



EVERGREEN COURT

Independent Senior Living

451 O'Connell Street
North Bend, OR 97459

STAMP
HERE



Administrative Team
541-756-4466

Terri Stamsos
Retirement Community Manager

Anna Skomra
Business Office Director

Gail Schubert
Program Director

Richard Patton
Food Service Director

Mike LeDoux
Maintenance Director



Our mission is to create and sustain comfortable, caring environments for those who depend on us.

Evergreen Court News

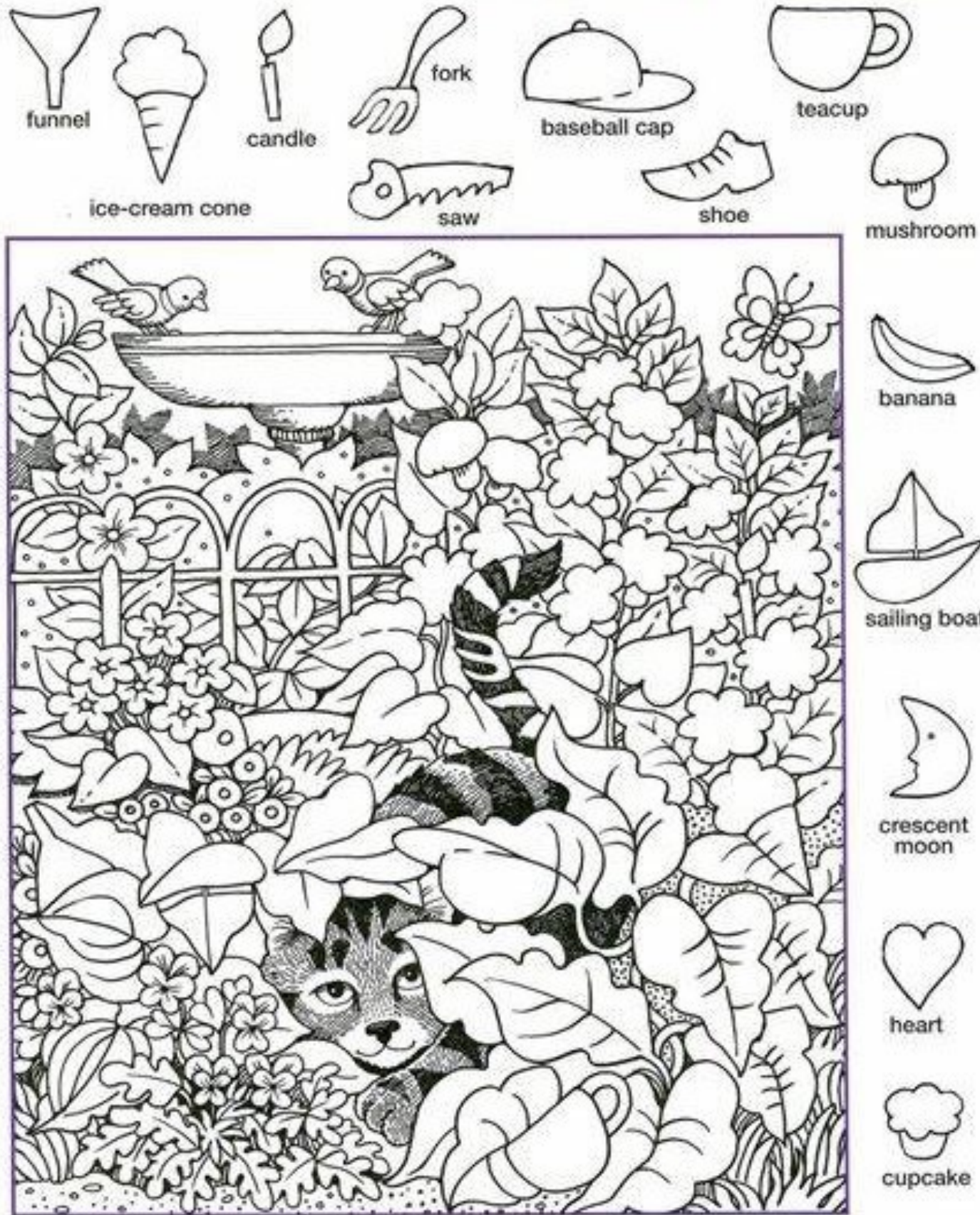
Monthly Newsletter



MAY 2024

- 2. Hidden Pictures
- 3. Monthly Recipe & May Funnies
- 4-5. Hummingbirds & Benefits of Gardening
- 6. Sudoku, Comics & Word Search
- 7. Special Moments & Birthdays
- 8. Management Team & Our Mission

HIDDEN PICTURES



SPECIAL MOMENTS



PUZZLES

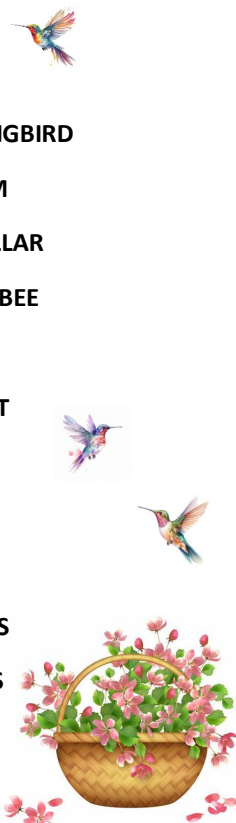
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EVERGREEN COURT
 CINCO DE MAYO
 MEMORIAL DAY
 MARGARITA
 HOT DOGS
 RAINBOW
 LADY BUG
 BIRDS
 SPRING
 WORMS
 GROW
 BUTTERFLIES
 MOTHERS DAY
 SUNSHINE
 MAY POLE

GARDEN
 MAY DAY
 TACOS
 SEEDS
 HUMMINGBIRD
 BLOSSOM
 CATERPILLAR
 BUMBLE BEE
 BASKET
 BOUQUET
 NEST
 GRASS
 TULIPS
 SHOWERS
 FLOWERS



CHERRY FLUFF SALAD



INGREDIENTS :

- 1 Can (21oz) Cherry Pie Filling
- 1 Can (14 oz) Sweetened Condensed Milk
- 1 Can (20 oz) Crushed Pineapple, drained well
- 2 Cups Mini Marshmallows
- 1 (8 oz) Container Cool Whip, thawed
- 1 Cup Pecans, roughly chopped (optional)

INSTRUCTIONS :

Roughly chop the pecans and set them aside.
 Drain the pineapple and set aside.

In a large bowl, combine the cherry pie filling, sweetened condensed milk and drained pineapple, stirring the mixture well.

Fold in the marshmallows, whipped topping and pecans.

Cover the bowl with plastic wrap and place in the refrigerator for at least 1 hour before serving.
 Overnight is fine as well. **The dish will keep, refrigerated, for 2-3 days. **



MAY FUNNIES



If April showers bring May flowers, what do May flowers bring?

- Pilgrims

Why did the bees hair smell sweet?

- It used a honeycomb

Why are frogs so happy?

- They eat whatever bugs them

Why did Beethoven get rid of his chickens?

- All they said was "Bach, Bach, Bach"

Why didn't Han Solo enjoy his steak dinner?

- It was chewie

Why did the rooster cross the road?

- To prove he wasn't a chicken

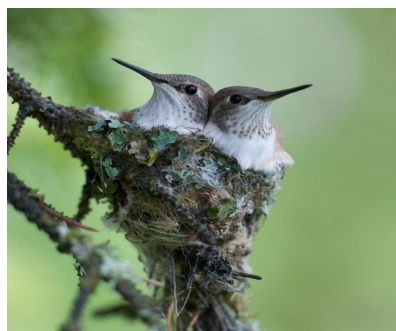
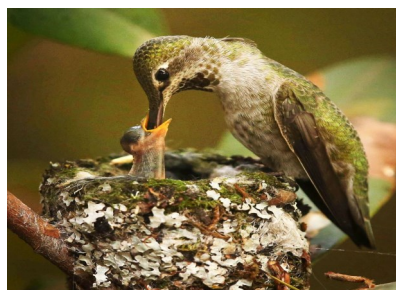
Where do baby cats learn to swim?

- In the kitty pool

How do you organize a space party?

- You planet

Incredible Things to Know About Hummingbirds



If you live in an area that is populated by hummingbirds during their breeding season, which is generally mid-late spring through summer, you might be lucky enough to spot a hummingbird tending to her eggs or chicks. Here's what to know about the amazing, tiny hummingbirds and their nests. The female hummingbird is already building her nest by the time she is on the lookout for her mate. At the same time, she establishes her own territory. Just like the male, female hummers are also fiercely territorial. They choose their territory where, aside from plentiful sources of nectar, there are also enough small insects to feed the babies. The females will finish building their nests after mating. While the particulars vary by hummingbird species, as a general rule, female hummingbirds build their nests in trees or shrubbery, which provide the mother and her young protection from predators and elements. You'll usually find hummingbird nests 5 to 10 feet or more off the ground, even as high as 90 feet above ground, perched in the fork of a small tree or bush branches. It's not that unusual for a mother hummingbird to choose a seemingly unwise spot for her tiny nest, like our own little lady did outside of our lobby window. She definitely gave our scraggly old ficus tree a new purpose! Should you be lucky enough to spot a tiny nest, it's important to resist the urge to sneak up close or touch the nest. As with most birds, the mother hummer could be spooked enough by your proximity to abandon her nest, possibly even her babies. Hummingbird nests are incredibly small. The typical hummingbird nest is a mere 1.5 inches in diameter, roughly the size of a ping-pong ball. While the nest building endeavors vary somewhat by species, most build a cup-shaped nest that's tightly woven and slightly stretchy to keep the hatchlings safe and secure. They use some surprising materials. As you might expect, small birds like hummers tend to stick with lightweight materials. Their nests are soft and cozy havens for eggs and tiny hatchlings, unlike the nests of many other birds that build rather hard structures of woven twigs. To achieve the desired coziness, along with the necessary strength and stretch of the finished nest, female hummers look for materials they can easily carry back to their nesting site and then tightly weave together. Common materials you might find in their nests include tiny bits of bark, leaves, fluff from seed pods, moss, feathery textured grasses, cotton fiber, feathers and spider webbing.

Male hummers have a "love 'em and leave 'em" philosophy: The male courts the female with a spectacular flight pattern of full-speed dives and dashes, but after mating, has nothing further to do with nest building, egg laying, incubation, or care of the hatchlings. The female hummingbird is on her own. It's common, too, for a male hummingbird to mate with several females during the breeding season.

The babies don't stick around for long. Most bird species don't spend a lot of time with their parents, and the hummingbird is no exception. Before mating, the female spends a day or two building her nest, mates, and then lays two tiny eggs, (sometimes only one, but very rarely more than two). each around the size of a tiny green pea or coffee bean. She then spends the next 11-18 days sitting on the eggs to keep them warm and protected at a cozy 96 degrees, only leaving for a few minutes each hour to eat. Once hatched, the female must provide food, typically a mixture of nectar, tiny insects, and pollen for her young, which she regurgitates through her bill into theirs and thus putting the food directly into the tiny baby hummers' gullets. She can't spend too much time away from the nest searching for food because for the first several days of life, hummingbird hatchlings cannot regulate their own body temperatures, and so depend completely on their mother to keep them warm. Baby hummers start to develop their first real feathers between their eighth or tenth day of life and they will stay with their mother for about 21 days. Once the juveniles leave their nest for good, they are adequately able to take care of themselves. Depending on the species of hummingbird, the weather, and the time of year, the female might then produce a second clutch of eggs within the same breeding season.

The Physical & Emotional Benefits of Gardening

There is a wealth of research indicating that gardening yields various physical health benefits, including enhancing physical activity, and providing essential vitamins. Gardening doesn't only benefit the physical, it also has a vast positive impact on seniors' mental and emotional health, as well.

