

# Evergreen Community of Johnson County



October 2020 Newsletter

## FAREWELL

**Stacey Braden, Assistant Director of Health**



*To the residents and families that I have been given the privilege of getting to know, I say with a heavy heart, farewell. Being a part of the Evergreen team has not only given me purpose, but joy in my life that I will take with me as I leave to help my children with school and further my education in the nursing field. I have been with Evergreen for several years and your strength, compassion, and generosity isn't something that you can just find*

*anywhere. Having the honor of helping serve you has made me a better person. I want to thank you for all for the stories you have shared, jokes you have made, and the love you have shown. I know things have been really tough over the past several months and I admire you all so much for your courage and understanding. I know how strong you all are and I know that you will be okay because you have each other. I want you to know that this was one of the hardest decisions I have had to make, but I also know how lucky I am that I have been apart of something so wonderful that it makes saying goodbye this hard. I will truly miss you all and will always be grateful for the memories that I have been able to make with you. I look forward to hear what new great memories you will create.*

**Rachel Dworak, Quality of Life Coach**

*Residents and Families, While I am excited about the opportunities that await me in the future, it is with sadness that I'm saying goodbye. My time here at Evergreen Community has been filled with wonderful memories and it has been a pleasure to be a part of such a great, dedicated team. I am thankful for the kindness and compassion shown by all of the residents and families and will miss you all dearly. Evergreen will always hold a special place in my heart. Wishing everyone the best!*

*Sincerely, Rachel*



## WELCOME

**Mary Ibanez, Nurse Manager**

We welcomed Mary to the nurse management team last month. She had been a Neighborhood Nurse at Evergreen since 2019. She grew up in Texas and has lived in Kansas since 1997. Mary has been a Licensed Practical Nurse for 28 years. She has worked in many clinical settings, including CCU, OB, Med/Surg, occupational nursing, pediatrics, and long-term care. Mary has three children and four grandchildren. She has two dogs—Solomon, a pug, and Benjamin, a Chihuahua. Mary always looks forward to the opportunity to grow as a nurse.



**Morgan Embry, Quality of Life Coach**

We welcomed Morgan as the Quality of Life Coach for Country Lane on September 23rd. She will continue training with Rachel Dworak until October 13th. Morgan earned a Bachelor's and Master's degree of social work from Utah Valley University. Her love for social work began in high school when she worked as a C.N.A. in a retirement home. Morgan knew she wanted a career in which she could help others. She completed her social work practicums at Utah Division of Child and Family Services and Utah Valley Hospital – Emergency Department. Before coming to Evergreen, she was working at KVC Hospital as a behavioral health technician. Morgan has been married for almost three years and has a two-year-old who is a sweet addition to her family. She also has two Basset Hound puppies! Morgan's hobbies include being outdoors, fishing, spending time with family, playing volleyball, and traveling. She's looking forward to building relationships, getting to know new people, and learning new skills at Evergreen Community.



# Our Family is Committed to Yours.



*"A birthday in October can be a special treat. The harvest has begun of pumpkins, gourds, & wheat. So on your happy day, here's a birthday wish for you—may you gather joy & laughter, love & friendships too."*

**October 6th—Michaella Jones**

**October 6th—Norma Jean Petzold**

**October 9th—Sharon O'Connor**

**October 11th—Dorothy Newcomer**

**October 20th—Patsy Hudson**

**October 22nd—Mary Neely**

**October 28th—Andy Evans**

**October 31st—Donald Funke**

**HAPPY BIRTHDAY!**

## Chunky Pumpkin Chili

*A diabetic-friendly recipe*

### Ingredients

- 1 cup diced yellow onion
- 1 green bell pepper, seeded & diced
- 1 red bell pepper, seeded & diced
- 2 tablespoons minced garlic
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon ground cinnamon
- 3 teaspoons ground cumin
- 2 teaspoons chili powder
- 2 cups vegetable broth
- 3 (14-ounce) cans petite diced tomatoes, not drained
- 2 (15-ounce) cans pinto beans, drained & rinsed
- 1 (15-ounce) can kidney beans, drained & rinsed
- 1 (15-ounce) can pumpkin puree
- 1 large sweet potato, peeled & diced
- Sour cream & chopped fresh cilantro for garnish

### Directions

- Place all ingredients (minus sour cream & cilantro) into the bowl of a large slow cooker.
- Cook on low for 8 hours. Garnish with sour cream & cilantro when serving.

*Makes 10–12 servings*



Every Family Council meeting plays a crucial role in the freedom each individual has to voice concerns, request improvements, support new family members and residents, while encouraging community efforts to make the care

and quality of life in our community the best it can be.

If you are interested in participating in Family Council on Thursday, October 8th, at 5:30pm, please contact Justine Ogdon, Director of Life Enhancement, to coordinate setting up a virtual meeting via FaceTime or another app.

To RSVP or for more information, you may contact Justine at [justineo@ecojc.org](mailto:justineo@ecojc.org) or 913-477-8212.

*Please RSVP by October 5th.*

## Resident Zoom Meetings

Evergreen's Executive Director has been regularly leading virtual meetings with residents as an opportunity for discussion regarding the COVID-19 pandemic and it's impact on Evergreen Community. The next meetings will be held on Monday, October 5th, at 2:30pm.

The Zoom logo, consisting of the word "zoom" in white lowercase letters on a blue square background.

If you're interested in participating, please notify your Quality of Life Coach and they will let you know the meeting times and assist in setting you up on Zoom.

## TRICK-OR-TREAT

**Halloween is Happening at Evergreen**



Stop by & parade around the outside of our building to entertain us & collect treats as well. We will be watching you on the other

side of our magical windows. So bring your little ghosts, goblins, pirates, and princesses to Evergreen on Friday, October 30th, between the witching hours of 2-4pm. Follow the signs to our Halloween Spooktacular!

For questions or to RSVP, please contact Justine Ogdon at [justineo@ecojc.org](mailto:justineo@ecojc.org) or 913-477-8212.