

Evergreen Journal

OCTOBER 2022

At A Glance



Pumpkin Mug Cake Recipe



Fall is here!

Managed by



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From the Desk of the CEO

Rod Burkett

Recently, I was surprised and humbled to learn that I would be receiving the 2022 Jan Thayer Pioneer Award from the National Center for Assisted Living (NCAL).

NCAL describes the award as a recognition of individuals who have moved the senior care profession forward, positively affecting the lives of those served and those who serve. Recipients must demonstrate dedication, leadership, and considerable contributions to the profession. I am to receive the award at NCAL's annual convention in October in Nashville, Tennessee.

While it is a great honor to be named the recipient, I am accepting this award on behalf of our company's mission of increasing accessibility and affordability in the assisted living sector, and in honor of all our caregivers and support staff, our community Administrators, our leadership teams and our owner/investor groups that make our mission and passion come to life every day.

I am so proud that we have provided love, compassion, and dignity to more than 31,000 deserving residents over the last 23 years, and it's further gratifying to know that we have been inclusive and innovative in providing this compassionate care by serving those in small rural towns, in both blue collar and affluent suburbs, and in some of our nation's most challenged inner-city neighborhoods...all while being committed to serving seniors of all income levels.

Where once stood a corn field or a decaying urban building, our mission focused on turning that into a community of caring people that positively impacted thousands of lives. While I co-founded the company and helped it to grow, this award is dedicated to the thousands of caregivers who are the heart and soul of what we accomplish every day!



IN THE NEWS

ABOUT OCTOBER

Rick Banas

On Oct. 13, 1792, the cornerstone of the White House was laid by George Washington. Eight years later, President John Adams and his wife, Abigail, became the first occupants. The building was burned by British Soldiers during the War of 1812. It was rebuilt, enlarged and was ready to be reoccupied in 1817. Constructed of white-gray sandstone, the White House today has more than 130 rooms.

The Chicago Fire erupted on Oct. 8, 1871, destroying 17,500 buildings and taking the lives of more than 300.

In October 1908, the Model T went on sale for the first time. Henry Ford designed the car for the common man – affordable, simple to operate, and durable.

In October 1927, the film “The Jazz Singer” opened in New York. Starring Al Jolson, the movie was the first feature length film to feature spoken dialogue.

The Halloween episode broadcast on “*Mercury Theatre on the Air*” in 1938 incited panic among many listeners to the CBS radio station as they mistakenly assumed that the adaptation of “The War of the Worlds” directed and narrated by Orson Welles about a Martian invasion of New Jersey was actual news.

After 14 years of work, the Mount Rushmore National Monument in the Black Hills of South Dakota was completed in October 1941. The sculpture stands roughly 60 feet high and features George Washington, Thomas Jefferson, Theodore Roosevelt, and Abraham Lincoln.

On Oct. 14, 1964, Martin Luther King Jr. became the youngest recipient of the Nobel Prize. He donated the prize money to further the cause of the civil rights movement.

Halloween originates from a Celtic festival for the dead. The Irish Celts believed ghosts of the dead would roam the earth on this day so people dressed in costumes to hide from the ghosts and left treats outside their front door for the spirits.

The Irish also started the tradition of making jack-o’-lanterns for Halloween. They first used potatoes and turnips before finding that pumpkins were much easier to carve.

Pumpkin is incredibly healthy. It is a low-calorie food that is rich in vitamins, minerals and antioxidants that may help boost your immune system, protect your eyesight, lower your risk of certain cancers, and promote heart and skin health.



WELLNESS

OCTOBER 2022

Deborah Denham RN, MSN, CPPS, CPHRM

Fall is here and the leaves are changing color. It's refreshing to feel the crisp air and watch the leaves change color.

Autumn brings so many seasonal opportunities.

The autumn decorations are unique in color and theme. Enjoy the seasonal offerings. Fill a bowl with pretty colored leaves and use as a center piece on the table.

It is also time to get out the sweaters and hats. Take a moment to sit in the afternoon sun, close your eyes and feel the cool air and the smell of nature preparing for winter.

Enjoy pumpkin everything! Coffee, muffins, and cheesecake. If you are not a pumpkin lover, it is all good. Apples are in season and can be included in room scents, desserts, main dishes.

Apples and pork are a delightful combination. When is the last time you had a caramel apple? They make these little cups of caramel to dip the apple in now, so much easier than a whole apple on a stick. (But I can make that work also.)

Review your stash of scarves, hats, gloves, and boots. Now is the time to refresh your supply or pick up items if you have the need.

Autumn also is the beginning of the holiday season. Family gatherings are so special, especially after the last couple years of so many cautions and restrictions. If you do not have family to go to, embrace your friends. They will appreciate the time and companionship.

Autumn is a time of reflection and appreciation. Of quietness and beauty. Allow a few moments to enjoy the season.

Recipe Corner

Pumpkin Mug Cake

- 1 egg
- 1/4 c. brown sugar
- 1/3 c. flour
- 1/4 c. canned pumpkin puree
- 1 Tbs. white sugar
- 1/2 tsp. Vanilla extract
- 1/2 tsp. ground cinnamon
- 1/4 tsp. ground ginger
- 1/4 tsp. ground nutmeg
- Pinch salt

Directions

1. Crack egg into a microwave-safe large mug, whisk in brown sugar. Add flour, pumpkin puree, white sugar, vanilla extract, cinnamon, ginger, nutmeg, and salt. Whisk until well blended.
2. Cook in the microwave on high until puffed and golden, about 1 minute 15 seconds.
3. Top with whipped cream.





LIFESTYLE



Resident Birthdays:

- 1 Peggy J.
- 2 Joanne C.
- 4 Ben C.
- 7 Ryan P.
- 9 Daniel B.
- 13 Paul M.
- 19 Donna H.
- 23 Judy B.
- 26 Susan W.
- 27 Charles B.
- 27 Maribeth
- 31 Laura M.

Staff Birthdays:

- 1 Falon P.
- 10 Seth H-S.
- 16 Amy T.
- 19 Josh D.
- 21 Jessica R.
- 30 Brene L.



New Staff:

- Mike T. - Dining Services
- Chad C. -Dining Services

A Note from the Administrator

Josh Dodds

Family and Friends,

Happy October, it's officially fall and boy did we flip a switch weather wise because it feels like fall. I am loving the cool mornings and evenings and the not so hot temperatures during the day. October is my favorite month of the year, not only because I get to celebrate a birthday but Halloween. Those of you that know me or have spent much time around the community know I love a good dress up day and during Halloween EVERYONE dresses up! We will be hosting our annual Boo Bash again this year and inviting folks back inside again! Spooky music, a Halloween trail, cookie making stations and all kinds of great candy! Start stocking up now, as in the past we have had nearly 500 kiddos trick-or-treat at Evergreen Village.

October will be a fun month full of great activities, outings, and lots of great fall decorating. We invite you to join us for a meal, stop by one of the activities, or volunteer to support during the big Halloween event. We will also be asking you to complete your Resident and Family Satisfaction survey. You have until October 9th and should receive a link via email or a text message that allows you to go online and tell everyone that Evergreen Village at Bloomington is "excellent" and you "strongly agree" we are the best! I know our team would appreciate your positive feedback and recognition, they work extremely hard.

Cheers to us all having a great month, I hope to see you around the community. Wishing each of you blue skies and green lights.

-Yours In Service

Josh Dodds



**THURSDAY, OCTOBER 27
TRICK-OR-TREAT 6:30-8:00**

A Great Time in American Life - National Assisted Living Week

The week's events started the week before with models being fitted with authentic 40's fashions at Debbie Jordon's collection of "Styles from the Avenue".



*It was like little girls playing dress-up!
Debbie also provided some history about the clothes and accessories prior to the fitting.*

Then the big day came to walk down the runway! A record number of residents turned out to see these beauties from the 40's stroll down "Memory Lane" Wednesday.



Monday: Cookie making kicked off the week and the introduction of the prize drawing for the greatest attendance throughout the week.



Every time a resident attended an activity, his/her name was added to the "pitcher" for the drawing.

First and second place winners were announced, with the first place cookie receiving the title of the 2022 Evergreen Village Signature Cookie!



1st Place: Irene G.



2nd Place: Sammie

Thursday Evening: The Big Band Extravaganza!
The rhythm brought out the 40's spirit in us to . . .



. . . dance



. . . clap



. . . engage in pure merriment!



Tuesday: Tough competition among the "cookie chefs" provided great treats for the many judges!

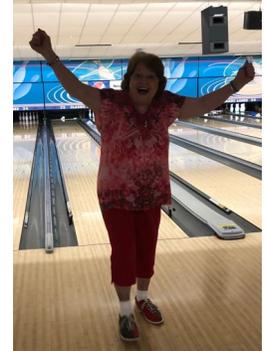


The line for cookies was like a multi-million dollar lottery line!

Thursday: Bowlers competed with staff, yet balanced relaxation with jumping for a strike!



Anticipation to triumph!



**Friday: Filled with fun!
Bingo with the Boss!**



Prizes Galore!



Happy Days Happy Hour!

Prizes were awarded for the Cookie Contest and names drawn for the most "frequent attendee" at the week's events. The winners were Willie C. and Peter W. who received \$15.00 Kroger gift cards.



A big thanks to all who supported this tremendous week!

As Glenn Miller would say, "One more once!"



NATIONAL ASSISTED LIVING WEEK 2022

Meet Your 2022-2023 Evergreen Village Signature Cookie of the Year!

SUGAR COOKIE
BY IRENE G., BLOOMINGTON
CONGRATULATIONS!

EVERGREEN VILLAGE AT BLOOMINGTON
Managed by Gardant Management Solutions



Resident and Family Satisfaction Survey

Evergreen village is aiming for that "perfect strike" in every department on the Customer Service Survey just released. You will receive the survey link via email or a text message. Your voices and choices matter to us! We strive for 5 = excellence! The survey ends Oct. 9th. Thank you for your feedback!



WORD SEARCH

Halloween Word Search

Instructions: Try to find all of the hidden Halloween words in the word search puzzle below. (Words can be spelled forwards, backwards, diagonally, up, or down.)



Word List

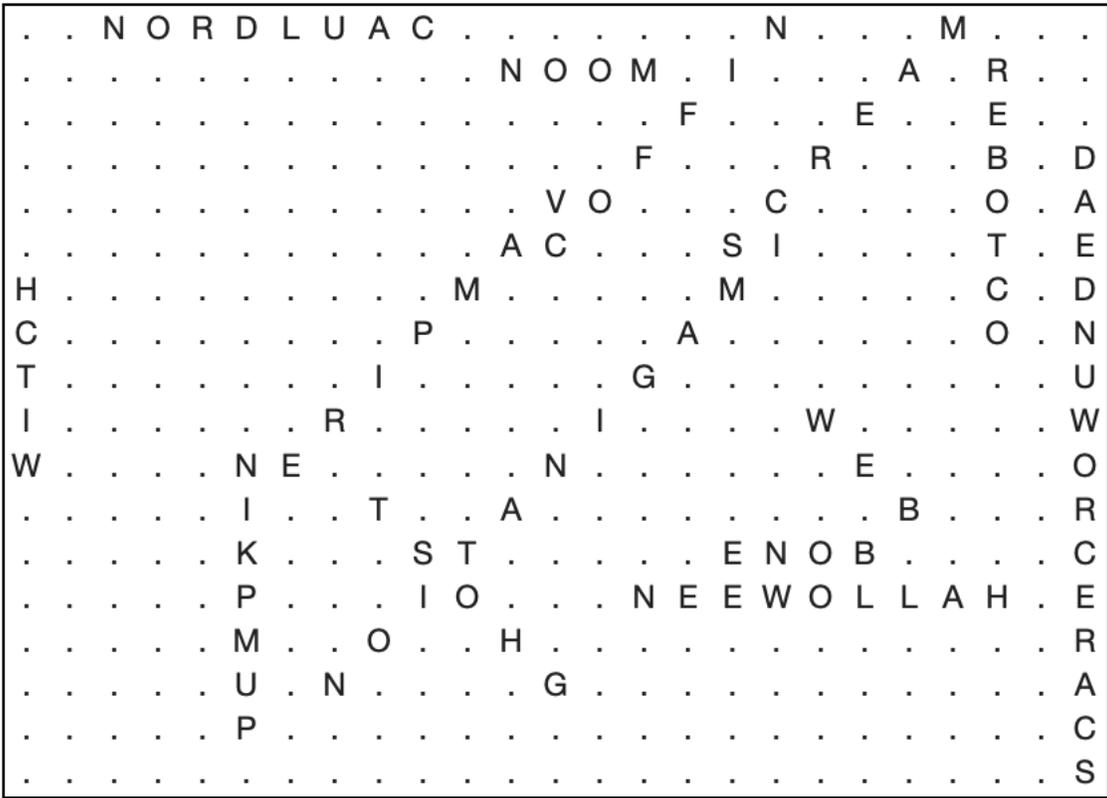
BONE	IMAGINATION	SCREAM
CAULDRON	MOON	UNDEAD
COFFIN	OCTOBER	VAMPIRE
GHOST	PUMPKIN	WEB
HALLOWEEN	SCARECROW	WITCH





ANSWERS

Halloween Word Search Key



Word List

- | | | |
|-----------|-------------|---------|
| BONE | IMAGINATION | SCREAM |
| CAULDRON | MOON | UNDEAD |
| COFFIN | OCTOBER | VAMPIRE |
| GHOST | PUMPKIN | WEB |
| HALLOWEEN | SCARECROW | WITCH |

