

# GARDEN *Court*

*Retirement Community*

520 112th Street SW • Everett, WA 98204 • (425) 438-9080

May 2018

## Management Staff

**Allison Nunn**

Executive Director

**Rhonda Johanssen, R.N. B.S.N.**

Resident Services Director

**Jane Meyers-Bowen**

Marketing Director

**Dora Rice**

Activities Director

**Marra Coteng**

Business Office Manager

**Novalia Maureen**

Food Services Director

**Rina Tim & Kemle Vivas**

Co-Dining Room Managers

**Eddie Lopez**

Maintenance Director

[www.gardencourtretirement.com](http://www.gardencourtretirement.com)

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Garden Court Retirement

## Welcome Our New Community Outreach Specialist

Rebecca Boehm was born in Everett, but raised in Lake Stevens. She attended Everett Community College, where she received her Associate of Arts. She also attended Washington State University Everett and received her Bachelor of Arts in Integrated Strategic Communication. Because she loves writing, she was able to experience being a staff writer for Everett Community College.



Rebecca believes in living life fully with an open heart! She has visited India for two weeks, while volunteering with "Samaritans Feet" to help distribute shoes to children in rural villages. She has

interned with the American Red Cross, and would like to someday donate more of her time to volunteering.

Rebecca's motto in life is, "Just go for it, because adventure awaits!" Fun fact - For one whole year, she had devoted all her time training to climb Mt. Rainier. This has to be one of her biggest accomplishments! She has also been skydiving for a total of five times! Talk about adventure! Rebecca also enjoys painting, paddle boarding, and spending time with Mylie - her 5 year old mixed lab.

We're excited to have Rebecca at Garden Court with her positivity, talent, and enthusiasm!



## Welcome New Residents

- Glenn and June H.
- Eddi W.
- Winnifred B.
- Doris M.



## Remember and Honor

This Memorial Day, we remember all the brave men and women who gave their lives for our country. Our heartfelt thanks goes out to them and to all of our community's veterans for their service.



## BIRTHDAYS!



### RESIDENT BIRTHDAYS

- Wanda B. 5/2
- Bob M. 5/4
- Estelle J. 5/4
- Pat D. 5/5
- Norma H. 5/9
- Ken S. 5/11
- Ellen W. 5/12
- Muriel A. 5/13
- Doris B. 5/15
- Edith C. 5/16
- Ken B. 5/16
- Howard L. 5/18
- Geri H. 5/18
- Esther P. 5/19
- Clarence D. 5/19
- Leroy N. 5/25
- Lester K. 5/27
- Marilyn W. 5/31
- Caryle K. 5/31



### STAFF BIRTHDAYS

- Tjoei O. 5/12
- Sirisak T. 5/6
- Justin V. 5/13
- Sally W. 5/6



### Garden Court Believes in Celebrating Life, and Is Family Friendly

Fun, fun, fun! Garden Court was full of exciting activities during Easter. To start off the week, residents were able to spend some quiet time in the media room for meditation and prayer. On

Good Friday, our very own Garden Court Mime Choir put on a marvelous performance. By Saturday, there were over 1,000 eggs hidden for both residents and family members to find! Lastly, to end the week, Garden Court had a full house for our Easter brunch celebration.

### Garden Court Has New Owners and Management Company

Artemis is a real estate private equity firm out of Washington D.C. and Artegan, from Vancouver, WA, is our new corporate management company. It is an exciting time at Garden Court with the promise of continued excellence in the future.



### Happy Nurse Appreciation Week!

Patience and warm hearts are what they have. Working tirelessly, both day and night, with sweat and tears is part of their daily lives. They have so much strength and courage, yet they provide such gentle touch. Listening and building trust are a couple of their important roles. When care is needed, you can count on them. From May 6th to May 12th, let's recognize all nurses

and appreciate their dedication to serving others.

### 2017 Employee of the Year!

Nelia has been an employee of Garden Court for 12 years. We thank you for your commitment to excellence and hard work!





## Grandma's Apron Poem



The strings were tied, it was freshly washed, and maybe even pressed.

For Grandma, it was every day to choose one when she dressed.

The simple apron that it was, you would never think about; the things she used it for, that made it look worn out.

She may have used it to hold some wildflowers that she'd found. Or to hide a crying child's face when a stranger came around.

She probably carried kindling to stoke the kitchen fire. To hold a load of laundry, or to wipe the clothesline wire.

When canning all her vegetables, it was used to wipe her brow. You never know, she might have used it to shoo flies from the cow.

She might have carried eggs in from the chicken coop outside. Whatever chore she used it for, she did them all with pride.

When Grandma went to Heaven, God said she now could rest. I'm sure the apron that she chose, was her Sunday best.

By: Tina Trivett- (original Grandma's Apron Poem written by Tina for her beloved Grandma)

-Submitted by Bev. E

## Five Wishes by Hospice of the Northwest

Dana Brothers explored the myths and reality of Hospice.

They say hospice is a lot like camels -there are a lot of myths surrounding both of them. Many feel that hospice means giving up and that it's a place for those who are living the last weeks of their lives. Or that once you start hospice, there's no turning back. The reality, you ask? Hospice is not a place, but rather a philosophy of care that brings the medical team to where you are. There have been studies that show people on hospice often live longer than those who are not on hospice care. The hospice care team isn't there only for the patient, but their caregivers and family as well. They provide support and help with coping.

Next, Dana also presented the Five Wishes -the first Living Will that talks about your personal, emotional, and spiritual needs as well as your medical wishes. Want more info on The Five Wishes or Hospice of the northwest? Email Dana Brothers at [dbrothers@hospicenw.org](mailto:dbrothers@hospicenw.org).



## Wit & Wisdom

"Look deep into nature, and then you will understand everything better."  
—Albert Einstein

"Everything in nature invites us constantly to be what we are."  
—Gretel Ehrlich

"Nature presides in all her dignity, permitting us the study and the use of such of her forces as we may understand."  
—Beryl Markham

"Nature is not a place to visit. It is home."  
—Gary Snyder

"Study nature, love nature, stay close to nature. It will never fail you."  
—Frank Lloyd Wright

"Nature is infinitely creative. It is always producing the possibility of new beginnings."  
—Marianne Williamson



## Gardening Season Has Begun!

New soil and a fresh beginning for our resident gardeners. Sign up with our gardening committee if you are interested.

# May 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>May</h1>		1	2	3 Lunch & Learn Women of the World Tea (RSVP) 11:30 AM - 1 PM	4 Show and Tell Social 3 PM	5 Cinco de Mayo Fiesta 3 PM
6 Music W/Dennis S. 3 PM	7 NATIONAL NURSES WEEK 	8	9	10	11	12
13 Mother's Day Brunch (RSVP) 11:30 AM  Music W/Barbara & Julio 1:30 PM	14	15	16 	17	18	19 Armed Forces Day Music W/Mark T. 2:30 PM  Music W/Bill B. 6 PM
20	21	22	23 Celebrating the Arts of Music "Tea for Two" 3 PM	24	25	26 Music W/Doug W. 6 PM
27	28 Memorial Day Ceremony 2:30 PM	29	30	31 	All Seniors Welcome to Join the Fun at Garden Court!  Come Tour Seven Days a Week. Call 425-438-9080	

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