

The Fountain Pen

October 2024

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A Message from Prokey's Desk

FROM PROKEY'S DESK,

BENEFITS of EXERCISE

You may have an obscure sense that exercise is beneficial for you and most likely heard that it is "good for your heart". In most cases you are similar to many residents that find heart health is insufficient inspiration to get you to start a routine of exercise. That is unfortunate, because arising proof shows that there are a lot of convincing motivations to begin at whatever stage in life, regardless of whether you are healthy or not. Researchers are discovering that activity is really medication. "There is no pill that approaches what exercise can do" according to Claude Bouchard of the genomics lab at Pennington Biomedical research center, in Louisiana.

Exercise is incredible for your mind. It is connected to less wretchedness, better memory, and snappier learning and most ideally forestalls or defers the beginning of Alzheimer disease. Many researchers believe that activity improves blood flow to the cerebrum which can trigger the development of new neurons, helping to fix degeneration.

Movement and exercise trigger the arrival of substances such as serotonin, endorphins, dopamine. "For quite a long time we zeroed in solely on the actual advantages of activities and overlooked the mental and enthusiastic advantages of being consistently dynamic" Cedric Bryant, American Council on Exercise.

New research proposes that moderate force exercise may hinder the maturing of cells. Exercise has appeared to stretch life expectancy by as much as five years. Recuperation is advanced by increased blood flow, oxygen and muscle strength.

A small amount of exercise goes a long way. The latest data shows that it does not take a lot of time to get the advantages. Use the slow go, longer time and fast paced , shorter time as your guide, always consult your MD. health practitioner before starting any exercise program.

Let Evergreen Fountains lead the way of wellness for your quality of life and independence through strength, mobility and exercise training.

***God Bless,
Prokey Arger, Executive Director/Owner***

Wellness Health 'n Motion

October Wellness Fun!

Get ready to fall into fitness with Evergreen Fountains' 3-week program! Each week will have a different theme to keep you motivated and engaged. From yoga and water classes to cardio to strength training or Zumba, there will be something for everyone. And the best part? We'll have a prize winner each week for those who participate and show their dedication to their health and wellness. So grab your workout gear and join us for a fun and exciting journey towards a healthier you!

Week 1: Sweater Weather Workouts:

Embrace cozy vibes of indoor chair workouts to prepare your body for colder months ahead. Avoid the dreaded winter weight gain with an effective, simple exercise routine guaranteed to be so fun that it will be "a breeze".

Week 2: Harvest Hustle Bingo:

Get ready for the fall season with a fun and festive fitness challenge! Join us as we incorporate autumn-themed activities into our workouts and check off squares on your bingo card as you complete varied tasks. Just like regular bingo but with a fitness twist.

Week 3: Spooky Sweat & Sparkle Week:

Join us for a week of Halloween-themed workouts and fun! Get ready for some frightfully fun exercises like spider squats, mummy marches and candy corn crunches all from the comfort of your chair! Optional dress-up days add to the spooky fun as we push toward to a healthier version of ourselves. Don't miss out on this ghoulishly good time!

Employee Spotlight



Jamel Hill, Security

Jamel is always smiling and making us laugh. He pays attention to detail and does a great job here at Evergreen Fountains.



Resident Referral



Gerry Boston received a \$500 resident referral check.

Celebrations ...

BIRTHDAYS

10-1 Joann Rockstrom
10-4 Marjorie Schultz
10-5 Dorothy Felber
10-5 Lila Broemmeling
10-6 Fumiko Harberd
10-7 Mary St John
10-9 Phyllis Marks
10-11 Dorothy Skinner
10-13 Eileen Fisher
10-14 Gerry Boston "100"
10-14 Donna Pierce
10-14 Gail Banker
10-16 Gayle Semprimoznik
10-16 Cliff Berry
10-16 Roberta Merlitti
10-18 Lucy Ferguson "101"
10-21 Kathy Waterhouse
10-28 Forrest Lynn
10-28 Pat Reddinger
10-28 Deanna Legerstrom
10-29 Ann Conklin
10-31 David Plummer



ANNIVERSARIES

10-6 Tony & Abby
10-14 Ted & Marge
10-20 Forrest & Lucille
10-26 Ron & Nancy
10-27 Ron & Thanne
10-28 Chuck & Lorraine

MEET OUR NEW RESIDENTS



Lucy Ferguson



Dianne Hill



Norma Echelbarger



Bob & Sharon Jayne



Barbara Murray

CHURCH MESSAGE

Then He said to His disciples, "The harvest truly is plentiful, but the laborers are few. Therefore pray the Lord of the harvest to send out laborers into His harvest."

Matthew 9:37-38 NKJV

The world is ready for the hearing of the gospel, but the workers to go into the world to proclaim the gospel are few. So pray God would raise up workers and disciples to help proclaim the good news. Pastor Matt

Non-denominational Church Service Sundays 1:00 pm

Bible Study Wednesdays at 2:00 pm

In the Chapel (4th floor)



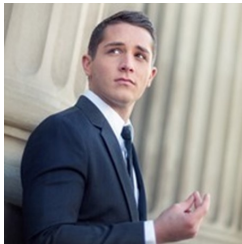


Upcoming Activities



Music by the Montana Ramblers
Friday, October 4th
11:30 am-2:00 pm
Under the Portico/Bistro

Chili, Cinnamon Rolls, Hot (Spiked) Apple Cider, Photo Booth



Chris Anderson
Musical Performance
Wednesday, October 16
3:00 pm
Athena's Cabaret

Fossils 5

Wednesday, October 9
1:00 pm
Dining Room



In House Wine Tasting

Vote for your favorite to be served at Wine & Cheese

Friday, October 18

1:00 pm



Halloween Party & Costume Contest
with Rod Robdell

Thursday, October 31
3:00 pm
Athena's Cabaret

Prizes Awarded!



Art Classes with Susan
Fall Apple Acrylic Painting Friday, October 11
Decoupage Leaf Vase Friday, October 25

1:00 pm Craft Room

*Sign up in the lobby





Resident Spotlight

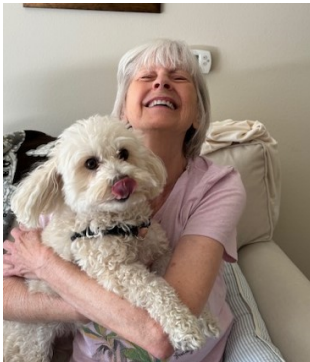
Joe Harwood



Joe was born in Tacoma, WA on January 20, 1949. His first job was delivering papers. He married Kristie on August 8, 1975. He has one child and 2 grand children. He retired from Excelsior Youth Center where he was the Business Director. He loves world traveling. His favorite places to travel are Scotland and Nice. He loves playing bridge, swimming and going out for dinner parties with friends.

Fun Fact: His favorite food is Oriental foods. He loves both Chinese and Japanese food.

Jo Fightmaster



Jo was born in the suburbs of Cincinnati, Ohio on June 26, 1947. She moved to Columbus, Ohio and got married when she was 19 years old and raised three boys. She moved to Spokane to help with her 8 grand children.

Her first job was posting car payments and then went to college to get her Masters in Business. She retired from working at Career Path Services.

Jo likes to play ping pong and loves vegetarian food.

Fun Fact: Before she became a vegetarian her favorite food was chicken hot wings.



Nursing News . . .

This month's nursing topic is: Alopecia

It is an autoimmune disorder that causes your hair to come out, often in clumps the size and shape of a quarter. The amount of hair loss is different in everyone. Some people lose it only in a few spots. Others lose a lot. Sometimes, hair grows back but falls out again later. In others, hair grows back for good.

There are rare types of this condition. Alopecia areata totalis means you have lost all the hair on your head. Alopecia areata universalis is the loss of hair over your entire body. Diffuse alopecia areata is a sudden thinning of your hair rather than lost patches. Lastly, there is Ophiasis alopecia areata which causes hair loss in a band shape around the sides and back of your head.

The main symptom of alopecia of course is hair loss. You may also notice: more hair loss in the cold weather, fingernails and toenails become red, brittle, and pitted, you lose a lot of hair over a short period of time, hair grows back in one spot and falls out in another. The bald patches of skin are smooth, with no rash or redness. But you may feel a tingling, itching, or burning sensation on your skin right before the hair falls out.

When you have an autoimmune disease, your immune system attacks your body. With alopecia, it's the hair follicles who are under attack. You are more likely to get alopecia if you have: A family member who has it, asthma, down syndrome, pernicious anemia, seasonal allergies, thyroid disease, and vitiligo.

If you think you have this condition, then please go see a dermatologist. They can check to see what condition you might have as your doctor may also test for a fungal infection or give you blood tests to check for thyroid, hormone, or immune system problems.

Alopecia cannot be cured. But it can be treated and sometimes, your hair can grow back. There are several interventions such as corticosteroids, and topical immunotherapy. There are many different styles of wigs, hats, and scarves out there that help protect your scalp from the sun and help you gain confidence to look your best!

**Have a happy day! DeDe Merritt, RN
AL Clinical Nurse Manager**