

# Evergreen Journal

MAY 2023

## At A Glance



Enjoy Microwave Banana Pudding!



Mother's Day is Sunday May 14th!

Managed by



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## From the Desks of the Co-Presidents

Julie Simpkins & Greg Echols

Twenty-four years ago, Rod Burkett cofounded Gardant Management Solutions with a former business colleague, Blair

Minton. Their goal was to increase accessibility and affordability in the assisted living sector, and they had a simple, straightforward business plan. Rod Burkett transitioned from CEO to Board Chairman, turning over the reins of day-to-day management to successors within the leadership team.

The succession strategy is an emerging shared leadership scenario in which Gardant's current Chief Operating Officer, Julie Simpkins, and current Chief Financial Officer, Greg Echols, are collaborating to shift-up into a shared Co-Presidency role. "I envision that this action will provide our company and our hundreds of employees with continuity and forward momentum, along with a new energy they will bring to this movement," states Rod.

Julie Simpkins expands her role as Co-President & Chief Operating Officer. Julie oversees all business development, engagement, and professional leadership development. A lifelong learner, she continually seeks out trends and insights. A true achiever, she works with purpose to help clients achieve their goals and thrives when helping others become more productive.

Greg Echols joins Julie Simpkins as Co-President & Chief Financial Officer at Gardant. Greg brings more than 30 years of experience in accounting, financial management, real estate development, and the senior housing and care sector. Strategic and analytical, Greg provides a fresh set of eyes to enhance financial and accounting processes for the company and will lead our efforts to continue positioning Gardant for financial stability and success.



# IN THE NEWS

## ABOUT THE MONTH OF MAY

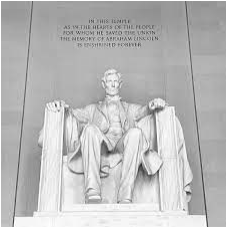
Rick Banas

The American Red Cross was founded by Clara Barton in May 1881.



### Celebrating Mothers:

Anna Jarvis is credited as organizing one of the first Mother's Day observances. It was a service of worship and celebration in honor of Anna's mother and took place at the Andrews Methodist Episcopal Church in Grafton, West Virginia. The church now serves as the International Mother's Day Shrine. While Anna initially led the movement to establish Mother's Day as a national holiday, she later campaigned to have Mother's Day rescinded because of how commercial the observance had become.



The Lincoln Memorial in Washington, D.C., was dedicated on May 30, 1922.

On May 20, 1926, Thomas Edison claimed people in the U.S. preferred silent movies over talkies.

Playwright Lorraine Hansberry was born on May 19, 1930 in Chicago. She is best known for "A Raisin in the Sun," a play about prejudice in the city. She is the first African-American female to have a play performed on Broadway.

In May of 1940, women flocked to the stores as nylon stockings made their grand debut for sale to the general public. Nylon is a man-made fiber that was said to have the strength of steel and the sheerness of cobwebs. Four million pairs were sold in the U.S. in the first four days.



The Gateway Arch in St. Louis was dedicated in May 1968. Did you know that it is as wide as it is tall and that the unique tram system that takes people to the top of the arch was designed by a person with no formal engineering training.



We celebrate National Nurses Week this year from May 6 through May 12 in honor of all of the dedicated Registered and Licensed Practical Nurses.

May is Arthritis Awareness Month, Older Americans Month, and National High Blood Pressure Awareness Month.

May 24 is National Senior Health and Fitness Day.





# WELLNESS

## Spreading Awareness About Parkinson's

Chrisi Karcz VP Clinical Operations

According to the American Parkinson's Disease Association, an estimated 1 million people in the United States, suffer from Parkinson's disease and more than 10 million people worldwide. What is Parkinson's Disease (PD)? PD is a movement disorder that affects one's ability to complete activities of daily living. A chronic and progressive disease with worsening symptoms including tremors, stiffness or rigidity of the muscles, and slowness of movement. Additionally many suffer from sleep problems, constipation, anxiety, depression, and fatigue.

Most people are diagnosed over the age of 50. The cause of Parkinson's is unknown. It is thought to be caused by an interaction between genetic and environmental factors. Currently there is no cure for Parkinson's. A combination of medications and other modalities, including Physical Therapy, Occupational Therapy and Speech Therapy, can be a crucial part of the treatment plan. An exercise program including fitness training, strength training, stretching and gait and balance training proper exercise program can help improve a person with PDs quality of life. For more information including Local resources, Support Groups, and Online Events, check out the American Parkinson's Disease Association website <https://www.apdaparkinson.org/resources-support/>



## Recipe Corner

### Microwave Banana Pudding

- 6-1/2 Tbs. butter, plus extra for greasing
- 2 ripe bananas
- 1/2 cup sugar
- 1/2 cup flour
- 2 tsp. ground cinnamon
- 2 eggs
- 2 Tbs. milk
- Toffee sauce, and ice cream to serve if you like

#### Directions

1. Put the butter in a baking dish and microwave on high for 30 sec—1 min. until melted.
2. Add 1 1/2 bananas, mash into the melted butter and then add the sugar, flour, cinnamon, eggs, and milk. Mix together well.
3. Slice the remaining banana over the top, then return to the microwave and cook on high for 8 min. until cooked through and risen. Serve warm, dusted with icing sugar, or drizzle of toffee sauce and ice cream.







# LIFESTYLE



## Resident Birthdays:

- 4 Cecelia H.
- 5 Terri I.
- 12 Rebecca L.
- 17 Richard W.
- 22 Catherine L.
- 23 Katheryn "Kathy" R.
- 27 William "Bill" W.

## Staff Birthdays:

- 4 Jazmin H.
- 6 Rachel W.
- 22 Karen P.
- 24 Angelique N.
- 24 Madeline C.
- 24 Adyson W.
- 25 Alix B.
- 28 Kelly C.



## Welcome New Staff:

- Al B
- Darbi N
- Kathryn M
- Melissa K

## **A Note from the Administrator**

Family and Friends,

I am hopeful that old saying, "April showers bring May flowers," is accurate this year because not only should we have plenty of flowers this May but it might also have to warm up so those flowers can grow big and tall. We are looking for an exciting month of May with a new "Walk N' Roll challenge, Mother's Day celebrations, outings to Lowe's, Kroger, Westside shopping and the Indianapolis Motor Speedway for a Indy 500 practice. I look forward to being able to take our residents to the Indianapolis 500, that will be an awesome afternoon.

May always brings actual spring weather and the kick off to our garden club. We are currently looking for donations of flowers, pots, gardening tools and anything fun you might have to make our gardens extra special this year. Lets have an excellent month of May and know that we are all working together to provide the best care and activity to all of your loved ones here at Evergreen Village. We invite you all to join us for an activity, happy hour, or meet us for an outing in the community. Lets make May our best month yet! I also wanted to send out a fun reminder, in June we will celebrate our 5<sup>th</sup> Anniversary of serving folks in Bloomington and the surrounding area, providing affordable assisted living services, this is exciting!

I look forward to seeing you all around the community!

#ittakesavillage

**Josh Dodds**

**Senior Executive Director**

Cell - 812-571-3156

**THANKS Brown Spray Tans for supporting the Indy 500 Practice Trip!**



*Brown Spray Tans* of Bloomington has generously provided the funds for a group of residents to attend a 500 practice! Some of our residents have never gone to the track and are anticipating this grand opportunity with admission and lunch paid in advance! If you need a base tan before soaking up the sun at the track, visit Brown Spray Tans!



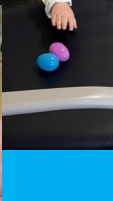
# LIFESTYLE

## Easter Egg Hunt!

First the preparation!



Then the hunt!



After the hunt— pure joy!



## Horoscope

### Aquarius (1/20-2/18)

You will overcome the problems in you may face.

### Pisces (2/19-3/20)

Family and relationships will be wonderful.

### Aries (3/21-4/19)

Maintain cordial relationships with friends and family.

### Taurus (4/20-5/20)

This month will be dominated by relationships and their progress with the help of Jupiter.

### Gemini (5/21-6/20)

Focus on realistic opportunities to make progress in life.

### Cancer (6/21-7/22)

Love and family life are full of happiness this month.

### Leo (7/23-8/22)

Time to start on new projects this month!

### Virgo (8/23-9/22)

This month shows us mixed fortunes for Virgo people.

### Libra (9/23-10/21)

Health and family life are fabulous this month.

### Scorpio (10/22-11/21)

Travel and finances will see an uptrend.

### Sagittarius (11/22-12/21)

Blessings of Mars will be available for your actions.

### Capricorn (12/22-1/19)

Spending quality time with friends and family will be beneficial.



## April was a month of Celebrations!

We celebrated with the *First Nations* at IU's Annual Pow Wow to learn more about the legacy and present culture, yet more importantly, to honor the Evergreen Village Residents whose lives hold great significance in the First Nation History. Five of our Residents had ties to First Nation Heritage.



## *Dancing with the Stars!*

April is Volunteer Recognition Month and the EV Volunteers “dance” to their own individual beat as they serve! Each Volunteer was honored and their service described by the dance they resembled. The stars were treated to a luncheon at Longhorn Steak House.



To provide a glimpse of our Stars, Ramona does the Rumba while leading exercise; Pat does the Fox Trot as Resident Council President; Peter gracefully dances the Waltz as he serves as Chaplin, and Mama Tee does the Polka as she delightfully completes many tasks! Want to learn more?

**Come join the Volunteer Team at Evergreen Village! Contact Sherri Ganka for details and opportunities!**



**Wedding Bells!** Who knew a wedding could be so relaxed and so much fun? When rings are forgotten and the piano keys don't work, what do you do? When you are in your 90's, you laugh and go on because you know what counts - the love that is going to keep life rich beyond the ceremony! Thanks to Willie and Jack for inviting us into their special celebration.



Celebrations continued at the **Area 10 Senior Games** as the residents attended the opening ceremony, Bowling and Euchre Tournaments, then closing ceremony. On the back of every Senior Games' tee shirt was our favorite sponsor – Evergreen Village! Not only did EV sponsor the games, they had an impressive presence!







We even had our own  
"Boston Tea Party"  
to celebrate that  
we didn't have to  
pay taxes!



Our first *Diner Club* met this month to prepare a meal that later they would all gather around a "family table" to eat. Every aspect of this reminiscent activity was appreciated and embraced. One resident said it reminded her of when family gathered in the kitchen to prepare a meal with love.



## Bonjour Paris!

The Celebrations keep on coming with Mother's Day next!

The ambience of Paris is where we will take our mothers for this occasion on Thursday, May 11th at 2:30. The Tea Party will be hosted in the Main Dining Room and a RSVP is appreciated. Contact Abby at the front desk to reserve seating for your party.



## Story Concert

The Residents of the Poetry/Story Writing Group will be presenting their "Story Concert" on **May 15th at 3:30**, prior to the evening meal in the dining room. Please don't miss this enriching time of familiarity, learning, and laughing!







# SUDOKU PUZZLE

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					6	3		
3		1	7	5			9	
7				3	2	1		
		6	5	1				
4		3	8	6			7	
9			6		3			
6							3	
1		8			4			9





# ANSWERS

5	2	9	3	4	1	7	8	6
8	7	4	9	2	6	3	1	5
3	6	1	7	5	8	2	9	4
7	9	5	4	3	2	1	6	8
2	8	6	5	1	7	9	4	3
4	1	3	8	6	9	5	7	2
9	5	7	6	8	3	4	2	1
6	4	2	1	9	5	8	3	7
1	3	8	2	7	4	6	5	9