



In this Edition:



- ▶ Our **Featured Article:** The Why and How of Choosing a Retirement Community
- ▶ Find out about our **recent events**
- ▶ Don't forget to check out our **upcoming event**
- ▶ See **What's Cooking**

Senior Related Questions?

Contact Us at **203-488-8000** or send us an **email**

UPCOMING EVENT

Extraordinary Residents. Extraordinary Concert Series.



The caliber and variety of Evergreen Woods' exclusive concerts is extraordinary as are the residents who make it possible.

Concerts include Willie Ruff, Yale Professor of Music, and Dwiki Mitchell who have performed with legendary jazz figures Dizzy Gillespie, Count Basie, Louis Armstrong and Duke Ellington. ...

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The ABCs of Retirement Communities



Retirement Community living preserves one's independence and provides security. You enjoy the privacy of your own apartment, and the convenience of built-in services, along with social, educational, cultural, and recreational activities. There are three different types of Continuing

Care Retirement Community contracts: Type A, Type B, and Type C.

Read More

- Close to 16 million people in the United States – nearly one out of every 16 people – has been diagnosed with diabetes.
- Common symptoms include intense thirst, the need to urinate frequently, blurred vision, and other symptoms.

Top tips:

1. Consult a physician for diagnosis and a management program.
2. Learn about the disease, it's symptoms and effects.
3. Understand necessary interventions such as daily blood glucose monitoring.
4. Become familiar with drug and diet therapy to normalize blood glucose levels. Information should be available through the Diabetes Association along with preprinted charts for accurate record keeping.
5. Schedule regular eye exams, skin assessments, and podiatrist visits.
6. Plan suitable exercise, which helps the body use insulin more efficiently.
7. Stay alert to changes.
8. Make sure members of all health teams are made aware of the diabetes diagnosis to decrease complications associated with any injuries.

Recent Events

Wine and Jazz

Wine tasting (often, in wine circles, simply tasting) is the sensory examination and evaluation of wine. Sommeliers use an analytical process and constantly-evolving formal terminology to describe the range of perceived flavors, aromas and characteristics of each wine tasted. Evergreen Woods residents chose to enjoy a more

informal, recreational tasting using similar terminology, but with less analytics -- concentrating on a more general, personal appreciation. A good time was had by all.

Jazz Band Performance**FRIENDS AND FAMILY**

"Retirement community living frees up time and eliminates stress. But there are additional benefits. One is the sense of community here with friendly, welcoming people who care about each other. Also, taking advantage of the walking trails, the pool, the fitness center and personal trainer helps maintain health and independence.

[Read More](#)

Jules Prown, Professor Emeritus, Yale University

AWARDS & RECOGNITION**CARF-CCAC -**

An achievement to be proud of





Eight guys and a gal from Connecticut known as the Golden Angels Jazz Band provided hours of toe tapping and danceable favorite tunes for a standing room only crowd in the Evergreen Woods performance auditorium. With the exception of the female vocalist, the band members are themselves seniors who delight audiences with renditions of Classic Dixieland, Standard Swing, Blues, and Ragtime. What better way to ring in the summer!

[Read About Other Events](#)

What's Cooking



Chef prepared meals are served restaurant-style in our beautiful dining room. Choose from the menu or take advantage of our daily specials.

Evergreen Woods is accredited by the Commission on Accreditation of Rehabilitation Facilities through the Continuing Care Accreditation Commission (CARF-CCAC) for meeting rigorous standards of high quality and service... [Read More](#)

COMMUNITY INFO

SAMPLE FLOOR PLANS

There are a variety of floor plans. See some examples of one and two bedroom models.

[View floor plans](#)

EVERGREEN WOODS PRICE RANGES

Fees based on refundable Entrance Fee option selected and size/location of apartment

[Entrance and Monthly Service Fee Ranges](#)



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