

Be Inspired

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

JOIN US THIS MONTH FOR *saint patrick's day happy hour*

On Tuesday, March 13, Evergreen will be “puttin’ on the green” for our Saint Patrick’s Day celebration. If you want to have the “luck of the Irish” be sure to wear a wee bit o’ green and join your Evergreen neighbors for more than a bit of fun at our Saint Patrick’s Day Happy Hour at 4 p.m. in the Auditorium. You will enjoy all your favorite

Irish songs led by entertainer Jim McBride. Drinks and a light snack will be served. In honor of our festivities, we will leave you with this Irish blessing: “May your blessings outnumber the shamrocks that grow, and may trouble avoid you wherever you go!”



Evergreen residents Ursula and Fred Pledger

THIS MONTH'S *silver star*

DICK BERNARD

This month's Silver Star is awarded to Evergreen resident Dick Bernard. Dick has been a resident since 2003 and for the last nine years he has represented the Evergreen Resident Council



Evergreen resident
Dick Bernard

in managing the annual Employee Holiday Fund. He also for several years served as President of the Resident Council and has been a member of the Resident Council Safety and Security Committee since 2007. Thank you, Dick, for all you do here at Evergreen. We certainly appreciate you.

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

Spring is almost here! The anticipation for warmer weather is high. The golf course, the pool, the walking paths and the beautiful grounds at Evergreen are awaiting you ...

We would like to remind you of our “HEART HERO AWARD.” HEART stands for Hospitality, Excellence, Appreciation, Respect and Teamwork. If you catch one of our employees demonstrating any or all of these behaviors, be sure to nominate them for the HEART HERO AWARD. Simply fill out the form and post it on the board! This is an employee recognition/rewards program and we need YOUR help choosing our HEART Hero of the Month! There are boards and nomination forms by the main elevator just past the Dining Room in Independent Living, at the top of the ramp leading to Assisted Living, and just before the main elevators at Wellspring. Please recognize and encourage our dedicated and hardworking employees!

I hope the start of the spring season finds you warm and well.

TRAIN YOUR BRAIN *sudoku solution on back*

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

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

APRIL'S TRANSPORTATION

- AREA I — Mondays
- AREA II — Tuesdays
- AREA III — Wednesdays
- AREA IV — Thursdays
- AREA V — Fridays

*CALL TRANSPORTATION
**MUST SIGN UP
CALENDAR HOTLINE:
948-2316-3

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



www.SeniorLifestyle.com
Activities are subject to change

“The man who treasures his friends is usually solid gold himself.”
—Marjorie Holmes



<p>9:00 ● St. Vivian</p> <p>10:00 ● Church of Christ Service WS</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>2:00 ● Movie Matinee: To Be Announced AUD</p> <p>3:15 ● Cincinnati Boys' Choir Concert AUD</p>	<p>● AREA I* 4</p> <p>9:00 ● St. Vivian</p> <p>10:00 ● Church of Christ Service WS</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>2:00 ● Movie Matinee: To Be Announced AUD</p>	<p>● AREA II* 5</p> <p>9:45 ● Advanced Exercise AUD</p> <p>11:30 ● Beginning Exercise AUD</p> <p>1:00 ● Stitch 'n' Chat SR</p> <p>1:15 ● Sit and Stretch AUD</p> <p>7:00 ● CCM Performance AUD</p>	<p>● AREA III* 6</p> <p>8:30 ● Kroger Shuttle</p> <p>10:30 ● Catholic Mass WS</p> <p>10:40 ● Water Works @ Drake**</p> <p>11:30 ● Beginning Exercise AUD</p> <p>1:00 ● Pinochle Club GR</p> <p>1:30 ● Bible Study SR</p> <p>2:30 ● Flower Arranging ACR</p> <p>4:00 ● Wellness Center BP Screenings (Outside DR)</p> <p>7:00 ● NaturExplorer: Wild Hares AUD</p>	<p>● AREA IV* 7</p> <p>8:30 ● Kroger Shuttle</p> <p>10:40 ● Water Works @ Drake**</p> <p>11:30 ● Beginning Exercise AUD</p> <p>1:15 ● Brain Games ACR</p> <p>2:00 ● Chair Volleyball AUD</p> <p>7:00 ● Music From Irina's Trio AUD</p>	<p>● AREA V* 8</p> <p>8:30 ● Kroger Shuttle</p> <p>10:40 ● Water Works @ Drake**</p> <p>11:30 ● Beginning Exercise AUD</p> <p>1:15 ● Corn Hole AUD</p> <p>2:00 ● Hot Chocolate by the Fire & You Be the Judge MLR</p> <p>7:00 ● Bingo AUD</p>	<p>● AREA IV* 1</p> <p>● END OF PURIM</p> <p>8:30 ● Kroger Shuttle</p> <p>10:40 ● Water Works @ Drake**</p> <p>11:30 ● Beginning Exercise AUD</p> <p>1:15 ● Corn Hole AUD</p> <p>2:00 ● Artist Studio with J** ACR</p> <p>7:00 ● Bingo AUD</p>	<p>● AREA V* 2</p> <p>9:45 ● Advanced Exercise AUD</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>11:00 ● Current Events ACR</p> <p>1:00 ● Billiards BR</p> <p>1:00 ● Hand and Foot 3 FL CL</p> <p>4:00 ● Catholic Mass AUD</p> <p>7:00 ● Movie To Be Announced AUD</p>
<p>DAYLIGHT SAVING TIME BEGINS 11</p> <p>9:00 ● St. Vivian</p> <p>10:00 ● Church of Christ Service WS</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>2:00 ● Movie Matinee: To Be Announced AUD</p>	<p>● AREA I* 11</p> <p>9:00 ● St. Vivian</p> <p>10:00 ● Church of Christ Service WS</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>2:00 ● Movie Matinee: To Be Announced AUD</p>	<p>● AREA II* 12</p> <p>9:45 ● Advanced Exercise 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>1:15 ● Sit and Stretch AUD</p> <p>2:00 ● Resident Council Meeting 3 FL CL</p> <p>2:30 ● Flower Arranging ACR</p>	<p>● AREA III* 13</p> <p>8:30 ● Kroger Shuttle</p> <p>9:00 ● Audiologist Visit SR</p> <p>10:40 ● Water Works @ Drake**</p> <p>1:00 ● Pinochle Club GR</p> <p>1:30 ● Bible Study SR</p> <p>4:00 ● St. Patrick's Happy Hour with Jim McBride AUD</p> <p>4:00 ● Wellness Center BP Screenings (Outside DR)</p>	<p>● AREA IV* 14</p> <p>9:45 ● Advanced Exercise AUD</p> <p>11:00 ● Taft Museum Tiffany Show and Lunch Trip**</p> <p>11:30 ● Beginning Exercise AUD</p> <p>1:15 ● Brain Games ACR</p> <p>2:00 ● Chair Volleyball AUD</p> <p>7:00 ● Sons of St. Patrick Choir AUD</p>	<p>● AREA V* 15</p> <p>8:30 ● Kroger Shuttle</p> <p>10:00 ● Indoor Golf with Susan AUD</p> <p>10:40 ● Water Works @ Drake**</p> <p>11:30 ● Beginning Exercise AUD</p> <p>1:15 ● Corn Hole AUD</p> <p>2:00 ● Artist Studio with J** ACR</p> <p>3:30 ● Protestant Communion AUD</p> <p>7:00 ● Bingo AUD</p>	<p>● AREA IV* 8</p> <p>8:30 ● Kroger Shuttle</p> <p>10:40 ● Water Works @ Drake**</p> <p>11:30 ● Beginning Exercise AUD</p> <p>1:15 ● Corn Hole AUD</p> <p>2:00 ● Artist Studio with J** ACR</p> <p>3:30 ● Protestant Communion AUD</p> <p>7:00 ● Bingo AUD</p>	<p>● AREA V* 9</p> <p>● LIBRARY PICKUP AND DELIVERY</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, Julius Caesar 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>7:00 ● Pops Transportation**</p>	<p>11:00 ● Current Events ACR</p> <p>1:00 ● Billiards BR</p> <p>1:00 ● Hand and Foot 3 FL CL</p> <p>4:00 ● Catholic Mass AUD</p> <p>7:00 ● Larry Eaton Sings AUD</p>
<p>9:00 ● St. Vivian</p> <p>10:00 ● Church of Christ Service WS</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>2:00 ● Movie Matinee: To Be Announced AUD</p>	<p>● AREA I* 18</p> <p>9:00 ● St. Vivian</p> <p>10:00 ● Church of Christ Service WS</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>2:00 ● Movie Matinee: To Be Announced AUD</p>	<p>● AREA II* 19</p> <p>9:45 ● Advanced Exercise AUD</p> <p>11:30 ● Beginning Exercise AUD</p> <p>1:00 ● Stitch 'n' Chat SR</p> <p>1:15 ● Sit and Stretch AUD</p> <p>7:00 ● Phil DeGreg and Friend(s) AUD</p>	<p>SPRING BEGINS 20</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 ● Pinochle Club GR</p> <p>1:30 ● Bible Study SR</p> <p>2:30 ● Flower Arranging ACR</p> <p>4:00 ● Wellness Center BP Screenings (Outside DR)</p> <p>7:00 ● Trivia with Jennifer AUD</p>	<p>● AREA III* 21</p> <p>9:45 ● Advanced Exercise AUD</p> <p>11:00 ● Prime Time Lunch & Sweet Sounds of Ireland**</p> <p>11:30 ● Beginning Exercise AUD</p> <p>1:15 ● Brain Games ACR</p> <p>2:00 ● Chair Volleyball AUD</p>	<p>● AREA IV* 22</p> <p>8:30 ● Kroger Shuttle</p> <p>10:40 ● Water Works @ Drake**</p> <p>11:30 ● Beginning Exercise AUD</p> <p>1:15 ● Corn Hole AUD</p> <p>5:00 ● Dine Out @ Trinity Pub**</p>	<p>● AREA IV* 1</p> <p>8:30 ● Kroger Shuttle</p> <p>10:40 ● Water Works @ Drake**</p> <p>11:30 ● Beginning Exercise AUD</p> <p>1:15 ● Corn Hole AUD</p> <p>5:00 ● Dine Out @ Trinity Pub**</p>	<p>● AREA V* 23</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>1:15 ● Diane Shields, Cleopatra AUD</p> <p>2:30 ● Card Bingo ACR</p> <p>2:30 ● MS and Therapy AUD</p> <p>4:00 ● Sabbath Eve Services AUD</p> <p>7:00 ● Movie: To Be Announced AUD</p>	<p>11:00 ● Current Events ACR</p> <p>1:00 ● Billiards BR</p> <p>1:00 ● Hand and Foot 3 FL CL</p> <p>4:00 ● Catholic Mass AUD</p> <p>7:00 ● Bill Roth, Piano & Sings AUD</p>
<p>PALM SUNDAY 25</p> <p>9:00 ● St. Vivian</p> <p>10:00 ● Church of Christ Service WS</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>2:00 ● Movie Matinee: To Be Announced AUD</p>	<p>● AREA I* 25</p> <p>9:00 ● St. Vivian</p> <p>10:00 ● Church of Christ Service WS</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>2:00 ● Movie Matinee: To Be Announced AUD</p>	<p>● AREA II* 26</p> <p>9:45 ● Advanced Exercise AUD</p> <p>11:30 ● Beginning Exercise AUD</p> <p>1:00 ● Stitch 'n' Chat SR</p> <p>1:15 ● Sit and Stretch AUD</p> <p>3:30 ● Wine Tasting and Food Pairing Class** BAR</p> <p>7:00 ● CCM Performance AUD</p>	<p>● AREA III* 27</p> <p>8:30 ● Kroger Shuttle</p> <p>10:40 ● Water Works @ Drake**</p> <p>11:30 ● Beginning Exercise AUD</p> <p>1:00 ● Pinochle Club GR</p> <p>1:30 ● Bible Study SR</p> <p>2:30 ● Flower Arranging ACR</p> <p>4:00 ● Newcomer's Meet and Greet MLR</p> <p>4:00 ● Wellness Center BP Screenings (Outside DR)</p> <p>7:00 ● Trivia with Jennifer AUD</p>	<p>● AREA IV* 28</p> <p>9:00 ● Book Club & Breakfast Trip, Joseph-Beth & Bronte**</p> <p>9:45 ● Advanced Exercise AUD</p> <p>11:30 ● Beginning Exercise AUD</p> <p>1:15 ● Brain Games ACR</p> <p>2:00 ● Chair Volleyball AUD</p> <p>4:30 ● Birthday Dinner** DR</p>	<p>● AREA V* 29</p> <p>8:30 ● Kroger Shuttle</p> <p>10:40 ● Water Works @ Drake**</p> <p>11:30 ● Beginning Exercise AUD</p> <p>1:15 ● Corn Hole AUD</p> <p>7:00 ● Bingo AUD</p>	<p>● AREA IV* 8</p> <p>8:30 ● Kroger Shuttle</p> <p>10:40 ● Water Works @ Drake**</p> <p>11:30 ● Beginning Exercise AUD</p> <p>1:15 ● Corn Hole AUD</p> <p>7:00 ● Bingo AUD</p>	<p>GOOD FRIDAY 30 PASSOVER starts at sunset</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>2:30 ● Card Bingo ACR</p> <p>4:00 ● Sabbath Eve Services AUD</p> <p>7:00 ● Movie: To Be Announced AUD</p>	<p>11:00 ● Current Events ACR</p> <p>1:00 ● Billiards BR</p> <p>1:00 ● Hand and Foot 3 FL CL</p> <p>4:00 ● Easter Mass AUD</p> <p>7:00 ● Movie To Be Announced AUD</p>

EVENT RECAP

wine tasting class

The residents enjoyed learning about and tasting Old World white wines during our recent Wine Tasting Class. They were also treated to sample spectacular food specifically paired to be served with each of the four wines. Art and Alex did a fabulous job! Our next Wine Tasting and Pairing Class will be Monday, March 26 at 3:30 p.m. in the Bar.



Anne and Bill Nolan



Anne and Tom Sherwood



Bev Shiels and Ruth Haas

THIS MONTH'S *heart hero*

HOSPITALITY, EXCELLENCE,
APPRECIATION,
RESPECT, TEAMWORK

Congratulations to MILDRET APPLETON, our Employee of the Month for March. Mildret has worked at Evergreen for two and a half years in the Home Health/Security/Concierge departments. Mildret has a positive "can-do" attitude and genuinely cares about the residents and staff. She frequently goes above and beyond what is asked of her, helping wherever she is needed. She recently helped to cover shifts in all three departments, sometimes all at once! We are very lucky to have Mildret as part of our team. We thank you Mildret for your caring and dedicated service.



Evergreen employee Mildret Appleton

TRAIN YOUR BRAIN *solution*

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



SENIOR
LIFESTYLE

your life, your style