



Eye on Evergreen

Conversations with your friends and neighbors

Vol. 5 No. 18 November/December 2025



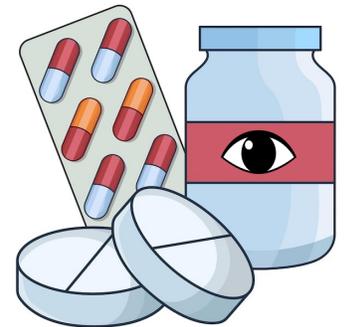
SAFETY FIRST: MEDICATIONS

It is important to understand the medications you're taking to ensure they are working best for you and what you can do to avoid drug interactions. A drug interaction is when one or more of your medications affect how the other medications you're taking work. There are three types of drug interactions:

A **drug-drug interaction** is when two or more drugs work together to produce a reaction and sometimes unexpected side effects. A **drug-food interaction** is when one or more drugs react with food or a beverage.

A **drug-condition interaction** is when one or more drugs cause a reaction with an existing medical condition. How do you avoid a drug interaction?

1. Speak with your pharmacist, who has extensive knowledge of how drugs work, side effects, interactions and more. Your pharmacist can also collaborate with your physician and other members of your health care team about adjusting your medication therapy and finding an alternate medicine that may be more effective for you.
2. When talking with your pharmacist or physician it's helpful to communicate the condition each medication was prescribed for.
3. Be aware of the best way to take your medication. Is it best to take your medication with water? Milk? Juice? Should it be taken with food or on an empty stomach? Taken morning or night?
4. Taking your medicine and drinking alcohol can increase the side effects of particular drugs and can increase the chance of complications.
5. Carefully read the labels on your prescribed and over-the-counter medication which often will alert/remind you of potential drug interactions. Also read the information sheet often included with your prescription.
6. Keep a list of all your medications, including supplements and natural food products and instructions on how to take each one.



By understanding the types of drug interactions and what you can do to avoid them, you will be better equipped to take your medications safely and effectively.

If you have unused, expired or unwanted medications, **DO NOT FLUSH** them or pour them down the drain. Our Campus Health Unit Clerk can accept a **VERY SMALL** amount for proper disposal. Call her at 920-237-6223 with questions or to set up an appointment for disposal on Thursdays. Many pharmacies have a drop box for medication disposal; call them to determine if one is available, for large or small quantities.

If you have more than a small amount, the Oshkosh Police Department, located at 415 Jackson Street, has a drug drop box inside their entrance, open 24/7. If you have large amounts of medications and are unable to get to your pharmacy or the Oshkosh Police Department drop boxes, contact Jill Walters (Housing Coordinator 920-237-2175).

Solid, non-liquid medications should be removed from containers, put into a clear sealable plastic bag for proper disposal, wherever you drop them off. Empty pill bottles can be recycled; scratch or peel off the label containing your name and other pertinent information.

MEET OUR NEIGHBOR

Many of us have seen the Davis Day Care children walking by or on our campus; or, perhaps, have listened to them read to us from their story books (followed by cookies).

But, do you know the history of our neighboring property?

About 1855 a house was built there for Oshkosh attorney Coles Bashford. Bashford was later elected Wisconsin's first Republican governor and served 1856-1858. The house was purchased in 1875 by Oshkosh lumberman Robert McMillan, whose family owned it for more than 30 years. In 1911, the house became the property of trustees authorized by the will of Elizabeth Batchelder Davis, whose dream was to provide and perpetually maintain a home for children needing care and shelter. It was then known as the Elizabeth Batchelder Davis Children's Home.

The Home opened in 1912 as a girls' orphanage. It was situated on a 65 acre farm, providing the children fresh food. By 1914 the orphanage accepted both boys and girls,

In the 1920's it became a foster home when the need for orphanages diminished. The Home cared for children until 1963. In 1965 the house was reopened as a group home for teenage boys. From 1990 to 2004 the house was used as a child care center. After a modern child care center was constructed adjacent to the Home, efforts to find a new use for the house failed. The house was razed in 2006. Elizabeth Batchelder Davis's dream lives on through the work done by the foundation she established over a century ago, by providing care and development opportunities for children.

This story was prompted by the November page of my Park 'n Print 2025 Oshkosh calendar, featuring a 1912 photo of the Orphanage. Thanks to them for choosing a piece of Oshkosh history right next door to Evergreen.



-Donna L.

**Elizabeth Batchelder Davis Orphanage
Oshkosh Ave—1912**

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!**

Ear-on-Evergreen

By Evergreen's resident Audiologist, Dr. Juliëtte Sterkens

New Wireless Hearing Aid Technology is Coming – But the Hearing Loops at Evergreen and the Telecoils in Your Hearing Aids Still Matter.

In the audiology world, there's excitement about a new wireless technology called **Auracast™ Broadcast LE Audio**. It promises to make hearing in public places—like airports, theaters, and churches—easier than ever by sending sound directly to hearing aids or wireless earbuds, using the latest Bluetooth technology. In addition to new hearing aids, a smartphone will likely be required.

Sounds great, right? Yes, **new technology** that promises better hearing is always exciting—I am an audiologist after all—but it's important to know that this **Auracast isn't fully available yet**. Only a few new hearing aids on the market today are compatible, and nowhere in the Fox Valley have these transmitters been installed yet. It will be several years before Auracast becomes common, but when it does, I expect Evergreen will be among the first, if not **THE** first, to do so.

In the meantime, **telecoils**—a tiny feature already built into many hearing aids and cochlear implants—**remain important**. When paired with **hearing loops**, your telecoils let you connect directly to the sound to hear and understand every word, like in the Behnke Center, the Arline L. Sitter W&PAC, or the Alberta Kimball Auditorium at Oshkosh West, and nearly every church in Oshkosh. Hearing loops can be found in some 1,100 places in our state. With just the touch of a button or a swipe on your smartphone, you can hear the speaker's voice clearly and without background noise.

If you wear hearing aids — and this is news to you — ask your provider to activate your telecoils, or, better yet, contact me for advice (I am listed in the resident directory). To find these wonderful hearing loops in Wisconsin (and beyond), visit www.centerforhearingaccess.org/state-lists. For my video “What You Don't Know About Hearing Aids,” see www.centerforhearingaccess.org/tedx.

Recently bought new hearing aids?

It's likely your audiologist made sure your instruments are Auracast-ready, but activation will require a (no-charge) firmware update in the future. Be sure to check with your provider at your next appointment. Bring this newsletter with you. Contact me if you have questions.

Thinking about getting (new) hearing aids? (THIS IS IMPORTANT!!!)

When it is time to choose hearing aids, be sure to tell your audiologist that you live at Evergreen. That way, he or she will make sure your hearing aids are “ADA-Access-Ready”—that means they include a **telecoil** and will have hardware for **Auracast Bluetooth LE Audio** for future use.



<p>Contact Information: Juliëtte Sterkens, audiologist jsterkens@hearingloss.org 920-450-0148</p>

A VIEW FROM THE VILLAGE

Breakfast and Lunch at the Golden Nest

On October 14th, twenty-one Evergreen Villagers ventured out to one of Oshkosh's newest restaurants, The Golden Nest. Several people had already been there, but for many others it was a new experience. Most had heard that the restaurant had a special “buddy”, a robot, who delivers food to the tables and were anxious to witness that feat. Sure enough, we all saw it scurrying around from table to table with platters of food that the wait staff placed on the tables. It was very precise in knowing which tables to serve. I was expecting however, a robot somewhat like R2 D2 from Star Wars with a head and eyes, whereas this robot was more of a moving food cart. None the less, it was very quiet and efficient and fun to watch.



Robot

All of the food was plated very elegantly, and portions were very generous. The menu choices were numerous and the staff was friendly and efficient. Items ranged from typical breakfast fare, omelettes, eggs Benedict, and crepes, to lunch items such as the “good ole hamburger”. Since the restaurant is just across Oshkosh Avenue, one could walk there on nice days or go for a short drive. It was a very enjoyable eating experience.



Hosts: Mary Weddig,
Rachel Benton, Sue Spanbauer

I wonder if the robot has a name? Maybe the staff could have a contest where people send in names and if their name is chosen, they could get a free meal. Good idea?

Fall Lunch at the Roxy

On Thursday November 13th, a group of hungry Villagers as well as people from the Homes, met at the Roxy restaurant in downtown Oshkosh for a lovely lunch. The occasion was hosted by persons in the 1010 building and led by Sunshine representative Barbara Urbrock. A select menu had been prepared with a choice of Haddock, Shrimp, Pecan Chicken, Chopped Sirloin, or Pasta Alfredo. Since the Roxy now only wanted one check for groups, we paid for our meals in advance with Barbara collecting \$20.00 from each person ahead of time. That price included the entree, tax and tip. Several people said they liked paying in advance with the tip included. This also eliminated standing in line to pay after the meal.



Barbara Urbrock



Maribeth and Ralph Nussbaumer,
Sandra Oehler, Carol Jones

The restaurant was very busy so we did have to wait a bit before ordering. People used the wait time to order a glass of wine or soda and catch up on Evergreen news. A suggestion to alleviate the wait time would be to plan the meal for 12:30 instead of 12:00 to miss the lunch rush. Overall the meals were excellent, the staff very helpful and friendly, and the portions generous. Take out boxes went home with many satisfied customers and happy tummies.

-Vicki M.

What Are You Reading?

Pam Freeman, a Village resident since 2013, recently read *Rainwater* (Brown, Sandra. *Rainwater*. 1st ed. New York, Simon & Schuster, 2009) at the recommendation of fellow Library committee member Charles Sazama. Pam said that Brown's usual romantic thriller style isn't her usual reading choice.

Rainwater, however, steps out of that mold. It's historical fiction set in 1934 in the Texas Dust Bowl, based on Brown's father's personal experiences growing up. The book is short (256 pages) but delivers a "tender, heart-warming story". In the hot, humid setting, the author creates an atmosphere of people waiting for an unknown something.



In brief, the main character is Ella, a widow, who has a young son named Solly. Their lives are a mess. Ella runs a boardinghouse, and one of her boarders is David Rainwater. Pam said she became emotionally caught up in the story and that Brown writes so well the reader can feel the heat and oppressiveness surrounding the characters. While the story is about a difficult time, it's not depressing, Pam said.

Pam's takeaway from the book, which does include a love story, is that it portrayed "good people trying to do the best they can with what life has given them". She strongly recommends it, adding that it is "an easy read".

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Courtyard resident **Ken Biendarra** just finished *Poland*, (Michener, James. *Poland*. Paperback ed. New York, Random House, 1983). He chose the book because he had enjoyed the intense level of detail in three prior Michener books, and because he had a Polish grandfather.

Ken noted that the area now known as Poland has been the site of many battles for control. The book opens in 1204 when the oppressor is Genghis Khan and his Tartar army. At any given time, oppressors may be Germans, Prussians, Austro-Hungarians, Swedes, Ukrainians, Lithuanians or Russians. The story focuses on three families and the way the area's challenges affect them through the generations.

Poland was declared independent at the end of World War I, although the declaration was rendered ineffective as different regimes gained control. When Poland emerged from Communism in 1989, the declaration was reinstated. Ken observed that for many years of its history, the Polish people lacked a vision for the future and lived in the present, focused on survival against the invaders.

Ken was not surprised to read that the Polish people were good farmers but learned much more about the great artists and musicians produced by Poland. While reading the lengthy (620 pages) book, he felt that the Polish people were always overpowered by external forces, and that their leaders were very selfish, very wealthy and spent money to build beautiful castles for defense against a string of invaders over the centuries.

Ken's takeaway from the book is "great insight into and respect for the Polish culture." He noted that *Poland* was challenging to read due to its length and multitude of characters and time periods.

He recommends it for those interested in the history of Poland, adding that it is a book for a deeply thoughtful, not casual, reader.

-Alyson H.

Who Knew, The Village Has a Busy Beaver!

In early September, the residents in Building 1140, which sits on Sawyer Creek, noticed that one of their very tall cottonwood trees was being gnawed on. We all concluded that it must be a beaver as each morning brought a bigger and bigger chunk out of the trunk of the tree. We also concluded that if the tree would fall, it might fall on top of the condo building which was worrisome to many. (See picture one) We called and alerted Joe from Grounds and had him assess the danger. He assured us that the tree would more likely fall into Sawyer Creek rather than on our condos. We were feeling a bunch better, but still had our concerns. After all, the trees were only about 30 feet away from our condo roofs.

Then on the morning of September 16th we all woke up and looked out our windows. The tree was down, and had fallen into Sawyer Creek. There were also several Grounds people outside looking around. As a reporter always looking for a story, I went out to find out what had happened. Apparently, they had cut the tree down and it had fallen into Sawyer Creek, so our worries were over. They had gone about their business very quietly, so most of us had slept through the event. However, there had been one complication, a small one I guess. When the beaver tree had started to fall into the creek, it had gotten caught on another large cottonwood tree, so that one had to be cut down too. No problem but a lot of wood to be chopped up and gotten rid of. Both trees were at least as tall as a four story building.

Again, thinking of my reporting job, I said to the crew, “I really wish that I had taken a before picture. I only have pictures of the aftermath. Then Eric from the Grounds crew said, “I have a lot of pictures. I'll send a few to you.” So now I had a more complete picture of the beaver experience. Thanks Eric.

The Grounds crew worked most of the morning cutting up the wood, piling it into the backs of their carts and hauling it away. I didn't ask where it was going, but I knew they knew. Everything was completed before noon. Thanks crew for such a proficient job.

Later I went down to the creek and they showed me where the beaver had begun to gnaw on two more trees. We don't know if he didn't like those other trees and left them alone or if he might use them at some future time, as a new lunch. So far we haven't noticed any more “beaver bitings” on our other cottonwoods and no one has yet seen the beaver. Has he gone for good, or will he decide to come back for more? If so, how do you catch a beaver?

I spoke too soon. He or she is back. What should we do now? Stay tuned!!!

-Vicki M.



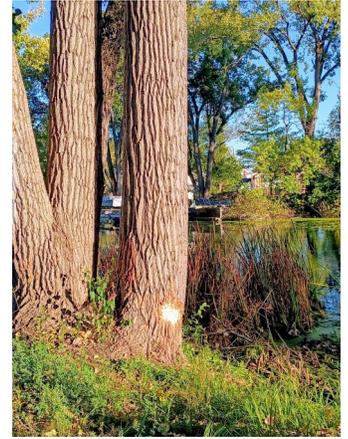
Before the Fall



Tree Down



Wood from Fallen Tree



Beaver Strikes New Tree

COLLECTIONS & TREASURES

Christmas is Coming!

Manor South resident Jean Sandeman's collection of holiday figurines, now showing in the Isom Fireside Lounge display case, kicks off the 2025 festive season.

Jean's collection includes Santa Claus, Father Christmas, and St. Nicholas representations along with a Santa Lucia, with her crown of candles or electric candles. Lucia is a Roman Christian martyr who died for her Christian faith in 304 A.D. and is much celebrated in Scandinavia on Santa Lucia Day, December 13th, as the bringer of light and hope in the darkest winter months, melding a pagan Midwinter celebration with the Christian. She is also the patron saint of the blind.

Jean received her first figurine in the 1980's as a gift from husband Dean shortly after her father died. She recalls the gift cheered her up, and it remains her favorite because her husband gave it to her. Her collection is varied – some in red garments, some in white. They are made of fabric, wood and metal. Jean likes the wood figures the best, finding them to be the most unique and expressive of the artist's hand.

Most of the figures were purchased at small town gift shops throughout Wisconsin as well as Galena IL. Their shopping trips combined taking a drive through Wisconsin's beautiful countryside, searching for finds for the collection and having lunch at local bars or restaurants. Jean used to display the collection of over a dozen pieces around their home during the holidays but now has room for only a few. She's looking forward to seeing them displayed together again, if only for a couple of months.

Thank you, Jean, for sharing your delightful collection with us!

-Alyson H.

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HAPPY NEW YEAR

Did you know January is named for the Roman god Janus? The god of beginnings, transitions, and time, who is depicted with two faces looking the opposite directions – one at the past and one at the future. This duality symbolizes the month of January as a threshold, a time to reflect on the past year and to look forward to the new year ahead.

-Donna L.



Raise Your Hand to
GIVE. ADVOCATE. VOLUNTEER.



Oshkosh Area United Way

*Evergreen cares deeply about the community we live and work in. Together, our Residents and Staff donated nearly **\$4,200** to the Oshkosh Area United Way Campaign!*

Thank you for helping give everyone the opportunity to live a strong, healthy, and empowered life!

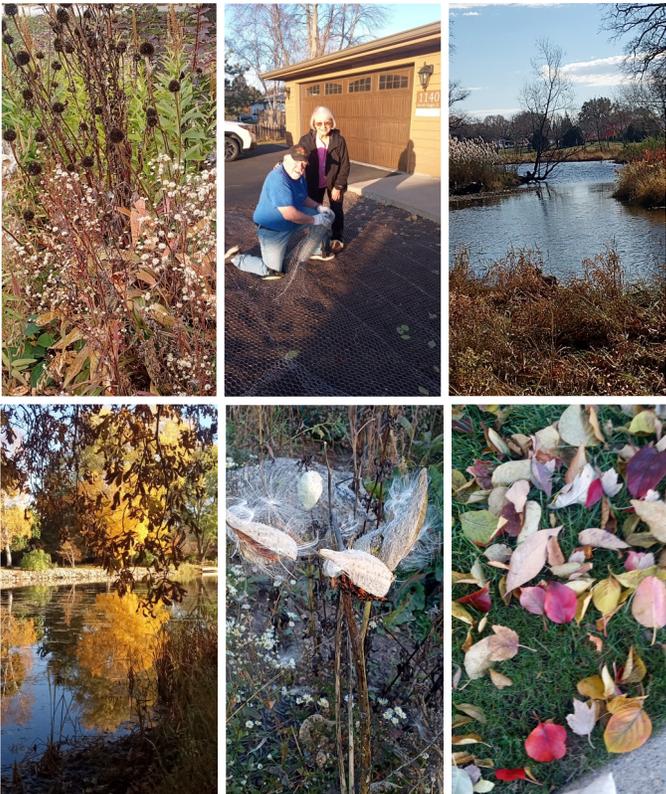
Campus Notes

In early November vigorous winds swept down most of the colorful foliage on campus, leaving behind barren tree branches and knee-deep piles of leaves covering the ground. Although some trees resisted the storm by keeping most of their canopy, their previously vibrant colors turned into dull shades of brown. Temperatures began dropping below freezing at night.

As outdoor activities were coming to an end for most residents, the ground crew kept busy cleaning out spent flower beds, planting bulbs for the spring, and cutting down the vigorous undergrowth in the Oak Savannah. Most gardeners had cleared out their beds in the box garden, waiting for another season. Behind the big parking lot, the Villagers at 1140 Eagle Street, whose tulips had been devastated by squirrels in the past, spent time covering their front bed with wire mesh.

Meanwhile the native plants in the prairie gardens on the Berm and parking lot islands were setting seed pods to be ready for next spring. In this context the common milkweed, which is the unique food source for developing monarch larvae, is particularly impressive. As the pods mature, they burst open, releasing a host of seeds with silky hairs to be scattered by the wind.

Fall has also brought changes for me personally. The quiet cul-de-sac behind my condo at 1140 Eagle Street was invaded by a work crew preparing the (originally sylvan) area next door for a major building project. Engineers from the city measured and marked the dead-end street to accommodate a huge turn-around space which eventually shaved away a coniferous tree and a goodly chunk of Evergreen property. Although one of our gardeners planted a young Ginkgo tree (which I love) into the gap, what used to be a secluded spot turned into a noisy construction and parking site just feet away from my bedroom window. Hopefully, we'll be able to plant additional bushes in the spring to shield this apartment's privacy.



On November 18, meanwhile, we had the first significant snowfall. For a few hours the landscape was wrapped in swirls of dancing flakes and cars were slipping and sliding on the precarious surface. Although the white mess melted away quickly, we now know that winter is here to stay. A fact that recalled a poem which catches the mood of the season:

**Life is a snowflake
a free-falling star
a fragile reminder
of all that we are.**

By Charles Ghigna

Wishing our Evergreen Community a joyful holiday season and safe transition into a New Year.

-Barbara B.

A Time of Thanks & Giving!



November reminds us to be grateful. It escorts us into the season of giving. We at Evergreen have much to be grateful for and we are reminded that it takes a village to create the joy we are so fortunate to experience as part of the Evergreen family.

We need to thank our volunteers who assisted with decorating and working our many festive events throughout the season. They truly deserve a round of applause. The Life Enrichment team couldn't "Deck the Halls" without them!

Our Maintenance Team stands strong and are pillars of strength. They are leaned on so often to accomplish so much throughout the holidays and the entire year. Your commitment to our organization is second to none!

Let's not forget our grounds crew! Are you enjoying the many holiday lights throughout our campus this season? Well, you can thank the grounds crew for their tireless efforts in hanging all those lights so that each window you look out of has some holiday cheer. They keep our walkways and parking lots safe as well amidst all the snow and icy temperatures we've been experiencing. We are truly grateful for your efforts!

We love gathering around a table to celebrate and share in the holiday season. It couldn't be done without our Culinary Team. They have worked extremely hard to prepare festive meals for all to enjoy. Are you enjoying the many cookies and baked goods that are part of the season? Our baker has been busy creating them for you. The whole team works together like a bunch of elves to meet the many demands of the season. Let them know you appreciate their efforts! Their task is not simple.

We can certainly take time to appreciate our care teams that work around the clock to provide quality care and minister to our residents in their time of need. You are priceless and your job deserves a million stars. Thank you, Thank you, Thank you!!

Each room that gets cleaned, each piece of laundry that is completed with care and the cleanliness of our facility couldn't be done without our caring Housekeepers. Each one taking pride in their job to help create order and keep us looking sparkly clean. You are a blessing to this facility!

This is a time to pause and appreciate all the wonderful entertainment we are enjoying during the holidays and throughout the year. It keeps us engaged and it reminds us to focus on the beauty of the season. We are truly gifted to have the level of entertainment we do have!

We certainly cannot forget the constant that is Resident & Guest Services. Whether you need assistance faxing paperwork, scheduling transportation, or buying a quick snack from the Little Market, staff is always happy to help! Other constants include, but are not limited to, Fitness & Aquatics, all Admin support, the Business Office, Marketing and the Foundation.

The season cannot go by without a heartfelt thanks to our Employee Appreciation Committee for their dedication and determination to bless our employees each year with their monetary gift. It truly makes a difference to all! The efforts of this committee are appreciated beyond words!



Home Cookin' at Evergreen!

The chilly fall winds and impending bitterness of our Wisconsin winter loom near. However, this season also brings the joy of the holidays as families, friends, and neighbors gather to indulge in the foods and festivities that arrive this time of year. It's time to take a break from the fresh fruits and veggie appetizers of spring and summer and add a few of our hearty, comforting favorites.

My longtime friend Linda, who lives in Iola, WI, shared this recipe with me. She had attended a cooking demonstration held at John's Steak House, Manawa WI in December 1997. The Steak House no longer exists. Back then, the chef prepared a variety of meatballs — but this recipe for **German Meatballs** is the one which has been passed from friend to friend to family member to neighbor – and seems to “show up” on appetizer tables throughout the Holiday Season.



Back Row: Al Kash, Grace Beam, Pat Below
Front Row: Pat Hass, Al Loehndorf, Mickey Peterson, Rose Nelson



I hosted a Packer party on November 16. These meatballs were included as a nod to my German heritage. The **Evergreen Coffee Clutch** served as my tasting team for this recipe. This group meets every morning, Monday through Friday, at 6:30 a.m. at the **Creekview Café**. Over the years, the group included a variety of residents who have come and gone, but at this time includes Grace Beam, Al Kash, Al Loehndorf, Dean Sanderman, and me.

Also attending was my “tribe” Pat Haas, Rose Nelson, and Mickey Peterson. These women were the first people to welcome me when I moved to Evergreen in August of 2022. It was a “nail biter” of a game and a great day—especially since the Pack won!!

German Meatballs



-Pat B.

Ingredients:

2 tablespoons butter	1 teaspoon caraway seed
½ cup diced sweet onion	2 cups sour cream
1 cup sauerkraut (<i>I like Flanagan refrigerated</i>)	1 (48 oz) bag Rosina Italian-Style Frozen Meatballs
2 teaspoons chicken soup base (<i>I like Wyler's powdered</i>)	

Directions:

- Place frozen meatballs in a large mixing bowl and set aside.
- Melt butter in a medium skillet over medium heat. Add onion and sauerkraut; sauté until softened.
- Add chicken soup base, caraway seed, and sour cream. Mix until combined.
- Pour mixture over the meatballs and stir until evenly coated.
- Transfer everything to a large crock pot. Heat on warm, stirring occasionally, for about 2 hours or until heated through.
- Serve and enjoy!

Note: I've tried many different brands of meatballs, and Rosina brand is the only one I will use.

2025 MEMORIES AT EVERGREEN



Bloodys and Bingo



Casino Night



Kentucky Derby Party



Arts & Crafts



Petting Zoo



Summer Picnic



Fire Table Nights



Halloween Spirit Week



Veterans Day Service