



# Eye on Evergreen

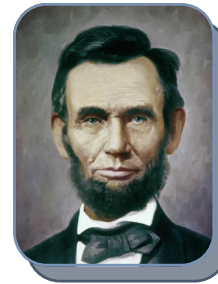
*Conversations with your friends and neighbors*

Vol. 5 No. 7 January/February 2024

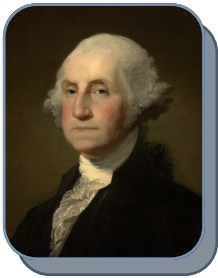
## All Things February



**Groundhog Day**  
February 2



**Abraham Lincoln's  
Birthday**  
February 12



**George Washington's  
Birthday**  
February 22



**Mardi Gras**  
February 13



**Black History  
Month**



**Leap Day**  
February 29



**Presidents Day**  
February 19



**Valentine's Day**  
February 14



**Ash Wednesday**  
February 14

# THIS AND THAT

## EVERGREEN'S NEW WEBSITE

Have you checked out the Resident Portal on Evergreen's new website? You can find calendars, phone numbers, forms, dining information and much more. Go to: [www.evergreenoshkosh.com](http://www.evergreenoshkosh.com); then click on Resident Portal.

## EYE ON EVERGREEN

Do you have family or friends who would like to read our Eye on Evergreen? Among other information in the Resident Portal, you can find the current copy of Eye on Evergreen under NEWS AND EVENTS. You will see a note to: Click here to view the latest edition of Eye on Evergreen.

## CAR WASH

This is the time of year cars tend to collect a coat of dirty slushy residue from winter weather driving. Are you aware there is a car wash bay located in our underground parking, near the Exit ramp? Everything do-it-yourselfers need is provided: shop vac, power washer with soap, towels. Step by step instructions can be found in the car wash bay.

## COLLECTIONS TO SHARE?

Do you have collectibles you'd like to share? The 2024 calendar is pretty open. Display items remain up for approximately a month in the Fireside Lounge. The cabinet is locked so your items are safe. Please contact Vicki Tessmer at 920-237-2120 for more information, or to sign up. We'd love to showcase your treasures!

## SHREDDING PERSONAL DOCUMENTS

Are you aware there are large shredding containers in the trash rooms? Good for disposing of personal or sensitive material, such as tax documents. Also, depositing your old Resident Directory when you receive an updated directory. We don't want resident information falling into the wrong hands!

You won't hear shredding as Iron Mountain Company will come in, unload the container, take the contents to their location for shredding. Let's be safe with our personal information!

## THE LITTLE MARKET

Are you looking for a gift for family or friends? Did you run out of health or beauty items? Need some bread or milk? Just looking for a sweet treat? Visit The Little Market located next door to Resident & Guest Services.

The Little Market is more than a 'little' market. Food items, personal and household items, home décor, and other gift items are available.

If you can't find what you need or want an item stocked regularly, stop and see the staff at Resident & Guest Services. Your suggestions are appreciated.

OPEN: Monday-Friday 8 am-4 pm; weekends 9 am-3:30 pm.



-Donna L.

**ROSIE THE RIVETER** According to my 2024 calendar, March 21<sup>st</sup> is designated as Rosie the Riveter Day. I vaguely remember Rosie the Riveter posters from World War II. Searching the internet, I found interesting facts about Rosie.



In 1940 11 million women were employed outside the home. By the end of World War II more than 20 million women were working in factories, shipyards and elsewhere, producing tanks, ships, planes and other materials so men could go off to war. They called themselves “Rosies.”

Do you remember bandleader Kay Kyser? He released a song “Rosie the Riveter” which inspired Norman Rockwell to paint a depiction of Rosie for the Saturday Evening Post magazine, which was used by the Treasury Department for War Bond Drives.

In 2000 the National Park Service officially opened the Rosie the Riveter WWII Home Front National Historic Park in Richmond, California.


In 2014 Phyllis Gould, one of the original Rosies, visited President Barack Obama in support of a National Rosie the Riveter Day; the US Senate approved the observance on March 21, 2017.

In 2020 the Department of Labor collectively inducted the nearly 6 million women who served as Rosie the Riveter into their Hall of Fame.

Unfortunately, many women faced prejudice while earning lower wages than men, and were pressured to give those jobs up when the veterans returned home.

So, let’s celebrate Rosie the Riveter Day next month and honor the legacy of those women whose work supported the war effort.

-Donna L.

**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!**

### ***Eye on Evergreen Committee Contact Information***

***Pat Below - pbelow3301@gmail.com***

***Maurene Christensen - gypsygram2038@icloud.com***

***Don Derozier - dbderozier@gmail.com***

***Donna Lord - dmlord9@gmail.com***

***Alyson Zierdt- alyson.zierdt@gmail.com***

#### ***Staff***

***Kaylee Hennes - KHennes@EvergreenOshkosh.com***

***Edie Norenberg - ENorenberg@EvergreenOshkosh.com***

***Caitlyn Scott - CScott@EvergreenOshkosh.com***

## What Are You Reading?

**Don Derozier**, Courtyard resident, just read P.J. Parrish's *Island of Bones* (Kensington Publishing Company, 2004). He said he mostly likes to read thrillers by Brad Thor, Rick Jones, or Vince Flynn, but has lately followed his wife Carol's interest in detective fiction.



He chose this book because of the odd juxtaposition of title words, suggesting both place and mystery. It also introduced him to a new author and new genre.

The titular island was settled by pirates. After a South Florida hurricane, the very bleached skull of a small child is among the stuff washing up on the beach. The detective, the book's protagonist, wonders if it is somehow connected with the remains of a young woman found in the swamp.

The protagonist hails from the southwest Florida coast, from Ft. Myers to Port Charlotte. Don is somewhat familiar with this area, which made him feel comfortable with the familiar and intrigued by the mystery. He was a bit surprised by the shady history surrounding the islands in the story since most, like Sanibel-Captiva and Gasparilla, are now national parks and tourist destinations.

Don found the book well-written in a straightforward, unpretentious manner. The author develops a clear flow of interactions between the main character and the quest for a solution. There is no superfluous or vulgar language. He would recommend this book to a friend, and learned it is last in a series of three, the others being *Island of Secrets* and *Island of Terror*. All are available in the Neta Library. And for Don, this first foray into detective fiction will "for certain" lead to more!



Manor North resident **Wanda Young** just finished *Other Birds* by Sarah Addison Allen (St. Martin's Press Publishing Group, 2022). Her daughter suggested the book to her, and then brought her a copy. It is available at the Oshkosh Public Library.

The book centers on Zoey, a young woman from Tulsa, OK between high school and college who has gone to Mallow Island, SC to spend the summer in her late mother's condo in "The Dellawisp" – a complex named for the small, rare turquoise birds that occupy its center courtyard. Five other people live there, and several ghosts. Each neighbor has someone watching over them. The young woman has a bird that no one else can see. There are secrets and mysteries to be uncovered about each person. Wanda said it is about five individuals without families finding family among their Dellawisp neighbors, which everyone needs. She found it delightful to read, and so insightful as to what a family is.

Wanda found the book to be well written, "because the events that help these people heal from traumas are presented in a way you believe even when there is a bird no one else can see." She recommends it.



## COLLECTIONS & TREASURES

**A GLOBAL COLLECTION** Mid-January through February, in the Isom Fireside Lounge Cabinet, we have been treated to a truly eclectic variety of items shared with us by Courtyard residents Kathy and Bill Bollom. They have traveled extensively overseas, in Canada and across the U.S., sometimes staying for extended periods. In 1976 they started traveling in Germany, and it continued from there. Kathy loved shopping wherever she and Bill happened to be, and purchased whatever took her eye. Many items are handcrafted by local artisans, and were created from numerous types of wood and other materials. Their collection includes pieces from Germany, Italy, Belgium, Hungary, Iceland, Singapore, South Africa, Thailand, England, Russia, Indonesia, Bangladesh, France (Paris) as well as Canada and the U.S. In the present display they are from Africa, Germany, Thailand and Singapore. Smokers (incense burners) and uniquely carved wooden ornaments are just a few of the beautiful items. The rest of their collection is on the shelves of cabinets in their apartment.



Bill and Kathy Bollom

Kathy was born in Waupun. She attended high school at St. Mary's Springs in Fond du Lac, went to Nursing School at Mercy Hospital here in Oshkosh, graduating in 1962, then worked at Madison University Hospital. She met her future husband, Bill, on a blind date December 15, 1959. They were married in December 1962 and moved to St. Cloud MN. Kathy worked there until their first child Jill was born. After two years in St. Cloud they moved to Oshkosh in 1968, where Bill taught Accounting, Finance and Taxation at UW Oshkosh. He subsequently attained his PhD at the University of Wis., Madison in 1972.

Kathy returned to Mercy Hospital in 1984, working as an RN there and also worked with the Visiting Nurses Assoc. Bill had many opportunities to do teaching overseas, and with the blessing of the university, he could request a leave of absence to go abroad for some lengthy periods. Kathy would accompany him, so they had these wonderful experiences in the countries mentioned above. When their children traveled with them, it was a marvelous chance for them to learn about and absorb other cultures and have those special times with their parents. Bill would also take students for shorter visits to England, Russia, Indonesia, Bangladesh, Germany and Paris.

They have three children: Jill, Arlington VA (3 girls), Michael, Malaysia (2 children adopted from India) and Patrick, St. Paul MN (2 children adopted from Nepal). They ultimately decided to move due to Bill's declining eyesight. He had retired in 2000. Both felt Evergreen was the best choice— they knew folks here, and Bill's mother had been here for a period of time. They had also attended many LIR programs here. They moved to the Courtyard January 18, 2023. Kathy and Bill continue with LIR programs, of course, and she plays bridge, is a member of the Thursday Book Club and volunteers at the St. Vincent de Paul store weekly. They both also always enjoy the entertainment programs provided.

We thank you, Kathy and Bill, for this opportunity to “go around the world” via these wonderful pieces!

-Maurene C.

## Fun February Facts

### Valentine's Day



- This holiday has its roots in a Pagan festival. Not until the 1300s did it become a holiday associated with love.
- 8 BILLION candy hearts are produced every year
- 1st Valentine sent in the 15th century
- First mass produced valentines in 1840s
- By the turn of the 19th century, Cupid became linked to Valentine's Day due to his love matching powers.
- Nearly 250 MILLION roses are grown in preparation for the holiday each year and shipped to the U.S., mostly from foreign countries.
- Americans spent nearly \$26 BILLION on this holiday's gifts in 2023. Average spent \$193.00. Amazingly, American households also spent \$751.3 MILLION on Valentine's Day gifts for their pets!
- Americans send 145 MILLION Valentine cards each year, per Hallmark. After Christmas, this makes it the second biggest holiday for exchanging cards. Hallmark produced their first Valentine's Day card in 1913.
- The first heart-shaped box of chocolates was produced by Cadbury's in 1861. Those NECCO candy hearts with sayings are still around (since 1863). If we don't eat them all this year, never fear—they are said to have a shelf life of FIVE years
- Not surprisingly it is the most popular day for proposals.



So, hope you had a wonderful time with your loved ones, and remember, for this occasion only, all the calories from our candy indulgences are non-existent!

### Leap Year

- In 2024 February has an extra day, so those born on February 29 have an opportunity to celebrate on “the” day instead of choosing between Feb. 28 or March 1.
- Did you know that in Greece some people believe it's bad luck to get married in a leap year.
- There is a name for those born on leap day—“leaplings” or “leapers”, neither one too appealing! According to History.com, about 4.1 million people world-wide have been born on Feb. 29, and chances of having a leap birthday, one in 1,461.
- The cities of Anthony TX and Anthony NM both claim to be the Leap Year Capital of the World! They both hold a festival each year, with a huge birthday celebration, plus parades, craft vendors, authentic local foods and more! The dates for Anthony TX are Feb. 29-March 2. Want to travel, anyone?
- On leap day, tradition says it's OK for a woman to pop the question to her beloved.



However you celebrate your leap year birthday, enjoy it to the fullest!

## SAFETY FIRST: HEART HEALTH

February 1-29 is designated as Heart Month. Heart Month has a long history dating back to the 1960's when it was initiated by the American Heart Association. February was chosen because it is a time when many people reflect on matters of the heart, including love and relationships. It is a fitting opportunity to also emphasize the importance of heart health. Heart disease remains a leading cause of death worldwide, and this observance seeks to reduce its impact through awareness and action.



Improving heart health involves making conscious choices to reduce risk factors and adopt heart-healthy habits. Here are some suggestions to promote heart health during Heart Month and beyond:

**EAT A BALANCED DIET** rich in fruits, vegetables, whole grains, lean proteins, and low-fat dairy products. Limit saturated and trans fats, sodium, and added sugars.

**EXERCISE REGULARLY.** Engage in physical activity for at least 150 minutes per week; activities like walking, cycling, and swimming. Evergreen offers numerous opportunities for exercise, take your pick!

**QUIT SMOKING.** Seek support to quit; smoking is a major risk factor for heart disease.

**MANAGE STRESS.** Practice stress-reduction techniques such as mindfulness, meditation, or yoga, to reduce the impact of stress on your heart.

**MONITOR BLOOD PRESSURE.** Check your blood pressure regularly and work with your healthcare provider to manage it within a healthy range.

**CONTROL CHOLESTEROL.** Maintain healthy cholesterol levels by following a heart-healthy diet and, if necessary, taking prescribed medication.

**MAINTAIN A HEALTHY WEIGHT.** Achieve and maintain a healthy weight through a combination of balanced eating and regular physical activity.

**LIMIT ALCOHOL CONSUMPTION.** If you drink alcohol, do so in moderation. Excessive alcohol consumption can contribute to heart problems.

**GET ADEQUATE SLEEP.** Aim for 7-9 hours of quality sleep per night to support heart health.



If you have concerns about your heart health, see your healthcare provider.

-Donna L.

## MEET YOUR NEIGHBOR

Have you met Mickey Peterson? She is sometimes referred to as the ‘Light Lady’ as each evening she turns off many lights in our complex, which she hopes saves residents money on their rent! There is a lot more to Margaret McLain Bundy’s story, starting with her birth in Menomonie, Wisconsin. Her father’s mother (maiden name McLain) named her after her daughter, Margaret, who had died – she became known as Mickey. She grew up in a family of two girls and two boys. Summers were spent at their cottage on Red Cedar River, five miles from Menomonie.

Upon graduating from high school, Mickey married her high school sweetheart, Jann Peterson. She promised her parents that she would go to college once her children became school age. After the birth of three sons, she enrolled in University of Wisconsin at River Falls. As Jann’s career in education advanced, several moves were involved. Mickey finished her degree in education at UW Oshkosh; got her Masters Degree as a Reading Specialist a few years later. Her first teaching position was second grade in Winneconne, which led to 25 years of various teaching positions before retiring from the job she thoroughly loved. Mickey is very proud of going to Las Vegas in 1991 to receive the Exemplary Chapter I Program certificate awarded by the U. S. Department of Education in Washington, D.C.

They retired in 1996 and bought a home in Apache Wells, Arizona where they spent 22 wonderful winters, golfing and dancing. For her involvement in the community, Mickey received two trophies: one from Apache Wells Country Club and one from the Apache Wells 9 Hole Swingers.

Due to Jann’s poor health after returning to Menomonie, the Petersons heard about and toured Evergreen; they moved in July 1, 2019. Mickey and Jann were married 64 years before his death in 2020. Mickey is very proud of her five grandchildren and nine greatgrands, some of whom live in the area and are a great support for her. Mickey is active with water aerobics, bowling, choir, arts and crafts, chairs the bridge group, What’s up With Edie, More than a Book Club, and the Employee Appreciation Committee. She also hosts a monthly theme supper for 26 ladies.



Thank you, Mickey, for sharing your story – and all you do for Evergreen!

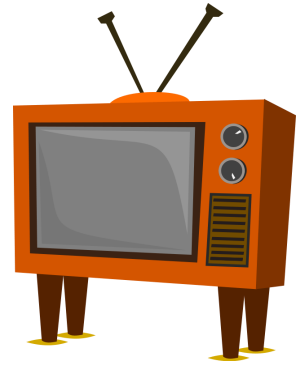
-Donna L.



## TIRED OF COMMERCIALS?

Saturation-marketing of products with jingles can be annoying. It seems that more time is given to the commercial than to the product itself. Still, it helps us remember the message as we get older.

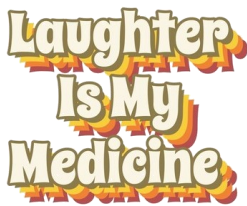
Below are some commercial prompts for product or movies/musicals. Can you remember the words that follow the prompt? Or, the name of the movie or music or musical?



### Commercial Prompts

PROMPTS	# of WORDS THAT FOLLOW	NAME OF PRODUCT
1. Plop, plop, fizz, fizz	(6)_____	_____
2. Say it again	(2)_____	_____
3. There's always room for	(1)_____	_____
4. From the land of sky	(2)_____	_____
5. Cream of wheat is	(4)_____	_____
6. They're so mild they	(6)_____	_____

See Page 11 for the answers!



## Just for Laughs



What did the EKG say to the X-ray?

**"I've got you beat!"**

I told you Doc!! I've got fatigue and my heart keeps skipping a beat!

Why do you keep calling me a liar??

**Doctor: "Sir, I'll say it again, that's A Fib!"**

I heard a heart wrenching story recently. A car mechanic became a cardiac surgeon.

## We've Got the Beat: Cardio Drumming at Evergreen!

Curious about recent announcements for a new “Cardio Drumming” weekly session in the Aerobics Room? We were, too. So on a very cold January Monday, this EOE team member decided to try something new for fitness – cardio drumming.

The program is simple enough. Equipment consists of a large stability ball atop a plastic tub or chair and two wooden drumsticks. Participants sit or stand behind the balls. Standing allows you to move your legs at the same time, side to side or whatever. In my group of 13 most folks chose to sit, as did I.

A video plays, with the onscreen leader taking you through an increasingly complex series of rhythmic movements which include banging the drum/ball and clicking the drumsticks together as you raise your arms in whatever direction the leader calls. Lively, mostly very familiar music plays, its rhythms guiding the pace of the movements. An Evergreen Fitness Team member is in the room to help as needed, repeating movement instructions from the back of the room. There were two short water breaks – drummers who'd been there before came prepared with their water bottles.

The 30 minute session flew by. It was fun, and a good challenge to keep up with the leader. My heart was pumping well above its usual 60-ish beats per minute, which is one of the health benefits.

Besides promoting cardiovascular health, cardio drumming strengthens muscles, improves endurance, helps lower blood pressure, and improves motor skills. The combination of movement and music have been shown to reduce stress and tension. Cardio drumming boosts social interaction and improves mood.

Fitness Team member Nick Ayulo said he's a cardio drumming fan because it's a new way for residents to integrate being physically active, appeals to people and gets them more excited to learn it.

Manor View started using it, and Sharehaven has just started a group. Nick observed that the songs integrated in this activity can help memory-impaired people recall a happy time when they heard or danced to that song, leading to positive feelings along with the fitness benefits. The connection between music and memory is powerful. The session I joined is part of a relatively new class for independent living residents.

Nick's advice to interested residents? Watch the weekly schedule to confirm time and place, and come join the group, or just watch. He does advise that those whose hands are affected by arthritis may want to wear supportive gloves for the exercise.



Alyson Z.

**Learning in Retirement (LIR)** is a member-directed adult learning group promoting lifelong learning for older adults through a variety of stimulating opportunities. A committee of members choose topics or subjects, take the lead in organizing classes, discussion groups or tours and participate in peer teaching and learning. There are classes and instructors, but no tests or grades.



You probably have heard a lot of talk about Evergreen now overseeing LIR. You might be asking, “What does that mean for the residents of Evergreen and the program?” The short version is, nothing will change for the Evergreen residents who are LIR members. Any resident can be an LIR member, and Evergreen will continue to pay the membership fee. As always, residents must register for any sessions they wish to attend, and are responsible for any program cost that is in addition to the membership fee.

As far as the program, there are no major changes expected. Evergreen staff will now be handling different functional duties of the program. Admin staff will manage registration and payment. Specified Life Enrichment staff will assist the LIR Curriculum Committee in organizing each semesters presenters and securing venues, along with creating the catalog. Marketing will manage the LIR webpage, now located within the Evergreen website. There are many staff involved in this transition and they will continue to be involved in the program as we move forward.

When questions arise, you will now contact an Evergreen employee, rather than the University. All of the Evergreen staff and the LIR Committee members are eager to answer any questions that we can. More importantly, we are ready to plan the fall semester! But for now, you are able to view the complete Spring catalog on the Evergreen website by clicking on Learning in Retirement, found at the top of the website. Other resources on that page include registration, membership, committee and contact information. We hope to make this transition as smooth as possible.

-Caitlyn S.

## Coming Attractions

**Daylight Saving Time** Your long winter’s nap is almost over! Daylight Saving Time starts Sunday, March 10<sup>th</sup>. That means you will lose an hour of sleep as you spring forward! Don’t forget to set your clocks an hour ahead Saturday night, or at 2:00 Sunday morning, so you won’t be late for church, breakfast, whatever!



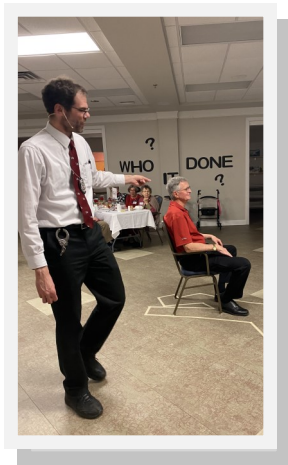
**New Column** A new column, “A View From the Village” will debut in the next issue. Read it to learn more about the Evergreen Village!

-Donna L.

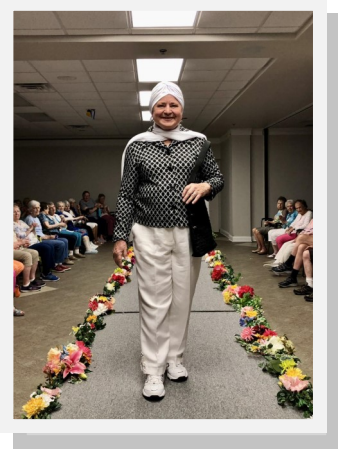
## Tired of Commercials? Answers

1. O what a relief it is/Alka Seltzer
2. Virginia Dare/wine
3. JELLO/jello
4. Blue waters/ Hamm’s Beer
5. So good to eat/breakfast cereal
6. They suit you to a “T”/Camel Cigarettes

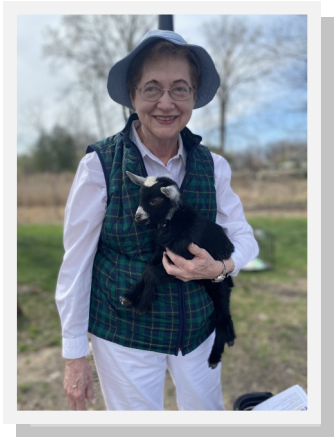
**2023 MEMORIES**



**Murder Mystery Dinner**



**Fashion Show**



**FFA Event**



**Carnival**



**Dream Flights for Veterans**



**Flower Bouquet Arranging**



**Pontoon Rides**



**Fire Table Nights**