



Independent Senior Living

451 O'Connell Street
North Bend, OR 97459

PLACE
STAMP
HERE

Administrative Team

Terri Stamosos
Retirement Community
Manager

Anna Skomra
Business Office Manager

Emmalisa Dobson
Food Service Manager

Mike LeDoux
Maintenance Director

Mildred Mollett
Life Enrichment Director

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



May 2019

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Best Practices for Skin Health

Whether lounging outside with a book or chatting with friends over lemonades on the patio, there's a factor to pay attention to so we don't harm our skin, and that's the sun. Spending time outdoors is beneficial for so many reasons, including increasing Vitamin D and our activity levels. But too much sun can make a good thing not so good for us. A little skin protection and general hot weather safety will go a long way in letting us enjoy a good, warm day.



May has been designated Skin Cancer Awareness Month in hopes it will build awareness of ways to protect skin, the need for regular dermatologist visits, and causes and treatments for skin cancer.

WHY CARE ABOUT SKIN PROTECTION?

Sun damage myths would have you believe most harm to skin occurs before age 18. However, studies have shown sun damage is actually cumulative; only 23 percent of lifetime exposure happens by age 18.

Skin cancer is a disease that one in five Americans will develop by age 70. That said, most skin cancer forms can be prevented, including the scariest, melanoma. While it is the most common form of cancer in the U.S., it is also the most preventable. Awareness and frequent skin checks are essential for preventing and treating melanoma.

TIPS FOR PROTECTING YOUR SKIN

Seek Shade: When the sun is at its strongest, between 10 am and 4 pm, enjoy the outdoors and protect your skin in the shade. Hang out under a sun umbrella or covered patio and avoid direct sunlight.

Cover Up: Long sleeves and pants seem counterintuitive when it's hot, but can help a lot with sun protection. Wear lighter-weight clothing with long sleeves and pants to help protect skin while not overheating. Don't forget a broad-brimmed hat and UV-blocking sunglasses!

Wear Sunscreen: The most critical part of avoiding skin cancer is avoiding sunburns. Sunburns are proof of skin damage by the sun, and they hurt. Avoid sunburns with the top two tips and by wearing sunscreen. The Skin Cancer Foundation recommends using a broad-spectrum (UVA/UVB) sunscreen with SPF 15 or higher every single day. For extended activity outdoors, opt for an SPF 30 broad-spectrum (UVA/UVB) sunscreen.

Stay Aware: Examine your skin and visit a dermatologist regularly. Conduct a head-to-toe skin check once a month to look for early warning signs of skin cancer. Visit with your dermatologist once a year or if you find anything suspicious in your examination.

For more useful skin care information and a self-exam guide, visit skincancer.org online.

Special Moments



Our Favorite Fitness Activities



"Balloon Volleyball"
- Mildred-

"Chair Yoga"
- Teri-

Senior Health & Fitness Day is on May 28. Our residents and team members sound off on ways they enjoy being active.

"Tai Chi"
- Jay-

"Chair Dancing"
- Emmalisa-

"Walking"
- Anna-

May Highlights

May is Get Caught Reading Month
and Military Appreciation Month

- 01 Chocolate Parfait Day
- 02 Truffle Day
- 03 Garden Meditation Day
- 04 Bird Day
- 05 Hoagie Day
- 06 Nurses Day
- 07 Teacher Appreciation Day
- 08 Receptionists Day
- 09 Butterscotch Brownie Day
- 10 Shrimp Day
- 11 Mini Golf Day
- 12 Mother's Day
- 13 Fruit Cocktail Day
- 14 Dance Like a Chicken Day
- 15 Chocolate Chip Day
- 16 Love a Tree Day
- 17 Endangered Species Day
- 18 Armed Forces Day
- 19 Devil's Food Cake Day

- 20 Pick Strawberries Day
- 21 Waitstaff Day
- 22 Vanilla Pudding Day
- 23 Lucky Penny Day
- 24 Scavenger Hunt Day
- 25 Tap Dance Day
- 26 Blueberry Cheesecake Day
- 27 Memorial Day
- 28 Hamburger Day
- 29 Senior Health & Fitness Day
- 30 Water a Flower Day
- 31 Heat Awareness 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
- Happy Mother's Day to all the moms out there!

May Birthdays

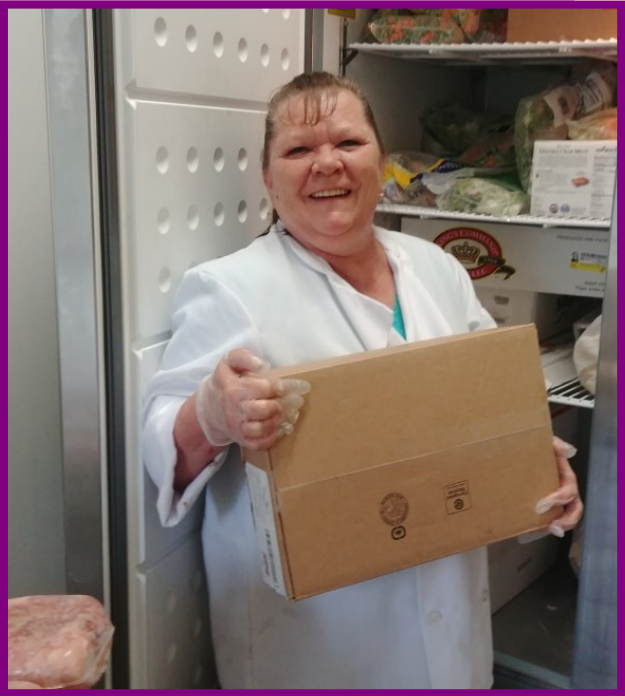


We wish you a
Happy Birthday!

Lisa Salmonson May20
Betty Wetzel May 24

Resident Spotlight!

A warm welcome to our new residents, Joan Van Dolah and Barbara Lippold. We are all pleased that you have chosen Evergreen Court as your new home. We hope you are settling in and meeting new friends. Again, welcome from our team.



Staff Spotlight!

Geri Wideman

We would like to take this opportunity to recognize one of the fantastic chefs here at Evergreen Court. Before coming to Evergreen Court, Geri worked for Baycrest for almost 20 years. Geri is married and has 2 children. She has been in Coos Bay since 1970.

May 2019

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
AR = Activity Room ER = Exercise Room DR = Dining Room LR = Living Room TR = Theater Room	Resident Birthdays <i>Lisa Salmonson~ May20</i> <i>Betty Wetzel~ May 24</i>		<div>1</div> <div>9:45 Pony Village Market</div> <div>2:00 Activity Meeting TR</div> <div>6:00 Game Night AR</div>	<div>2</div> <div>9:45 Shopping NB Safeway</div> <div>10:00 Chair Yoga ER</div> <div>1:00 Fred Meyer & Banks</div>	<div>3</div> <div>1:00 Tai Chi (Residents) ER</div> <div>2:00 Tai Chi (all) ER</div> <div>3:00 Social Hour LR</div> <div>3:00 Shaymas Hanlin LR</div>	<div>4</div> <div>1:00 Chicken Foot AR</div> <div>2:00 Unitarian Church TR</div>
<div>5</div> <div>2:00 Movie Matinee TR</div> <div>3:00 Billiards Club LR</div>	<div>6</div> <div>1:00 NB Bi-Mart Walmart</div> <div>3:00 Carol Stepleton LR</div> <div>6:00 Bingo AR</div>	<div>7</div> <div>10:30 Bible Study</div> <div>1:00 Tai Chi (Residents) ER</div> <div>2:00 Tai Chi (All) ER</div> <div>2:30 Susie Wilson LR</div> <div>6:00 Yahtzee Games AR</div>	<div>8</div> <div>9:45 Pony Village Market</div> <div>11:30 Ciccarelli’s/Lunch Outing</div> <div>2:00 Food Committee TR</div> <div>3:00 Old Time Fiddlers LR</div> <div>6:00 Game Night AR</div>	<div>9</div> <div>9:45 Shopping Safeway</div> <div>10:00 Chair Yoga Class ER</div> <div>1:00 Fred Meyer & Banks</div> <div>1:30 Mobile Library LR</div> <div>3:00 Hannah Cook LR</div>	<div>10</div> <div>10:00 Furry Friends LR</div> <div>1:00 Tai Chi (Residents) ER</div> <div>2:00 Tai Chi (All) ER</div> <div>2:30 Birthday Party LR</div> <div>Social Hour/Frank Martinelli LR</div> <div>6:00 Mexican Train Dominoes AR</div> <div>6:45 Foreign Film</div>	<div>11</div> <div>9:00 Swap Table TR</div> <div>1:00 Chicken Foot AR</div> <div>2:00 Wii Bowling TR</div>
<div>Mother’s Day</div> <div>Mother’s Day Brunch</div> <div>2:00 Movie Matinee</div> <div>3:00 Billiards Club</div> <div>12</div> <div>DR</div> <div>TR</div> <div>LR</div>	<div>1:00 NB Bi-Mart & Wal-Mart</div> <div>2:00 Card Game AR</div> <div>6:00 Bingo AR</div>	<div>14</div> <div>10:30 Bible Study</div> <div>1:00 Tai Chi (Residents) ER</div> <div>2:00 Tai Chi (All) ER</div> <div>2:00 Pie Social LR</div> <div>6:00 Yahtzee Games AR</div>	<div>15</div> <div>9:45 Pony Village Market</div> <div>1:00 Rock Painting AR</div> <div>2:00 Balloon Volleyball LR</div> <div>6:00 Game Night AR</div>	<div>16</div> <div>9:45 Shopping Safeway</div> <div>10:00 Chair Yoga Class ER</div> <div>1:00 Fred Meyer & Banks</div> <div>2:00 Chair Dancing LR</div>	<div>17</div> <div>1:00 Tai Chi Residents Only ER</div> <div>2:00 Tai Chi (All) ER</div> <div>2:30 Resident’s Meeting TR</div> <div>3:00 Social Hour LR</div> <div>Simple Harmonies LR</div> <div>6:00 Mexican Train Dominoes AR</div> <div>6:30 The Extreme Life Of The Sea</div>	<div>18</div> <div>11:00 Mayfly Festival (Mingus Park)</div> <div>1:00 Chicken Foot AR</div> <div>2:00 Wii Bowling TR</div>
<div>2:00 Movie Matinee</div> <div>3:00 Billiards Club</div> <div>19</div> <div>TR</div> <div>LR</div>	<div>Spirit Week</div> <div>70s Day</div> <div>Wear your Favorite 70’s</div> <div>1:00 NB Bi-Mart & Wal-Mart</div> <div>6:00 Bingo AR</div> <div>20</div>	<div>Spirit Week</div> <div>Hat Day</div> <div>Wear Your Favorite Hat</div> <div>9:45 Pony Village Theater</div> <div>10:30 Bible Study</div> <div>1:00 Tai Chi (Residents) ER</div> <div>2:00 Tai Chi (All) ER</div> <div>2:00 Shore Acres</div> <div>21</div>	<div>Spirit Week</div> <div>Wacky Tacky Day</div> <div>Wear unmatched clothes</div> <div>9:45 Pony Village Market</div> <div>10:00 Marty Giles TR</div> <div>6:00 Game Night AR</div> <div>22</div>	<div>Spirit Week</div> <div>Sports Day</div> <div>Wear your favorite jersey</div> <div>9:45 Shopping NB Safeway</div> <div>10:00 Chair Yoga Class ER</div> <div>1:00 Fred Meyer & Banks</div> <div>23</div>	<div>Spirt Week</div> <div>Hawaiian Day</div> <div>Wear your favorite Shirt</div> <div>11:00 Lunch out / Gloria Dei</div> <div>1:00 Tai Chi Residents Only ER</div> <div>2:00 Tai Chi (All) ER</div> <div>3:00 Hawaiian Entertainment LR</div> <div>6:00 Mexican Train Dominoes AR</div> <div>24</div>	<div>1:00 Chicken Foot</div> <div>2:00 Davia Gregory</div> <div>25</div> <div>AR</div> <div>LR</div>
<div>2:00 Movie Matinee</div> <div>3:00 Billiards Club</div> <div>26</div> <div>TR</div> <div>LR</div>	<div>Memorial Day</div> <div>1:00 NB Bi-Mart & Wal-Mart</div> <div>2:00 Card Game AR</div> <div>6:00 Bingo AR</div> <div>27</div>	<div>10:30 Bible Study</div> <div>1:00 Tai Chi (Residents) ER</div> <div>2:00 Tai Chi (All) ER</div> <div>1:30 Ruth Garagnon LR</div> <div>6:00 Yahtzee Games AR</div> <div>28</div>	<div>9:45 Pony Village Market</div> <div>1:00 Balloon Volleyball</div> <div>6:00 Game Night AR</div> <div>29</div>	<div>9:45 Shopping NB Safeway</div> <div>10:00 Chair Yoga Class ER</div> <div>11:00 Lunch Outing</div> <div>Double D’S on the Rocks</div> <div>1:00 Fred Meyer & Banks</div> <div>30</div>	<div>1:00 Tai Chi Residents Only ER</div> <div>2:00 Tai Chi (All) ER</div> <div>3:00 Social Hour LR</div> <div>3:00 Finnnavari LR</div> <div>6:00 Mexican Train Dominoes AR</div> <div>31</div>	