



Eye on Evergreen

Conversations with your friends and neighbors

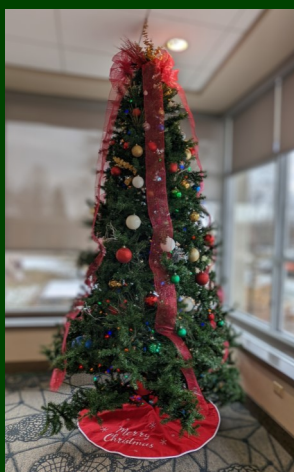
Vol. 5 No. 12 November/December 2024



Halloween



Veterans Day Service



December

SAFETY FIRST: BATHROOM SAFETY

January is National Bath Safety Month, a time when we come together as a community to raise awareness about the potential hazards in our bathrooms. This month is dedicated to ensuring the safety of everyone, especially our seniors.

The Centers for Disease Control and Prevention (CDC) statistics say that one in four seniors over 65 will have at least one fall per year. Over half of those falls happen in the bathroom.

The bathrooms in Evergreen accommodations were constructed with safety in mind. However, you may want to consider the following information.

If you use an assistive device, have it near your bed so you can use it to get to the bathroom. Also, before standing up, sit on the edge of the bed for a few seconds and don't get up too fast; you could become dizzy and fall.

Keep your Evergreen-issued lantern within reach. This handy tool can light your way in the dark, help you find the light switch, or guide you to the bathroom if you wake up at night.

If your bathroom has a fan and timer, remember to turn off the timer; it isn't automatic when leaving the bathroom.

If you don't already have grab bars installed, please call Resident & Guest Services and request to have them installed in the shower next to the toilet. A raised toilet seat/riser is a must. If you don't already have one in your accommodation, call Resident & Guest Services and request one (or two if you have two bathrooms).

For your safety and peace of mind, we strongly encourage you to wear your Lifeline device at ALL times – while sleeping and in the shower and/or tub. This device is your lifeline, ensuring help is always within reach.


Disposing of throw rugs throughout your accommodation is generally recommended to avoid tripping, but the bathroom is one room where a mat is most often needed. Use one that is non-slip.

Is standing while showering difficult for you? Consider adding a shower seat or bathtub bench if you have a tub.

All of these changes can help to make your bathroom a safer place. So, celebrate National Bath Safety Month by checking out your bathroom(s) and implementing at least one of these tips. You can request work by calling Resident and Guest Services at 920-233-2340.

-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!**

THIS AND THAT

BATTERY DISPOSAL

Did you know that some batteries can explode or even catch fire if they come in contact with metal? Do you have a junk drawer containing keys, coins, loose batteries? Batteries should be stored in original packaging or a plastic container. Keep batteries of same type and age stored together; avoid mixing different types of batteries with varying levels of power. And, don't store them with opposing ends touching each other. Keep them in a cool, dry, dark place, away from household chemicals. And, never throw old (or new) batteries into a fire! Batteries should be removed from devices not used for an extended period of time, such as seasonal decorations.

How to dispose of batteries? NEVER IN THE TRASH OR GARBAGE!

Most batteries, regardless of type, contain toxic chemicals: cadmium, lead, lithium or sulfuric acid. If old batteries end up in a landfill these pollutants can leak out into the environment. All batteries must be recycled.

Check your trash/utility room; there should be a container labeled "Battery Disposal" for your use in disposing of batteries. If you don't have such a container, call Maintenance. After collecting a large quantity of old batteries, Maintenance will take them to a recycling facility for proper disposal.



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 Café, The Little Market (convenience store). They can be purchased with cash, check or charged to your account. Great for Christmas gifts or any occasion during the year.

TAX TIME

Tax time is coming! Not too early to start gathering material. And, getting rid of information you no longer need. We have large shredding containers in the trash rooms. You won't hear the shredding as a shredding service will come in, unload the container, take the contents to their location and do the shredding there. Good time to go through old files, etc.



-Donna L.

What Are You Reading?

Village Resident Barbara Urbrock shared *Hell and Other Destinations: A 21st Century Memoir*, Albright, Madeleine, Harper Collins Publishers, 2019, New York. Barbara said the non-fiction book reflects on the final stages of one's career and working productively into your later decades.

She chose the book from the Neta Library because she and husband Bill heard the author speak while they were in Washington D.C. attending a conference some years ago and were favorably impressed by her. Albright served as the 64th United States Secretary of State from 1997-2001, the first woman to hold the position.



Barbara appreciated learning more about a woman of our time, and admired Albright's desire that every new stage of her life would be more exciting than the last. Barbara said she was very grateful to learn details about Albright's life she would not have known otherwise. For example, Albright learned that she had to interrupt presentations as needed and set an agenda she wanted, and not sit back. Barbara was also delighted to read that Albright, in her personal life, studied Czech legends and fairytales to share with her grandchildren and connect them with their heritage.

Barbara believed the book was well written, adding that Albright is the expert on her own experience. Albright, through the lens of her formidable and varied personal experience, addressed the role of women in public life, diplomacy and democracy, and Barbara recommends it.



Steve Hintz, Courtyard resident, recently completed *Being Mortal: Medicine and What Matters in the End*, Gawande, Azul, Metropolitan Books, 2014, New York. Steve read the book on the recommendation of his brother. The author is a professor at Harvard Medical School, a practicing surgeon, and the author of several *New York Times* best-selling books.

Steve felt the book came at a good time in his life, remarking it would be particularly apt reading for Evergreen residents. Gawande has come to believe that physicians focus too much on medicalizing aging, frailty and death, and not enough on what individuals need as they age – a life with meaning, as rich and full as possible under their circumstances. The book is rich with case studies and stories about a broad range of people: friends, patients, families, and providers.

Told from a first-person perspective, Gawande observes how he has changed over time in response to these many contacts and has learned from his patients what makes living satisfying. At one point, Steve thought Gawande almost seemed to be describing the late Evergreen CEO David Green's vision for Evergreen and Creekview. Steve found the book uplifting but not all cheerful, and absolutely recommends it.

Steve said the biggest revelation he took away from the book is how our special Life Enrichment team activities at Evergreen *do* give us the opportunity for a sense of purpose in our lives. “*Being Mortal* has helped me think about and appreciate my experience here at Evergreen” he concluded.

Campus Notes: Nov./Dec. 2024

Most Evergreen nature lovers are familiar with the hill near the dock at the southeast corner of our campus with its splendid overview of Sawyer Creek. Few, however, might be aware that this berm consists of building rubble derived from past construction activities. Slowly volunteer vegetation began covering this new habitat which eventually was supplemented with a few conifers and a bench with a river view. It was this setting that inspired a group of residents to dream bigger.

When, eight years ago, I moved into my condo off the employee parking lot at N. Eagle Street, I noticed two large islands that were covered with bark. The sterility of these spaces bothered my botanical mind and inspired me to act. With the support of the Grounds Committee, we were able to plant these islands with prairie vegetation and thus create a new habitat for birds and pollinators.

One morning, looking out my kitchen window, I saw two people scrutinizing our prairie plantings. They were Carol and Bob Niendorf who had recently joined our community. As we became acquainted, we discovered that we had many common interests, since the Niendorfs, members of the environmental organization The Wild Ones, had a long-standing commitment to preserving or re-establishing prairie landscapes.

Searching for a feasible spot to accommodate a larger Prairie Garden, we settled on the berm near Sawyer Creek. After cleaning out most of the weedy growth, we began replanting the area with an array of prairie vegetation, a task made possible with funds from the Grounds Committee and the hard work of the Niendorfs, Ed Potempa, and several committed volunteers. That was three years ago.

Meanwhile, due to constant care by the Niendorfs, Ed Potempa and others, the prairie plants have prospered, providing an array of bloom and sustenance for pollinators all summer. However, the project is an ongoing concern, requiring sustained attention. There are still parts of the berm that need rejuvenation, and we are grateful for any resident who will help to maintain and preserve this natural treasure.

Stop at the attractive sign, jointly funded by Audubon, the Evergreen Foundation, and the Grounds Committee, to learn more about the diversity and environmental benefits of prairie vegetation.

-Barbara B.



COLLECTIONS & TREASURES

GLASS ART. In November the new display in the Isom Fireside Lounge cabinet featured the craftsmanship of Cory Kwakkel, a maintenance member here at Evergreen. His glass pieces are his own designs, are beautifully handmade and most distinctive. Cory has been fascinated with glass work from a young age. He wasn't introduced to working with glass, however, until he was 27. He took a semester long class at Ripon College, and from there he went to work for Charles Paul Savoie, a glass artist schooled in 17th century techniques. Cory worked with him for six years, helping to create his work. They traveled extensively nationwide to juried art shows selling Charles' work, including Door County, New York, Chicago, Denver and San Francisco.



In 2008 he transitioned to working with another artist, Michael (Mic) Meilhan. He was with him for six years, again assisting in creating Mic's work and traveling to demos and installation projects. These years were wonderful background experiences in learning a craft with noted mentors. Cory has a studio in his home to pursue his love of glass. Many of his pieces are very labor intensive, requiring as much as 20-25 hours of work to complete. Others may take only an hour or two. He uses bagcolor rods and color tubing only from Borosilicote glass. This glass was actually designed by NASA.

His tool of choice is an oxygen mix propane torch. A kiln is also a necessary part of the process. A few years ago he made paperweights which he had on commission at Bergstrom Mahler Museum of Glass in Neenah.

Cory is from Ripon. After graduation from Ripon High School, he worked at a number of jobs such as sales, landscaping and construction. He lives in Ripon. He was married, and has two daughters: Audra 10 and Holland 9. Cory has a girl friend Tiffany who also has two daughters: Kieva 10 and Ellie 8. He was working in Beaver Dam, but was looking for something better and really wanted a job closer to where he lived. He likes working with people, knew Evergreen was a great facility, so applied here. He started working at Evergreen in December 2021. Cory is in Maintenance, doing painting and drywall, and spends most of his time at the Linden Oaks complex, doing general maintenance and lawn care, or whatever needs to be taken care of.

Most of his spare time is spent with Tiffany and the girls. It makes for a lively household, with their school activities and other interests such as dance, soccer and drawing. They all also love the outdoors and go camping when possible. Cory enjoys working around the house and yard as well, and, of course, working with his glass when he can fit it in!

Note: Be sure to watch for the new cabinet exhibit coming in January!

The display will continue to be in the cabinet during all of December. Some of the items are for sale, so if you still need a Christmas gift for someone, or just to treat yourself, there's still time. Thank you, Cory, for sharing your passion for working with glass with all of us. It was such a pleasure to be able to view these unique pieces!

- Maurene C.

A VIEW FROM THE VILLAGE

Autumn Harvest Village and Homes Luncheon

On Monday October 14th, 32 persons met in the Trellis Room at Evergreen for lunch. The harvest theme was apparent on the tables which were graced with fresh zinnias and marigolds with matching napkins. The luncheon was hosted by the 1000 building residents. This was the first time since I've been at Evergreen that the Village hosted a prepared plated luncheon.

The menu was put together by Mary Weddig, Village resident, who said “I was inspired by the seasonal vegetables showing up on trips to the farmer's produce truck on Washburn as well as the farmer's market on Saturday mornings. It was a desire for a thick butternut squash soup that set the rest of the menu in motion. Another favorite autumn food was sweet/sour cabbage. A succulent pork roast, rolled into a roulade and stuffed with aromatic herbs, garlic, and sweet peppers, with a light sauce provided a tasty umami counterpart to the subtle sweetness of the soup and sourness of the cabbage. Since the menu was leaning toward a German theme, spaetzle came to mind as a good starchy side, with an alternate option of sweet potatoes primarily for those with wheat allergies. The whole meal was then crowned with a warm tart apple crisp brimming with cinnamon and topped with a scoop of vanilla ice cream. Yum.” (Mary Weddig, 2024).

All food except the Spaetzle and apple crisp were gluten free. Special gluten cookies were also available. Kudos to the culinary staff at Evergreen. Some comments: “delicious”, “Wish we could get a roasted meat like this more frequently.”

I'm sure this won't be the last of a luncheon such as this. Everyone left smiling. Enjoyed by those who have a harder time getting out to Village restaurant events and others. Thank you to Mary, her helpers, and the residents of the 1000 building!



Planning Committee:

Rachel Benton, Mary Wedding, Joan Anthony

Build Your Own Pasta Bar



Residents of 1080 Building

On Friday November 15th, thirty-five Evergreen Villagers were treated to a wonderful experience, building their own pasta lunch. The menu consisted of three pastas, three sauces, two meats, and veggies all put together in various ways by the residents. In addition, there was a large tray of assorted fresh fruit as well as the dessert, a delicious “monster” brownie. The event was hosted by residents from the 1080 building and catered by Jason and his culinary team. A good time was had by all. Thank you to all that participated in this mini-feast.

DOORS TO EVERGREEN

Do you remember the old quiz show where contestants chose a door, hoping for a big prize? Well, we have doors to choose from here at Evergreen too. Numbers outside the building are above the doors. Which door to use in or out of our campus?

1

Door 1 on N. Westfield lets you in to the Manor Building and is the main entrance to Evergreen, taking you to the Resident and Guest Services Desk, the Arline L. Sitter Worship and Performing Arts Center, Pub 67, GardenSide Restaurant, the Neta Library and access to Manor North and Manor South.

2

Door 2, also on N. Westfield, serves the Courtyard residents as the gateway to their accommodations, the Courtyard Hearth Room, and the Courtyard, as well as the Manor Building and beyond.

3

Door 3 is found on N. Eagle Street and leads in to the Garden Building where you will find Garden Place, Garden Terrace and Garden Heights, as well as the GardenSide Restaurant and Manor Building.

4

Door 4 is the Creekview Health Center entrance, leading into the Café, Creekview North, Creekview South and the Rehabilitation Center.

Evergreen at Home and ShareHaven are located on N. Westfield Street, across from Evergreen's main building. Residents of Evergreen Homes and Evergreen Village have their own private entrances.

Still confused? Evergreen Campus Maps are available in a rack at Resident and Guest Services.

-Donna L.

Thanks to everyone who donated to *Evergreen's United Way Campaign!*
TOGETHER we raised \$7,176 for the Oshkosh Area United Way.

Congratulations to the winners of the \$25 Evergreen gift cards:

Staff: Karen Thomas

Resident: Susan Landers-Lynch



MEET YOUR NEIGHBOR

Have you met Courtyard resident John Schatz? He moved into Evergreen Village in September of 2013 and then into the Courtyard in November of 2017.

He was born November 30, 1929 in Watertown, Wisconsin. His father was a banker and his mother a school teacher. John was raised in Watertown with one brother and one sister. He attended a Catholic grade school and a public high school. He then enrolled at Marquette University and graduated in June of 1952 with a BS in Accounting. He began his Public Accounting career in Milwaukee in 1952, and became a CPA in 1954. He served in the US Army during the Korean War.



John married Joan, also a Marquette grad, and native of Menasha. They had three children. In 1955 they moved to Oshkosh and he spent 40 years in Public Accounting. His accounting firm acquired a computer in the early 1960's and John became a programmer. At various times he was a member of Kiwanis and Rotary.

During his working years he became an avid sailor on Lake Winnebago and surrounding waters. Over the years he owned seven boats. John retired in 1992 and became a snowbird in Florida for 16 years. John has been a SCORE volunteer for 25 years, consulting with new and operating small businesses. Volunteers are retired business people. He is also a member of the National Small Business organization sponsored in Oshkosh by the Chamber of Commerce.



During retirement John has enjoyed travel to Hawaii, Tahiti, England, Italy, France, Ireland, Holland, Switzerland, Germany, the Bahamas and the Panama Canal. John has served as President of the Residents' Council and also as an Evergreen Corporate Board Member.

John has been retired for 32 years and has seven grandchildren and six great grandchildren. He has come to know Lyndsey Kacyon in the Fitness Center very well and considers her another grandchild!

Thank you for sharing your interesting story, John. We'll see you in the neighborhood!

-Donna L.

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Red, Green and Blue: Coping with Holiday Stress

“The most wonderful time of the year”, as the song says, is a complicated business for many of us. Unrealistic expectations, gift-buying pressure, creating a picture-perfect holiday meal, family conflicts, sadness about being alone, and even the rainy, cold days that turn dark too early can conspire to make the holidays feel anything but merry and bright.

The National Alliance on Mental Illness (NAMI) reports that over 64% of people say they are affected by “holiday blues”. This temporary feeling of anxiety and depression comes with a variety of symptoms: fatigue, tension, frustration, loneliness or isolation, sadness and a sense of loss.

Tips for enjoying a resilient holiday from NAMI and other resources include the following:

- Make a to-do list, tackle it early, but set reasonable expectations – if there is too much to do, consider shortening the list.
- Make conscious decisions about perceived holiday obligations and be sure they are *your* choices, not someone else’s. Could you send fewer holiday cards, visit relatives on a different day, agree with friends to go out instead of cooking?
- Set a budget for holiday activities.
- Get enough sleep.
- Spend time with supportive people. If you are alone, take the initiative to connect with others in similar circumstances whom you know or would like to know better and make plans for a meal, movie or other activity. Use this time of year to deepen your relationships with caring people.
- Eat and drink in moderation. Don’t drink alcohol if you are feeling down.
- Get exercise, preferably outside – even if it’s only taking a short walk.
- Be good to yourself. It’s easy to be critical of yourself for what still needs to be done or what you didn’t get right. Decide in advance to be loving and accepting to the most important person in your life: you!
- Resolve unfinished emotional business. The holidays can be a time of renewal, getting a new start for the coming year. Identify old issues, anger and resentments you have been carrying; be generous in your forgiveness.
- Take a year-end inventory of tasks you have been putting off. Don’t let unfinished business cause stress. Break down tasks that seem too big or difficult into smaller components to tackle one at a time and ask for support when needed. Give yourself permission to let go of tasks or projects that simply will never get done.
- Listen to music or find other ways to relax.
- Do something for someone else – volunteer at a community meal or adopt a family through a local agency.
- Smile each day. If you need a reason, smile, then think of a good reason to be smiling. Smile at a harried server or salesperson – it will reduce both of your stress levels.
- And remember, the holidays won’t last forever – they will pass with the last notes of Auld Lang Syne.



-Alyson Z.

A BIT OF OSHKOSH: PERKINS

Have you enjoyed a meal at Perkins Restaurant on 9th Avenue in Oshkosh? Village resident Diane Kohl has, for ten years! Before the property became Perkins it was her home.

Her mother had lived across the street with her family. She often looked across that street and admired the beautiful home situated on ten acres of land and wished she lived there. After she married, she told the owners to let her know when or if they wanted to sell. They did! And her parents bought the house with ten acres.

Growing up, the family called it their farm, as they had 200 chickens; and sold chickens and eggs. They also had cash crops of berries, corn and pickles. Diane and her brother had plenty of chores on the farm and made a little spending money.

When Diane's father died and she and her brother had left home, their mother had to give up her beautiful home and move into town. The property was easy to sell as Highway 41 was expanding and the city/state needed more land. However, not all was needed so the Perkins organization bought the rest and built their restaurant there.

Since then, the neighborhood has completely changed. Now, when Diane sits in Perkins, she thinks of how their house looked inside and out, and of all the happy memories she had living there on the farm!

Thank you, Diane, for sharing your bit of Oshkosh history!



The farm where Perkins is now located. Picture taken April 1955.



Perkins November 2024

-Donna L.



From the Farmer's Almanac:



Onion's skin very thin,
Mild winter coming in;
Onion's skin thick and tough,
Coming winter cold and rough.



Squirrels gathering nuts in a flurry,
Will cause snow to gather in a hurry.

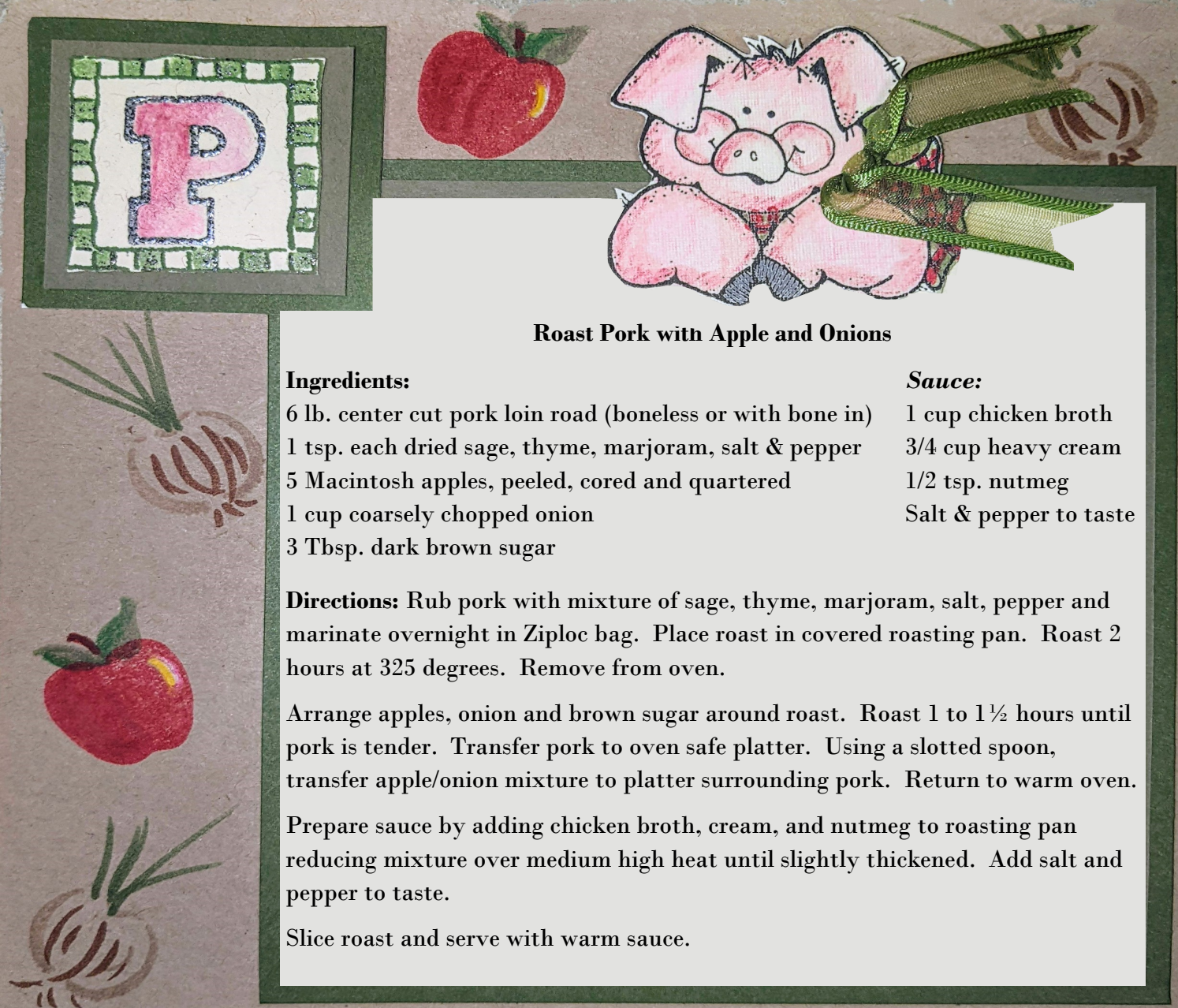
Home Cookin' at Evergreen!

As the warm breezes of Summer and Fall turn blustery and cold--the multi colored splendor of leaves scattered, leaving only bare branches--suddenly the bright lights of the holidays adorn neighborhoods and city streets to lift our spirits and remind us that the joyous holiday season is upon us. Our thoughts turn to home and hearth, gathering with family and friends to celebrate the season and sharing some of our favorite traditional foods--roast turkey at Thanksgiving, beef tenderloin or prime rib at Christmas, seafood at New Year's Eve. With this edition of the newsletter, I suggest a pork entrée as an alternative--**Roast Pork with Apple and Onions**.

At present, pork is relatively inexpensive as compared to our traditional favorites. This particular recipe is frequently requested by my family and friends and I have shared the recipe with many.

-Pat B.

Note: This entrée reheats well and can be prepared and refrigerated a few days ahead of time. Serves 8-10.



Roast Pork with Apple and Onions

Ingredients:

- 6 lb. center cut pork loin roast (boneless or with bone in)
- 1 tsp. each dried sage, thyme, marjoram, salt & pepper
- 5 Macintosh apples, peeled, cored and quartered
- 1 cup coarsely chopped onion
- 3 Tbsp. dark brown sugar

Sauce:

- 1 cup chicken broth
- 3/4 cup heavy cream
- 1/2 tsp. nutmeg
- Salt & pepper to taste

Directions: Rub pork with mixture of sage, thyme, marjoram, salt, pepper and marinate overnight in Ziploc bag. Place roast in covered roasting pan. Roast 2 hours at 325 degrees. Remove from oven.

Arrange apples, onion and brown sugar around roast. Roast 1 to 1 ½ hours until pork is tender. Transfer pork to oven safe platter. Using a slotted spoon, transfer apple/onion mixture to platter surrounding pork. Return to warm oven.

Prepare sauce by adding chicken broth, cream, and nutmeg to roasting pan reducing mixture over medium high heat until slightly thickened. Add salt and pepper to taste.

Slice roast and serve with warm sauce.