



Nursing News . . .

This month's nursing topic:

ALZHEIMER'S COMMUNICATION

Things to remember while speaking to a friend/loved one who may be dealing with this particular disease.

Never argue. Instead agree.

Never reason. Instead divert.

Never shame. Instead distract.

Never lecture. Instead reassure.

Never say "Remember." Instead reminisce.

Never say "I told you." Instead repeat.

Never say "You can't." Instead say what they can do.

Never demand. Instead ask.

Never condescend. Instead encourage.

Never force. Instead reinforce.

Have a happy day!

DeDe Merritt, RN

AL Clinical Nurse Manager

Evergreen Fountains Senior Living Community



The Fountain Pen

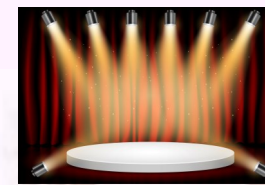
February 2025

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FROM PROKEY'S DESK,

February is Heart Health Month

American Heart Association has designated February as a month that focuses on cardiovascular health and raising awareness about heart disease. It is a great time to learn more about your heart health and how to take care of it.

Here are a few tips:

- **Stay on the move!** Sitting down all day and not moving can lead to heart disease. Instead strive to be active a minimum of 30 minutes per day, 4-5 times a week. Walking is a good choice, but be sure to do an exercise you enjoy.
- **Eat smart:** Healthy choices and diets are key to a healthy heart. Consider incorporating berries, avocados, whole grains and dark chocolate into your day. Also, eat plenty of greens. All our dining room meals are preplanned with a State Licensed Dietitian for nutrient balance.
- **Minimize Fast Foods and Sugary Drinks:** fast foods are often high in sodium. These foods can clog your arteries, raise blood pressure and cause other health problems.
- **Get enough sleep:** Sleep helps restore the body, reduces stress and increases productivity. Set a goal of at least 7 hours of sleep. Often a consistent exercise program can help you relax and sleep well.

Let our wellness team of Certified Exercise Instructors and Personal Trainers help you reach your goals in 2025. We offer group fitness classes in and out of the water, staffed gym and pool hour and personal training. Please let us know if you have any questions.

God Bless,

Prokey Arger, Owner/Executive Director

Jean Frank



Jean was born on July 11, 1928 in Walla Walla. She is from a family of 9 children and she is number 6. As a child she picked strawberries and prunes, did ironing and babysitting. Her first official job was a secretary in the Boy Scout office in Walla Walla.

Two years out of high school she married her high school sweetheart. She has 4 children, (1 girl and 3 boys) 9 grand children and 12 great-grand children. She moved to Spokane because 3 of her 4 children live here.

Jean loves reading, golfing and walking. Her favorite food is fruit.

Meg Kane



Meg was born on April 25, 1942 in Bangor, Maine. At 16 years old she worked as a sales clerk in a women's clothing store. Later she went to secretarial school and worked at a bank. She got married in May of 1965. She has 2 children and 3 grand children.

She loves decorating her house and her favorite food is Norwegian Salmon.

Meg views herself as a very determined person who knows what she wants.



Upcoming Activities



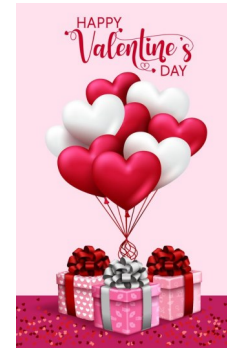
Wellness Health 'n Motion

Valentine's Party

Friday, February 14
3:00 pm
Athena's Cabaret

Music provided by Diane & Robert

Drinks & Treats served



Lunch Bunch to Applebee's

Monday, February 17
11:00 am

*Sign up in the lobby

Tech with the Titans

Led by University High School students

Wednesday, February 26
3:00 pm

Vasi's Bistro

The Weddle Twins

Wednesday, February 19
1:00 pm
Dining Room



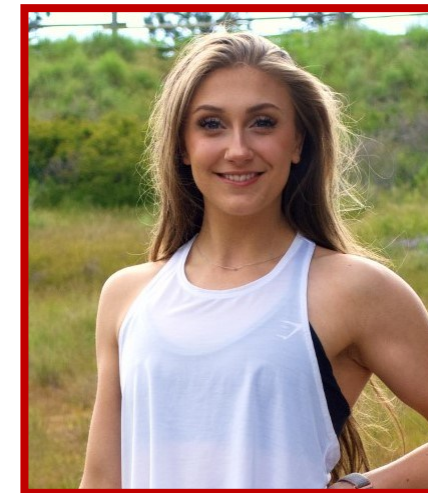
Poker Players Wanted

Please contact Fred in #4017

If you are interested in playing



Welcome Back Caelah!



We are so excited to have Caelah back working with us at Evergreen Fountains. She has a degree in Exercise Science from Eastern Washington University.

She brings a smiling face and positive energy to the Wellness and Activities Departments.

Come try a new class with Caelah!



Celebrations ...

BIRTHDAYS:

Feb. 3 Marilyn Shaw

Feb. 11 Bob Wagner

Feb. 11 Denny Bailey

Feb. 19 Karen Harkin

Feb. 22 Aleen Cornell

Feb. 23 Sherrie Stradley

Feb. 23 Abby Cleveland

Feb. 27 Al Semprimoznik

Feb. 28 Tricia Cedarleaf

Feb. 28 Judy Lyon



Indulge Massage

at Evergreen Fountains 2nd floor

Contact Kendra at 509-919-2316 to schedule



Evergreen Fountains Hair Salon

Contact Yvonne 509-924-2363 or

Janet 509-270-5013 to schedule

MEET OUR NEW RESIDENTS



Thore & Marje Fossum



Judy Buchholz

CHURCH MESSAGE

When Jesus heard about it, he withdrew from there by boat to a remote place to be alone. When the crowds heard this, they followed him on foot from the towns. When he went ashore, he saw a large crowd, had compassion on them, and healed their sick. Matthew 14:13-14 CSB

Even when Jesus is hurting from the death of his cousin John, he saw the crowds and had compassion on them and ministered to them. Takeaway is that Jesus is never too busy or distracted to care for us. We can always come to him, and he will have compassion on us and minister to our needs. We should always be like Jesus and have compassion for others.

Pastor Matt

Non-denominational Church Service Sundays 1:00 pm

Bible Study Wednesdays at 2:00 pm

In the Chapel (4th floor)

