

e:blast



EVERLASTING *Community Services*

March 2025 | Issue 5

Everlasting Community Services is the largest Brain Injury Assisted Living provider in Arizona.

Founded in 2006, Everlasting specializes in caring for residents living with traumatic and acquired brain injury. Our three valley locations focus on Rehabilitation, Compassion and Integrity through a wide array of enrichment and rehabilitative programs.



March is Brain Injury Awareness Month. Approximately 5.3 million Americans are living with permanent disability as a result of a brain injury. An acquired or traumatic brain injury often can't be predicted, but there is a lot we can do to increase awareness and enhance prevention efforts. Since 2006, Everlasting has been committed to enhancing the lives of individuals living with brain injury and increasing awareness within the valley and on a national level. Through volunteer efforts with the Brain Injury Association and other advocacy organizations, continued presence at educational conferences, reaching out to healthcare professionals, providing in-services, and developing strong relationships within our community - we hope to continue to build awareness and brighten the lives of brain injury survivors.

DAILY INDEPENDENT ARTICLE SERIES

We are pleased to have the support of the Daily Independent who will be running our special Four-Part Series each Monday in March (March 3rd, 10th, 17th, 24th). This *Special Feature* for Brain Injury Awareness Month highlights types of brain injury, injury prevention, resources for survivors and families, and quality of life after injury. Arizonans are fortunate to have great area resources, such as [BIAAZ](#) (Brain Injury Association of Arizona), [Barrow](#) and great neuro rehab facilities which help to improve outcomes after injury and enhance quality of life for survivors and their families. Our thanks to the Daily

Independent for helping us to bring awareness to their readers across the valley.

[Read 3.3.25 Newspaper Feature](#)

[Read 3.10.25 Newspaper Feature](#)

BRINGING AWARENESS - HOW CAN WE HELP YOU?

Everlasting takes its role in the brain injury community to heart. It's our goal to do all we can to not only provide exemplary care to our residents, but to increase awareness about living with brain injury and brain injury prevention.

We invite you to call us and let us know how we can help:

- Schedule a tour (ideal for family members, brain injury survivors, placement agents, worker's comp CM, SW, D/C planners, PT/OT/SLPs, personal injury attorneys, etc.)
- Provide an In-service at your locations or we'll host you at ours! (ideal for SW, CM, D/C planners, rehab nurses, PT, OT, SLP, etc.)
- Exhibit or speak at your event
- Assessment of a loved one for potential Everlasting placement

[Contact Us](#)

AHWATUKEE, GETTING INTO GARDENING!

Our residents have become quite the gardeners! Residents at Estrella Center (124 bed Assisted Living in the West Valley) planted seeds last month as highlighted in the February e:blast. Residents at our Ahwatukee home (10 male beds) are testing out their green thumbs and garden skills too! They've planned and built raised beds, preparing their flower gardens for the season. Great job, Ahwatukee!



THANK YOU SOCIAL WORKERS!

We hope you realize, during National Social Worker Week (March 3-7) and every day, the impact you have on our communities - changing the lives of students, families, seniors, and the most vulnerable among us. Everlasting is grateful for all you do!

LOOKING FOR GUEST SPEAKERS!

Hello Everlasting community! On January 31st we celebrated the opening of our Educational Pavilion. Since then, we've started our culinary gardens and have enjoyed classes and events that include "Planting the Seeds," art class, a wellness/cooking demonstration preparing hummus and a stretching/exercise class.

The purpose of the Pavilion is health and wellness through fitness, nutrition and therapies as well as classes that enrich the lives of our residents. If you are interested in volunteering to speak to our residents or host a small class for our residents, [please contact us](#). Topics might include:

- Meditation
- Stretching
- Crafting
- Nutrition
- Dental hygiene
- Support groups (stroke, brain injury, etc.)
- Music therapy or musical guest
- More

RUN, WALK AND ROLL

Team Everlasting is looking forward to participating in the annual Brain Injury Association of Arizona (BIAAZ) Run Walk and Roll event on March 22nd at Kiwanis Park in Tempe. To support BIAAZ or join the event, [click here](#). Stop by our booth and say hi while you are there!

HEART OF A VOLUNTEER

Every Wednesday, our dedicated team of volunteers heads out to St. Mary's Food Bank as they've done for years.



Pictured right: Markus helps keeps the line moving by breaking down boxes during his volunteer shift.



"I like helping the community."

Markus S.,
Volunteer

This month's featured **Heart of a Volunteer** is Markus S.

Markus has been volunteering with St. Mary's for several years. Along with volunteering, Markus participates in a vocational training program, learning skills in Everlasting's commercial-grade kitchen under the mentorship of our Dietary Manager, Chef Gustavo.

Markus is always willing to lend a hand around Everlasting, especially if he sees a resident in need or a staff member who is carrying something and can use a little help.

When asked why he volunteers at St. Mary's, Markus said he likes helping the community. He continued, "I like interacting with the people there. Jennifer, Jerome and Jerry are all really nice, Hannah too."

If anyone is considering volunteering but they are afraid to try or not sure if they will like it, Markus says "Don't be scared, go ahead and volunteer... you'll like it and they need your help!"

RESIDENTS OF THE MONTH



Lawrence "Larry"
Larry is our SCU Resident of the month. Larry was nominated because he is "always in a good mood, positive, and joking around with everyone." He works hard, participating in PT, walking and happily following through. Larry's got a smile for everyone, and some Beatles lyrics if you care to sing



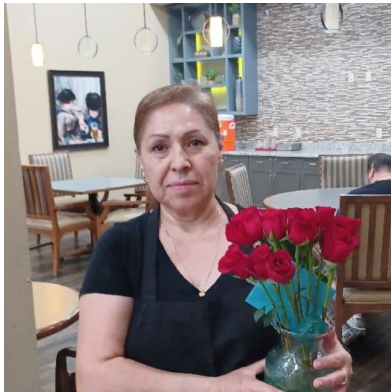
Marisa was selected as the Assisted Living Resident of the Month by staff because of all of her volunteer efforts. "She volunteers a lot on her own, helping in the dining room, asking for things she can do to help, getting involved in the art class and going weekly to volunteer at St. Mary's Food Bank." Staff shared, "she's always looking for ways to

along!

Congratulations on being recognized as the SCU Resident of the Month, Larry!

help, including stepping in when someone is agitated, trying to keep everyone happy."

Thank you for all you do, Marisa - at Everlasting AND in your community, volunteering to help others!



EMPLOYEE OF THE MONTH

Martha always goes above and beyond and has been a tremendous asset to the culinary team since she started! Her positive attitude and great work ethic make her a great team member in our kitchen. Martha is a hard worker and so committed to the residents, taking the time to know what they like and dislike and genuinely caring about each item that is served. Thank you, Martha, for all you do!

NEW FLOORING ~ SCU

Yay! The carpet has been replaced by beautiful new laminate flooring. Our vendors worked hard to find materials in a warehouse in Georgia that matched our existing dining room and other common areas! Thank you to the SCU (Special Care Unit) residents for bearing with us, for the vendors for completing entire sections in one day so residents can safely return to their rooms in the evening, for the staff for stepping up and helping during this undertaking and for the Activities Dept for keeping SCU residents busy with fun activities during the day!



PAST E:BLAST ARCHIVES

Don't miss any e:blasts! Have associates sign-up to read our monthly e:blast or [Read our past newsletters here.](#)

ACTIVITY CALENDAR



March 2025

- Activity Room
- Theater Room
- Pavilion
- Courtyard
- Dining Room
- Art/Game Room
- Outing

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		All Events Are Subject to Change		<i>Happy Spring!</i>		6:30- 6:30 Game Area
2 10:00 ■ Father Gabe	3 8:30 ■ Gardening 9:00 Exercise/Walk 11:30 Lunch at the park	4 9:00 Exercise/Walk 10:00 ■ Art Class 10:30 ■ Arts & Crafts 1:30 Activity	5 Brain Injury Awareness Day 8:30 ■ Gardening 9:00 Exercise/Walk 10:00 Resident Council Meeting 12:30 Food Bank 1:30 Activity	6 9:00 Exercise/Walk 10:00 Pet Therapy with Dotty & Dash 1:30 Activity	7 8:30 ■ Gardening 9:00-11:00 ■ Men's Club 10:00-12:00 Nails 1:30 ■ Movie & Popcorn	8 6:30- 6:30 Game Area
9 3:30 ■ Father Henry	10 8:30 ■ Gardening 9:00 Exercise/Walk 11:30 Lunch at the park	11 9:00 Exercise/Walk 10:00 ■ Art Class 10:30 ■ Arts & Crafts 1:30 ■ Exercise with Sean	12 8:30 ■ Gardening 9:00 Exercise/Walk 10:30 BINGO! 12:30 Food Bank 1:30 Activity	13 9:00 Exercise/Walk 10:00 Pet Therapy with Dotty & Dash 1:30 Activity	14 8:30 ■ Gardening 9:00-11:00 ■ Men's Club 10:00-12:00 Nails 1:30 ■ Movie & Popcorn	15 6:30- 6:30 Game Area
16 10:00 ■ Mother Mary	17 St. Patrick's Day 8:30 ■ Gardening 9:00 Exercise/Walk 1:30 ■ Golden Coin Hunt	18 9:00 Exercise/Walk 10:00 ■ Art Class 10:30 ■ Arts & Crafts 1:30 Activity	19 8:30 ■ Gardening 9:00 Exercise/Walk 10:30 BINGO! 12:30 Food Bank 1:30 Activity	20 9:00 Exercise/Walk 10:00 Pet Therapy with Dotty & Dash 1:30 Activity	21 8:30 ■ Gardening 9:00-11:00 ■ Men's Club 10:00-12:00 Nails 1:30 ■ Movie & Popcorn	22 6:00- 2:00 Walk, Run & Roll 6:30- 6:30 Game Area
23	24 8:30 ■ Gardening 9:00 Exercise/Walk 11:30 Lunch at the park	25 9:00 Exercise/Walk 10:00 ■ Art Class 10:30 ■ Arts & Crafts 1:30 ■ Aromatherapy with Linn	26 8:30 ■ Gardening 9:00 Exercise/Walk 10:30 BINGO! 12:30 Food Bank 1:30 Activity	27 9:00 Exercise/Walk 10:00 Pet Therapy with Dotty & Dash 2:00 ■ March Birthday Party	28 8:30 ■ Gardening 9:00-11:00 ■ Men's Club 10:00-12:00 Nails 1:30 ■ Movie & Popcorn	29 6:30- 6:30 Game Area
30 8:30 ■ Gardening 9:00 Exercise/Walk 11:30 Lunch at the park	31					

OUR NEW WEBSITE

If you haven't seen our new website yet, [click here!](#) It features a large photo gallery as well as information about our locations, enrichment programs and staff. We are grateful for your support as we continue to strive to educate our community about Brain Injury.

CONTACT US

Any questions, please do not hesitate to reach out. 623.934.4411



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