

Welcome to our New Residents



Marie Clark



Nancy Harris



Crafting Fun with Sheri



EVERGREEN FOUNTAINS  
SENIOR LIVING COMMUNITY

# The Fountain Pen

APRIL 2024

Employee Spotlight



Emily Slippy

Emily works as an Activity Assistant. She is always willing to take on new challenges and responsibilities. She loves working with the residents and her smiling face brings joy to many here at Evergreen Fountains.



Come check out our New Aqua in Motion Classes taught by Patricia Benjamin, Certified Aquatic Fitness Professional

Monday, Wednesday, & Friday  
10-10:40 am Aqua Gentle  
10:45-11:30 am Aqua Strength for Balance

**FROM PROKEY'S DESK,  
FALL PREVENTION... A BALANCING ACT**



The joys of spring are upon us. We are blessed each year with the renewal and hope that spring brings us. Easter came early this year. We hope everyone celebrated the real meaning of Easter and the resurrection of Jesus.

Here is some valuable information regarding fall prevention. There are numerous studies by major universities and medical researchers such as Arizona State University and John Hopkins University regarding how to identify people with fall risks using engineering and applying a program including exercise and balance training to mitigate the risk of future falls.

Researchers have discovered problems arise as seniors become increasingly frail, their senses and muscles degrade and their ability to react to a slip is delayed so that they can't stop themselves from falling. Increasing one's core strength was shown to improve balance and the ability to catch the fall.

Sometimes it's more than physical. We have often seen the fear of falling can send a person into a vicious cycle such as, limiting activities, exercise and/or going places with family and friends. This cycle often minimizes independence and can make a person more apt to fall.

Staying active is the number one way to prevent falls. Contrary to popular belief, falls are not a natural part of aging, they are preventable. Our goal at Evergreen Fountains is to make a difference by improving the health and wellness of our residents.

God Bless & Live Well,  
Prokey Arger, Executive Director/Owner





# ACTIVITIES

## Northern Quest Casino Trip

Wednesday, April 24

11 am- 2pm

\*Sign up in the lobby

### Alan's Dad Joke of the Month:

What do you call an illegally parked frog?  
Toad



## Grace Alliance Christian School

Friday, April 5

1:00 pm

IL Dining Room

Meet the kids and watch them sing and recite poems.



## Art Classes with Susan



Friday, April 12 & 19  
Craft Room (2nd floor)

\*Sign up in the lobby

## Senior Seranaders

Thursday, April 18

1:00 pm

IL Dining Room



## Wine Tasting

Friday, April 19th

Latah Creek

12:30 pm

\*Sign up in lobby

## Birthdays:

- 4-9 Evie McCarty
- 4-9 Phyllis Marks
- 4-12 Shirley Kuhlman
- 4-12 Cathy Mohns
- 4-12 Gary Womack
- 4-14 Mili Gerken
- 4-16 Jean Hatcher
- 4-18 Audrey Schreiner
- 4-20 Judy Nearing
- 4-22 Ron Deming
- 4-22 Trude Westby



## Anniversaries:

- 4-9 Jerry Ziegler & Evie McCarty
- 4-18 Steve & Judy Emig



Scenic Drive & Lunch at the Harvester  
Monday, April 15

11:00 am

\*Sign up in lobby



## *Nursing News:* Exercise and Immune Support

Regular exercise is one of the best ways to strengthen your immune system and enhance your body's defense against illnesses.

Exercise has been shown to increase the production of immune cells and improve their ability to function effectively. It also reduces inflammation, improve blood flow, and reduces stress which all can contribute to a healthier immune response.

Take action and aim for at least 20 minutes a day of moderate-intensity exercise or 10 minutes a day of vigorous-intensity exercise. This can include activities like brisk walking, swimming, cycling (wellness center machines). Additionally, don't forget the importance of strength training and flexibility exercises to maintain overall fitness.

Consistency is key, so find activities you enjoy to make exercise a sustainable part of your lifestyle. Exercise not only changes your body, it changes our mind, attitude, and your mood.

*Have a happy day!*

*DeDe Merritt, RN*

*AL Clinical Nurse Manager*



## *Church Message:*

Spring has finally sprung. Matt Tremblay the pastor of the Church at Evergreen and I'm so happy we're finally starting to get warmer days! With Easter behind us we will be returning to the book of Matthew and diving right back into Jesus' Sermon on the Mount. Please consider joining us on the 4th floor on Sundays at 1pm for some worship by our talented friends Joann and Wendy followed by some teaching out of the book of Matthew.

If you're interested in a more intimate experience come see me on Wednesdays at 2pm for our bible study where we discuss more in depth and casually about the book of Philippians. I would love to meet more people here at Evergreen Fountains and can be available for one on ones if you want to schedule something. Let me know how we can be praying for you. I hope to see you Sunday or Wednesday. *Pastor Matt*

## Resident Spotlight: Verona Southern



On Thursday, March 28 Verona was recognized by the Veterans Administration at the Mann-Grandstaff VAMC. Verona, who turned 100 years old last August served in the Marine Corps during WWII, as what she described as "the best job", working as a hostess at the NCO and Officers Club on base at Cherry Point, NC. Verona received a letter from the Secretary of Veterans, a medallion and a bouquet of flowers. Those you us at Evergreen Fountains know what a treasure Verona is and feel so very blessed to know her. You can see her in the pool throughout the week and her smile is one that beams throughout the hallways. She most definitely proves that staying active is the key to living a long life.