

**Evergreen Fountains Senior Living Community**



# The Fountain Pen

November 2024

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# A Message from Prokey's Desk

## ***FROM PROKEY'S DESK,***

**Resilience: a requirement for successful aging.....**

**Resilience goes hand in hand with wellness. As we honor our courageous Veterans, we must never forget how we have greatly benefited from the sacrifices and resilience of our military, Veterans and supportive spouses and families. We are truly blessed and understand why so many historians consider our seniors the "Greatest Generation" whom we stand in honor of. Can younger generations also learn how to build resilience? Intuitively we might believe that some people are more resilient than others and little can be done to overcome life's tough challenges, but the genetic component is just one piece of the picture. Learned behavior also plays a major role, and that's where we definitely can make a difference.**

**As Aristotle said more than two thousand years ago, "You are what you repeatedly do." If we establish healthy patterns such as eating right, exercising regularly, and maintaining a positive attitude with spirituality in our life, we then are more likely to live well as a result of those patterns. It is still possible to establish more healthful and wellness driven patterns later in life, adding to our ability to bounce back from adversity well into our 80's, 90's and beyond.**

**Many of our Evergreen Fountains residents and those who have passed on, including my mom, Vasi Arger, certainly have proven that older adults are likely to be more resilient than most people .**

**It's our determination to research, promote, demonstrate and recognize successful aging strategies and pass them onto our family of residents through our leadership and dedicated wellness driven staff.**

**Now is the time to embrace resilience - building life enhancing strategies of wellness. We would also like to thank our Veterans and active military for their protection and service preserving peace and our freedoms.**

**God Bless the U.S.A.**

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

# Wellness Health 'n Motion

## 100 Class Club!

In this month's newsletter, we had the pleasure of sitting down with one of our dedicated residents here at Evergreen Fountains who have reached an incredible milestone - completing 100 fitness classes! We wanted to hear from her about her fitness journey, the impact it has had on their lives, and any advice they have for others looking to improve their health and wellness. Join us as we chat with this inspiring individual who has shown us that it's never too late to prioritize your health and make positive changes in your life.

**Gayle Semprimoznik:**

**1) How has attending 100 fitness classes improved your overall health and well-being?** My core feels stronger. I feel stronger all over and I am moving better.

**2) What motivated you to start attending fitness classes at Evergreen Fountains?** The reward system gave me motivation and helped with my attendance.

**3) What has been the most surprising benefit you have experienced from attending these classes?** I am feeling better overall. I can get down about health problems and the classes have helped me to deal with it better.

**4) How has participating in fitness classes helped you stay connected with other residents?** I have met and learned the names of a lot more people. I don't get around much and wouldn't have known them if not for the classes.

**5) What advice would you give to someone who is hesitant to start attending fitness classes?** Start easy. Zumba and Chair Yoga are a great starting point and you can gain confidence from there.

**6) Have you noticed any improvements in your physical abilities or stamina since starting the fitness classes?** Yes, my stamina is much better.

**7) How do you stay motivated to continue attending classes regularly?** Getting more class rewards. Collecting more charms and to trying to stay healthy and fit.

**8) What is your favorite aspect of the fitness classes offered at Evergreen Fountains?** I like that they make me stronger and better. I have lost some weight. The visiting is really nice so I like the social aspect they provide.

**9) Have you made any new friends through attending fitness classes?** Oh yes! Carolyn and Joyce and a few others. I already knew Pat and Jo but it's nice meeting them there.

**10) What goals do you have for your fitness journey moving forward?** Stability. I'm not sure if it's from my eyesight or what but I want to work on stability.



# Celebrations ...

## BIRTHDAYS

**11-6 Lorraine Schneider "102"**

**11-13 Erin Goodenow**

**11-15 Mariane Tesch**

**11-18 Chuck Pierce**

**11-22 Tania Kupcow**

**11-22 Al Strohmaier**

**11-23 Don McCabe**

**11-23 Thanne Halsted**

**11-25 Richard Castro**

**11-27 Ben Werner**

**11-27 Norma Echelbarger "101"**

**11-30 Wendy Reddinger**

**11-30 Ron Halsted**



**"What if, today, we were grateful for everything?" – Charlie Brown**

**"Be present in all things and thankful for all things." – Maya Angelou**

**"A moment of gratitude makes a difference in your attitude."**

**-Bruce Wilkinson**

# MEET OUR NEW RESIDENTS



**Martha Draper**



**Gerry Lauman**



## CHURCH MESSAGE

**Come to Me, all you who labor and are heavy laden, and I will give you rest. Take my yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. For My yoke is easy and My burden is light.**

**Matthew 11:28-30 NKJV**

**Jesus tells people to come to him to find rest for their souls and find peace in him knowing he is in control.**

**Pastor Matt**



**Non-denominational Church Service Sundays 1:00 pm**

**Bible Study Wednesdays at 2:00 pm**

**In the Chapel (4th floor)**





# Upcoming Activities



## Evergreen Fountains Veterans Dinner

Monday, November 11

5:00 pm

Dining Room

Honoring all Evergreen Fountains Veterans  
and Wives and Widows of Veterans



## Project Joy Orchestra

Thursday, November 7

2:00 pm

Dining Room

## Spokane Melody Singers



Sunday, November 17

3:00 pm

Chapel (4th floor)

## Art Classes with Susan

Oil Pastel Ornaments Friday, November 8

Christmas Paper Angel Friday, November 22

1:00 pm

Art Room-2nd floor

\*Sign up in the lobby

## Kathy Cunningham Travelogue

Honoring our Fallen Heroes

Tuesday, November 12

1:00 pm

Theater-4th floor



## Fraud Prevention Seminar

Thursday, December 5

10 am

Vasi's Bistro

## Lunch Bunch

to the Iron Horse Bar & Grill

Monday, November 18

11:00 am

\*Sign up in the lobby



# Resident Spotlight

## Evie McCarty



Evie was born on April 9, 1930, at St Luke's Hospital in Spokane. She has lived in Spokane here whole life. She met her first husband, Tom, at a dance at Trentwood. He was a square dance caller. She was 20 years old when they got married. They were married for 64 years. She married Jerry on her birthday in 2015. They have been happily married for almost 10 years.

Evie graduated from West Valley Highschool. Her first job was in the administration office at West Valley. She retired from the West Valley School District in the early 2000's. She has four children, 9 grandchildren, 14 great grandchildren and 2 great-great grandchildren. She loves knitting and dancing. She was a square dancer for many years and formed a square dance club with her late husband.

## Dianne Hill



Dianne was born on July 19, 1941, at Deaconess Hospital in Spokane. She lived in Seattle until she was 6 years old and then moved to Spokane where she has lived ever since. She met her husband at the age of 16 years old at a football game. They got married on New Year's Eve 1960 and were married for 60 years.

Her first job was as a dental assistant, and she continued that career for 29 years until she retired. She has two children, three grandchildren and two great grandchildren. She loves dancing, doing crafts and crocheting.



# Nursing News . . .

## **This month's nursing topic is: PRIMARY MYELOFIBROSIS**

It is a rare type of blood cancer in which scar tissues build up in your bone marrow, making it difficult for the bone marrow to produce enough healthy cells. In the early stages of primary myelofibrosis, you may not have any symptoms; a routine blood test at your doctor's office may show abnormalities in your hemoglobin, white blood cells and platelets. As scar tissue formation increases, the bone marrow cannot make enough healthy blood cells. Bone marrow is the spongy tissue inside large bones where white blood cells, red blood cells, and platelets are made from specialized stem cells. These blood cells are then released into your blood to travel throughout the body performing various critical functions. Red blood cells deliver oxygen to the body, white blood cells help in fighting off infections, and platelets allow the body to form clots to stop bleeding. Your doctor can treat PMF in several ways and these options are selected based on age, symptoms, presence of mutations, and your overall health status. This disease can run in multiple members of your family, although it's a very rare form of blood cancer. It affects middle aged and older adults. Later in the course of this disease, you may feel a dull pain in the belly, as your spleen grows. You may have night sweats or feel more tired than usual. Increasing symptoms can be a sign of the disease becoming more aggressive. Some symptoms are: tiredness, pale skin color, frequent infections, bleeding or bruising easily, abdominal bloating, painful belly, weight loss, bone/joint pain, and increased itching. A diagnosis is based on results from a complete blood count and a bone marrow biopsy. Treatment: Jakifi medication helps to decrease the size of the spleen and improve the system burden, but there are horrible side effects such as nausea and vomiting, diarrhea, leg ulcers, flu like symptoms and loss of appetite. There are a couple other medications that are less effective, but if you are having an abundance of negative/harmful side effects, then it's the only alternative. The only option to potentially cure PMF is by getting a bone marrow transplant. It is a risky procedure for older patients. Your doctor will determine if you are a candidate. For most individuals, the goal is to help with disease symptoms and any complications, enhance your quality of life, and make you live longer. Blood transfusions are considered a form of supportive care to try and improve the symptoms related to anemia. Sometimes a doctor may prescribe an oral chemo drug called Hydroxyurea, that can interfere with the growth of cancer cells, which can be destroyed by the body. It is also supposed to help with any negative side effects. It is so important to have regular follow up appointments with your oncologist. He/she will order routine blood tests depending on how often you need them. Please be proactive! I had a family member pass from this wicked disease.

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