs Benedict Day
- 17 Haiku Poetry Day
- 18 High Five Day
- 19 Good Friday

- 20 Lookalike Day
- 21 Easter;
- 22 Earth Day
- 23 Picnic Day
- 24 Pigs in Blanket Day
- 25 Zucchini Bread Day
- 26 Arbor Day
- 27 Babe Ruth Day
- 28 Read Poetry Day
- 29 Shrimp Scampi Day
- 30 Oatmeal Cookie Day

**We're online @**

- ◆ Facebook.com/EvergreenCourtIndependentLiving
- ◆ Blog.radiantseniorliving.com
- ◆ Radiantsrliving & Radiantvoices on Instagram
- ◆ RadiantSrLiving on Twitter
- ◆ Pinterest.com/radiantsrliving
- ◆ Radiant Senior Living on YouTube

**Why are people exhausted on April 1st?**  
**Because they just finished a 31-day March!**

## April Birthdays!



**We wish you a  
Very Happy Birthday!**

- April 2 Merritt Shaw
- April 4 Dale Hoffman
- April 5 Laura Estrada
- April 8 Mandie Salmonson
- April 8 Monita Johnson
- April 9 Sandi Daniels
- April 17 Michael Fisher
- April 21 Voley Facto
- April 23 Oris Wolff

# Thank You

We would like to take this opportunity to thank Cranberry Sweets and More for the generous donations they made for our Valentine's Day party.



## Staff Spotlight! Anna

Please help us welcome our new business office manager, Anna, to our wonderful community. Anna moved here from California three years ago. She has worked in property management for 10+ years in human relations. Anna currently lives in Coquille with her boyfriend. She loves dogs and has two of her own. She also likes restoring old cars. If you happen to run into Anna, please give her a warm welcome.



# April 2019

Evergreen Court \* 451 O’Connell Street , North Bend, OR \* 541-756-4466

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>AR = Activity Room</b> <b>ER = Exercise Room</b> <b>DR = Dining Room</b> <b>LR = Living Room</b> <b>TR =Theater Room</b>	1 1:00 NB Bi-Mart & Walmart 2:00 Willoughby Hearing TR 3:00 Singer, Carol Stepleton LR 6:00 Bingo AR	2 10:30 Bible Study AR 1:00 Tai Chi (Residents only) ER 2:00 Tai Chi (All) ER 2:30 Susie Wilson , Musician LR 6:00 Yahtzee Games AR	3 9:45 Pony Village Market 11:30 Lunch Outing Captain’s Choice 2:00 Activity Meeting TR 6:00 Game Night AR	4 9:45 Shopping NB Safeway 10:00 Chair Yoga Class ER 1:00 Fred Meyer & Banks 1:00 Geanna Berrver Speaker LR	5 1:00 Tai Chi (Residents only) ER 2:00 Tai Chi (All ) 3:00 Social Hour LR 6:00 Mexican Train Dominos AR	6 1:00 Chicken Foot AR 2:00 Wii Bowling Tournament TR
7 1:00 NB Bi-Mart & Walmart 2:00 Willoughby Hearing TR 3:00 Singer, Carol Stepleton LR 6:00 Bingo AR	8 1:00 NB Bi-Mart & Walmart 6:00 Bingo AR	9 10:30 Bible Study AR 1:00 Tai Chi (Residents only) ER 2:00 Tai Chi (All) ER 2:00 Pie & Coffee Social LR 2:00 Bells & Beaux LR 6:00 Yahtzee Games AR	10 9:45 Pony Village Market Lunch outing 11:30 Thai’s Dynasty 2:00 Food Committee TR 3:00 Old Time Fiddlers LR 6:00 Game Night AR	11 9:45 Shopping NB Safeway 10:00 Chair Yoga Class ER 1:00 Fred Meyer & Banks 1:30 Mobile Library LR 2:30 Balloon Volleyball LR	12 10:00 Ferry Friends LR 1:00 Tai Chi (Residents only) ER 2:00 Tai Chi (All ) ER 230 Birthday Party LR 2:30 Finnvara LR 6:00 Mexican Train Dominos AR	13 1:00 Chicken Foot AR 6:45Mud and Bugs Under Stress Coos Campus Hales Center
14 2:00 Movie Matinee TR 3:00 Billiards Club LR	15 1:00 NB Bi-Mart & Walmart 2:00 Willoughby Hearing TR 6:00 Bingo AR	16 10:30 Bible Study AR 1:00 Tai Chi (Residents only) ER 2:00 Tai Chi ( All ) 6:00 Yahtzee Games AR	17 9:45 Pony Village Market 10:30 Marty Giles TR 1:00 Rock Painting AR 6:00 Game Night AR	18 9:45 Shopping NB Safeway 10:00 Chair Yoga Class ER 1:00 Fred Meyer & Banks 2:00 Chair Dancing LR	19 1:00 Tai Chi (Residents only) ER 2:00 Tai Chi (All) ER 2:30 Resident’s Meeting AR 3:00 Social Hour LR 3:00 Simple Harmonies LR 6:00 Mexican Train Dominos AR 6:30 Foreign Film	20 1:00 Chicken Foot AR 2:00 Wii Bowling Tournament TR
21 <b>Happy Easter</b> 12:30 Easter Brunch 3:00 Billiards Club LR	22 1:00 NB Bi-Mart & Walmart 6:00 Bingo AR	23 10:30 Bible Study 1:00 Tai Chi (Residents only) ER 2:00 Tai Chi (All) 6:00 Yahtzee Games AR	24 9:45 Pony Village Market 11:30 Lunch Outing Denny’s Pizza 3:00 Bucks Store AR 6:00 Game Night AR	25 9:45 Shopping NB Safeway 10:00 Chair Yoga Class ER 1:00 Fred Meyer & Banks 2:00 Bingo LR	26 11:00 Lunch Out Gloria Del Senior Cafe 1:00 Tai Chi (Residents only) ER 2:00 Tai Chi (All) ER 2:00 Worn Out Frets LR 2:30 Social Hour 6:00 Mexican Train Dominos LR	27 1:00 Chicken Foot AR 2:00 Davia Gregory LR
28 2:00 Movie Matinee TR	29 1:00 NB Bi-Mart & Walmart 6:00 Bingo AR	30 9:45 Pony Village Theater 10:30 Bible Study AR 1:00 Tai Chi (Residents) ER 1:30 Ruth Garagnon LR 2:00 Tai Chi (All) 3:30 Allegany Fiddlers LR 6:00 Yahtzee Games AR		<b>Resident Birthdays</b> <b>2 Merritt Shaw</b> <b>4 Dale Hoffman</b> <b>5 Laura Estrada</b> <b>8 Mandie Salmonson</b> <b>8 Monita Johnson</b>	<b>Resident Birthdays</b> <b>9 Sandi Daniels</b> <b>17 Michael Fisher</b> <b>21 Voley Facto</b> <b>23 Oris Wolff</b>	