

the **FEBRUARY 2019** newsletter

Be Inspired

EVERGREEN RETIREMENT COMMUNITY | a Senior Lifestyle community | CINCINNATI, OH 45215 | 513-948-2308

JOIN US THIS MONTH FOR

dinner at houston inn

On Tuesday, Feb. 19, join us for dinner at the Houston Inn located in Mason, Ohio. The Eves family has owned and operated the Inn since 1953, and through three generations has been providing fine dining. Each day they offer special dishes by the chef's choice, as well as 30 entrees to choose from and a 55-item salad bar. Choose from crab cakes made from scratch, Maryland style, as well as frog legs, chicken and dumplings, fresh walleye, deep-fried catfish, and sautéed chicken livers. Enjoy a slice of cheesecake or pecan pie for dessert. We will leave Evergreen at 5 p.m. Dinner is on your own. Please sign up at the Activities Desk.



THIS MONTH'S *silver star*

JERRY SCHWARTZ

This month's Silver Star is awarded to Evergreen resident Jerry Schwartz. Jerry is the "mastermind" behind the monthly "Words of Wisdom" flyer that has been included in our Evergreen newsletters recently. Everyone has enjoyed reading his thoughtful words and inspirations.

Thank you Jerry for spreading a little bit of your humor and wisdom! Jerry also helps moderate the current events and the coffee club groups. He lends a helping hand monthly to collate our Evergreen newsletters. Thank you so much for all you do! We are glad you are here.



Evergreen resident, Jerry Schwartz

IT'S OUR PLEASURE TO SERVE YOU ... *word from your executive director*

RESIDENT APPRECIATION

I would like to take this opportunity to thank all of our wonderful residents for residing here with us at Evergreen and Wellspring. I have had the opportunity to start meeting and learning about many of you, and it has been an absolute pleasure. I have had the chance to speak with some of you who have called Evergreen home for many years and some who have been with us for just a couple weeks. Through these interactions, I have been able to begin formulating a vision for our campus and have identified opportunities for improvements and enhancements. This is an exciting time for all of the people who are living, working, and/or affiliated in any way with our campus. We will continue to create opportunities and forums for communication so that everyone feels like they have the opportunity to share their ideas and thoughts on the future of this beautiful campus. Please continue to watch your calendars for specifics on this, and I am always available to you.

On behalf of the Evergreen and Wellspring staff, I would like to express how thankful we are for each of you. We are committed to serving and communicating with you to continue to make this the Best Place to Call Home in this area. I strongly believe that together ... we will get there.

TRAIN YOUR BRAIN *search for flowers*

F	Y	R	P	B	U	C	M	Y	L	I	L
U	S	I	O	D	E	A	D	A	D	A	I
C	N	T	D	S	R	G	P	I	G	E	L
S	A	E	M	I	E	O	O	N	D	L	A
H	P	L	G	U	P	D	O	N	A	A	C
I	D	O	D	P	I	I	S	I	I	Z	G
A	L	I	Y	D	T	N	D	Z	S	A	D
D	G	V	Q	A	D	D	A	D	Y	D	I
F	A	I	N	U	T	E	P	R	D	F	H
C	S	R	Z	P	I	L	U	T	E	G	C
D	A	H	L	I	A	I	R	I	S	G	R
C	B	L	U	E	B	E	L	L	C	Z	O

AZALEA
BEGONIA
BLUEBELL
CARNATION
DAHLIA
DAISY
FUCHSIA
GERANIUM
IRIS
LILAC
LILY
MARGOLD
ORCHID
PANSY
PETUNIA
POPPY
ROSE
TULIP
VIOLET
ZINNIA

BE INSPIRED

- CONNECT
- GROW
- CONTRIBUTE
- MOVE
- FEEL
- REFLECT

LOCATIONS

- ARTS AND CRAFTS ROOM — ACR
- ASSISTED LIVING LOUNGE — AL-L
- ATRIUM — ATM
- AUDITORIUM — AUD
- BILLIARDS ROOM — BR
- CHAPEL — CH
- DINING ROOM — DR
- EXERCISE ROOM — ER
- GAME ROOM — GR
- MANSION BAR — BAR
- MANSION LIVING ROOM — MLR
- PRIVATE DINING ROOM — PDR
- SUNROOM — SR
- THIRD FLOOR BUILDING THREE
- CARD LOUNGE — 3 FL CL
- WELLSPRING — WS

*CALL TRANSPORTATION

**MUST SIGN UP

CALENDAR HOTLINE:
948-2316-3

Please sign up at the Activity Desk for Wellness Everyday™ Personal Training Certification.

SENIOR LIFESTYLE
VALUES & MISSION

Hospitality, Excellence,
Appreciation, Respect,
& Teamwork

“To become the trusted leader in senior living services by creating great places to work and great places to live.”

“Success is what you do with your ability. It’s how you use your talent.”
—George Allen Sr.



<p>9:00 ● St. Vivian</p> <p>10:00 ● St. James, Northminster and Wyoming Presbyterian</p> <p>11:30 ● Ruth Rubendunst, Piano DR</p> <p>1:30 ● Movie to Be Announced AUD</p> <p>1:30 ● Catholic Service WS</p> <p>5:30 ● Watch the Super Bowl with Friends AUD</p>	<p>● AREA I*</p> <p>9:45 ● Advanced Exercise AUD</p> <p>10:30 ● Meditation Class AUD</p> <p>11:00 ● Shopping Trip: 2nd Chance, Lunch @ Olive Garden**</p> <p>11:30 ● Beginning Exercise AUD</p> <p>1:00 ● Stitch 'n' Chat SR</p> <p>1:30 ● Cornhole AUD</p>	<p>● AREA II*</p> <p>8:30 ● Kroger Shuttle</p> <p>10:30 ● Mass @ Wellspring</p> <p>10:40 ● Water Works @ Drake**</p> <p>11:30 ● Beginning Exercise AUD</p> <p>1:00 ● Bible Study ACR</p> <p>1:00 ● Pinochle Club GR</p> <p>2:30 ● Flower Arranging ACR</p> <p>4:00 ● Brown Bag Happy Hour BAR</p> <p>4:00 ● Wellness Center BP Screenings (Outside DR)</p> <p>7:00 ● Trivia with Jennifer AUD</p>	<p>● AREA III*</p> <p>8:30 ● Coffee Club ATM</p> <p>9:45 ● Advanced Exercise AUD</p> <p>11:30 ● Beginning Exercise AUD</p> <p>2:00 ● Chair Volleyball AUD</p> <p>7:00 ● New Horizon Swing Band AUD</p>	<p>● AREA IV*</p> <p>8:30 ● Kroger Shuttle</p> <p>10:40 ● Water Works @ Drake**</p> <p>11:30 ● Beginning Exercise AUD</p> <p>2:00 ● Artist Studio: Basic Drawing class** ACR</p> <p>7:00 ● Bingo AUD</p>	<p>● AREA V*</p> <p>9:45 ● Advanced Exercise AUD</p> <p>10:00 ● Symphony Transportation**</p> <p>11:00 ● Pray the Rosary CH</p> <p>11:30 ● Beginning Exercise AUD</p> <p>2:30 ● Card Bingo ACR</p> <p>4:00 ● Sabbath Eve Services AUD</p> <p>7:00 ● Movie: To Be Announced AUD</p>	<p>GROUNDHOG DAY</p> <p>8:30 ● Coffee Club ATM</p> <p>11:00 ● Current Events ACR</p> <p>1:00 ● Billiards BR</p> <p>1:00 ● Cards 3 FL CL</p> <p>4:00 ● Catholic Mass AUD</p>
<p>9:00 ● St. Vivian</p> <p>10:00 ● St. James, Northminster and Wyoming Presbyterian</p> <p>11:30 ● Ruth Rubendunst, Piano DR</p> <p>1:30 ● Catholic Service WS</p> <p>1:30 ● Suzuki Piano Performance AUD</p>	<p>● AREA I*</p> <p>9:45 ● Advanced Exercise AUD</p> <p>10:30 ● Meditation Class AUD</p> <p>11:30 ● Beginning Exercise AUD</p> <p>12:00 ● Chef Tasting** DR</p> <p>1:00 ● Stitch 'n' Chat SR</p> <p>1:30 ● Cornhole AUD</p> <p>7:00 ● CCM Performance AUD</p>	<p>● AREA II*</p> <p>8:30 ● Kroger Shuttle</p> <p>9:00 ● Audiologist Visit SR</p> <p>11:30 ● Beginning Exercise AUD</p> <p>1:00 ● Pinochle Club GR</p> <p>1:00 ● Bible Study ACR</p> <p>2:00 ● Diane Shields: Famous Couples AUD</p> <p>2:30 ● Flower Arranging ACR</p> <p>3:00 ● Resident Council Meeting 3 FL CL</p> <p>4:00 ● Brown Bag Happy Hour BAR</p> <p>4:00 ● Wellness Center BP Screenings (Outside DR)</p> <p>7:00 ● Nature Explorer: The Language of Flowers* AUD</p>	<p>● AREA III*</p> <p>8:30 ● Coffee Club ATM</p> <p>9:45 ● Advanced Exercise AUD</p> <p>11:30 ● Beginning Exercise AUD</p> <p>1:45 ● The Cincinnati Jr. League Choir Concert AUD</p>	<p>VALENTINE'S DAY</p> <p>● AREA IV*</p> <p>8:30 ● Kroger Shuttle</p> <p>10:40 ● Water Works @ Drake**</p> <p>11:30 ● Beginning Exercise AUD</p> <p>2:00 ● Artist Studio: Basic Drawing Class** ACR</p> <p>4:00 ● Newcomers' Meet and Greet MLR</p> <p>7:00 ● Bingo AUD</p>	<p>● AREA V*</p> <p>9:45 ● Advanced Exercise AUD</p> <p>11:00 ● Pray the Rosary CH</p> <p>11:00 ● Brown Bag Trip Cin. Historical Black Citizens**</p> <p>11:30 ● Beginning Exercise AUD</p> <p>2:30 ● Card Bingo ACR</p> <p>4:00 ● Sabbath Eve Services AUD</p> <p>7:00 ● Movie: To Be Announced AUD</p>	<p>8:30 ● Coffee Club ATM</p> <p>11:00 ● Current Events ACR</p> <p>1:00 ● Billiards BR</p> <p>1:00 ● Cards 3 FL CL</p> <p>4:00 ● Catholic Mass AUD</p> <p>7:00 ● Full Moon Ranch Trio AUD</p>
<p>9:00 ● St. Vivian</p> <p>10:00 ● St. James, Northminster and Wyoming Presbyterian</p> <p>11:30 ● Ruth Rubendunst, Piano DR</p> <p>1:30 ● Movie to Be Announced AUD</p> <p>1:30 ● Catholic Service WS</p>	<p>PRESIDENTS DAY</p> <p>● AREA I*</p> <p>9:45 ● Advanced Exercise AUD</p> <p>10:30 ● Meditation Class AUD</p> <p>11:30 ● Beginning Exercise AUD</p> <p>1:00 ● Stitch 'n' Chat SR</p> <p>1:30 ● Cornhole AUD</p> <p>3:00 ● Wine Tasting and Food Pairing: Romantic Reds** BAR</p> <p>7:00 ● Phil Degreg Piano & Joe on Clarinet AUD</p>	<p>● AREA II*</p> <p>8:30 ● Kroger Shuttle</p> <p>10:40 ● Water Works @ Drake**</p> <p>11:30 ● Beginning Exercise AUD</p> <p>1:00 ● Bible Study ACR</p> <p>1:00 ● Pinochle Club GR</p> <p>2:00 ● Diane Shields: Famous Couples AUD</p> <p>2:30 ● Flower Arranging ACR</p> <p>4:00 ● Brown Bag Happy Hour BAR</p> <p>4:00 ● Wellness Center BP Screenings (Outside DR)</p> <p>5:00 ● Dine Out @ The Houston Inn**</p>	<p>● AREA III*</p> <p>8:30 ● Coffee Club ATM</p> <p>9:45 ● Advanced Exercise AUD</p> <p>11:30 ● Beginning Exercise AUD</p> <p>2:00 ● Chair Volleyball AUD</p> <p>7:00 ● Tom White on Piano AUD</p>	<p>● AREA IV*</p> <p>8:30 ● Kroger Shuttle</p> <p>10:40 ● Water Works @ Drake**</p> <p>11:30 ● Beginning Exercise AUD</p> <p>2:00 ● Artist Studio: Basic Drawing class** ACR</p> <p>3:30 ● Protestant Communion AUD</p> <p>7:00 ● Bingo AUD</p>	<p>● AREA V*</p> <p>9:45 ● Advanced Exercise AUD</p> <p>11:00 ● Pray the Rosary CH</p> <p>11:30 ● Beginning Exercise AUD</p> <p>1:15 ● Diane Shields: Ben Franklin's Death AUD</p> <p>2:30 ● Card Bingo ACR</p> <p>2:30 ● Free Therapy Wellness Assessments AUD</p> <p>4:00 ● Sabbath Eve Services AUD</p> <p>7:00 ● Movie: To Be Announced AUD</p>	<p>8:30 ● Coffee Club ATM</p> <p>11:00 ● Current Events ACR</p> <p>1:00 ● Billiards BR</p> <p>1:00 ● Cards 3 FL CL</p> <p>4:00 ● Catholic Mass AUD</p> <p>7:00 ● Frank Anthony Singer AUD</p>
<p>9:00 ● St. Vivian</p> <p>10:00 ● St. James, Northminster and Wyoming Presbyterian</p> <p>11:30 ● Ruth Rubendunst, Piano DR</p> <p>1:30 ● Movie to Be Announced AUD</p> <p>1:30 ● Catholic Service WS</p>	<p>● AREA I*</p> <p>9:45 ● Advanced Exercise AUD</p> <p>10:30 ● Meditation Class AUD</p> <p>11:30 ● Beginning Exercise AUD</p> <p>1:00 ● Stitch 'n' Chat SR</p> <p>1:30 ● Cornhole AUD</p> <p>6:00 ● Hot Chocolate by the Fire & You Be the Judge MLR</p> <p>7:00 ● CCM Performance AUD</p>	<p>● AREA II*</p> <p>8:30 ● Kroger Shuttle</p> <p>10:40 ● Water Works @ Drake**</p> <p>11:30 ● Beginning Exercise AUD</p> <p>1:00 ● Bible Study ACR</p> <p>1:00 ● Pinochle Club GR</p> <p>2:30 ● Flower Arranging ACR</p> <p>4:00 ● Brown Bag Happy Hour BAR</p> <p>4:00 ● Wellness Center BP Screenings (Outside DR)</p> <p>7:00 ● Trivia with Jennifer AUD</p>	<p>● AREA III*</p> <p>8:30 ● Coffee Club ATM</p> <p>9:45 ● Advanced Exercise AUD</p> <p>11:30 ● Beginning Exercise AUD</p> <p>2:00 ● Chair Volleyball AUD</p> <p>3:15 ● Book Club 3 FL CL</p> <p>4:30 ● Birthday Dinner** DR</p>	<p>● AREA IV*</p> <p>8:30 ● Kroger Shuttle</p> <p>10:40 ● Water Works @ Drake**</p> <p>11:30 ● Beginning Exercise AUD</p> <p>2:00 ● Artist Studio: Basic Drawing Class** ACR</p> <p>6:30 ● Covedale Theater Trip: "Almost Heaven"***</p> <p>7:00 ● Bingo AUD</p>		

EVENT RECAP

art classes

On Thursday afternoons, “J” our Art Teacher, offers art classes for our Evergreen residents. They create different pieces of artwork each class. They have created watercolor paintings, jewelry, pottery, and greeting cards to name just a few of the projects.

The month of February is a four-part basic drawing class. On Feb. 7, learn to create a range of “values” when you draw. On Feb. 14, we will use value and shadows to draw simple objects. On Feb. 21, we will learn the difference between positive and negative space. On Feb. 28, we will learn basic rules that apply to any landscape and how to create distance in a landscape drawing. The classes are limited to 12 participants. Please sign up at the Activities Desk.



Nancy Colegrove, Art Teacher “J,” and Dorothy Bergman



Isabelle Gruber and Thelma Jonson



Ethel Gray and Marianne McLain

THIS MONTH'S *heart hero*

HOSPITALITY, EXCELLENCE, APPRECIATION, RESPECT, TEAMWORK

LISA has worked as a Home Health Aide with Living Well for two and a half years. She is a very caring and compassionate woman and loves to serve our residents with pride. She is in high demand due to her devotion to giving excellent care. In her spare time she loves being with her grandchildren taking them on trips, making crafts, and spoiling them. She also enjoys exploring YouTube and learning new ways to stay healthy. We look forward to having her continue to be a part of our Evergreen family.

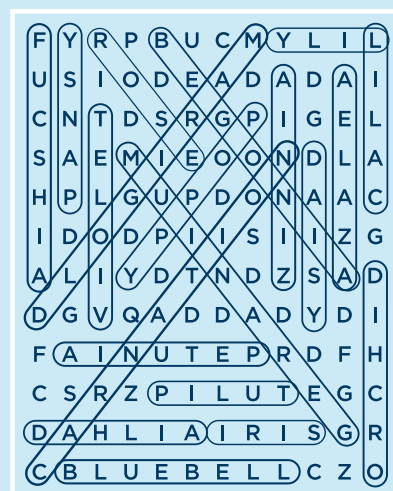
Thank you Lisa for all you do!



Evergreen employee, Lisa Walker

TRAIN YOUR BRAIN

solution



SENIOR
LIFESTYLE
your life, your style