

Fresh Aire



April is Parkinson's Awareness Month

What is Parkinson's disease (PD)

AN OVERVIEW OF PARKINSON'S DISEASE

Parkinson's disease (PD) is a brain condition that causes problems with movement, mental health, sleep, pain, and other health issues. PD occurs when brain cells that produce dopamine, a chemical that coordinates movement, stop working or die.

PD is a progressive disease which means symptoms slowly worsen over time and can greatly reduce well-being and quality of life. There is no cure, but therapies and medicines can reduce symptoms. Motor symptoms can include slowness of movement, tremor, involuntary movement, rigidity, freezing, dystonia, muscle cramps, speech problems, and falls and dizziness. Non-motor symptoms can include cognitive impairment, depression, dementia, sleep disorders, constipation, pain, and loss of smell.

The disease usually occurs in older people, but younger people can also be affected. Men are affected more often than women. The experience of living with PD is also unique to each person as symptoms and progression vary from person to person.

The cause of PD is unknown but people with a family history of the disease have a higher risk. Exposure to air pollution, pesticides and solvents may increase risk.

A RECENT STUDY, TITLED INCIDENCE OF PARKINSON DISEASE IN NORTH AMERICA, FOUND THAT:

- PD incidence estimates increase with age in the 65+ range
- The primary risk factor for PD is age
- PD incidence estimates are higher in men compared to women at all ages
- The increase in the incidence of PD aligns with the growth of an aging population

PD incidence rates are higher in certain geographic regions: the "Rust Belt" (parts of the northwestern and midwestern U.S. previously regulated by industrial manufacturing), Southern California, Southeastern Texas, Central Pennsylvania, and Florida.

This study is the most comprehensive assessment of PD incidence in North America based on five epidemiological (the study of a disease and its impact) sets of data to count the number of diagnoses in 2012. Prior PD incidence rates, based on smaller studies, were estimated to be in

the 40,000 – 60,000 range per year. The new incidence rate is 1.5 times higher at nearly 90,000 cases annually.

This study was supported by the Parkinson's Foundation and The Michael J. Fox Foundation for Parkinson's Research (MJFF), as well as the Institute for Clinical Evaluative Sciences (ICES).

My Evergreen Story

Several months ago, I was diagnosed with Parkinson's disease. This journey into the unknown my wife and I faced seemed impossible to manage. Part of God's answer to our prayers has been the activities that we have joined at Evergreen Commons. My neurologist recommended this Parkinson's Programming as exceptional and that it would optimize my physical function and delay the progression of my symptoms by retraining my mind and body. She was right. I have experienced a great deal of benefit in the 6 months I have participated. The staff is exceptional in their expertise and knowledge which is reflected in the design of the programs. It has been a significant blessing in my journey and one for which I am very thankful.

Ray VanderLaan (Parkinson's Exercise Participant)



Evergreen Commons is a committed community partner in providing a highly trained and certified team to deliver evidence-based programs, services, and support networks that encourage strength, resilience, and friendships to people living with Parkinson's disease. **SEE PAGE 3 FOR MORE INFORMATION ON OUR BIKES, BEATS, AND BREWS PARKINSON'S AWARENESS EVENT ON APRIL 11.**

In the Loop Scoop



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The Wellness Place



MEMBER SERVICES

616-355-5120
Mon. – Fri. | 8 am – 4 pm

DINING ROOM

Mon. – Fri. | 11 am – 1 pm

COFFEE SHOP

Mon. – Thurs. | 8 am – 2:30 pm
Fri. 8 am - 2 pm

RESOURCE OFFICE

616-355-5118
Mon. | 10:00 am – 2:30 pm
Tues. – Thur. | 9:30 am – 2:30 pm
Fri. | Closed

BUILDING ACCESS

616-396-7100
Mon. – Thur.

- Entrance C: 6 am – 6 pm
- Entrance A: 8 am – 5 pm
- Entrance D: 8 am – 4 pm

Fri.

- Entrance C: 6 am – 5 pm
- Entrance A: 8 am – 5 pm
- Entrance D: 8 am – 4 pm

Sat.

- Entrance C: 8 am – 12 pm
- Entrance A & D: Closed

Sun.

- Closed

DAY CENTER

55 W. 16th St., Holland, MI 49423

For information: 616-355-5118

CEO Update



I recently watched Netflix's Live to 100: Secrets of the Blue Zones, where author and educator Dan Buettner visits the five areas of the world where more people live significantly longer than average. This episode took me to Okinawa, Japan, where the habits, diets, and lifestyles of Blue Zone centenarians are simple, and those habits have the ability to change everything.

I was struck by the very simple and powerful habit of movement. The Okinawans do not have fancy gym memberships nor Pelotons, but they move all the time. They walk, they mix ingredients by hand, they lower their center of gravity when they work in the garden. The power of movement is joy-giving. Full breath. Beating heart. Observing creation and absorbing beauty.

So, I've decided to park far away from the entrance to Meijer.

I want to move; to get in more steps; to notice. Not just Meijer, but wherever my weekly rhythm takes me. Let's be honest, with four boys I'm a regular at Meijer.

My encouragement to you is this: park away from the building, the store, the appointment...try out one of our parking lots at 20th/Central and then walk. Walk to your mailbox. Chop vegetables. Hand mix the salad. See what happens. Observe how you feel and how your behavior changes.

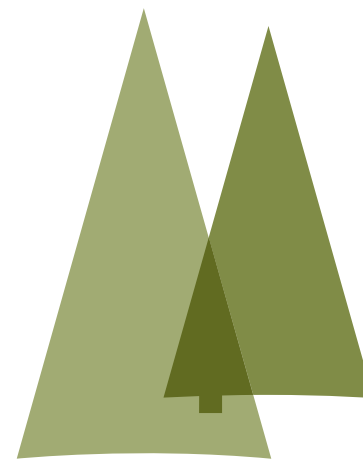
Just move. What a timely reminder! April is Parkinson's Month. Our members with Parkinson's are leading the way by example. Bob, Dee, Ray, Will are moving...and we follow their lead.

Let's move together and make this a habit we share.

Here we go!

Rev. Dr. Jill Ver Steeg, President/CEO

P.S. You will not want to miss Bikes, Beats, and Brews on April 11! Mark your calendar...a great afternoon and evening of movement and fun!



WELCOME TO THE TEAM!

Bridget Bittner

Project Coordinator

Originally from Brighton, MI, Bridget is a proud graduate of MSU and lived throughout much of the Midwest - including IL, WI, and MN. In 2015, Bridget, her husband, Evan, and their golden retriever, Flynn, moved to Holland. Together they have a daughter, Mae, and a son, Sid.

Growing up, Bridget spent a significant amount of time in Holland, visiting with her grandmother and hearing about her involvement with Evergreen Commons. It was her grandmother's journey with Alzheimer's Disease that inspired Bridget to pursue graduate studies in Dementia Care and Gerontology at EMU.

Bridget's previous experience includes work as a companion caregiver and project manager/gerontology specialist. She is very passionate about all things related to health, positive aging and believes it is possible to find joy and fulfillment regardless of physical and cognitive changes.



Leslie Evans

Member Services

Originally from Meridian, Mississippi, Leslie has been blessed to live in many places over the years, from Florida to Alaska! Her dream was to be a flight attendant which she did with United Airlines based in NYC for many years.

After moving to Michigan in 2003 to be near family, she returned to school to become a Certified Medical Assistant and enjoyed working in the medical field for over 20 years. As she moves into her "senior years" she has felt it is time to slow down the pace of life. Leslie feels that being a part of Evergreen Commons family is truly a blessing from God and looks forward to making many new friends!

Please join us in welcoming Leslie Evans to her new role in Member Services!



Evergreen Commons 8th Annual Parkinson's Awareness Event



Bikes Beats & Brews

THURSDAY, APRIL 11 FROM 4:00-7:00PM

Come One Come All...join Evergreen Commons for an event filled with great energy, awesome music, and tasty brews and bites! Think Biergarten meets Evergreen Commons in support of our community members living with Parkinson's disease (PD)! Your participation helps Evergreen Commons continue to bring innovative, evidence-based programming and equipment to those living with PD to provide symptom management strategies, improved quality of life, and a sense of belonging, meaning and purpose! Open to the public...bring friends and family...stop by after work... join the fun!

EVENT HAPPENINGS (arrive anytime)

- 4:00 – 7:00pm Evergreen Commons Auditorium
- 4:00 – 6:00pm Interactive Group Cycling
 - Ride or cheer riders on
 - Bikes can be shared
 - Join the ride anytime from 4:00- 6:00pm, and ride for your desired amount of time
- 5:00 – 7:00pm Appetizers and beverages
- Door prizes, social fun, great music, and much more! Sign up today to support this wonderful community of people!
- And don't forget the swag...Bikes Beats & Brews T-Shirts, water bottles, socks, and baseball caps will be available for purchase



Register today at Member Services, 616-355-5120. • Cost: \$25 (includes food and drink)

Early Signs of Parkinson's Disease

According to the Parkinson's Foundation, the following are the 10 most common early symptoms of Parkinson's Disease. No single one of these signs means that you should worry, but if you have more than one sign you should consider making an appointment to talk to your doctor. For more information on each symptom check out the Parkinson's Foundation website at

<https://www.parkinson.org/understanding-parkinsons/10-early-signs>

#1 Tremor

Have you noticed a slight shaking or tremor in your finger, thumb, hand, or chin? A tremor while at rest is a common early sign of Parkinson's disease. **What is normal?** Shaking can be normal after lots of exercise, if you are stressed, or if you have been injured. Shaking could also be caused by a medicine you take.

#2 Small Handwriting

Has your handwriting gotten much smaller than it was in the past? You may notice the way you write words on a page has changed, such as letter sizes are smaller, and the words are crowded together. A change in handwriting may be a sign of Parkinson's disease called micrographia. **What is normal?** Sometimes writing can change as you get older, if you have stiff hands or fingers or poor vision.

#3 Loss of Smell

Have you noticed you no longer smell certain foods very well? If you seem to have more trouble smelling foods like bananas, dill pickles or licorice, you should ask your doctor about Parkinson's. **What is normal?** Your sense of smell can be changed by a cold, flu, or a stuffy nose, but it should come back when you are better.

#4 Trouble Sleeping

Do you thrash around in bed or act out dreams when you are deeply asleep? Sometimes, your spouse will notice or will want to move to another bed. Sudden movements during sleep may be a sign of Parkinson's disease. **What is normal?** It is normal for everyone to have a night when they 'toss and turn' instead of sleeping. Similarly, quick jerks of the body when initiation sleep or when in lighter sleep are common and often normal.

#5 Trouble Moving or Walking

Do you feel stiff in your body, arms, or legs? Have others noticed that your arms don't swing like they used to when you walk? Sometimes stiffness goes away as you move. If it does not, it can be a sign of Parkinson's disease. An early sign might be stiffness or pain in your shoulder or hips. People sometimes say their feet seem "stuck to the floor." **What is normal?** If you have injured your arm or shoulder, you

may not be able to use it as well until it is healed, or another illness like arthritis might cause the same symptom.

#6 Constipation

Do you have trouble moving your bowels without straining every day? Straining to move your bowels can be an early sign of Parkinson's disease and you should talk to your doctor. **What is normal?** If you do not have enough water or fiber in your diet, it can cause problems in the bathroom. Also, some medicines, especially those used for pain, will cause constipation. If there is no other reason such as diet or medicine that would cause you to have trouble moving your bowels, you should speak with your doctor.

#7 A Soft or Low Voice

Have other people told you that your voice is very soft or that you sound breathy and/or hoarse? If there has been a change in your voice you should see your doctor about whether it could be Parkinson's disease. Sometimes you might think other people are losing their hearing, when really you are speaking more softly. **What is normal?** A chest cold or other virus can cause your voice to sound different, but you should go back to sounding the same when you get over your cough or cold.

#8 Masked Face

Have you been told that you have a serious, depressed or mad look on your face, even when you are not in a bad mood? This is often called facial masking. If so, you should ask your doctor about Parkinson's disease. **What is normal?** Some medicines can cause you to have the same type of serious or staring look, but you would go back to the way you were after you stopped the medication.

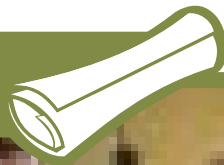
#9 Dizziness or Fainting

Do you notice that you often feel dizzy when you stand up out of a chair? Feeling dizzy or fainting can be a sign of low blood pressure and can be linked to Parkinson's disease. **What is normal?** Everyone has had a time when they stood up and felt dizzy, but if it happens on a regular basis, you should see your doctor.

#10 Stooping or Hunching Over

Are you not standing up as straight as you used to? If you or your family or friends notice that you seem to be stooping, leaning, or slouching when you stand, it could be a sign of Parkinson's disease. **What is normal?** If you have pain from an injury or if you are sick, it might cause you to stand crookedly. Also, a problem with your bones can make you hunch over.

In the Loop Scoop



DINING ROOM CONCERTS

Settle into the Evergreen Commons Dining Room and enjoy a meal and great music!

Professional musician, **Jim Cooper**, will be sharing with us his amazing talent on the piano.



Mon. | April 22 | 12:00 - 1:00pm

We welcome **Charles Graham**, renowned minister and gospel singer who has traveled the world sharing his testimony and music.



Mon. | April 29 | 12:00 - 12:30pm

COFFEE & CONVERSATION

Have some questions about Evergreen Commons? Join our President/CEO, Jill Ver Steeg for coffee & conversation. No agenda, just a time to share and listen.



Mon. | April 22 | 10:30 am | Study Hall: 2nd Floor

FLYING SOLO

NEW AND IMPROVED! We are a group created for the single community of Evergreen Commons to come together to meet one another and have fun! As a group we will plan activities, local outings, enjoy lively conversations, play various games & make some simple crafts. We will meet on the 2nd and 4th Tuesdays of the month from 1-2:30. Grab a treat from the Coffee Shop and join us anytime, and please continue to check out our Flying Solo Facebook page for upcoming events!



Tue. | April 9 & 23 | 1:00-2:30 pm | Study Hall: 2nd Floor

READ & WATCH SERIES

Each month we will read a new book and then you will have a chance to watch the movie and decide for yourself if the book or the movie was better.

April's book is ***The Secret Life of Bees*** by Sue Monk Kidd.

In 1964 South Carolina, 14-year-old Lily Own is haunted by the memory of her late mother. To escape her lonely life and troubled relationship with her father T-Ray, Lily flees with Rosaleen, her caregiver and friend, to a South Carolina town that holds the secret to her mother's past. Taken in by the intelligent and independent Boatwright sisters, Lily finds solace in their mesmerizing world of beekeeping.

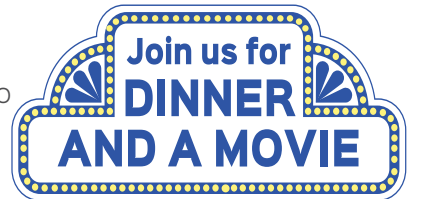


Movie showing – Register to attend via your In-Person Membership account or call 616-396-7100. You are welcome to attend the movie, even if you haven't read the book.

**Mon. | April 22 | 2:45 pm | Seminar Room
Rated PG-13 | 1 hr. 54 min. | 2008 | Drama
Books distributed at the Front Desk by Entrance A.**

DINNER AND A MOVIE

Join us for dinner prior to our featured movie, ***The Boys in the Boat***. We will be serving ***Sloppy Joes*** for \$5.00. We will also have all our regular delicious coffee shop offerings of soups, salads, sandwiches, baked goods and more! This event is open to the public, so come and enjoy this meal with your friends and neighbors while supporting Evergreen Commons and our programs. Make your reservations by Monday, April 22nd by calling 616-396-7100.



Wed. | April 24 | 4:30-5:40 pm | Coffee Shop

And you can join us for dinner before the movie ***Queen Bees*** because we will have the Coffee Shop open every movie night! Enjoy all of our regular delicious Coffee Shop offerings! Make your reservations by Monday, April 8th by calling 616-396-7100.

Wed. | April 10 | 4:30-5:40 pm | Coffee Shop

Your Home for Today... and Tomorrow

Appledorn

Appledorn Assisted Living South	The Village At Appledorn	Appledorn Assisted Living North
727 Apple Avenue 616-392-4650	630 Hastings Avenue 616-392-1700	411 Ida Red Parkway 616-393-0828
www.HeritageSeniorCommunities.com TDD Dial 711		

Thank you Crown Motors for sponsoring this edition of

FreshAire



For underwriting opportunities, please contact

Mark DeWitt at 616-403-5334 or dewittm@evergreencommons.org

Wellness Opportunities



Registration is easy & required for most activities.

Options to register:

1. Online Member Portal.
2. Call 616-396-7100.
3. Email branderj@evergreencommons.org.
4. Sign up when you arrive.

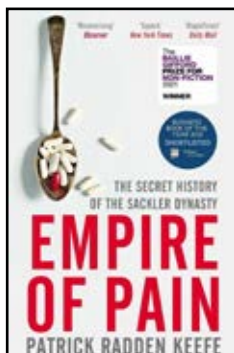
For classes with a fee attached, pre-registration is required, and refunds must be requested no later than five business days prior to first class.

CLUBS

BOOK CLUB

Come enjoy good books, great discussions, and meet new people. Each month the books are distributed that you will be discussing the following month, giving you plenty of time to finish the book. "Empire of Pain" by Patrick Keeffe is our book for April.

Wed. | April 3 | 2:30-3:30 pm
Study Hall: 2nd Floor



CREATIVE CROCHET & KNITTING CLUB

Bring your yarn, needles, and hooks to work on your latest project all while enjoying the company of fellow enthusiasts.

Tues. | 9:30-11:30 am | Home Ec Room: 2nd Floor

MACHINE KNITTING CLUB

Do you have a knitting machine and you don't know how to use it? Join us! We are a group of machine knitters of various experience that gather monthly for show and tell, demonstrations, and lively discussion. Questions? Contact Marcia at 616-834-6738.

Wed. | April 24 | 12:30-2:30 pm | Teachers Lounge: 2nd Floor

MEMOIR WRITING CLUB

This club can help encourage you to get your life stories down on paper as you share your writings with the group. The club meets the 2nd & 4th Fridays of the month. Questions? Contact Kerry at 616-510-5665.

Fri. | April 12 & 26 | 1-2:30 pm | Board Room

SPORTS TALK – LET'S TALK TIGER BASEBALL & OTHER SPORTS

Enjoy talking about baseball or other sports? Both men and women are welcome, no matter what team they follow!

Tues. | 9-10 am | Study Hall: 2nd Floor

THE reACTORS

The reACTORS have been entertaining audiences in West Michigan for over 15 years with light-hearted skits that are read using voice inflections, gestures, facial expressions, and props. We have performed for Laugh Fest, civic organizations, community groups, independent/assisted living residences, church groups, class reunions, retirement homes, and senior centers. We are looking for people interested in all facets of theatre from acting to writing, props, costumes, venue liaison and advertising. If you want more information or would like to book a performance, contact Marie at 616-392-1209.



Thurs. | 2-4 pm | Study Hall: 2nd Floor

QUILTING CLUB

Enjoy the camaraderie of fellow quilters while you work on your quilting project. Questions? Contact Mary at 616-396-2013.

Thurs. | April 4 & 18 | 10 am-2 pm
Home Ec Room: 2nd Floor

GAMES / CARDS

Please arrive 15 minutes before scheduled start time.

All games below take place in the Game Room except Bingo.

Questions? Contact Barb Visser at 616-355-5136.

BINGO | Tues. | 2:30-4 pm | Dining Room
Thurs. | 9-10:30 am | Dining Room

BRIDGE – Singles Welcome! | Tues. & Thurs. | 9-11:30 am

CRIBBAGE | Mon. | 12:30-4:30 pm

DOMINOES (Mexican Train) | Mon. | 12:30-2:30 pm

EUCHRE | Mon. Wed. & Fri. | 9:45-11:45 am

HAND & FOOT | Thurs. | 12:30-4 pm

MAHJONG (National League) | Wed. | 12:30-4 pm

MAHJONG (Jerry Version) | Wed. | 9:30-11:30 am

PINOCHLE | Wed. & Fri. | 12:15-4:30 pm

RUMMIKUB | Thurs. | 12:45-3 pm

SCRABBLE | Thurs. | 1-5 pm

SPADES | Mon. | 12:15-3:30 pm

FAITH

CHAPEL AT EVERGREEN

Struggling to find space to be still? Longing for spiritual community? Curious about faith?

Join us for Chapel, a 25-minute worship experience with a different teacher facilitating each month.

Rev. Dr. Tim Brown; President Emeritus,
Western Theological Seminary
Mon. | April 15th | 2:30-3 pm | Seminar Room



FAITH LESSONS

Pastor Mike Lambert, who has been in the ministry for over 35 years, will be leading us in the continued study of the Book of Daniel. You must be a member of Evergreen Commons to participate. Reserve your seat by calling 616-396-7100.

Wed. | 1-2 pm | Seminar Room

PRAYER BOX - INVITATION TO PRAYER!

Do you have a concern on your heart? A prayer of gratitude or thanksgiving? You are invited to use the prayer card and prayer box located in the Library at the Evergreen Campus. Simply drop the card in the box. Cards will be picked up each week and requests prayed for. Thank you to our friend, Don Zenas, who made this beautiful prayer box in our very own Woodshop!



PO Box 48 - Sand Lake, MI 49343
616.636.4628 - www.countrysidetours.com



Book your motorcoach trip today!
Your adventure awaits!

Wellness Opportunities



ARTS & CRAFTS

WATERCOLOR WEDNESDAY WITH SANDI

Join instructor Sandi Shults for this fun art class for all levels of painters. A variety of pictures will be available to trace, so no drawing experience is needed. Those who are new will learn what brushes and paper to use, color theory, and watercolor techniques. The advanced students skills will be taken to the next level. The more classes you take the more you will learn. A supply list is available when you register. Please register soon - class is limited to nine students.

**Wed. | April 10 & 24 | 1-3 pm | Home Ec Room: 2nd Floor
Cost: \$18 per class**

COLORING STUDIO

Express your creativity and socialize!

**Tues. | 10:30 am-12 pm
Study Hall: 2nd Floor | FREE!**



WOODSHOP

Enjoy the camaraderie of fellow artisans while using our state-of-the-art woodworking equipment. Equipment orientation required. See Member Services for more information.

**Mon. – Fri. | 8:30 am-4 pm | Woodshop
Cost: \$30 / monthly unlimited use**

VOLUNTEER OPPORTUNITIES

Lots of opportunities to volunteer at Evergreen Commons. Please contact Chishia Carter at 616-355-5115 for more information.



SEGMENTED WOOD BOWL CLASS

Work one-on-one with the instructor as he or she walks you through creating a segmented wooden bowl. No previous experience needed! All materials will be provided, and no monthly woodshop package is needed. To register, call Barb Visser at 616-355-5136.



Woodshop | Cost: \$65

SIMPLE WOOD PEN TURNING CLASS

The instructor will walk you through step-by-step as you turn two pieces of wood with a lathe, creating a beautiful handcrafted, wood slim-line pen! Make it for yourself or as a gift. All materials provided. No Experience needed. You must wear closed toe shoes.

Wed. | April 17 | 12:30-3:30 pm | Woodshop | Cost: \$35

DANCING

EASY & FUN LINE DANCE

Whether you are a novice or have been dancing for a while and just want to keep it simple, this is the class for you. This six-week class, led by Linda Booker, works on your balance, rhythm, coordination, brain, memory focus and of course, your fitness. We will be dancing to a variety of music at a fun and easy pace, keeping the dances at a beginner level.



**Wed. | April 17 - May 29 (no class on May 8) | 11:00 am-12:00 pm
Dance & Music Studio: 2nd Floor | Cost: \$30**

READY FOR MORE LINE DANCE

If you can do a grapevine, shuffle, jazz box, and mambo, and you want to step it up a bit, this is your class. The pace of the class will go a bit faster since you have taken a few line dance classes and don't need to spend much time re-learning the basics. During this six-week class, we will continue to learn beginner dances with a few intermediate level ones for an added challenge. Linda Booker has been teaching and sharing her love for line dance for many years.

**Wed. | April 17 - May 29 (no class on May 8) | 9:45-10:45 am
Dance & Music Studio: 2nd Floor | Cost: \$30**

FISHING

EVERGREEN FISHING CLUB

Are you looking to learn more about fishing? In search of a new fishing buddy, or someone to share a boat with? Or maybe just looking to shoot the breeze with a few other anglers, spin some tales and stretch the truth about past catches? Join our new Evergreen Commons Fishing Club which already has 20 plus members! We learn about locations, techniques and share a few laughs, and most importantly we have fun! If you are interested in participating in the fishing club, contact jackpaynejr@gmail.com or 616-566-7713



- *FREE hearing screenings
- *FREE In-home appointments available
- *FREE ear inspection for wax blockage
- *FREE clean and checks on all makes and models of hearing aides

**Visiting Evergreen Commons
April 10th, 1:00 - 3:00 pm
Teachers' Lounge: 2nd Floor
FREE! No Appointment needed.**

Jessica Steffes, HCP
Beltone Hearing Centers
533 Michigan Ave
Holland, MI 49423
616-394-0577

Evergreen Chorale Spring Concert

Please join us for a wonderful evening of choral music presented by the Evergreen Chorale. The Chorale is directed by Benjamin Rodgers and accompanied by Tina Carson. The concert will feature a diverse mix of music as we conclude our 2023-2024 performance season. Included will be works from classical composers, spirituals, folk songs, world music, jazz, and oldies. It will be a fantastic evening of music and we hope to see you there!

**Thursday · May 16 · 7:00 pm · Auditorium
Doors open at 6:00 pm
A free-will offering will be taken**

Wellness Opportunities



MUSIC

CLARINET CHOIR

We have a wonderful clarinet choir that is welcoming new players. For more information, or to request a performance by the group, contact Sharon at sharon.saarela@gmail.com.



Tues. | 11:30 am-1:00 pm | Home Ec Room: 2nd Floor

EVERGREEN SINGERS

If you enjoy singing, come join this group! The Evergreen Singers, directed by Milt Bos, is a fun and informal choir. No audition is needed, and you don't have to read music. For more information, contact Diane Bowman at 734-649-7177 or ddsdel@aol.com.

Mon. | 10:00-11:00 am | Home Ec Room: 2nd Floor

FLUTE CHOIR

Do you play the flute? We have started an Evergreen Commons Flute Choir and are looking for more flutists to join us. For more information or to request a performance, contact Carol at cahimebaugh@yahoo.com.



Fri. | 11 am-12 pm | Home Ec Room: 2nd Floor

NOTEBLENDERS BAND

This fun-loving musical group is mostly made up of harmonica players with the addition of other instruments like guitar, piano, and flute. For more information, or to request a performance by the group, contact Zelly at 616-392-4308.

Tues. | 9:30-10:30 am | Dance & Music Studio: 2nd Floor
***Does not meet the 3rd Tues. of the month**

PB & JAM SESSION

This group of musicians is focused on learning to play bluegrass, gospel, and folk songs in a jam session fashion where everyone can participate at their own level of comfort. Current instruments include the mandolin, ukulele, harmonica, guitar, violin and voices, and any other acoustic instrument you want to bring along. There is no charge, but you must be a member of Evergreen Commons to participate. Questions? Contact Larry at Lphaack@gmail.com.

Tues. | 10:30-11:30 am | Dance & Music Studio: 2nd Floor
***Does not meet the 3rd Tues. of the month**

EVERGREEN TRAVEL 2024

Alaska and the Yukon (Aug. 21-Sept. 1) \$4,810 pp/dbl
Britain (Sept. 21-Oct. 2) \$4,885 pp/dbl ***Waitlist**

CHECK BACK NEXT MONTH FOR MORE TRIPS!

PLEASE NOTE: It is important to reserve your space early! We will not be offering coach tours at this time. More info can be found on the bulletin board by the stairs or contact: Michelle Zavala: 616-796-2562 or michelle@ibgtravel.com.

TECHNOLOGY

TECH WEDNESDAY

Bring your devices, passwords and questions, and volunteer Ray Crockford will do his best to assist you. No registration needed. This free service is available to Evergreen Commons members only.

Wed. | April 3, 10, 17 | 9-11:30 am | Game Room | FREE



Exercise and Symptom Management for People Living with Parkinson's Disease

According to the Michigan Parkinson's Foundation Exercise is beneficial for general health and can assist in managing both motor and non-motor symptoms of Parkinson's disease. For those with Parkinson's, exercise has been shown to:

Slow the progression of Parkinson's disease

- Decrease pain
- Improve sleep, mood, and memory
- Prolong independent mobility
- Boost activity that keeps brain cells healthy

The best exercise for Parkinson's is care-team approved, gets your body moving, is safe for you, and one that you enjoy so you'll stick with it. Aerobic activity, strength training, balance training, agility, multitasking, and stretching are all great options with unique benefits.

Evergreen offers a variety of fitness opportunities, taught by trained and certified dance and fitness professionals, to accommodate most stages of PD.

Evergreen Commons Parkinson's Exercise Programming – See page 10 for more information:

- Parkinson's Wellness Recovery (PWR)! Moves
 - PWR! Chair – Low/Moderate Intensity
 - PWR! Circuit – Moderate Intensity
- Pedaling for Parkinson's Cycling Program – Moderate/High Intensity
- Moving with Parkinson's Dance Exercise – Low/Moderate Intensity
- Vocalize Speech Training – Low Intensity
- Brains & Bodies ZOOM – Low Intensity (page 11)
- Parkinson's Specific Personal Training (page 8)
- Mobility Matters Balance Training (page 8)
- Cardio Wall – Low/ Moderate/ High Intensity Options (see fitness staff for assistance)

Evergreen Commons Care and Support – See pages 14 & 15 for more information:

- Monthly Parkinson's Support Group
- Calvin University Speech Pathology Partnership (call 616-355-5114)
- Program for Encouraging Active and Rewarding Lives (PEARLS)
- Resource Office (616-355-5118)
- Day Center (616-355-5130)



The Day Center of Evergreen Commons provides a social-health maintenance model adult day services program to individuals living with age related care needs, such as dementia and cognitive decline, frail health impacted by disease progression, depression and social isolation and/or the need for supervision. Caregiver support, respite and education services are provided through the program staff, as well as provision of community resources and referrals.

For more information, contact our Resource Office at 616-355-5118 or go to evergreencommons.org/daycenter

Physical Wellness



Registration is easy and is required for most activities.

Options to register:

1. **Online Member Portal**
2. **Call** 616-396-7100
3. **Email** branderj@evergreencommons.org
4. **Sign up** when you arrive, however, space may be limited in some activities

Access: A fitness package or Silver Sneakers or Silver & Fit benefit is required for cardio strength equipment, pool, and/or all group fitness activities.

CARDIO + STRENGTH EQUIPMENT

Mon. – Thurs. Friday Saturday
6 am – 6 pm 6 am – 5 pm 8 am – 12 pm

Please check-in using the clipboard by the entrance to the equipment room. No reservation necessary. **REMINDER:** The Holland Hospital Physical Therapy Room/Equipment, located inside of the Training Center, is only available to Holland Hospital staff and their physical therapy patients. We appreciate your cooperation in this matter.

For additional assistance navigating the equipment, please join Zach Elders, Certified Therapeutic Recreation Specialist (CTRS), during the following times:

Monday 3:30-4:30 pm
Wednesday 2:00-3:00 pm Thursday 2:30-3:30 pm
Friday 2:00-3:00 pm

FITNESS ORIENTATION AVAILABLE

A 30-minute session centered around proper use of cardio and strength equipment, training center etiquette and proper equipment safety. Complimentary baseline fitness assessment included. Call or email Sydney Bolt at 616-355-5146 or bolts@evergreencommons.org to set up your appointment. **Cost: FREE!**

PATHWAYS TO BETTER HEALTH

Receive an enhanced fitness orientation, more personalized, to help you learn to use the exercise and training center as a tool to achieve better health despite any chronic conditions you may be experiencing. Meet with a trainer for a total of 6 sessions over 4 weeks to help you build your program. There are 5 pathways to better health to choose from:

- **Powering Through Parkinson's Disease** • **Strong Hearts**
- **Beating Diabetes** • **Better Bones** • **Joint Health**

To enroll or for more information contact Zach Elders at 616-320-3835 or eldersz@evergreencommons.org A doctor's release may be required.

Cost: \$49

PERSONAL TRAINING

Gain the strength and balance you need for the life you deserve! Our trainers will review your fitness regimen and get you started on the correct exercise program for YOU, focusing on YOUR strengths. Call one of our personal trainers today. **Fees apply.**

Marcie Gove 616-355-5127 **Bree Gruppen** 616-355-5102
Kevin Lankheet 616-355-5139 **Paige Mingerink** 616-355-5138
Amy Vande Poel 616-355-5114 **Tanya Eaton** 616-355-5103
Sydney Bolt 616-355-5146

PHYSICAL WELLNESS ASSESSMENTS

Sign up for any or all of the following comprehensive assessments to learn your strengths and weaknesses and walk away with more targeted fitness programming for better results. Contact Kevin Lankheet at 616-355-5139/KLankheet@evergreencommons.org for more information.

- **Fitness Assessment:** Aerobic capacity, muscular strength, flexibility, and balance & agility assessed for a more focused exercise routine.
- **Balance Assessment:** A series of balance tests, both dynamic & static under varying sensory conditions, to identify areas of balance deficit and fall risk.
- **Posture Assessment:** Overall body alignment examined and correction strategies provided to improve function and decrease pain

COST: \$30 per assessment

PARKINSON'S SPECIFIC PERSONAL TRAINING

A Parkinson's-specific 1-on-1 training program that integrates PD-specific functional skill training into a multi-component training program to keep you doing what you love and target rigidity, bradykinesia, incoordination, and reduced self-awareness. Improve your fitness (aerobic, flexibility, strength, balance, agility), reduce PD symptoms, and improve mobility and function. Interested? Contact Marcie Gove at 616-355-5127, Paige Mingerink at 616-355-5138, Sydney Bolt at 616-355-5146, or Bree Gruppen at 616-355-5102.

MOBILITY MATTERS PERSONALIZED BALANCE TRAINING

A personalized balance assessment and exercise program to improve function, prevent falls, and move with confidence. The only program of its kind in West Michigan! Contact a personal trainer from the list below today!

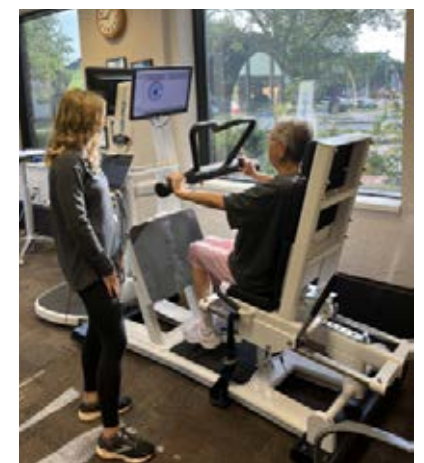
Marcie Gove 616-355-5127 **Bree Gruppen** 616-355-5102
Sydney Bolt 616-355-5146 **Paige Mingerink** 616-355-5138

Cost: \$79

(includes balance assessment and 3 half-hour training sessions)

BIODENSITY

bioDensity is a supervised, non-pharmacological approach to safely and comfortably counteract the effects of aging, osteoporosis, and osteopenia. It has also been shown to lower A1c levels in Type II diabetics. The state-of-the-art technology behind the bioDensity machine elicits results faster and more effectively than traditional resistance exercises and only requires one 15-min. session per week. For all levels of fitness.



Call Sydney Bolt at 616-355-5146 or bolts@evergreencommons.org to schedule an appointment.

6 Sessions | \$30 or SAVE with 36 sessions | \$150

MASSAGE THERAPY

Appointments go extremely quickly. Members should call Member Services directly for openings.

Cancellation Policy: If you need to reschedule or cancel an appointment, for reasons other than illness, we require a minimum of 24 hours-notice or you will not be refunded. For cancellations, please call the office at 616-355-5120. Cancellations made via email are not accepted. Sign up using your Member Login account/Fitness Programs or call 616-355-5121.

Tuesday Appointment Times (50 min.):
1 pm | 2:10 pm | 3:15 pm

Friday Appointment Times (50 min.):
9 am | 10:20 am | 11:40 am | 1 pm | 2:00 pm

Cost: \$50 | Teachers' Lounge: 2nd Floor
Evergreen Commons Membership Required.



Physical Wellness



AQUATIC – POOL

Please be courteous to your fellow aquatic exercisers and adhere to the following guidelines:

- **Cancellation Policy:** If you need to cancel your lap swim or class reservation, we require a minimum of 1 hour-notice so waitlist participants can be notified. Failure to do so could result in a no-show fee being assessed and/or termination of future reservations. Cancellations can be made via your online member portal or call 616-355-5120 (M-F 8:00am - 4:00pm). Early mornings and Saturdays please call 616-355-5145. Cancellations made via email are not accepted.
- A soap shower is required prior to entering or re-entering the pool or spa.
- Reservations are required for lap swim. One lane available, maximum of 2 swimmers per time slot.
- Reservations are encouraged for aquatic classes. Those without a reservation, or arriving late will only be permitted into class if space is available, please check-in with the instructor prior to entering the pool.
- The spa is closed during aquatic classes.
- Promptly exit the pool area when the next class begins.
- Towel service available, one towel per person please. If more than one towel is needed please bring your own additional towels.

LAP SWIM RESERVATION TIMES

Half-hour time slots are available during the times below. (exception – 1st time slot of the day is 45 min.)

Mon. & Wed.	Tues. & Thurs.	Fri.	Sat.
6:15-8 am	6:15-8 am	6:15-8 am	8:15-11:30 am
10 am-1 pm	11 am-1 pm	10 am-4:30 pm	
3-5:30 pm	3-5:30 pm		

WATER WALKING TIMES Water walking is available during any of the times below. No reservation necessary.

Mon. & Wed.	Tues. & Thurs.	Fri.	Sat.
6-8 am	6-8 am	6-8 am	8-11:30 am
10 am-1 pm	11 am-1 pm	10 am-4:30 pm	
3-5:30 pm	3-5:30 pm		

WATER-WORKS

A shallow-water, moderate-intensity workout.

Mon., Tues., Wed., Thurs., & Fri. | 8:05-8:50 am

Mon., Tues., Wed., Thurs., & Fri. | 9:05-9:50 am

Tues. & Thurs. | 10:05-10:50 am

Mon., Tues., Wed., & Thurs. | 1:05-1:50 pm

AQUA COMBO

Water walking and low-intensity endurance and muscle conditioning activities make this a great class for anyone with arthritis or other joint issues.

Mon. | 2:05-2:50 pm

ARTHRITIS FOUNDATION AQUATIC PROGRAM

Gentle range-of-motion exercises to reduce joint pain.

Tues. & Thurs. | 2:05-2:50 pm

GROUP FITNESS ACTIVITIES

MIND & BODY

PILATES YOGA BLEND

Designed to shape you from head to toe. Easy on the joints, yet delivers strength, balance, agility, and flexibility in one unique workout.

Wed. | 8-8:45 am | Auditorium | Bring a mat

YOGA STRETCH

A gentle class that combines breathwork and yoga stretches.

Thurs. | 10:15-11 am | Auditorium | Bring a mat

YOGA

Improve your strength, flexibility, and balance through postures and poses.

Fri. | 8-8:45 am | Auditorium | Bring a mat

YOGA BASICS

This class is ideal for beginners or those seeking gentler practice.

Tues. & Thurs. | 12-12:45 pm | Seminar Room

SIMPLY STRETCH

Various stretching techniques to leave you rested and relaxed.

Thurs. | 3:15-4 pm | Seminar Room | Bring a mat

PILATES

Core exercises designed to work the abs, glutes, back, and hips.

Mon. | 8-8:45 am | Auditorium | Bring a mat

GROUP CYCLING

CYCLE CORE

Cardiovascular training on the bike plus off-the-bike core work and stretching for a stronger, more balanced body.

Thurs. | 9:15-10:00 am | Auditorium

S3: SPIN, STRENGTH & STRETCH

A cardio, strength, and stretch fusion.

Tues. | 10:15-11 am | Auditorium

SPIN

A vigorous cardio program using a stationary cycle

Mon., Wed., & Fri. | 7-7:45 am | Auditorium

Physical Wellness



GROUP FITNESS ACTIVITIES

CHAIR-ASSISTED

CHAIR YOGA

A gentle and accessible approach to yoga with a chair for support.

Mon. | 12-12:45pm & 1-1:45pm | Seminar Room
Thurs. | 11:15am-12pm & 2-2:45pm | Seminar Room

CHAIR EXERCISE

Well-balanced, gentle exercises provide a fantastic fitness base.

Mon., Wed., Fri. | 10:15-11am | Seminar Room

DRUM LINE

Seated or standing, discover the drummer in you!

Tues. & Fri. | 1-1:45pm | Seminar Room
Wed. | 11:15am-12pm | Seminar Room

PARKINSON'S SPECIFIC PROGRAMS

The following classes are ideal for those with Parkinson's Disease or other neurological conditions.

PEDALING FOR PARKINSON'S SPIN

A group cycling class utilizing PFP protocols.

Tues. & Thurs. | 8-9am | Auditorium
Fri. | 10:10-11:10am | Auditorium

MOVING WITH PARKINSON'S

Embrace the therapeutic power of dance! Express movement in creative and fun ways in partnership with the Grand Rapids Ballet School.

Wed. & Fri. | Jan. 10 - May 24 (No Class April 3 & 5) | 12:15-1pm
Dance & Music Studio: 2nd Floor

PWR! Moves Chair – Parkinson's Exercise

Chair exercises that are designed to improve your fitness, counteract your PD symptoms and increase your daily activity.

Tues. & Thurs. | 10:00-10:45am | Seminar Room

PWR! MOVES CIRCUIT - Parkinson's Exercise

Circuit style exercises that are designed to improve your fitness, counteract your PD symptoms and increase your daily activity.

Mon. & Wed. | 10:15-11am | Auditorium
Fri. | 11:15am-12pm | Auditorium

MoCA Cognitive Screenings

Early detection makes a difference. Cognition can change as you age. As a part proactive brain health, it is important to measure

or screen for changes in brain function. Research has shown that early detection of mild cognitive impairment may alter the rate of progression to dementia. The MoCA screening is a quick, adaptable test that can be administered to determine if there are areas of cognition that are changing as you age. The results are immediate and can be easily interpreted or shared with healthcare providers to explore options for memory enhancement and care.

Our MoCA certified staff can administer and discuss the screening with you. Appointments can be scheduled through Member Services at 616-396-7100

\$25/screening



VOCALIZE

This class will focus on improving speech volume, word articulation, facial expressions, and conversational flow.

Wed. | 11:15am-12pm | Study Hall: 2nd Floor

CARDIO & STRENGTH

ZUMBA GOLD

A fun, easy, Latin-inspired fitness dance class

Tues. | 9:15-10am | Auditorium
Fri. | 10:15-11am | Auditorium

CORE & MORE

Focus on strengthening the abs, glutes, lower back, hips, and shoulders

Tues. | 2:15-3pm | Seminar Room | Bring a mat

STRENGTH CIRCUIT

Build and sculpt muscles.

Tues. & Thurs. | 8:15-9am | Auditorium | Bring a mat

ENHANCE FITNESS

Low-impact aerobics, strength, balance, and mobility exercises. Funding for this service is provided in part through the Older Americans Act, The Bureau of Aging, Community Living, and Supports, and Senior Resources of West Michigan.



Senior Resources Grant Funded April 1 - June 28
Mon., Wed., Fri. | 9-10-am | Auditorium

FITNESS PROGRAMS

ARTHRITIS FOUNDATION EXERCISE PROGRAM

This program is a low-impact physical activity program proven to reduce pain and decrease stiffness. The routines include gentle range of motion exercises that are suitable for every fitness level, standing or seated. Start any time! Funding for this service is provided in part through the Older Americans Act, The Bureau of Aging, Community Living, and Supports, and Senior Resources of West Michigan.



Tues. & Thurs. | March 5 - April 25 | 11:00-11:45am | Seminar Room
Senior Resources Grant Funded
Suggested Donation: \$10 Member | \$15 Nonmember

YANG STYLE TAI CHI PRACTICE

Come practice with other members familiar with the Yang Style Tai Chi format. No formal instruction provided.

Mon. | April 1 - 29 | 1:00-1:45pm
Dance and Music Studio: 2nd Floor
Evergreen Commons Membership Required

TULIP TIME 5K CONDITIONING

March 4 – May 2, Evergreen Commons members can join Personal Trainer, Sydney Bolt every Monday and/or Thursday to prepare for the Tulip Time 5K Walk/Run on Saturday, May 4. If you're not participating in the 5K you can still condition with us in support of those entered in the event! This will be an outdoor program so dress for the weather.

- **Mondays 2:15pm – Evergreen Commons Entrance A**
- **Thursdays 10:15am – Evergreen Commons Entrance A**

Sign up at Member Services or via your online member portal – no fee!

PFIlates FOR PEOPLE WITH PARKINSON'S DISEASE

A special session intended for people with Parkinson's disease, or other neurological disorders. Created by Dr. Bruce Crawford, Uro-Gynecologist, Pfilates was designed to provide a widely accessible method of recovering or enhancing pelvic floor strength. This program uses the principles of plyometrics and the control of Pilates to increase pelvic floor activity by up to 10x a standard Kegel exercise. Basic fitness and mat Pilate's movements have been selected based upon research, and the program is simple and



Physical Wellness



Registration is easy and is required for most activities.

Options to register:

1. **Online Member Portal**
2. **Call** 616-396-7100
3. **Email** branderj@evergreencommons.org
4. **Sign up** when you arrive, however, space may be limited in some activities

Access: A fitness package or Silver Sneakers or Silver & Fit benefit is required for cardio strength equipment, pool, and/or all group fitness activities.

easy to follow, requiring less than 10 minutes a day. Seated and standing modifications are provided for all floor exercises. So, if you are experiencing incontinence, bladder/bowel weakness, pelvic organ prolapse, or over-active bladder this program is for you!

Initial Session

Wednesday, April 10 from 9:00-11:00am / Study Hall

Remaining Sessions

Wednesday & Friday | 9:15-9:45am | April 12 - May 2 | Seminar Room

Cost: \$39 - Evergreen Commons Membership Required

ZOOM BRAINS & BODIES

A chair-assisted, virtual fitness program designed for those with Parkinson's disease, arthritis, or other age-related chronic conditions, that focuses on enhancing functional mobility, strength, memory, and cognition. Join any time!

Tues. & Thurs. | March 5 - April 25 | 11:15am-12:00pm

ZOOM | Cost \$10 | Invitation for all class dates will be emailed. Evergreen Commons Membership Required.

RECREATIONS

EVERGREEN COMMONS GOLF LEAGUE

Hurray! It's almost golf season, and we would love to have you join the Evergreen Commons Golf League. Women and men of all skill levels are welcome! Prices for the Winding Creek 2024 season are \$12.00 for walking or \$22.00 for riding 9 holes (league play only). Carts are not mandatory; but they are encouraged to enhance the pace of play. You will receive a weekly email with your group and scheduled tee time. All players must sign in at least 15 minutes prior to their scheduled tee time. Tee times will start at 8:32am with 8-minute intervals between groups. We'll finish the season with a lunch celebration on August 26, 2024. Register online via your member portal or call Member Services at 616-355-5120 where you can also pick up a copy of the 2024 Golf Guidelines. Questions? Call Zach Elders at 616-320-3835, eldersz@evergreencommons.org.



Mondays | May 6 - August 26 | Tee times begin at 8:32am

Evergreen Commons Registration Fee: \$20 (Evergreen Commons Membership Required)

Location: Winding Creek Golf Club 4514 E. Ottogan Street, Holland MI 49423

PICKLEBALL

All Evergreen Commons members welcome! Demo paddles available for those new to the game, experienced players please bring your own paddles. Balls are provided. Upon arrival check-in at one of our entrance desks and also be sure to sign in for play on the Pickleball Player sheet once you arrive in the Auditorium. A pickleball package is required for play and can be purchased at Member Services or call 616-355-5120.



For pickleball schedule details please pick up a Daily Fitness/Enrichment schedule at Member Services or call Zach at 616-320-3835 for more information. Beginner/Novice Lessons available on Monday from 12:45-2:30 pm & Wednesday from 12:45-1:45 pm. 2 free trial lessons, no appointment necessary.

Please Note: Intermittently, the Auditorium will be unavailable for play due to holidays, events, and maintenance. No refunds will be issued in these instances.

Cost: Monthly Electronic Funds Transfer \$13.50 | Unlimited Play Evergreen Commons Membership Required.

TABLE TENNIS

Doubles play is available to Evergreen Commons Members. No registration required.

Mon. & Fri. | 10 am - 12 pm | Dance & Music Studio: 2nd Floor

Wed. | 1:15-3:15 pm | Dance & Music Studio: 2nd Floor

BILLIARDS

Available to Evergreen Commons members during daily hours of operation. No reservations are required.

STRIDERS

Intentional walking for older adults! Questions? Contact Sydney at 616-355-5146.

APRIL WEEKLY WALKS

Mon. | 9:30am | Evergreen Commons, Entrance A

Wed. | 9:30am | Civic Center (front of building)

Fri. April 5 | 9:30am | Evergreen Commons, Entrance A

Fri. April 12, 19, 26 | 9:30am | South Side Inn

SATURDAY TREK

April 20 | 10 am | Benjamin's Hope 15468 Riley Street Holland



Tulip Time Lunch & Dance

Volunteers Needed! Opportunities Include

Wait Staff

Buffet Servers

Lunch Greeters

Bus Parking Attendants

Tour Guides

Coffee Shop

Please scan the QR Code below if interested in helping.



If you need help with the QR code or more information please see the Volunteer Coordinator Chrishia Carter

Moving with Parkinson's

PEDALING FOR PARKINSON'S

Pedaling for Parkinson's (PFP) is an exercise program designed by Dr. Jay Alberts, a biomedical engineer with the esteemed Cleveland Clinic, and an avid cyclist. On two separate occasions, he partnered with someone who had Parkinson's disease (PD) for a long ride using a tandem bike. In each instance, the Person with Parkinson's (PwP), saw significant improvements in their symptoms after the ride. His curiosity piqued, Dr. Alberts did further studies which showed that there was a 35% decrease in PD symptoms when a specific protocol was followed.

THE IMPROVEMENTS WERE IN:

- Gait and balance
- Tremors and rigidity
- Energy and stamina
- Cognitive functioning and more....

Dr. Albert's research found that rapid leg movements are the key to reducing PD symptoms. The combination of "forcing" or assisting

patients to move their legs faster than they would on their own was significant to reducing the severity of symptoms. The rider follows a specific exercise regime on either a solo stationary bike or a stationary tandem exercise bicycle with a co-rider ("captain") helping maintain the required pedaling speed, intensity, and duration.

It is important to note that this exercise regime is not a cure but provides the PwP a significant reduction in their symptoms.

Evergreen Commons has been a proud provider of the "Pedaling For Parkinson's" program since 2013. For more information on the program and

how to get started please contact Sydney Bolt at 616-355-5146, Bolts@evergreencommons.org.

Evergreen Commons also encourages you, your friends, and/or family to attend our Bikes, Beats, and Brews event on April 11 to celebrate the power of exercise, and more specifically, cycling, as an effective means of symptom management for PwP! Show your support for those living with PD and sign up today, see page 3 for event details. The event is open to the public.



WHAT IS A QCD?

What is a QCD and why is it important?

A Qualified Charitable Distribution (QCD) is a strategy utilized within a Retirement Minimum Distribution (RMD) for charitable giving. It allows individuals aged 70½ or older to donate up to \$100,000 annually from your Individual Retirement Account (IRA) directly to Evergreen Commons without incurring taxable income on the distribution.



The QCD counts towards satisfying the RMD requirement, which mandates minimum withdrawals from retirement accounts.

By making charitable contributions through a QCD (instead of from your regular income), you can potentially reduce your taxable income, thus lowering their overall tax burden. This method is particularly advantageous for individuals who don't itemize deductions, as the QCD effectively allows you to benefit from the charitable donation without needing to itemize deductions on their tax return.

Additionally, QCDs can be a tax-efficient way to support Evergreen Commons for members who have more than enough income to meet their living expenses. Instead of taking the RMD as taxable income and then donating to charities separately, a QCD allows retirees to directly transfer funds from their IRA to the charity, potentially resulting in lower taxable income and a reduced tax liability.

QCD giving has helped Evergreen Commons in many ways-annual fund, special projects such as new spin bikes and Tovertafel, and scholarships for deserving members. Questions? Contact Mark DeWitt-Chief Advancement Officer. (616) 403-5334 or dewittm@evergreencommons.org

Moving with Parkinson's

EMBRACE THE THERAPEUTIC POWER OF DANCE

Since 2017 Evergreen Commons and The Grand Rapids Ballet School have partnered to offer "Moving with Parkinson's", a program based in dance therapy. This program is unique in that it offers both the person with Parkinson's disease and the care partner an activity to participate in together focusing on enjoyment of movement and music.

Parkinson's disease (PD) is a neurological condition that causes tremor, rigidity, and slowness of movement, among other things. It affects approximately 1 million people in the U.S. While there is no cure for PD, Evergreen Commons has a strong programmatic focus on care, helping people with PD, and other movement disorders, to improve mobility and functionality while remaining socially engaged.

The Moving with Parkinson's program is led by Grand Rapids Ballet School Director Attila Mosolygo, and all participants are referred to as dancers. What makes the program so special is that it offers a creative outlet and attempts to change the dancers' perception of what

movement is and the intention behind the movement. According to Attila, by changing the intention behind the movement, the dancer's movement changes.



Moving with Parkinson's supports the idea that people with PD can benefit from the insight, technique, and methods used by dancers to guide their bodies and minds. This program strives to increase coordination, balance, flexibility, and strength through music and movement.

Exercise is an important tool to help people with Parkinson's manage their symptoms and improve the quality of their lives. Evergreen Commons' partnership with the Grand Rapids Ballet School embraces their belief in the therapeutic power of dance and provides a great opportunity for fun, joyful movement designed to enhance the well-being of all participants. This class is appropriate for people with PD or other neurological conditions and care partners. Come and dance along with us on

Wednesdays and Fridays from 12:15-1:00pm at Evergreen Commons! Call 616-355-5120 for more information.

Fireside Chat with Dr. Jill



A CONVERSATION WITH DR. JON AND KATHY KROEZE

Ten years ago, Dr. Jon and Kathy Kroeze were on a Spring Break trip with their children Kari, Danny, and Sara. Dr. Jon- a Primary Care Physician in Holland for over 30 years- serves at Lakewood Family Medicine. On this particular day, Dr. Jon and Kathy went on a walk. Dr. Jon walked ahead of her on the trail and she noticed something with Jon that wasn't quite right. As he walked, his left arm was not swinging. She went back to where they were staying and Googled 'left arm not swinging' recalls Kathy, "The answer that came up was Parkinson's." Around the same time, Jon began to have challenges with buttoning his shirt and doing his hair.

"At the office, using the computer keyboard began to be tricky," Jon remarked, "I did not know why the letter 'A' was always stuck." After getting a new keyboard, the same thing was happening.

It wasn't the keyboard.

An appointment with the neurologist and some tests confirmed Parkinson's Disease. While Jon and Kathy were relieved not to be faced with a brain tumor, the grief was palpable. "One of the first things we did was inform close friends and our small group from church. These friends have journeyed with us for many years," Jon reflected, "It was beneficial to have people praying for us and encouraging us. We also met new people who were living with Parkinson's Disease and that understood the diagnosis and gave us good advice." Jon's diagnosis came at 48 years of age. This diagnosis was considered Early Onset Parkinson's. "This is not what we had envisioned for the future." Kathy said. "We were committed to finding people who were traveling down the same road in order to encourage us and help us on this new journey." Jon recalled, "And, I was committed to do everything possible to slow

down the effects of Parkinson's."

The Kroezes started with an investigative drug trial at Rush University in Chicago. Unfortunately, the three-year trial was unsuccessful. Jon met with Dr. Coleman, a Movement Disorder Specialist in Grand Rapids. Jon started biking. "Biking was good, but I needed to use my arms; I had to get that left arm moving," Jon recalled. He started Rock Steady Boxing and then Covid closed down the program. After programs resumed, Jon started playing more tennis.

This was the activity he enjoyed the most. Jon also participated in the Big and Loud Program a movement program that encourages taking big steps in order to strengthen and stretch. The Loud class helped Jon's softer voice become stronger. "With Parkinson's Disease, a lot of things seem to diminish, like my gait. I no longer take walking for granted. Now, I have to concentrate on heel-toe, heel-toe and tell myself to stop shuffling."

Dr. Coleman worked with Jon to find the balance of helpful medicine to loosen muscles, take bigger strides, and lessen the anxiety associated with Parkinson's. Jon said, "Exercise and the brain are so key. I'm stronger emotionally not only because of exercise, but because of the people I choose to surround myself with." Doing life with others is a gift. "We're on a journey, and we travel in the company of people who walk beside us, and care deeply for us," Kathy reflected, "we are grateful." If you don't find Dr. Jon at Lakewood Family Medicine, you'll find him playing tennis on two travel teams.

Thank you, Dr. Jon and Kathy.



Take a Next Step. Lunch & Learn with Dr. Jon and Kathy. Hear more about their journey. You won't want to miss. (April 18, 11:45am-1:00pm, \$10, RSVP)

NATHAN BOCKS - LUNCH & LEARN

Please join Evergreen Commons for Lunch and Learn on **April 10, from 11:45 am to 1:00 p.m.**, featuring Nathan Bocks, attorney-Central Park Law, and Karen Kempker, Evolve Organizing Solutions. **Our panelists will share insights on estate and transition planning.**



PD - KNOW THE STAGES



Parkinson's History

THE FOCUS ON PROGRAMMING

Did you know that Evergreen Commons started with offering one Parkinson's class that met twice a week? Lately, our Parkinson's programming has been booming and we have been growing exponentially. To accommodate this growth, we now offer **5 Parkinson's specific classes** that vary in difficulty and style which gives participants the choice of **11 classes per week to attend**. Evergreen Commons also offers a **monthly support group** where those who have Parkinson's can connect with others with Parkinson's disease (PD) to share their experiences, ask questions, and give support to one another. It's also a place for family members and friends to come learn about what their loved ones are experiencing and ways they can help.

Through this growth, we now have **4 certified Fitness instructors** in an accredited exercise program by the Parkinson's Foundation; Parkinson's Wellness Recovery (PWR). PWR was created by Dr. Becky Farley PhD, MS, PT, who implemented 4 basic PWR!Moves that target various aspects of PD that are known to lose mobility and function. These movements can be practiced seated, standing, kneeling,



lying on the stomach, and lying on the back. Each of these positions can be made progressively more physically and cognitively challenging. The exercises learned in class help foster the functional movements needed for activities of daily living, hobbies, and recreational activities.

We know that exercise is important for everyone. But for those living with PD, exercise can be considered a form of medicine. In a study done by the Parkinson's Foundation: The Parkinson's Outcomes Project, researchers found that people with PD who start exercising earlier in their disease journey for a minimum of 2.5 hours per week experience a slowed decline in quality of life compared to those who start later. Engaging in exercise at any level is beneficial and can improve strength, endurance, gait and balance, cognitive function, flexibility, posture, motor coordination, and quality of sleep. Exercising at one of the classes offered at Evergreen

Commons also brings people together for social wellness. Exercising in a group can decrease social isolation and depression, increase mood, sense of community, and empowerment.

To learn more, contact Amy VandePoel, Director of Physical Wellness, at 616-355-5114 or email vandepoela@evergreencommons.org



HEART-HEALTHY HABITS



Improving heart health involves making conscious choices to reduce risk factors and adopt heart-healthy habits. Here are some ways to improve your heart health:

- **Eat a Balanced Diet:** Consume a diet rich in fruits, vegetables, whole grains, lean proteins, and low-fat dairy products. Limit saturated and trans fats, sodium, and added sugars.
- **Exercise Regularly:** Engage in physical activity for at least 150 minutes per week. Activities like walking, cycling, and swimming can help improve cardiovascular fitness.
- **Quit Smoking:** If you smoke, seek support to quit smoking. Smoking is a major risk factor for heart disease.
- **Manage Stress:** Practice stress-reduction techniques such as mindfulness, meditation, or yoga to reduce the impact of stress on your heart.
- **Monitor Blood Pressure:** Check your blood pressure regularly and work with your healthcare provider to manage it within a healthy range.
- **Control Cholesterol:** Maintain healthy cholesterol levels by following a heart-healthy diet and, if necessary, taking prescribed medications.
- **Maintain a Healthy Weight:** Achieve and maintain a healthy weight through a combination of balanced eating and regular physical activity.
- **Limit Alcohol Consumption:** If you drink alcohol, do so in moderation. Excessive alcohol consumption can contribute to heart problems.
- **Get Adequate Sleep:** Aim for 7-9 hours of quality sleep per night to support heart health.

If you have graduated from cardiac rehab, or are looking to enhance your cardiovascular health, consider joining our Stronger Hearts Pathway to Better Health Program for only \$49. You will receive an enhanced fitness orientation, more personalized, to help you learn to how use the fitness center as a tool to achieve improved heart health. Meet with a trainer for a total of 6 sessions over 4 weeks to help you build your program. To enroll or for more information contact Zach Elders 616-320-3835 email elderz@evergreencommons.org. A doctor's release may be required.

SCAM STATISTICS

- In the US, **one in ten adults will fall victim to a scam** or fraud every year.
- Around **50% of people contacted by a scammer engage with them** – 23% of them lose money.
- Every month around **1.5 million new phishing sites** are set up.
- **83 Million Facebook accounts are fake.**
- **Older Americans lose an estimated \$2.9 billion** a year from scamming.
- **More than 2.4 million Americans are targeted** by people pretending to be from the IRS each year.
- **1 in 5 scam complaints come from someone over 65.**

Source: Marija Lazic, LegalJobs, BBB Fraud Seminar

PEARLS PROGRAM



We have a new mental health wellness program at Evergreen Commons! The Program to Encourage Active, Rewarding Lives (PEARLS) is an evidenced-based program for late-life depression. PEARLS is designed to reduce symptoms of depression and improve health related quality of life by educating participants about what depression is (and is not) while focusing on skill development for self-sufficiency and more active lives. Our professionally trained coaches are clinically supervised and will focus on helping you develop the skills you need to maintain your health, happiness, and independence. PEARLS is a program that has been Grant Funded by The Community Foundation of the Holland/Zeeland Area (CFHZ). Please contact Resources Services or one of our coaches today to see if PEARLS is the right fit for you.

Cost: \$200 (8 Sessions) | Scholarships Available

- Resource Office 616-355-5118
- Tanya Eaton 616-355-5103, eatont@evergreencommons.org
- Zach Elders 616-320-3835, eldersz@evergreencommons.org
- Bree Gruppen 616-355-5102, gruppenb@evergreencommons.org
- Nicole Geurink 616-355-5142, geurinkn@evergreencommons.org

RESOURCES FOR CAREGIVERS

EVERGREEN COMMONS CAREGIVER SUPPORT GROUPS

Questions? Contact Alyssa Langejans: 616-355-5153
langejansa@evergreencommons.org.

- Every 2nd Tuesday of the month | 12:30 pm
The Day Center (55 W. 16th Street, Holland)
- Every 2nd Thursday of the month | 3 pm
Christ Memorial Church (in the Green Room)
- Every 3rd Wednesday of the month | 3 pm
Fennville United Methodist Church
- Every 4th Tuesday of the month | 12:30 pm
The Day Center (55 W. 16th Street, Holland)
- Every 4th Tuesday of the month | 3 pm
Fellowship Church (Room 104)

RESOURCE OFFICE

We are here to help with issues impacting older adults including financial, health insurance, medical equipment, assisted living and other housing, caregiver assistance, low-cost food provisions, and much more. As the community's most extensive resource for older adults, we'll explain options to maintain independence and access a variety of support. The office is located on the main floor next to the game room! Please contact the Resource Office for more information at 616-355-5118 or resources@evergreencommons.org.

Mon. | 10 am-2:30 pm

Tues. – Thurs. | 9:30 am-2:30 pm

STRESS BUSTERS

Mondays - May 13-July 22
1:00-3:00pm



Stress-Busters Program for Family Caregivers

An evidence-based program that provides support to caregivers or persons with dementia or chronic illness. It is proven to improve the quality of life for caregivers and helps caregivers manage their stress and cope better with their lives. You will learn about stress and its effects, stress management, and develop problem-solving skills. Classes are free and sponsored by our local area agencies on aging. Donations are welcomed.



Registration can be done via email
langejansa@evergreencommons.org
or call (616) 355-5153.

Care & Support



HEARING & HEARING AID CLINIC

Beltone Hearing Centers will be at Evergreen Commons to administer hearing screenings, clean and check hearing aids, check ears for wax blockage, and assess general ear health.

**2nd Wed. each month | 1-3 pm | Teachers' Lounge: 2nd Floor
FREE | No appointment needed**

PARKINSON'S SUPPORT GROUP

Sign up required this month

April's Parkinson's Support Group will be held at **Renew Therapeutic Riding Center on Monday, April 15th from 2pm-4pm**. During this 2-hour meeting, participants will learn and experience the emotional power of partnership with horses. Spend time learning about horses, their tack, their emotions, and much more. A Certified Therapeutic Riding Instructor (CTRI) will join us as participants are able to engage in hands-on activities with the horses. Research suggests Equine-Assisted Services have been able help individuals with Parkinson's Disease improve their vocalization skills, gait, balance, mood, and overall quality of life! This is an unmounted experience and mobility aids are welcome! We are so excited for this opportunity! Space is limited to 25 people, caregivers are encouraged to sign up as well. Transportation is not provided. Call Member Services at 616-355-5120 to reserve your spot!

Sign Up Required - Space limited to 25 participants

Evergreen Commons Membership Required

Monday | April 15 | 2:00-4:00pm | Renew Therapeutic Riding Center, 5080 146th Ave, Holland MI, 49423

SAVVY CAREGIVER TRAINING

Savvy Caregiver/Discerning Dementia. This free 6-week class teaches participants a unique perspective on dementia, highlighting the functional aspects of the disease and concentrating on the abilities of the person with dementia. To register contact Caregiver Support Coordinator at (616)355-5153 or langejansa@evergreencommons.org. Funding for this service is provided in part through the Older Americans Act, ACLS Bureau, and Senior Resources of West Michigan. Donations are welcomed.



**Tues. | April 2nd – May 7th | 2:30 am - 4:00 am
The Day Center, 55 W. 16th St., Holland | Cost: FREE**

OTTAWA COUNTY RESOURCES

INFORMATION SESSION

Tuesday, April 23rd @ 1p

Come to hear about services and resources:

- Senior Resources -Area Agency on Aging
- Community Action House and Food Club
 - MAX -Macatawa Area Express

Topics include: Food Assistance, Financial Wellness, Public transportation, Community based services, and more!

**Evergreen Commons | Dance & Music Studio
480 State Street, Holland MI**

Please register by calling 616-396-7100
or by email evergreen@evergreencommons.org



April Menu

Our Dining Room is open to serve you for lunch!

Gather around the table to enjoy an entree of the day, a hot bowl of soup, salad, or sandwich with friends.

**COFFEE SHOP HOURS: Monday-Thursday | 8 am-2:30 pm
Friday | 8 am-2:00 pm**

DINING ROOM HOURS: Monday-Friday | 11 am-1 pm

All Entrees: \$7.50

Soup of the Month

**Italian Wedding
\$3.25 Bowl / \$2.25 Cup**



Monday, April 1 - Gyro Pita with Tomatoes, Onions, and Feta with Tomato Cucumber Salad

Tuesday, April 2 - Chicken Kabobs with Rice Pilaf

Wednesday, April 3 - Chicken Pot Pie with Baby Carrots

Thursday, April 4 - Spaghetti with Italian Sausage and Meatballs with Caesar Salad

Friday, April 5 - Pecan Crusted Salmon with Steamed Cauliflower and Broccoli

Monday, April 8 - Herb Crusted Pork Tenderloin with Mashed Potatoes and Green Beans

Tuesday, April 9 - Grilled Chicken with Cheese Ravioli in Tomato Basil Cream and Bread Stick

Wednesday, April 10 - Cheesy Broccoli Soup in a Bread Bowl with Baby Carrots

Thursday, April 11 - Beef Fajitas with Black Beans and Spanish Rice

Friday, April 12 - Pretzel Crusted Tilapia with Brussel Sprouts and Roasted Cauliflower

Monday, April 15 - Baked Potato Bar with Cut Fruit

Tuesday, April 16 - Apricot Glazed Pork Loin with Broccoli and Potato Wedges

Wednesday, April 17 - Cheeseburger Sliders with Curly Fries and Pickle

Thursday, April 18 - Grilled BBQ Chicken with Potato Salad and Baked Beans

Friday, April 19 - Meatloaf with Mashed Potatoes and Peas & Carrots

Monday, April 22* - Grilled Lime Chicken Tacos with Black Beans and Rice

Tuesday, April 23 - Turkey Bacon BLT on Country White with Baby Carrots and Chips

Wednesday, April 24 - Italian Style Sheet Pan Chicken and Veggies

Thursday, April 25 - Beef Stir Fry with Steamed Rice and Eggroll

Friday, April 26 - Swiss Chicken Casserole with Green Beans

Monday, April 29* - Taco Salad Bar

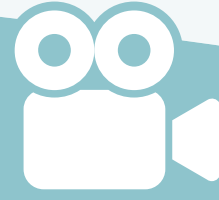
Tuesday, April 30 - Grilled Chicken Breast Sandwich with Super Salad

***See page 4 for our Dining Room Concerts!**

Wednesday Night at the Movies

Evergreen Commons members enjoy a FREE movie! Nonmembers are welcome with a suggested \$5 donation. Popcorn available for 50 cents a bag. No outside food or beverages allowed.

All movies shown with closed captioning. Registration encouraged and preferred.



Movies sponsored by:



Queen Bees

April 10 | 6 pm
1 hr. 40 min. | PG-13
Comedy/Drama

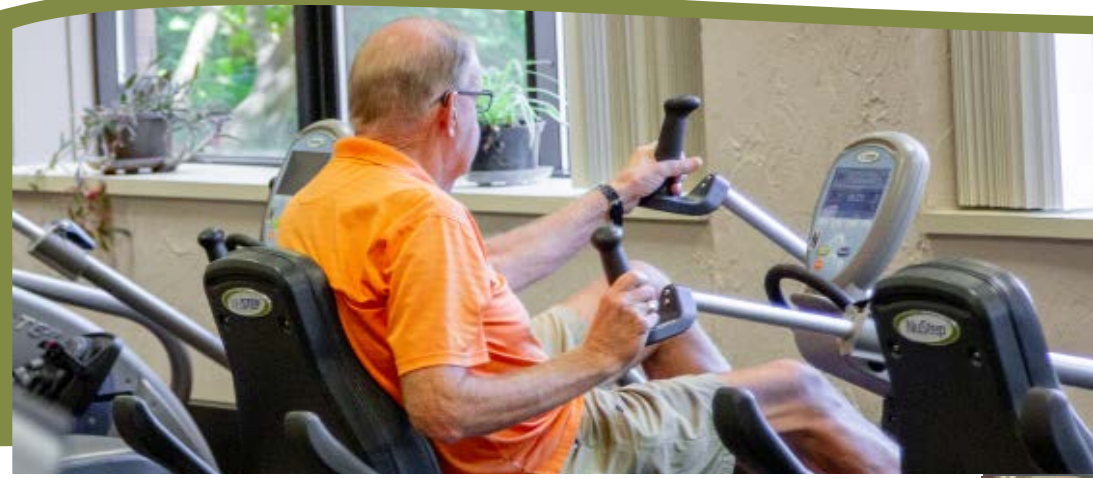
Led by an all-star cast including Jane Curtin, Ellen Burstyn, James Caan, Christopher Loyd, Ann Margaret and Lorreta Devine, *Queen Bees* tells the story of Helen, an independent widow who reluctantly moves into the Pine Grove Senior Community. She soon discovers that, just like high school, it is full of cliques and flirtatious suitors. What she initially avoids leads her to exactly what she has been missing: new friendships and a new chance for love.



The Boys in the Boat

April 24 | 6 pm
2 hrs. 3 min. | PG-13
Biography/Drama

The Boys in the Boat is an inspirational true story that follows a group of underdogs from the 1936 University of Washington rowing team at the height of the Great Depression. The team is thrust into the spotlight as they take on elite rivals from around the world while competing for gold at the Summer Olympics in Berlin.



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