



*Your complimentary  
use period has ended.  
Thank you for using  
PDF Complete.*

[\*Click Here to upgrade to  
Unlimited Pages and Expanded Features\*](#)

## **MARCH 2011**

Compiled by, Brandi Blankenship

Evergreen Estates Retirement & Assisted Living  
Centers Monthly Newsletter

Nancy Mackey

Flossie Andrist

Marybeth Maynard

Ivora Ward

Wink Tolonen

Velma Bradley

Rita Turner

Anna Hartell

Topics of Discussion:

- Oranges are very delicious
- We are serving good lunches and dinners
- The staff is storing melons in the back room to make sure they are ripening
  - Rhicca has hired a new cook Debbie
  - Cereal has been a little on the runny side they would like it served with more consistency not to runny but not to lumpy either
  - Rhicca stated that she would work with the cooks
  - Rhicca reassured the residents that the menus have not changed and we are still working off the same budget we have always had
    - Residents stated they would like another table put in the dining room for their seating and Rhicca explained that we need more room by the exits and therefore that would probably not be feasible
    - We do have an open dining policy and the Residents are able to come down at any time during those hours.
    - Sandwiches are a little too big for their liking Rhicca did state that they can ask for smaller portions if that would suit them
    - A resident asked if they could ask for a normal sandwich when they have grilled served and she reassured them that they would be able to do that but did specify that it should be before the meal starts

Wilma Bly

Martha Dillard

Mary Smith

Shirley Denham

Alice Berreman

Topics of Discussion:

- The suggested more root vegetables . Parsnips and Turnips
- The residents suggested celery for the salad bar
- They seemed pleased with everything and did not have any complaints
- The residents and Rhicca visited and that was the end of the meeting.



## Watkins



Last month at our dining room meeting there was not much to talk about most of the residents seem to be pleased with the service, and food. We try and take suggestions we receive at the meeting and incorporate them in the upcoming menus. A few residents expressed concern over seating in the dining room. I know this is a topic that comes up on a regular basis.

There is no assigned seating in the dining rooms.

Residents may not “save” seats. Seating is on a first come first serve basis.

If there is no seating in the dining room, you may need to wait a few minutes for the next available seat.

Please do not leave personal items in the dining room; we cannot be responsible for them.

Please turn your cell phones off while in the dining room. This is one of the residents by laws.

Dining room meetings are open to all residents, Independent meeting is held the 1<sup>st</sup> Wednesday of the month at 1:00 and assisted living meeting is the 2<sup>nd</sup> Wednesday of each month. Please feel free to join us.

This month we will celebrate St. Patrick’s Day with a traditional Irish Buffet much like last year. Brandi will have the brewery come and serve Ale. Family and friends are welcome I just ask that you let the kitchen know so we can prepare plenty of food!

At 8:00 in the morning, we were told that the power was out. Sometimes we just have to do the best we can in that situation. I decided to go ahead and make the soup and sandwich that was on the supper menu!

We would just switch menus for the day, you see we have a gas stove and can cook, however we do not have a way to keep the food up to temperature once it is done. Well it just so happened that the power came back on at 10:00 at that time I decided to make the full supper menu. So we had everything on the menu that day just a little backwards. I understand it was a little confusing, and some people were a little upset. We will always do the best we can to serve you some things are just beyond our control!

Rhicca Watkins

Dietary Manager



 *Your complimentary use period has ended. Thank you for using PDF Complete.*

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)



*Editor's Page,*  
*By, Brandi Blankenship*

I cannot believe it is already March 1<sup>st</sup>. Three months into the New Year and oh how time is flying.

I have been out sick for a couple of weeks this month which I am sure has been hard on all of us.

I am sorry for the inconvenience I have caused and will try my hardest to be here this month.

The Mirimba Band from Grantham Elementary will be here on Saturday the 5<sup>th</sup> of March at 2:30 p.m. We will hold this at 2:30 in the main dining room, all are welcome

For St Patrick's Day we will have the Riverport Brewing Company bringing in microbrew samples. This will be starting at 11:00 a.m. and going until 1:00 p.m. We will be serving both dining rooms.

That is all I can think of for this month so everyone take care and have a great month of March.

Sincerely,  
Brandi Blankenship

## CORNER,

By Peggy Adamek



Time is just flying by spring is just around the corner! YEA!

I still miss living here but love my house. I am sure this separation anxiety will pass sooner or later. It certainly is a lot of work being a home owner.

I attended Tri State Hospital Foundation Women's Health Fair in February. It was a lot of fun. I learned several things about healthy living. I am now inspired to walk at least 10,000 steps every day. Lots of ideas on healthy tips for the heart, skin care suggestions, Zumba exercise, Yoga & other ways to reduce stress. Carrie was there to do foot massages; they had many booths from different vendors in the valley. One from Wasem had Hot Flash Night gowns. I was so close to buying a pair of pj's. Hopefully next year you can attend.

Healthy living seems to be a hot topic all over. So this is a good time for a reminder if you are not feeling well, please do not come to the dining room. Many others have complained about people coming to the dining room with a cold, coughing, sore throats, etc. Stay in your apartment so you don't share it with everyone else.

I am going to Sandpoint to see my God son the first week end of March. He will be about 10 months old. His momma sent me some recent pictures & he is just growing so fast. I wish he lived closer. If this is anything like having a grandchild I can hardly wait to be a grandma.

Take some time for yourself and explore new ways to relax. Now take a deep breath & slow down.

Blessing to all

Peggy

## ARCH BIRTHDAYS

### Residents Birthdays

Marge Eimers...3<sup>rd</sup>  
Anna Hartell...16<sup>th</sup>  
Norma Ator...23<sup>rd</sup>  
Archie Claassen...27<sup>th</sup>  
Norman Phillips...28<sup>th</sup>

### Staff Birthdays

Shaunita Cable...10<sup>th</sup>  
Amber Farance...11<sup>th</sup>  
Amanda Kiebler...17<sup>th</sup>

HAPPY BIRTHDAY TO ALL



Wow. I just realized that I really have nothing to talk about, except for that Pat and Robert are almost done with remodeling those 3 apartments on the independent side. This means that the laundry rooms down at this end will be open soon.

I wanted to remind everyone of a few concerns that some residents and families have expressed lately:

If you are sick or you feel a little under the weather, please refrain from coming into the dining rooms. We have had a few residents express that they had a cold to their fellow table mates who in return have come to us.

The residents have voted a long time ago to restrict the use of cell phones in the dining room. Please do not bring a cell phone into the dining room. Several residents have complained of having to listen to conversations and/or one ringing.

Request for room trays must be done by 7 AM for breakfast, 11AM for lunch and 4 PM for supper. You can order a room tray by dialing 516 on your phone. If you don't call in by this time you may not receive a room tray until the kitchen is done serving all the residents who are in the dining room, but we will make an effort to get the tray to you as fast as possible.

est forms and write down any things you may  
being overwhelmed with verbal requests and they  
appear to have forgotten a few during the course of the day. You can find these  
forms hanging on the wall at the Information Center or you can request one from  
the front desk.

Please do not wrap things around or block handrails with personal items, such as  
wheelchairs, walkers and decorative items. Electric wheelchairs/scooters may be  
stored outside your apartment against the wall without a handrail.

Please make sure that your visitors do not block the exit ramps, even for a short  
period of time. It never fails that as one person runs into the building for a split  
second, another resident or family member comes who needs the ramp and they  
always express their frustration to us at the front desk.

I wish you a happy and safe March.



NURSING NOTE, BY,  
EBBIE GRAVES



There has been a lot of residents complaining of having cold and flu symptoms. Remember to stay in your room and order trays if feeling ill, and don't forget to drink plenty of fluids. Also the most important thing-WASH YOU'RE HANDS. Can't stress enough how important this little step is to prevent becoming ill or if you are sick from spreading it around the facility.

Contrary to old wives tales a person could "catch a death of a cold" if they sat in a breezy place after bathing and washing their hair, colds are caused by a virus, so you have to come in contact with the germs to actually get sick. Touching items such as doorknobs, the elevator buttons, handrails-even the chairs you sit in waiting to go into meals or in the dining room-that may have been contaminated with a virus that can cause illness. The germs then are on your hands, etc. and not realizing it, you do things that put them in contact with mucus membranes-such as your eyes, mouth and nose.

Next thing you know, usually within 3-5 days, you are sick with body aches, headache, runny nose and cough, and feeling miserable. Remember to cover your mouth when coughing and sneezing with tissue, which can trap the particles of moisture that are expelled with these actions. Using a hand sanitizer can help prevent spreading of bacteria, but it shouldn't be relied on to prevent disease-you still have to wash your hands regularly.

How do you know if what you have is a cold or the flu-what is the difference?

There is one clue about flu that can help you to know, you feel flu symptoms sooner and they come on with much greater intensity. You may feel very weak and fatigued for up to two or three weeks. You'll have severe muscle aches, and periods of chills and sweats as fever (100-102 degrees F) comes and goes. You may also have a stuffy or runny nose, headache and sore throat. While cold and flu symptoms are similar, a cold's duration is shorter with fewer complications such as exhaustion, Bronchitis, or Pneumonia. While there is no cure for the

counter remedies that your doctor can of the symptoms temporarily. If you do have the flu, the doctor can prescribe an antiviral drug that helps you to feel better faster, usually within 24-48 hours. To prevent future flu illness, plan to have an annual flu vaccination.





Your complimentary  
use period has ended.  
Thank you for using  
PDF Complete.

[Click Here to upgrade to  
Unlimited Pages and Expanded Features](#)

Hello everyone.

I can't believe that March is already here. The beginning of daylight savings time is fast approaching. The days will soon begin to get longer.

I'm hoping everyone had a very nice Valentines Day. Congratulations to those who were crowned kings and queens.

Pat and Robert are busy with the remodeling of the new apartments. It will be nice to see the end results.

I don't have a lot to say this month so I will close for now.

Happy St. Patrick's Day

Sincerely,

Pat, Robert, Marilyn, Ellie, Jonah, and Leea