

Evergreen Fountains Senior Living Community

The Fountain Pen

January 2025

Inside the Issue

A Message From Prokey	Page 1
Wellness Health n' Motion	Page 2
Celebrations, Employee Spotlight	Page 3
Meet Our New Residents	Page 4
Church Message	Page 4
Upcoming Activities	Page 5
Resident Spotlight	Page 6
Nursing News	Page 7

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A Message from Prokey's Desk

FROM PROKEY'S DESK,

Happy New Year 2025

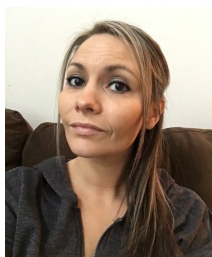
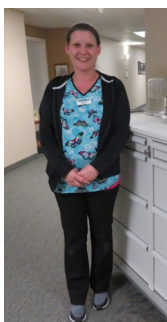
We feel very blessed finishing the past year with success. With the help and support of our residents and staff, we have come through some challenging times. Our staff has done an excellent job in carrying out, care and service as our #1 priority.

As we reflect, I would like to honor our staff members that have worked at Evergreen Fountains for ten years or more. Kathy W., Durwin M., Sue P., Kimberly F., Christa U., Josh C., Karen J., DeDe M. RN., and Tia H. We thank them all for their hard work, dedication and pursuit of excellence.

This is the best time of year to re-dedicate yourself towards a wellness way of life. Maintaining a healthy and balanced lifestyle is critical for our overall happiness and wellbeing. Our wellness center features a warm water pool and spa along with a variety of classes. We have a fitness gym with cardio, weight machines, and free weights staffed by certified trainers. Our staff can help residents develop their personal and fitness goals. Sign up for a free fitness consultation in the lobby at the Wellness table. We also offer many activities that can be fun and social helping residents stay active and engaged. Be sure to pick up the monthly calendars for both wellness and activities in the lobby.

*Let's have a great 2025 together!
God Bless and Stay Healthy,*

Prokey Arger, Owner/Executive Director

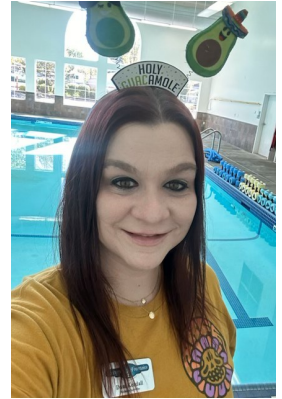


Wellness Health 'n Motion

Schedule Your Fitness Consultation Appointment with Dani!

Dear Residents of Evergreen Fountains,

Exciting news! I am thrilled to announce that I am now offering free personalized fitness consultation appointments for all residents interested in starting or enhancing their fitness journey. As your dedicated fitness instructor, I am here to support you every step of the way towards achieving your wellness goals.



Whether you're new to exercise, looking to spice up your current routine, or seeking guidance on specific fitness objectives, a consultation appointment with me is the perfect opportunity to get started. During our one-on-one session, we will discuss your fitness history, goals, preferences, and any health considerations to tailor a fitness plan that suits your individual needs.

Here are some key highlights of the fitness consultation appointments:

- 1. Goal Setting:** Together, we will establish realistic and achievable fitness goals that align with your personal aspirations and motivations.
- 2. Personalized Fitness Plan:** Based on our discussion, I will create a customized fitness plan and strategies to help you reach your goals effectively.
- 3. Fitness Assessment Test:** I will conduct a comprehensive fitness assessment test to evaluate your cardiovascular endurance, muscular strength, flexibility and overall fitness level. This test will provide valuable insights into your current fitness status and serve as a baseline for tracking progress.

If you're ready to take the next step in your fitness journey and invest in your health and well-being, I encourage you to schedule a fitness consultation appointment with me. Together, we can work towards a healthier, stronger, and more vibrant you!

To book your consultation appointment, please use the sign up sheet located on the wellness table in the lobby. Spots are limited and all residents are invited. First-time gym goers will take priority. Let's embark on this fitness journey together and make positive strides towards a healthier lifestyle at Evergreen Fountains!

We are looking forward to supporting you on your path to wellness.

Celebrations ...

BIRTHDAYS:

1-2 Mary McCarthy
1-4 Norma Reidt
1-6 Tony Cleveland
1-7 Ted Schultz
1-7 Anita Geer "100"
1-9 Sharon Pethers
1-14 Lucille Lynn
1-14 Irene Smith
1-14 Gladys Kosty
1-16 Judy Emig
1-18 Donnie Rugel
1-19 Nancy Deming
1-20 Joe Harwood
1-22 Peter Kruse
1-23 Carole Williams
1-26 Bobbie Elmore
1-28 Bev Wagner
1-29 Steve Emig
1-29 Bob Reidt

EMPLOYEE SPOTLIGHT

Jenna Lee, Business/HR Assistant



Jenna is very talented and we are so lucky to have her working at Evergreen Fountains. Thank you for all you do. You are truly a gem.



ANNIVERSARIES:

1-14 Gary & Kathy Waterhouse
1-27 Bob & Norma Reidt

MEET OUR NEW RESIDENTS



John Schneider



Henry Pokall



Bob Williams



Meg Kane

CHURCH MESSAGE

Thanks for everyone who attended our Christmas service. We are going back to teaching the book of Matthew this week, picking up with the parable of the Sower. Also if you need a giant print bible we still have a lot left to give away to anyone who needs one.

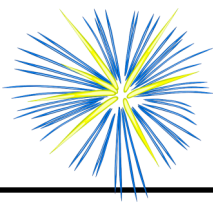
Romans 12:2 NKJV

And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.



Pastor Matt





Upcoming Activities



Big Birthday Bash for Everyone!

Come make new friends and celebrate you!

Wednesday, January 22

3:00 pm

Athena's Cabaret

Entertainment by Rod Robdell

Kathy Cunningham Travelogue

Exploring Coastal California

Tuesday, January 21

1:00 pm

Theater-4th floor

Lunch Bunch to Fieldhouse Pizza

Monday, January 20

11:00 am

*Sign up in the lobby



Art with Susan

Friday, January 10 Acrylic Painting Winter Cardinal

Friday, January 23 Felt Ball Diffuser

1:00 pm

Art Room-2nd floor

*Sign up in the lobby



All about Texas!

Come learn about Texas and share stories about the state.

Friday, January 30

1:00 pm

Theater-4th floor





Resident Spotlight

John Eikum



John was born on June 15, 1934 in Genesee, Idaho. His first job was driving a truck in Grangeville. He got married in 1956 and has 3 children and 8 grandchildren. John retired 3 times. He retired from Washington State Teachers about 1989, retired from Idaho Teachers in 1994 and retired from being a lobbyist in 2007.

John's favorite food is lasagna from Olive Garden.

Fun Fact: He loves water skiing on Moses Lake.

Linda Crase



Linda was born on March 19, 1938 in Chicago, Illinois. Her first job was counting worms for a man that had a greenhouse. She was first married on June 22, 1958. She has 2 children, 5 grandchildren and 4 great-grandchildren. She retired from working at hospice as a Nursing Assistant.

She loves swimming and traveling.

She has been to Turkey, Spain, and all over the world.

Linda loves her cat, Mimi. She has had Mimi for 15 years.

She never thought she would find love again at 86 years old. Her time with John was very short, but one of the best times of her life.

Fun Fact: She loves pickled herring.



Nursing News . . .

This month's nursing topic: GOUT

Gout is a painful form of arthritis. When your body has extra uric acid, sharp crystals can form in your joints (usually your big toe). Gout attacks usually last a week or two. They are very painful and can happen suddenly, often overnight. During a gout attack, you may exhibit these particular symptoms: intense pain, discoloration or redness, stiffness, swelling, tenderness, and increased warmth. Having temporarily high uric acid levels doesn't mean you will always develop gout. Many people with hyperuricemia never get gout. Gout CAN affect anyone. Individuals with certain health conditions are more likely to develop gout such as: congestive heart failure, diabetes, hypertension, kidney disease, and blood cancer. You are more likely to also experience gout if you have a biological parent or grandparent who has gout, eat a lot of animal proteins-especially animal flesh, shellfish and foods that contain organ meat, if you drink alcohol regularly, take a diuretic medication, or take immunosuppressants.

Your doctor will perform a few imaging tests to take pictures of your affected joints, blood tests to measure the uric acid in your blood, along with potential for joint aspiration (using a needle to remove a sample of fluid from inside a joint). Gout is treated by a combination of managing your symptoms during a flare up and reducing how often you consume high-purine foods and drinks.

Your doctor may prescribe: Ibuprofen/Naproxen, Colchicine which helps prevent uric acid in the body from forming urate crystals, corticosteroids that can help reduce inflammation. The most common medications that lower uric acid include: Allopurinol, Febuxostat, Pegloticase, and Probenecid.

Following a low purine diet for gout is critical. Eat increased fruits, veggies, and whole grains. Minimize consumption of red meats, seafood, and alcohol.

There's no cure for gout. You will experience fewer attacks once you work with your doctor to find treatments that help manage your symptoms and lower your uric acid levels!

Have a happy day!

DeDe Merritt, RN

AL Clinical Nurse Manager

