



Independent Senior Living

451 O'Connell Street  
North Bend, OR 97459

STAMP  
HERE



**Administrative Team: 541-756-4466**

**Retirement Community Mgr: Terri Stamsos**

**Business Office Director: Anna Skomra**

**Food Service Director: Emmalisa Dobson**

**Maintenance Director: Mike LeDoux**

**Life Enrichment Director: Mildred Mollett**

**Receptionist: Genevieve Martinez**



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

# Evergreen Court News

## Monthly Newsletter



## April 2020

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## How to Move Toward a More Active Lifestyle & Improved Strength

It's a fact of life that as we age to around 50, our body composition changes with naturally occurring reductions to muscle mass, bone mass, and physical capacity. But it's also true that there's lots we can do to increase our strength and mobility, helping to improve our lives overall.



**Magic Three!** Performing activities at least three separate days of the week produces health benefits, according to consistent research studies.

Head into the spring season with more opportunities for outside fun, with these guidelines and tips for improving strength and balance. Of course, always consult your health professional before making changes to diet, exercise, or medication.

Starting out on a path toward getting more active doesn't have to be a struggle. It is never too late to start being physically active. All should strive to be as physically active as their abilities and conditions allow, and for all people, some activity is better than none.

U.S. Government Guidelines state for substantial health benefits, adults should do aerobic physical activity for either:  
**Option One:** 2 hours and 30 minutes up to 5 hours per week of moderate intensity **or...**  
**Option Two:** 1 hour and 15 minutes up to 2 hours and 30 minutes per week of vigorous intensity

For older adults specifically, physical activity should include balance training,

and aerobic and muscle-strengthening activities. Muscle-strengthening activities of moderate or greater intensity, involving all major muscle groups should be done two or more days weekly.

**What is aerobic activity?** Cardio activity in which a person moves their muscles rhythmically for a sustained period of time. Examples include brisk walking, raking, tennis, jogging, or dancing.

**What is muscle-strengthening activity?** Activity that works against a resistance. Examples include some Tai Chi, some Yoga, carrying groceries, lifting or digging for gardening, using exercise bands or hand weights for exercise moves, push ups, pull ups, and squats.

For more information and ideas, visit [health.gov](http://health.gov) and click on Physical Activity!

## Special Moments



- Merrit: April 2
- Dale: April 4
- Laura: April 5
- Sandi: April 9
- Michael: April 17

## April 2020 Highlights

April is Lawn & Garden Month, Poetry Month, Volunteer Month, and Jazz Month.

- 01 Walking Day; Sourdough Day
- 02 Burrito Day; PB&J Day
- 03 Film Score Day
- 04 Walk Around Things Day
- 05 Deep Dish Pizza Day
- 06 Caramel Popcorn Day
- 07 Coffee Cake Day
- 08 Empanada Day; Zoo Love Day
- 09 Antiques Day; Passover Starts
- 10 Young Writers Day; Good Friday
- 11 Cheese Fondue Day; Pet Day
- 12 Easter Day; Grilled Cheese Day
- 13 Peach Cobbler Day; Scrabble Day
- 14 Gardening Day; Look at the Sky Day
- 15 Glazed Spiral Ham Day
- 16 High Five Day; Eggs Benedict Day
- 17 Cheeseball Day; Haiku Poetry Day
- 18 Animal Cracker Day; Record Shop Day
- 19 Garlic Day



- 20 Lime Bean Day; Cheddar Fries Day
- 21 Kindergarten Day; Choco. Cashews Day
- 22 Earth Day; Jelly Bean Day
- 23 Picnic Day; Talk Like Shakespeare Day
- 24 Pigs in Blankets Day; Arbor Day
- 25 Telephone Day; Sense of Smell Day
- 26 Pretzel Day; Audubon Day
- 27 Devil Dog Day; Tell a Story Day
- 28 Poetry Reading Day; Superhero Day
- 29 Denim Day; Zipper Day
- 30 Shelter Pet Day; Raisin Day

### A note regarding Coronavirus:

The safety and comfort of our residents and staff remains our number one priority during the Coronavirus cases that have happened nationwide. It is important to communicate our plans to mitigate risk in our community. We are following mandated health guidelines. Please note that all activities are subject to cancellation per current mandated health guidelines. To read a full list of measures taken, and our current visitor policy, please visit our website: <https://www.evergreen-court.com>.

April 26th is **Audubon Day**, honoring John James Audubon's birthday back in 1785!



Audubon is celebrated for his American bird studies. He documented their mannerisms and created educational illustrations of birds in their natural habitats. He created 435 watercolor paintings of North American birds!

Our resident spotlight shines on:

## Jim

Jim was born in Port Angeles, Washington. He moved to Coos Bay at the age of 16 and graduated from Marshfield in 1965. Jim joined the army in 1965 and spent time in Germany and Vietnam. Jim is the father of four sons, two daughters and 15 grandchildren. He loves reading books and writing poetry. Jim moved to Evergreen Court two years ago and says this place and everyone here are awesome.

Thank you very much for your service, Jim!



Our staff spotlight shines on:

## Rueben

Please welcome Rueben as a new wait staff employee at Evergreen Court.

Rueben was born in Tucson, Arizona, and was raised in Oregon. He has trained puppies of all breeds. He used to be a wildland fire fighter and is going to school for forestry. Rueben says family is the most important thing in his life.

We're glad to have you on our team, Rueben!

# April 2020

# Evergreen Court \* 451 O'Connell St., North Bend, OR \* 541-756-4466

SUN	MON	TUE	WED	THU	FRI	SAT
<p>AR = Activity Room ER = Exercise Room DR = Dining Room LR = Living Room TR = Theater Room</p>	<p><u>Resident Birthdays</u> April 2 ~ Merrit April 4 ~ Dale April 5 ~ Laura April 9 ~ Sandi April 17 ~ Michael</p> 	<p><b>* Subject to cancellation per current mandated health guidelines.</b></p>	<p>1 10:00 Dave's VIP Shopping 1:00 Walk About 2:00 Brain Training &amp; Puzzles</p>	<p>2 10:00 Dave's VIP Shopping 10:30 *Balloon Volleyball LR 1:00 Walk About</p>	<p>3 10:00 Dave's VIP Shopping 1:00 Walk About 2:00 Mobile Library</p>	
	<p>6 10:00 Dave's VIP Shopping 1:00 Walk About 2:00 Coloring Contest</p>	<p>7 10:00 Dave's VIP Shopping 10:30 *Balloon Volleyball LR 1:00 Walk About</p>	<p>8 10:00 Dave's VIP Shopping 1:00 Walk About 2:00 Brain Training &amp; Puzzles</p>	<p>9 10:00 Dave's VIP Shopping 10:30 *Balloon Volleyball LR 1:00 Walk About</p>	<p>10 10:00 Dave's VIP Shopping 1:00 Walk About 2:00 Mobile Library</p>	
<p>12 <u>Easter Sunday</u> 12:30 p.m. - 2:30 p.m.  <i>Easter Brunch</i></p> 	<p>13 10:00 Dave's VIP Shopping 1:00 Walk About 2:00 Coloring Contest</p>	<p>14 10:00 Dave's VIP Shopping 10:30 *Balloon Volleyball LR 1:00 Walk About</p>	<p>15 10:00 Dave's VIP Shopping 1:00 Walk About 2:00 Brain Training &amp; Puzzles</p>	<p>16 10:00 Dave's VIP Shopping 10:30 *Balloon Volleyball LR 1:00 Walk About</p>	<p>17 10:00 Dave's VIP Shopping 1:00 Walk About 2:00 Mobile Library</p>	
	<p>20 10:00 Dave's VIP Shopping 1:00 Walk About 2:00 Coloring Contest</p>	<p>21 10:00 Dave's VIP Shopping 10:30 *Balloon Volleyball LR 1:00 Walk About</p>	<p>22 10:00 Dave's VIP Shopping 1:00 Walk About 2:00 Brain Training &amp; Puzzles</p>	<p>23 10:00 Dave's VIP Shopping 10:30 *Balloon Volleyball LR 1:00 Walk About</p>	<p>24 10:00 Dave's VIP Shopping 1:00 Walk About 2:00 Mobile Library</p>	
	<p>27 10:00 Dave's VIP Shopping 1:00 Walk About 2:00 Coloring Contest</p>	<p>28 10:00 Dave's VIP Shopping 10:30 *Balloon Volleyball LR 1:00 Walk About</p>	<p>29 10:00 Dave's VIP Shopping 1:00 Walk About 2:00 Brain Training &amp; Puzzles</p> 	<p>30 10:00 Dave's VIP Shopping 10:30 *Balloon Volleyball LR 1:00 Walk About</p> 	<p>Celebrate this Easter with a heart filled with love and peace, May the spirit of the Lord fill your home this Easter and all the rest of your days.</p> 	