



Eye on Evergreen

Conversations with your friends and neighbors

Vol. 5 No. 6 November/December 2023



COLLECTIONS & TREASURES

HANDMADE CHRISTMAS ORNAMENTS. From Mid-November through December in the Isom Fireside Lounge Cabinet, we are privileged to have exquisite Christmas ornaments handcrafted by Courtyard resident Barb Wagner. At age 12 she first made six ornaments for her mother for her Christmas gift, using some of her Grandmother's jewelry. After Christmas, her mom took her to a store in a little gray house called June Zimonick's that specialized in designing and creating Austrian jeweled Christmas ornaments and Easter eggs. Barb fell in love with them, and began making ornaments, mostly between the ages of 13 and 22. Her family had a rotating Christmas tree stand, and throughout the years she made about 125 beautiful ornaments. About 3/5th of these are displayed in a lovely curio cabinet in their apartment, with the remainder safely stored. Barb indicated the majority were made from kits, but about 25 are her own design.

The kits provided the pattern to follow, the unadorned satin colored ornament and all the materials needed to make the ornaments. Materials in the kit included all the different size and shapes of stones from Austria, gold paper from Germany, pearls, gold and silver braid, velvet ribbon, lace and decorative filigrees for designing the top and bottom of the ornaments. Some of the ornaments have over 1,000 stones on them, and each stone is picked up by a tweezer, glued and tapped down with a toothpick. I cannot use enough superlatives to describe these dazzling pieces! This is an exhibit where you view it once, and can go back several times, each time seeing something new you didn't note before.



Barb is from Green Bay, graduating from West High School. She attended UW Oshkosh, attaining a degree in Physical Education, and minors in health and athletic training. She worked at D. C. Everest High School near Wausau for one year, then at Lomira and Kimberly. While at Kimberly, she also was the head Coach of the Girl's Volleyball and Track and Field teams at UW Oshkosh for one year. She met John Wagner while they were both students at UWO, and they were married in 1978. John worked for a securities investment firm, B. C. Ziegler & Co. in West Bend, for 40 years. John retired in April 2018 as a Senior Vice President. The majority of this time they lived in West Bend.

Barb was diagnosed with MS in 2002. She continues to be involved in various activities, one of which has been her quilting. She began quilting in 1993, with many, many of these pieces adorning the CY hallways near their apartment. She and John selected Evergreen from other facilities because of the convenience of, as she put it "everything under one roof" and having a lap pool. Barb swims 1/2 mile Monday-Friday, and bikes one mile on the NuStep bike in the Fitness Centers four times a week. Barb enjoys the many entertainment programs and the Trishaw rides. The first three years they were here, she facilitated a Christian Book Study class for 15 weeks, and belongs to the Spiritual Life Committee. The Wagners have three daughters: Julie (Boulder CO), Kathy (Medford WI) and Laura (Oostburg WI).

As indicated, the ornaments will be exhibited through December. If you haven't seen them, or need another look, don't miss it! Barb, we are so pleased you have provided these creations for all of us to enjoy. Fervent thanks!

THIS AND THAT

WHY DOES A FIRE TRUCK RESPOND WHEN AN ONLY AN ABULANCE WAS REQUESTED?

Per the City of Oshkosh Fire Department website: When a 911 call comes in, dispatchers often are not given precise or complete information. As such, units are dispatched on a worst-case scenario. Fire trucks are staffed by paramedics. The trucks are frequently able to arrive more quickly than ambulances and initiate critical care. There are two paramedics on each ambulance. Many Advanced Life Support procedures require two or more paramedics to perform. The crew of the truck assists with these procedures, or drives the ambulance to the hospital while the ambulance crew cares for the patient. Various situations require extra personnel to assist with safe patient movement.

EVERGREEN QUILT COMMITTEE

Have you noticed the quilt(s) displayed on the wall next to the fireplace in the Hearth Room, first floor of Courtyard (CY)? The quilts are made by members of the committee or their family. Many thanks to John Wagner for hanging these quilts for the committee every month or two.

The committee meets the second Friday of each month at 3:00 PM in the Hearth Room located near CY Door 2. If you are interested in quilting, you are invited to stop by to see the work being done by Evergreen residents and/or their families.



Questions? Please call Barbi McPhee at 920-385-7100.

EVERGREEN GIFT CARDS

Do you (or your family or friends) know about Evergreen gift cards? They are available at Resident & Guest Services in any amount, with no expiration date. They can be used anywhere at Evergreen where items can be charged to your account: GardenSide, Pub 67, Creekview Cafe, The Little Market (convenience store). They can be purchased with cash, check or charged to your account. A great gift idea!

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SAFETY FIRST: PREVENTING FALLS

Have you ever fallen, or know someone who has? Did you know falls are the leading cause of injury among older adults? Information from the Mayo Clinic states that as we get older, physical changes and health conditions, and sometimes the medications used to treat those conditions, make falls more likely. The fear of falling doesn't need to rule your life. Instead, consider these fall-prevention strategies gleaned from the Mayo Clinic and the CDC websites.



1. Make an appointment with your doctor to review medications you are taking, side effects and interactions that may increase the risk of falling. Tell him or her if you have fallen or almost fallen before.
2. See your eye doctor once a year. Have your hearing tested once a year too. Certain eye and ear disorders may increase your risk of falls.
3. Clean up the clutter; remove boxes, newspapers, electrical cords and phone cords from walkways. Move coffee tables, magazine racks and plant stands from high-traffic areas.
4. Secure loose rugs with double-faced tape, tacks or a slip-resistant backing, or remove loose rugs from your accommodation.
5. Inadequate lighting is another major hazard. Install brighter light bulbs, night lights in bathrooms and/or bedrooms. Place a lamp within reach of your bed for middle of the night needs. Know where your Evergreen-provided lantern is in the event of power outage.
6. If your shower is not equipped with grab bars, request Maintenance to install them; use non-skid bath mats; you may want a sturdy plastic seat in the shower.
7. Keep a telephone near your bed; in the living room keep a phone next to your favorite chair. **AND - don't forget to always wear your CarePoint bracelet or pendant**, especially in the shower and in bed.
8. Store clothing, dishes, food and other necessities within easy reach. Do not use a stepladder, chair or stool to stand on to reach for something. Immediately clean up spilled liquids, food or grease.
9. Wear shoes. You may want to consider changing your footwear. High heels, floppy slippers and shoes with slick soles can make you slip, stumble and fall. So can walking in your stocking feet. Socks may be comfortable but they present a slipping risk. If shoes are too uncomfortable, wear non-slip socks that have grips on the soles of the feet.
10. Move more carefully and take your time. Many people fall at home by moving too quickly from a sitting to a standing position and vice versa. When you get out of bed in the morning or at night to use the bathroom, sit on the side of the bed for a few minutes before standing up. Moving too quickly can make you dizzy and you might lose your balance and fall.

Even falls that do not lead to injury can have a negative effect on older adults. After a fall, older people often limit their activity because they are afraid they will fall again. When you reduce your exercise and movement, your body becomes weaker, which can, in turn, increase the risk of another fall. Remember, for we seniors fall prevention means injury prevention. And, again, always wear your CarePoint pendant or bracelet while on Evergreen premises.

What Are You Reading?



Sally Mathison just finished reading *The Exchange: After the Firm* by John Grisham (Doubleday, 2023). She chose it from featured books on the Neta Library counter because it looked brand new and she has read and enjoyed all Grisham’s other books. Promotional announcements for the book promise that it answers the question of what became of Mitch and Abby McDeere after they exposed the crimes of a Memphis law firm in Grisham’s first novel, *The Firm* (Random House, 1991) and fled the country.

Sally reads for relaxation – but admits to experiencing a scary feeling while reading *The Exchange*, wondering how people can get into unexpected situations and how Mitch will ever get out of this one. It was exciting, and a very good read. Sally found the quality of the writing good because the story flows very well and keeps you interested. She would recommend the book to a friend.

Helen McDermott’s off-campus book club just finished *Fast Girls: A Novel of the 1936 Women’s Olympic Team* by Elise Hooper (William Morrow Paperbacks, 2020). The women’s story begins in 1928, on the first ever Olympic women’s delegation in track and field. With a mix of black and white athletes, they then fight for the chance to compete in the Nazi-sponsored 1936 Olympics in Berlin.

Helen had tremendous interest in the women’s stories and found herself very impressed by each of them. Helen added that she always experiences some frustration with the historical fiction genre – not knowing for sure which facts that appear in the book really happened or are author’s inventions. She was surprised how little she knew about this period in history. Helen found the writing quality to be very good. It was clear, understandable and the author was a good storyteller. She would recommend it in so many categories – race and gender discrimination, and how these individuals kept their drive to be the fastest alive despite multiple obstacles.



-Alyson Z.

Attention Residents!

 If you or someone you know is interested in volunteering to run our Cinema the 2nd & 4th Saturday of the month from 1:30-3:30 P.M. please contact Edie Norenberg at (920) 237-6221. Training will be provided!! This is such an enjoyable event for residents & we would like to see it continue. Thank you!!

Just for Fun: Can you find the “Eye” on Evergreen? In each issue of “Eye On Evergreen,” an eye is hidden somewhere. Can you find it?  **Happy Hunting!**

MEET YOUR NEIGHBOR

Have you met Ann Marie Kosek? She was born in Chicago, the oldest of three children. She graduated from high school in Chicago in 1966. She attended DePaul University in Chicago and obtained a BA in Psychology in June of 1970. She met Ron Kosek at DePaul; they were married in December 1970. Their son was born in Chicago.

They moved to Pontiac, Michigan in 1975, where their daughter was born. Ann Marie obtained her MBA. She also obtained her CEBS (Certified Employee Benefit Specialist) and with it she progressed from secretary to administrator in the Pontiac School District.

Sixteen years later, she moved from Michigan to Milwaukee, where she found a job in private industry. Around 2003 Ann Marie moved to Oshkosh to be closer to her daughter, son-in-law and future grandchildren. She volunteered at the Oshkosh Seniors Center, including a term as President of the Friends of the Oshkosh Seniors Center.

Health issues prompted a move from her condo to an apartment at Evergreen in 2017. Ann Marie served one year as Vice President of the Residents' Council, then President, and now acts as Past President on the Residents' Council Executive Committee. She is also on the Employee Appreciation Committee, Spiritual Life Committee, and volunteers at Manor Mart once a month.

Ann Marie loves to read and is a member of our More Than a Book Club and the LIR Book Club. She collects snowmen and elephant figures. A group of family and friends recently gathered to honor her 75th birthday. Guests received a solid chocolate elephant and a bookmark. In her picture, she is holding an elephant her 17 year old granddaughter brought her from a mission trip to South Africa.

Thank you, Ann Marie, for sharing your time and your story. We'll see you in the neighborhood.



Have you met Joyce Wilson? She lives in a Courtyard apartment, but, what a journey brought her here!

She was born in Aurora, Illinois. She graduated from high school at age 16. Her plan was to go to nursing school, but was turned down as she was too young. She entered a local college where three years later she met her future husband, Jim. They heard a missionary speak and that changed the course of their lives. They wanted to have a part in giving the Word to people who had never heard it before.

MEET YOUR NEIGHBOR CONT.

They joined Wycliffe Bible Translators, and after courses in linguistics and Bible translation skills, they crossed the border into Mexico on December 1, 1952. It took a two hour drive to Puebla, half hour trip in a small plane that flew coffee out of the area, then a little over two hours by foot or mule to get to the Cuicateco village in the northern part of the State of Oaxaca.

During their four and a half years there, they lived in four different tribal homes, with mud floors and thatched roofs. They had no running water, the kids were often sick with colds, fever, dysentery. There was some danger- Indians often drunk, several murders right outside their doorway, people were afraid to help as they were Protestants!



Cuicateco was an unwritten language; learning it was difficult. They had mapped out an alphabet and grammar for the language, and prepared a few tentative primers to teach the people how to read their own language. They began translating the Bible, and later they were asked to move to Brazil to help with the beginning work there. Their family now consisted of three sons; daughter Susan was born in Brazil. That assignment lasted 35 years. One more assignment took them to Portugal for four years.

After moves to Huntington Beach, California, and Orlando, Florida where they continued their work until 2002, they finally retired at age 72. Jim passed away in September of 2009. Joyce moved to Evergreen in 2018. In spite of some difficult times along the way, Joyce says it was a privilege and honor to be involved with “God’s work through the Wycliffe Bible Translators.”

Thank you, Joyce, for sharing your interesting story. We look forward to seeing you in the neighborhood, or playing the piano for Sunday Vespers or other occasions.

-Donna L

LETTERS FROM THE PAST

Like many of us, Joan and John Sheehy downsized before moving to a Manor South apartment from their condo in Oshkosh. They contracted with someone to dispose of items they would not be taking to Evergreen with them. End of that story, until they received a phone call several months ago from a woman in Appleton who had bought a box of items at a rummage sale.

She discovered several letters John had written to Joan in 1960 while Joan was touring Europe with a few friends. Joan had left her itinerary and addresses of hotels with John. As Joan arrived at each hotel, a letter from John was waiting for her. Letters written on the old Vmail paper – thin paper which, when folded, formed its own envelope.

♥ The woman decided these letters needed to be returned to John and Joan (who were married June 1962) and with the help of the internet, she located the Sheehys and placed a call to them. A meeting was set up at Evergreen, around Halloween. Joan, John and their son Jonathan met with the lady from Appleton and her two cousins, and the letters found their way back to Joan and John. Letters from the past!

-Donna L



Campus Notes: Our Prairie Islands

Behind the big staff parking lot at Evergreen is a small condo building, containing just four units. After moving there in February 2015, I noticed two large oblong beds marking the eastern end of the parking area that were covered with wood chips and surrounded by a concrete curb. Each time I walked by, I was bothered by their barren appearance and decided that the area needed a facelift.

When I became chair of the Grounds Committee, I suggested that we plant these beds with prairie vegetation to benefit birds, butterflies, bees, and other pollinators, and to enliven the large concrete parking expanse. The members of the committee supported the idea and voted to devote a chunk of our funds to the project. We ordered a shipment of plants from the Prairie Nursery in Westfield, WI, that included a mix of native species, such as Butterfly Weed, Milkweed, Purple Coneflowers, Black-eyed Susans, Tall Joe Pye Weed, Asters, and a variety of native grasses. On a Friday in May the Evergreen Grounds Crew with a group of volunteers from the Grounds Committee planted the barren islands with about 100 small specimens of prairie flowers and grasses. Subsequently it took many hours of cumbersome watering to nurse the plantings through the first summer, yet a hard job that eventually was rewarded.

Three years into the project our “parking lot prairie” is well established and thriving. Many seeds from the original plants have germinated, constantly adding more vegetation, and filling any empty spaces. Bloom from June through October attracts a large variety of insects and when the flowers are fading various birds find sustenance from the seed pods. And recently a “resident” turtle decided to lay its eggs in this newly created habitat. Converting a sterile parking lot space into an island of life and hope has been a wonderful experience

-Submitted by Barbara Bowlus



Do you spot the turtle?



PUZZLE!

What do you think of when you see 123321? Check the answer by flipping this upside down!

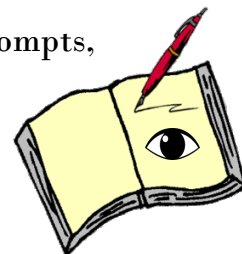
Answer: HAPPY NEW YEAR! 12/31/23

EVERGREEN WRITERS

Someone once commented, “I don’t like to write...I need to write.” This rings true for the small, but productive, group of writers here at EVERGREEN who meet on the 3rd. Monday of the month, at 1:00 PM, in the Garden Terrace Lounge.

Although some similar gatherings are designed to help authors publish their writings, the EVERGREEN group exists to help residents keep creative writing skills sharp.

Eddie Norenberg of the Life Enrichment Team is the staff representative. She offers prompts, suggestions, and invitations to the members who agree on next month’s challenge.



Members write about interpersonal relationships, technical issues, special interests, fiction and non-fiction subjects, and sometimes poetry. Content ranges from thrillers and chillers to reflections and projections.

Selected manuscripts are made available in a white three ring binder in the Neta Library.

New members are welcome so if you want to write as part of a comfortable and confidential group, come to the next meeting on Monday, December 18, at 1:00PM in the Garden Terrace Lounge.

-Don D

EVERGREEN’S DIGNITY QUILT

Some weeks ago Pastor Steve Wood showed the Evergreen Quilt Committee a photo taken at a retirement facility similar to Evergreen. One of their residents had died and was being taken out of their apartment on a gurney. They were covered by the traditional black bag and an attractive dignity quilt. We agreed that the quilt showed more caring and respect than the black bag alone. Pastor Steve asked the Quilt Committee to make a dignity quilt for Evergreen to use in similar circumstances.

As many members of our committee are now unable to do the fine work quilting requires, we had to find another way to proceed.

I gathered several pieces of quilt fabric, and my daughter took me to an Oshkosh Quilt Guild meeting. The Guild does a great deal of *pro bono* work: Quilts of Valor, children’s quilts, etc. Two of the Guild members willingly took on the task of making our quilt, at no cost to us.

They did a beautiful job, making a quilt of simple geometric designs in greens, blues and a touch of yellow. Our dignity quilt will remain with Evergreen to be used whenever it is needed.

-Submitted by Barbi McPhee

OLD GLORY HONOR FLIGHT

Many of us have watched the TV news reports when an Old Glory Honor Flight returns to Appleton International Airport (ATW) after a day in Washington, D.C. If you were watching Wednesday, October 18th, you may have spotted Evergreen Courtyard resident Rod Weber's welcome home from his flight. A Navy veteran, Rod received word he was invited to join that last flight of the season, after being on a waiting list for two years.



What do we know about the Old Glory Honor Flights? The Honor Flight Network was created in 2005 by Jeff Miller (a small business owner and son of a WWII Veteran) and Earl Morse (the son of a Korean and Vietnam War veteran). Their simple, yet powerful, mission was to honor our nation's veterans by bringing them to Washington, D.C. to visit the memorials built to commemorate their service and sacrifice. Since 2005, the Honor Flight Network has helped make it possible for more than 200,000 veterans from all services to visit Washington and other memorial sites.

The Appleton International Airport has partnered with Old Glory Honor Flight of Northeast Wisconsin, a local nonprofit, whose mission is to offer our local WWII, Korean and Vietnam war veterans a safe, memorable, and rewarding tour of honor to our nation's capital. It's a whirlwind trip to Washington, happening all in one day and is completely free to the veterans. Since 2009, ATW has proudly assisted Old Glory Honor Flight in accomplishing 65 missions to date, assisted over 4,000 war veterans taking their tour of honor, and hosted over 50,000 individuals, families, friends, volunteers, and community supporters during the festive 'Welcome Home' celebration events on flight day.

Each veteran is accompanied by a 'Guardian' who will spend the day with his or her veteran, starting and ending with the flight from Appleton. A highlight of the return flight is 'Mail Call' when cards and letters are delivered to the veterans; cards and letters from family and friends thanking them for their service.

To learn more about Old Glory and their schedule of events or donate, please visit www.oldgloryhonorflight.org. Rod, thank you for your service and congratulations on being selected to join an Old Glory Honor Flight.

-Donna L



From Left to Right: Sandy Berkers (Guardian) Gary Mott, Rod Weber, Judy Webber, Max Heise, Rose Nelson, Doug Austin



Welcome Back, Vicki Tessmer!

Vicki Tessmer, a familiar face to many residents, recently returned to Evergreen as its new Foundation Advancement Director. Vicki first joined Evergreen in late 2009 as Foundation Advancement Administrative Assistant, moving in 2021 into the Foundation Advancement Specialist role. After working for fourteen years in those combined integral positions, she left in July 2023 for an opportunity with the City of Oshkosh Community Development Department.



While she appreciated learning new things during her stint with the City, Vicki said that she didn't realize how much she would miss the residents. When she heard her predecessor Sarah Averkamp was relocating this fall to Minnesota, Vicki felt the experience she had gained during her many years with the Foundation, her comprehensive understanding of the Foundation and relationships she had built during that time would make her a competitive candidate for the job. She applied, went through the interview process, and was selected. Vicki said she was "shocked and humbled by the warm welcome back" she has received from residents, family members and co-workers.

Vicki's hometown is Athens WI. She and husband Mike were high school sweethearts there. After high school, she earned an Associate's degree from Patricia Stevens Career College in Milwaukee. Vicki moved to Oshkosh in 1991 for a job with a collection agency no longer in this area, and has called this city home for over 30 years.

Vicki and Mike have two children. She calls the nine years she stayed home to raise them her "most important and favorite job to date." Emma (24) works as Diet and Nutrition Coordinator in Evergreen's Culinary Department, and Ethan (21) is a junior at Marian University, Fond du Lac, majoring in construction management. Vicki and Mike are looking forward to a 30th wedding anniversary trip to Machu Picchu.

Asked what she has found most challenging in her first month as Director, Vicki said it had to be starting her new job during the Foundation's busiest time of the year. And what has she so far found most enjoyable? That response came quickly – "all of you".

-Alyson Z

Evergreen residents and staff contributed over \$3,700 to the Oshkosh Area United Way Campaign.

We also collected over \$1,000 in gifts for the Salvation Army Adopt-a-Family Program.

Thank you for investing in
our community.

we do good things. *together!*

Home Cookin' at Evergreen!

It's the most wonderful time of the year!! The bright shine in the eyes of folks as they experience the sights, sounds, smells of the traditional special menus and sweet treats. Alyson Zierdt shared this recipe for **Cranberry Pudding**, which her family always requested she bring for holiday gatherings. The **Tasting Team** gave this dessert a resounding “thumbs up”. Comments included: So moist, not too sweet with the tart cranberries and the subtle sweetness of the molasses being such a complimentary blend of unique flavors. None of us had ever steamed pudding before—including Max who had been a baker in Milwaukee for many years. Alyson allowed me to borrow her grandmother's quaint little pot to prepare the pudding, as well as her grandmother's Limoges gravy boat to serve the sauce. With this recipe, my mind drifts to the 1951 version of the movie **A Christmas Carol** when Mrs. Cratchett proudly brings out the flaming **Figgy Pudding** to squeals of delight from Tiny Tim and his siblings. Max recalls the lyrics to the Figgy Pudding song. Years ago, Max sung with the **Milwaukee Choristers** and shares with us, that he and his irreverent friends, much to the dismay of the director, changed the lyrics to “**Piggy Pudding**”. Needless to say, after 4 hours of food and conversation, we shared stories, laughter, and learned more about each other.



From Left to Right: Carol Jones, Gary Mott, Marge Leffin, Max Heise

Cranberry Sauce

1 large egg, slightly beaten
1 heaping Tbsp. white sugar
1/2 cup light molasses
1/3 cup hot water
1 1/2 cups flour
2 Tsp. baking soda
1/2 Tsp. salt
1 cup fresh cranberries, washed and drained

Make a steamer by punching holes in an aluminum pie pan. Invert it onto the bottom of a pot with a tight-fitting cover. Combine all ingredients in order listed. Pour into buttered mold. Steam for 1 hour over simmering water, tightly covered. Remove pot cover. Tip pudding on to serving platter. Serve warm with sauce.

1 cup heavy whipping cream
1/4 lb. butter
1 cup white sugar
1/4 Tsp. salt
2 Tsp. vanilla

Sauce

Combine cream, butter sugar and salt in saucepan. Heat to boiling, remove from heat. Add Vanilla. Pour sauce liberally over warm pudding. **The Sauce is “BOSS”.**