

# Be Inspired

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

JOIN US THIS MONTH FOR

## *tiffany exhibit at the cincinnati art museum trip*

Join us on Tuesday, May 23, for a trip to the Cincinnati Art Museum to see the Tiffany Glass: Painting With Color and Light exhibit. This exhibit will display the iconic works by Louis C. Tiffany (1848-1933). The exhibit includes five windows, 20 lamps, and 100 pieces of opalescent flat glass and glass “jewels.” The pieces were chosen for their masterful rendering of nature in flowers or landscape scenes so characteristic of Tiffany’s beautiful leaded-glass objects. The bus will leave Evergreen at 1 p.m. There is no charge for this trip. Please sign up at the Activities Desk.



Tiffany glass lamp

IT'S OUR PLEASURE TO SERVE YOU ...

## *word from your executive director*

Dear Residents,

Please welcome Liz Peters to Evergreen and Wellspring as your new Executive Director.

Liz has over 15 years of leadership experience in the Senior Living industry ranging from Activities in Memory Care, to Regional Business Manager for a large Senior Living Company, to being an Executive Director for the past seven years in Assisted Living. Senior Living has always been Liz’s passion and helping seniors live better, more enjoyable, more purposeful lives is her ultimate goal.

Liz has a bachelor of arts in business administration from Thomas More College and is a Certified Director of Assisted Living through Argentum. Liz has earned several awards as an Executive Director for high performance and quality.

Liz has a 7-year-old daughter, Makenzi and a 2-year-old son, Henry.

She enjoys running and boxing for fitness and completed a Spartan race in 2016.

In addition to beginning her career with Senior Lifestyle, Liz is excited to be marrying her best friend, Jared Dinnesen, in May 2017.

Sincerely,  
Russ Conrad

## THIS MONTH'S *silver star*

RUTH RUBENDUNST

This month's Silver Star is awarded to Evergreen resident Ruth Rubendunst. Ruth has been interested in music her whole life.



Evergreen resident Ruth Rubendunst

She has been very helpful over the years in selecting songs and themes for our Evergreen choir performances as well as conducting the choir. For over 10 years on Sundays before brunch, she entertains everyone by playing a variety of songs on the piano located by the Main Dining Room. (She takes song requests.) We are so lucky to have such a gifted resident willing to share her talents with the rest of us here at Evergreen. Thank you so much, Ruth.

## TRAIN YOUR BRAIN *sudoku solution on back*

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



### 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

### JUNE'S TRANSPORTATION

- AREA I- 6,14,22,30
- AREA II- 7,15,23,26
- AREA III- 8,16,19,27
- AREA IV- 1,9,12,20,28
- AREA V- 2,5,13,21,29

\*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



**MAY DAY** **1**

- AREA V\*
- 9:45 ● Advanced Exercise | AUD
- 11:30 ● Beginning Exercise | AUD
- 1:00 ● Stitch 'n' Chat | SR
- 1:15 ● Lawn Bowling

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9:00 ● St. Vivian **7**

10:00 ● Church of Christ Service | WS

10:00 ● St. James, Northminster and Wyoming Presbyterian

11:30 ● Ruth Rubendunst, Piano | DR

1:30 ● Catholic Service | WS

2:00 ● Movie Matinee: To Be Announced | AUD

**MOTHER'S DAY** **14**

- 9:00 ● St. Vivian
- 10:00 ● Church of Christ Service | WS
- 10:00 ● St. James, Northminster and Wyoming Presbyterian
- 11:30 ● Ruth Rubendunst, Piano | DR
- 1:30 ● Catholic Service | WS
- 2:00 ● Judy Langdon Piano School Concert | AUD

9:00 ● St. Vivian **21**

10:00 ● Church of Christ Service | WS

10:00 ● St. James, Northminster and Wyoming Presbyterian

11:30 ● Ruth Rubendunst, Piano | DR

1:30 ● Catholic Service | WS

2:00 ● Movie Matinee: To Be Announced | AUD

9:00 ● St. Vivian **28**

10:00 ● Church of Christ Service | WS

10:00 ● St. James, Northminster and Wyoming Presbyterian

11:30 ● Ruth Rubendunst, Piano | DR

1:30 ● Catholic Service | WS

2:00 ● Movie Matinee: To Be Announced | AUD

**MAY DAY** **1**

- AREA V\*
- 9:45 ● Advanced Exercise | AUD
- 11:30 ● Beginning Exercise | AUD
- 1:00 ● Stitch 'n' Chat | SR
- 1:15 ● Lawn Bowling

● AREA IV\* **8**

- 9:45 ● Advanced Exercise | AUD
- 11:30 ● Beginning Exercise | AUD
- 12:00 ● Chef Tasting\*\* | DR
- 1:00 ● Stitch 'n' Chat | SR
- 2:00 ● Resident Council Meeting | 3 FL CL
- 2:00 ● Croquet
- 7:15 ● CCM Performance | AUD

● AREA ILL\* **15**

- 9:45 ● Advanced Exercise | AUD
- 11:30 ● Beginning Exercise | AUD
- 12:00 ● Mother's Day Tea Luncheon\*\* | BAR
- 1:00 ● Stitch 'n' Chat | SR
- 1:15 ● Lawn Bowling
- 2:00 ● Lawn Bowling
- 7:15 ● CCM Performance

● AREA ILL\* **22**

- 9:45 ● Advanced Exercise | AUD
- 11:30 ● Beginning Exercise | AUD
- 1:00 ● Stitch 'n' Chat | SR
- 2:00 ● Croquet
- 4:00 ● Wine Tasting and Food Pairing Class\*\* | BAR

**MEMORIAL DAY** **29**

- 11:00 ● Lawn Bowling
- 11:30 ● Memorial Day Picnic | DR
- 1:00 ● Stitch 'n' Chat | SR
- 1:15 ● Movie To Be Announced | AUD
- 2:00 ● Water Walking

● AREA I\* **2**

- VOTING ALL DAY | AUD
- GIFT SHOP SALE | ATM
- 8:30 ● Kroger Shuttle
- 10:30 ● Mass | WS
- 10:30 ● Water Works at Drake\*\*
- 1:00 ● Wellness Center BP Screenings by DR
- 1:00 ● Bible Study | SR
- 2:30 ● Flower Arranging | ACR
- 4:00 ● Brown Bag Happy Hour | GR
- 5:00 ● Dine Out @ De Sha's

● AREA V\* **9**

- 8:30 ● Kroger Shuttle
- 9:00 ● Audiologist Visit | SR
- 10:30 ● Water Works at Drake\*\*
- 11:30 ● Beginning Exercise | AUD
- 1:00 ● Bible Study | SR
- 1:00 ● Wellness Center BP Screenings by DR
- 2:30 ● Flower Arranging | ACR
- 4:00 ● Brown Bag Happy Hour | GR
- 7:15 ● Trivia with Jennifer | AUD

● AREA IV\* **16**

- 8:30 ● Kroger Shuttle
- 10:30 ● Water Works at Drake\*\*
- 10:30 ● Mass | WS
- 1:00 ● Wellness Center BP Screenings by DR
- 1:00 ● Bible Study | SR
- 2:30 ● Flower Arranging | ACR
- 4:00 ● Brown Bag Happy Hour | GR
- 7:15 ● Trivia with Jennifer | AUD

● AREA ILL\* **23**

- 8:30 ● Kroger Shuttle
- 10:30 ● Water Works at Drake\*\*
- 11:30 ● Beginning Exercise | AUD
- 1:00 ● Tiffany Exhibit @ The Art Museum Trip\*\*
- 1:00 ● Bible Study | SR
- 1:00 ● Wellness Center BP Screenings by DR
- 2:30 ● Flower Arranging | ACR
- 4:00 ● Brown Bag Happy Hour | GR
- 7:15 ● Trivia with Jennifer | AUD

● AREA ILL\* **30**

- 8:30 ● Kroger Shuttle
- 10:30 ● Water Works at Drake\*\*
- 11:30 ● Beginning Exercise | AUD
- 1:00 ● Bible Study | SR
- 1:00 ● Wellness Center BP Screenings by DR
- 1:15 ● Arthritis and the Role of Therapy | AUD
- 2:30 ● Flower Arranging | ACR
- 4:00 ● Brown Bag Happy Hour | GR
- 7:15 ● Nature Explorer: Wings X the Sky Passenger Pigeon | AUD

● AREA ILL\* **3**

- 9:45 ● Advanced Exercise | AUD
- 11:30 ● Beginning Exercise | AUD
- 1:00 ● Trip to Rahn's Greenhouses\*\*
- 1:15 ● Brain Aerobics | ACR
- 2:00 ● Chair Volleyball | AUD
- 7:15 ● Greenhills American Legion Band | AUD

● AREA I\* **10**

- 9:45 ● Advanced Exercise | AUD
- 11:30 ● Beginning Exercise | AUD
- 1:15 ● Brain Aerobics | ACR
- 2:00 ● Chair Volleyball | AUD
- 7:15 ● Jim Spathe the Travel Guy Cuba | AUD

● AREA V\* **17**

- 9:45 ● Advanced Exercise | AUD
- 11:30 ● Beginning Exercise | AUD
- 1:15 ● Brain Aerobics | ACR
- 2:00 ● Chair Volleyball | AUD
- 7:15 ● Jack Lightcap Wackiest Roadside Attractions! | AUD

● AREA IV\* **24**

- 9:45 ● Advanced Exercise | AUD
- 11:30 ● Beginning Exercise | AUD
- 1:15 ● Brain Aerobics | ACR
- 2:00 ● Chair Volleyball | AUD
- 7:15 ● Frank Anthony (Martorana) Singer | AUD

● AREA ILL\* **31**

- 9:45 ● Advanced Exercise | AUD
- 11:00 ● Play House on the Park Trip: Erma Bombeck\*\*
- 11:30 ● Beginning Exercise | AUD
- 1:15 ● Brain Aerobics | ACR
- 2:00 ● Chair Volleyball | AUD
- 3:30 ● Book Club | 3 FL CL
- 4:45 ● Birthday Dinner\*\* | DR

● AREA ILL\* **4**

- 8:30 ● Kroger Shuttle
- 10:30 ● Water Works at Drake\*\*
- 10:30 ● Balance Boogie Class | AUD
- 11:00 ● Golf with Susan
- 11:30 ● Beginning Exercise | AUD
- 1:00 ● Choir Practice | AUD
- 7:00 ● Bingo | AUD

● AREA ILL\* **11**

- 8:30 ● Kroger Shuttle
- 10:30 ● Water Works at Drake\*\*
- 10:30 ● Balance Boogie Class | AUD
- 11:00 ● Golf with Susan
- 11:30 ● Beginning Exercise | AUD
- 1:00 ● Choir Practice | AUD
- 2:00 ● Artist Studio with J\*\* | ACR
- 7:00 ● Bingo | AUD

● AREA I\* **18**

- 8:30 ● Kroger Shuttle
- 10:30 ● Water Works at Drake\*\*
- 10:30 ● Balance Boogie Class | AUD
- 11:00 ● Golf with Susan
- 11:30 ● Beginning Exercise | AUD
- 1:00 ● Choir Practice | AUD
- 3:30 ● Protestant Communion | AUD
- 7:00 ● Tri State Chamber Orchestra | AUD

● AREA V\* **25**

- 8:30 ● Kroger Shuttle
- 10:30 ● Water Works at Drake\*\*
- 10:30 ● Balance Boogie Class | AUD
- 11:00 ● Golf with Susan
- 11:30 ● Beginning Exercise | AUD
- 1:00 ● Choir Practice | AUD
- 2:00 ● Artist Studio with J\*\* | ACR
- 7:00 ● Bingo | AUD

● AREA IV\* **5**

**CINCO DE MAYO**

- 9:45 ● Advanced Exercise | AUD
- 11:00 ● Pray the Rosary | CH
- 11:30 ● Beginning Exercise | AUD
- 2:30 ● Card Bingo | ACR
- 4:00 ● Sabbath Eve Services | AUD
- 7:00 ● Movie: To Be Announced | AUD

● AREA ILL\* **12**

- LIBRARY PICKUP AND DELIVERY
- 9:45 ● Advanced Exercise | AUD
- 10:00 ● Symphony Transportation\*\*
- 11:00 ● Pray the Rosary | CH
- 11:30 ● Beginning Exercise | AUD
- 1:15 ● Diane Shields The History of Arlington Cemetery | AUD
- 2:30 ● Card Bingo | ACR
- 4:00 ● Sabbath Eve Services | AUD
- 7:00 ● Luciano Moral Mother's Day Concert | AUD

● AREA ILL\* **19**

- 9:45 ● Advanced Exercise | AUD
- 11:00 ● Pray the Rosary | CH
- 11:00 ● Brown Bag Lecture Trip Cincinnati Style Chili\*\*
- 11:30 ● Beginning Exercise | AUD
- 2:30 ● Card Bingo | ACR
- 4:00 ● Sabbath Eve Services | AUD
- 7:00 ● Movie: To Be Announced | AUD

**RAMADAN BEGINS AT SUNSET** **26**

- AREA I\*
- 9:45 ● Advanced Exercise | AUD
- 11:00 ● Pray the Rosary | CH
- 11:30 ● Beginning Exercise | AUD
- 1:15 ● Diane Shields The Battle of Iwo Jima | AUD
- 2:30 ● Card Bingo | ACR
- 4:00 ● Sabbath Eve Services | AUD
- 7:00 ● Movie: To Be Announced | AUD

9:30 ● Wii Bowling | AUD **6**

11:00 ● Current Events | ACR

1:00 ● Billiards | BR

4:00 ● Catholic Mass | AUD

7:00 ● Cards | 3 FL CL

7:15 ● Frank Gallenstein Folk Singer

9:30 ● Wii Bowling | AUD **13**

11:00 ● Current Events | ACR

1:00 ● Billiards | BR

1:15 ● Movie To Be Announced | AUD

4:00 ● Catholic Mass | AUD

7:00 ● Cards | 3 FL CL

7:15 ● The Debray Duo | AUD

9:30 ● Wii Bowling | AUD **20**

11:00 ● Current Events | ACR

1:00 ● Billiards | BR

4:00 ● Catholic Mass | AUD

7:00 ● Cards | 3 FL CL

7:15 ● Phoenix Woodwind Trio | AUD

● POOL OPENS **27**

9:30 ● Wii Bowling | AUD

11:00 ● Current Events | ACR

1:00 ● Billiards | BR

4:00 ● Catholic Mass | AUD

7:00 ● Cards | 3 FL CL

7:15 ● Jim McBride Sings and Plays Everything | AUD

"All the great things are simple, and many can be expressed in a single word: freedom, justice, honor, duty, mercy, hope."

—Winston Churchill





EVENT RECAP

# wine tasting and food pairing class

In March and April, the residents of Evergreen enjoyed participating in a Wine and Food Pairing class. Wine pairing isn't as simple as saying red wines go with red meat and white wines go with fish. There is a certain way to think about wines and food, and this class helped increase their chances of making a successful wine pairing at their next meal. The class was such a hit that we plan to continue to offer wine and beer tastings in the future. Our next wine tasting will be on Monday, May 22, at 4 p.m., in the Bar. The cost is \$15 per person and will be added to your monthly charge. Please sign up at the Activities Desk.



## THIS MONTH'S chart hero

CARING, HONESTY, APPRECIATION, RESPECT, TEAMWORK

Congratulations to our Employee of the Month, SHARON CRANSTON. Sharon has worked at Evergreen for over 27 years. She began working as an Administrative Assistant before starting her career in the Marketing Department. She is a great Evergreen Ambassador and has networked with many outside groups and organization. She has worked diligently to build strong relationships with clients (sometimes for several years), till they decide to make the big move to Evergreen. She is a wonderful example of true class and professionalism! Sharon truly cares for each resident she brings to us and tries hard to make sure that it is a successful transition. Thank you Sharon, for everything you do and for being such a team player.



Evergreen employee Sharon Cranston



## TRAIN YOUR BRAIN solution

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