



Nursing News . . .

Bladder Botox Injections

Botox injections can be helpful if you have ongoing bladder continence issues. It is an option to treat an overactive bladder or urge incontinence (the unintentional loss of urine caused by your bladder contracting), especially if they have not had any success with other treatments that they have tried.

Overactive bladder symptoms may be: When you feel a sudden urge to urinate that is difficult to control, experience incontinence as soon as you feel the need to go, urinate very frequently (up to 8 or more times per day), and wake up 2 or more times in the night to urinate.

The type of incontinence that involves movement or physical activity is called stress incontinence, such as when you cough, exercise or sneeze.

When you are considering Botox injections, ask for a referral from your primary care provider, or search for a health care professional who is experienced with these types of treatments. Injections need to be precisely placed to avoid side effects.

A urologist can inject Botox into your bladder to treat urge incontinence or overactive bladder. This helps the muscles relax, which will give you more time to get to the bathroom when you feel the need to urinate. Injections are done in the clinic, and most patients tolerate the injections well. They do not “Hurt” as you may expect, but you may have some short-term discomfort, such as a slight cramp.

Most people get symptom relief quickly, in as short as a few days. The treatment results last about six months, and you can have additional injections. One possible side effect is urine retention, so it is not recommended for males with a risk or history of enlarged prostate.

Some individuals wait too long to discuss incontinence signs/symptoms with their primary care provider. So many treatment options are available, which can have a positive impact on the quality of their life!

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

Evergreen Fountains Senior Living Community

The Fountain Pen

April 2025

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A Message from Prokey's Desk



Resident Spotlight

FROM PROKEY'S DESK,

FALL PREVENTION... A BALANCING ACT

The joy of spring is upon us. We are blessed each year with the renewal and hope that spring brings us. We hope everyone will celebrate the real meaning of Easter and the resurrection of Jesus Christ with family and friends.

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. Participate in a program today.

You have many options here at Evergreen Fountains as far as staying active and building core strength with the goal of avoiding falls.

1. Join a fitness class in the wellness studio or the pool. Pick up a monthly calendar in the lobby.
2. Personal train with Caelah. If you are wanting to work one on one and focus on specific areas then sign up with Caelah for a 30-minute session for only \$35.
3. Sign up with Gordon Physical Therapy to do therapy in our pool on Tuesdays and Thursdays or at their office. Gordon Physical Therapy just completed a balance workshop here at Evergreen Fountains to assess what you need to work on in order to improve your balance and stability. Another workshop will be offered later in the year. Contact the Gordon Physical Therapy office at 509-892-5442 to schedule water or land therapy.
4. Need in home Physical Therapy? Let us help you set this up. A doctors referral is needed.

Have a Happy Easter & God Bless,

Prokey Arger, Owner/Executive Director

Chuck Moser



Chuck was born on July 6, 1931 in Hillsvie, South Dakota which had a population of 60 people. He spent 20 years farming with his folks.

He enlisted in the Air Force and made it his home. He retired from the Air Force when he was stationed at Fairchild Air Force Base as Chief Master Sergeant, which is the highest rank in the Air Force. He married his wife on January 14, 1955 in a Catholic Church in England.. They were married for 65 years. He has two

children, 7 grand children and 6 great-grandchildren. He was based out of Omaha, Nebraska and moved every 3 years for a total of 13 times. Some of the places he was stationed were England, Paris and Belgium. He was in the Korean and Vietnam wars. He got agent orange in his lungs from the Vietnam war. He met the Queen of England in 1955 and received an award from her for rescuing a little boy from drowning. Chuck loves skydiving and seeing the world while he was in the Air Force. Of all the places in the world he loves Spokane the most.

Luella Palmer



Luella was born on May 1, 1929 in Central Minnesota, Morrison County. She is the oldest of five children and helped with all the chores on the farm. She fed cows, drove tractor and could do it all. She married her husband on September 1, 1948. She attended Dakota Wesleyan University and has a degree in elementary education. She never taught in public schools. Her husband was a pastor in North and South Dakota and she taught in church.

Luella has two children, two grand children and four great-grand children. She loves quilting, jigsaw puzzles, being active, traveling and baking. Her fondest memories are living in Brazil for over 24 years. Her husband owned land and they grew soybeans and rice and raised cattle.

Upcoming Activities

Wellness Health 'n Motion

Glow Party with Into the Drift

Wednesday, April 23
3:00 pm
Athena's Cabaret



Wear Bright Colors
Drinks & Treats Served

Coeur d'Alene Casino Trip



Wednesday, April 30
10 am 2 pm
*Sign up in the lobby
Try your luck on the machines,
eat lunch and make new

Golf is Back!

Starting Tuesday, April 22
9:30 am on the EF Green
Come join in the fun!



April Outings:

Plant Farm Tour Saturday, April 12 at 12:30 pm
Breakfast Bunch Monday, April 14 to Max at Mirabeau at 9:00 am
Wine Tasting to Arbor Crest Winery Friday, April 25 at 12:00 pm
Lunch Bunch to Bangkok Thai Monday, April 28 at 11:00 am
Coeur d'Alene Casino Trip Wednesday April 30 at 10:00 am
*Sign up in the lobby

Travelogue with Kathy Cunningham Yosemite National Park



Tuesday, April 15
1:00 pm
Theater (4th floor)

Garden Beds Available

Garden Beds are available on the
North and South sides
Please let Crista know if you would
like to plant.

10 Benefits of Cardio Drumming



1. Cognitive stimulation: Drumming classes engage the brain, improving memory, concentration, and overall cognitive function.
2. Stress relief: Drumming is a great way to reduce stress and anxiety, promoting a sense of calm and relaxation.
3. Physical exercise: Drumming involves movement and coordination, providing a fun and energizing form of physical activity.
4. Social interaction: Participating in drumming classes allows seniors to socialize and connect with others, reducing feelings of isolation and loneliness.
5. Boosts mood and happiness: Drumming releases endorphins, enhancing mood and promoting a sense of happiness and well-being.
6. Creative expression: Drumming allows us to express ourselves creatively and artistically, fostering a sense of personal fulfillment.
7. Improved coordination: Drumming requires hand-eye coordination and rhythmic movements, which can help seniors enhance their motor skills.
8. Joint flexibility: Regular drumming exercises can help maintain or improve joint flexibility and range of motion.
9. Increased energy levels: Engaging in drumming classes can boost vitality and energy levels, promoting a more active and vibrant lifestyle.
10. Fun and entertainment: Drumming classes provide entertainment and a vibrant atmosphere, making it an enjoyable and engaging activity.

Come to Cardio Drumming on Fridays at 10:30 am!
Everyone is welcome to join in the fun!
If you can "whoo", then it's for you!

Celebrations ...

BIRTHDAYS:

4-6 Joan McKinley
4-9 Evie McCarty
4-12 Cathy Mohns
4-12 Gary Womack
4-12 Bob Little
4-14 Mili Gerken
4-16 Jean Hatcher
4-18 Audrey Schreiner
4-19 Barb Farrar
4-20 Judy Nearing
4-22 Ron Deming
4-22 Trude Westby
4-24 Connie Bershaw
4-25 Meg Kane
4-28 Judy Buchholz

Anniversaries:

4-9 Jerry & Evie Z.
4-18 Steve & Judy E.

Employee Spotlight

Grant Bell, Transportation



MEET OUR NEW RESIDENT



Judy Fichtner

CHURCH MESSAGE

We have been going through the book of Matthew during Sunday service.
We are looking forward to Palm Sunday and Easter services here at Evergreen Fountains. We have had many new residents join us on Sundays at 1:00 pm. Our new bible study time is 3:00 pm on Wednesdays.

For what will benefit someone if he gains the whole world yet loses his life?
Or what will anyone give in exchange for his life? Matthew 16:26 CSB

Pastor Matt

Non-denominational Church Service Sundays 1:00 pm

Bible Study Wednesdays 3:00 pm

