



August 2010

Compiled by, Brandi Blankenship

Evergreen Estates Retirement & Assisted Living Center's
Monthly Newsletter

8/01/2010

Those residents who attended were:

Rita Turner Lorretta & Lyal Martin

Anna Hartell Marybeth Maynard

Ivora Ward Verla Ward

Wink Nadine Johnson

Betty Henderson



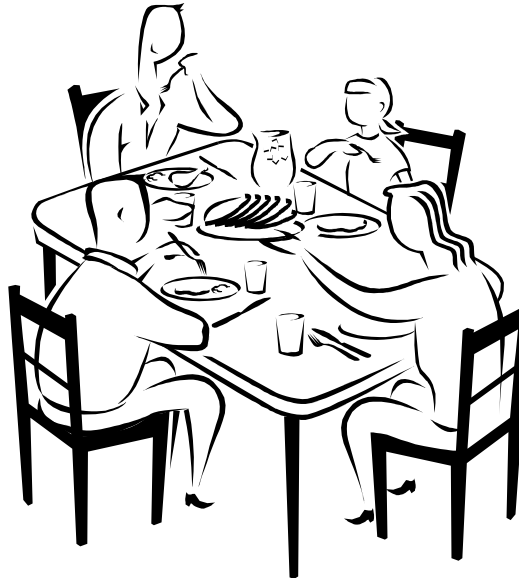
- Our new cook, Lisa, brings with her lots of experience from Red Lobster and Bishop's Bistro
- The Shrimp Alfredo was wonderful
- Rhicca is going to try and upgrade our Menus, with some new ideas
- One of the Residents stated they think that all meals are good
- One resident expressed time that she felt the soup was to hot and curdled
- Evening meals sometimes have too much meat. Rhicca replied that, so many ounces have to be put on each sandwich
- Some bread seems to be to thick for the sandwiches and a couple of residents feel that it is hard to fit into their mouths
- Rhicca stated that during the evening meal there is only one cook and sometime it is hard to do special orders. She asked that if you would like to put in a special order, letting them know at the noon meal might help
- A couple residents think that the egg salad needs to be thinner
- A couple would also like the meat sliced thinner
- Residents love the fried eggs
- Rhicca stated that they trying to make the presentation of the plates look better and they are using more and more garnishes
- Residents are enjoying green onions on their plate with melon, kiwi, apple rings being the new garnishments
- Vegetables are offered on the salad bar as well as a variety for dinner
- Ice Cream is not always on the menu and due to freezer space we may not have it in stock at all times
- Corn on the cob was very good on Sunday. Try more of that on Sundays

Those residents in attendance:

Wlima Brink Katherine Butcher

Martha Dillard Alice Berrman

- Resident suggested instead of baked beans we have just pork & beans
- Instead of marble bread could they just have rye bread with caraway seeds
- Resident suggested a trio salad plate be added to the menu
- Rhicca reminded them again they can have a different sandwich at night if they prefer. Residents are asked to please notify the kitchen, so they can accommodate their request
- A resident stated that she is very happy with the menu and the food
- Debbie in nursing also was in attendance for this meeting
- Residents and Rhicca visited after the meeting



Editor's Page

By, Brandi Blankenship

I hope everyone enjoyed their Fourth of July with family and friends. Our Barbeque was a big success and I hope you enjoyed that as well. Each year is seems to be getting bigger and bigger. If Pete has his way it will double in size each year.

One of the highlights for the month of August will be our trip to the new Timber Creek Buffet in Lewiston that will be held on the second Thursday of the month. Again if you have any lunch out suggestions let me know and I am more than willing to add that to our Activities Calendar.

We are having a great turnout for our daily exercise classes and lots of new people are joining in, which has been outstanding for all.

I hope everyone stays cool in August and enjoy the last days of summer.

Brandi
Blankenship



AUGUST BIRTHDAYS

Residents Birthdays

Wilma Brink ...2nd
Millie Bartholemew...25th
Martha Dillard...30th

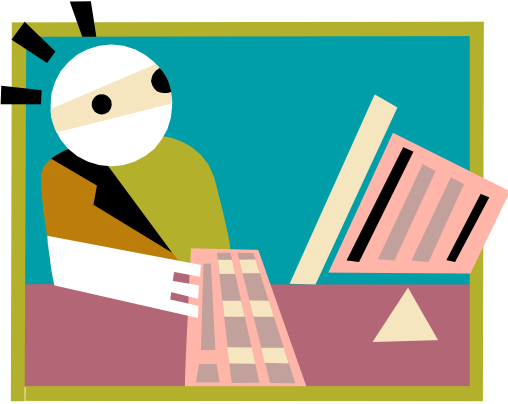
Staff Birthdays

Ellie Horne...5th

HAPPY BIRTHDAY TO ALL



Pete's Comments



July is done and my wedding anniversary has come and gone. I found out that we celebrated our 10th anniversary; although, my wife and I have been together for over 15 years. Who would have guessed that I found a women who could tolerate me for this long, but I did. I know – Amazing.

My son has passed drivers education and has his driver permit in his hand. Now the boy can't go more than 10 feet without having to drive there.

Sounds kind of weird that after we had all those cool temperatures and rain just a month ago that I am actually looking forward to the Fall. Anything over 68 degrees and I start to melt. The girls in the office are always cold and I am always hot.

APARTMENT NUMBER CHANGES

Before I begin talking about this topic, let me be the first to say that I am no happier about this whole mess than anyone else is; however, I have no choice on making the changes.

June visits by the local fire department and State Fire Marshall has gone well. The only thing that came up was that we have to get rid of the A, B & C after the apartments, which means I have to renumber these apartments. Even though only 6 apartments have these letters at the end of the apartment number I have to keep the apartment number in order and I have to show the split properly as you leave the elevator.

The second problem is that we are missing apartment numbers. Over the 23 years of our operation some apartments have been combined with others; thus, eliminating one of those apartment numbers.

I decided to try and eliminate 2 problems with one fix, so I visited local Post Office to see if we could convert to Box # instead of apartments #. This would eliminate the problem of residents who move from one apartment to the next in having to change mail boxes. The answer of course came back “NO”, you must have a street address unless you have a Post Office (PO) box that is actually in the Post Office.

As a result of these changes I have no choice but to renumber the whole entire 3rd floor, 4 apartments on the 2nd floor and 3 apartments on the 1st floor. Like I stated above I didn't want to do this change and I fully understand how irritating this may be for those effected, but also understand it is just as irritating for us and expensive as well.

As a result of this change Peggy has already ordered new apartment door labels and we have already obtain a good number of forwarding address cards. At this point we are simply waiting on the Post Office to tell us when we need to start this process. Based on how they set up the mail boxes we may have to give you different keys if your mail box moves.

LANDSCAPING CHANGES

We are making some landscaping changes around the building. The front entrance as you enter the parking lot is being converted from lava rock to a lawn. This is being done to reduce the amount of maintenance and time with picking up all the cigarette butts and other items that are getting stuck in the lava rock. It was also felt that placing a lawn in this area would help in soften the look of the facility to visitors.

The bigger project is the ripping out of the bushes out back and the fixing of the landslide we had in early June. We are taking bids to fill in the creaves left behind from the landslide and compact it down. The problem that we have is that both construction companies have told us that they will need to remove the bushes so they can get their equipment on the hill side to compact it standards and combine this with that had some hidden or broken sprinkler heads under the overgrown bushes it was determined best to just remove the bushes and then replant the area once the hillside is fixed.

The good side to this project is that this will make the fire department happy as they have always had an issue with those types of bushes near the facility. If you remember back about 2 years ago we were forced to rip out these types of bushes on the other side of the building due to their concerns.

THOSE DARN SPARROWS

Hey, I love god's creatures just as much as the next person, but I have to tell you that those darn sparrows are getting on my nerves. They are doing a good job of finding the darnest places to start their nests. They wrecked havoc on the covered parking area to the point we had to rip the roof off and replace it. We are still knocking down their nests under this thing, but the good thing they can't get into the insulation anymore.

Just to let you know; when the contractor ripped off the roof they found over 50 bird nests and 3 large wasp nests. They stopped counting the bird nests after 50.

Now we have to go through and fix the problem of them getting into the vents on the sides of the building and we appear to have fairly large nest in the eaves on the west side of the building. So sometime during the next couple of months we will be replacing the vent covers with something different to keep these birds from getting in them.

The Kitchen Corner

Hello, I hope everyone had a great time at the BBQ? I know my staff did. I do believe their favorite part each year is the water balloon fight, it always seems to be the high light for most of my staff!

I would like to thank everyone for all of their hard work and help. From housekeeping and Maintenance with the set up and tear down, and everything in between; to nursing for encouraging the residents to join us outside and helping us to serve; and Brandi for a great job with the entertainment and decorating. What a great team of people we have here at Evergreen!

Now we will start gearing up for our annual Luau in September, something fun to look forward to!

I can't believe we are almost done with summer break. I am so busy with the kids that time just flies by. The first week in August my middle daughter Callie and I will be in Vancouver WA for the Little League regionals. I'm so proud of her, she made the all star team for Majors fast pitch softball and we are the Idaho state champions.

Cecilia is still doing gymnastics and that doesn't slow down during the summer, in fact she goes 5 days a week instead of 4! So once a week I take my turn driving 5 teenage girls to Moscow, now if that isn't fun I don't know what is!



Well that's all for this month, I hope to see you the monthly dining room meeting, don't forget to check your calendar for dates and times! And remember to stay hydrated in this hot month of August!

Rhicca Watkins

Dietary Manager

Peggy's Safety Tips By, Peggy Adamek

SAFETY TIP:

I have heard that several people are concerned about whether you should carry renters insurance. Brandi is arranging for an insurance company to come up and talk about the pros & cons of having coverage. Will let you know when that will be. You can check with your own insurance agent as well.

Several people have also complained they are waiting for a covered parking spot. Please if you are waiting for a spot or to change spots write it down and give it to me.

Also will be getting ready for the mailbox & apt. number changes.....we will try and make it run as smoothly as possible. This will take place as soon as the post office gets back to us.

My Vacation:

For me I have had a busy summer. I do plan to go to Yellowstone with my daughter sometime this summer. Also had a niece get married last week-end.

A lot of you have already heard about my trip to Alaska. But I will tell about the highlights. I stayed in Wasilla with a very dear friend & her husband. First off driving home from the airport we spotted a bear. That got me all excited to see more wild critters.

In Wasilla we went to the same lake that Sarah Palin lives on. My friend pointed out the general area of the Palin home so took a picture of the area anyway. We spend some time exploring Wasilla, Palmer, & then took off to Valdez for 2 days. That is a fascinating town & is definitely a town that lives for tourist. A lots of fishing boats, places to sign up for kayaking, boat rides, fishing trips, tours, souvenir shops & some good restaurants. We saw lots of eagles flying all over the town & among the beautiful deep green hillsides. Some hills with a little snow on top. Took a walk along the ocean and saw otters, sea lions, and picked up driftwood. Saw a moose with twins crossing a creek. We did go king salmon fishing. This particular season opened at midnight on Friday night through Monday.

So we packed up our mosquito tent, sleeping bags & some food. Took their boat & picked a spot on the river and marked our territory in the afternoon. Was fun and weather was great until after midnight & we got rained on. Sleeping bags got wet, we tracked mud in the tent, but I caught a 20" rainbow trout. Didn't catch any Kings...Oh I also came home with 4 mosquito bites. It was daylight 23 hours a day & I didn't have a watch on. No troubles falling asleep at night, I just closed my eyes

It was so nice to visit with my friend we had a lot of catching up to do. We toured our old neighborhood where we lived by each other. It has changed so much. There are houses and building that once were vacant fields. Wasilla a town that once had only 1 stoplight now has too many to count. Anchorage is a never ending town.

Love to all,

Peg

NURSING NOTE
BY, DEBBIE GRAVES

A dentist recently asked if I thought the residents in our facility cared for their teeth, brushing regularly, and going to see a dentist. I told him that we do help people all the time with this task, and I that I had helped several residents arrange appointments to see the dentist. He said that sadly, that the majority of the elderly population do not get proper dental care, and that it is every bit as important as seeing your regular doctor. So I thought maybe a little information of how important it can be to your overall health wouldn't hurt.

About 80 % of U.S adults have some form of gum disease, ranging from inflammation, called gingivitis, a serious disease that results in damage to the bone.

Tooth decay and gum disease are largely caused by plaque, a sticky combination of bacteria and food. Plaque accumulates on your teeth within 20 minutes after eating. If plaque is not removed thoroughly by brushing and flossing, tooth decay will flourish. Plaque then hardens into tarter –a hard substance that requires a professional cleaning to remove.

Plaque and tarter lead to a number of problems such as cavities, bad breath, gingivitis, and Periodontitis-a severe gum disease that is the destruction of the ligaments and bone that support the teeth, often leading to tooth loss. Other potential problems outside of the mouth that can include preterm labor (in pregnant women) and heart disease.

To maintain health teeth and gums:

- Brush your teeth at least twice a day, preferably after every meal and at bedtime
- Floss at least once a day
- Schedule routine dental appointments for cleaning and examinations-most dentists recommend every 6 months.
- Keep dentures, partials, and other appliances clean, by soaking and brushing daily.

When visiting the dentist ask what toothbrush you should use and where your problem areas are located. Ask for a demonstration on how to properly floss your teeth and whether you should be using any special appliances or tools such as a water irrigation device or an electric toothbrush (The same dentist told me that the most important thing a person can do to prevent losing their teeth is flossing.). Ask the dentist whether you could benefit from using particular toothpaste or mouth rinse-in some cases they could do more harm than good.

Housekeeping & Maintenance

Hello from all of us in housekeeping. We hope everyone had a great Fourth of July, and enjoyed the annual barbeque.

With the weather beginning to get really hot we suggest that you consider closing your blinds in the early morning and keep your air conditioning units between 70-70 degrees. Also remember, that it is not a good idea to run your air conditioning and have the windows or patio doors open. Try to keep your windows and patio doors closed during the hot part of the day.

I would like to remind everyone to fill out a maintenance slip for anything in need of repair or for any task that you may need Pat or Robert to complete for you. It is easier for them to remember to get the job done, when it is in writing!

If you have any questions, complaints, or concerns please let us know.

Have an awesome August.

Pat, Robert, Marilyn, Ellie, Jonah, Leea and our
“hard working summer helper” Randall

