



May 2025 | Issue 7

Everlasting Community Services is Arizona's largest Brain Injury Assisted Living provider.

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.

NATIONAL NURSES WEEK - May 6th-12th

Everyone has a story about a great nurse. Whether it was your nurse in elementary school who tended to your tummy-ache or knew just how to handle your scraped knee... or maybe a nurse who was by your side, comforting you in the emergency room or while you were prepping to have surgery, or the compassion of a nurse who held your hand when you were worried about a loved-one. Nurses are the heart of healthcare and Everlasting is fortunate to have the best! Celebrating them one week a year just doesn't seem like enough - so, from the bottom of our hearts, THANK YOU TO OUR AMAZING NURSING TEAM and to all nurses out there who provide care, comfort and compassion!

Linn, LPN BS BA ~ Training and Development Director (*pictured at left*) has been with Everlasting for many years, serving as a consultant, then our Director of Nursing Services and now our Training and Development Director, making sure caregivers are best equipped to meet the needs of our residents.

Hannah, LPN ~ Director of Nursing Services (*pictured right*) is our new DON. Hannah joins us with over 8 years of experience across various medical specialties. She is dedicated to providing patient-centered, compassionate care and serving others. Hannah is excited to bring her skills and heart for healthcare to the Everlasting Team, and we are so pleased to have her!

Alicia, ASB LPN ~ Marketing Director (*not pictured*) with a background in healthcare administration and marketing, Alicia is also an LPN with over 10 years of nursing experience. Alicia utilizes her nursing background, traveling to area hospitals, rehabilitation centers, post-acute facilities and patient homes to evaluate potential residents for placement with Everlasting.



CRAFTER'S LAB... BUILDING BIRDHOUSES

Spring is in the air and the birds in our courtyard have really been singing. Residents enjoyed making bird houses on April 15th with kits made by Todd (Todd brings Dotty and Dash, the pet therapy dogs weekly) and additional OT Student helpers.

Everyone had a good time constructing condos for our feathered friends!

For additional pictures of the Crafter's Lab and videos of the birds singing about their new houses, check out our Facebook Page!



RESIDENTS & EMPLOYEES OF THE MONTH

Markus - AL Resident of the Month

Markus is being recognized as our May Resident of the Month because he is always so willing to help. No matter the task, Markus rolls up his sleeves and hops into action. Markus was instrumental in cleaning all of the back rooms used for storage – moving furniture, filing cabinets, microwaves and more. When he sees you walking down the hall carrying a heavy box, he quickly turns around to come and help, insisting that he carry the heavy item for you. Thank you Markus and congratulations!



Ken K. - SCU Resident of the Month

Ken has been selected as the SCU May resident of the month because he is always so friendly! If you are having a tough day, Ken's smile and "Hello!!!" will definitely cheer you up! He never fails to make people smile and always asks how you are doing. Ken's sun-shiny attitude brights every day at Everlasting! Thank you Ken and Congratulations!



Mirna - Co-Employee of the Month

Mirna is hard-working and compassionate. When she's not driving, running people to appointments or shopping for residents, she helps out providing care or answering the phones at the front desk. Though she always keeps busy, she's never too busy to stop and help a resident... pulling a blanket up over them when they are cold waiting in the lobby and making sure they are tucked in before she runs off to the next task. You're an amazing team member, thank you Mirna!



Rosemarie - Co-Employee of the Month

Rosemarie is amazing. Driving residents to appointments and often knowing their schedule off the top of her head. Even if there are only twenty minutes until she heads out for the next appointment, she runs to see how she can assist caregivers. Everlasting is stronger because of people like Rosemarie who don't know the words "that's not in my job description." Thank you for all of your hard work, Rosemarie!



MAY IS NATIONAL SPEECH, LANGUAGE & HEARING MONTH

Thank you to all of the Speech and Language Pathologists, Audiologists and others dedicated to speech, language and hearing. This month we celebrate you and all you do!

Did you know: Hearing loss has been linked to an increased risk of developing dementia. The Alzheimer's Society reports that people who develop hearing problems during mid-life (ages 40-65) have an increased risk of dementia. John's Hopkins Medicine shares that people with severe hearing impairment are five times more likely to develop dementia and the National Institutes of Health state that hearing aids reduced the rate of cognitive decline in older at high risk for dementia by almost 50% over a 3-year period.

Everlasting Services is committed to education, safety and wellness. Providing exemplary care to residents as well as educating our community about injury prevention and being proactive with their health is just part of our commitment to caring for others.

CINCO DE MAYO

The Everlasting kitchen and activities department are **muy bien!** Thank you for putting together a festive celebration!

Cinco de Mayo



FLOWER ARRANGING

Female residents enjoyed choosing and arranging fragrant flowers on Monday, May 12 - celebrating the beautiful women in our lives. Participants also enjoyed a lovely cookie assortment.



MAY ACTIVITIES CALENDAR

A-866 - Everlasting Services at Arena Center - Issue: 05/01/25

EVERLASTING

Community Services

May 2025

Event Center

Pavilion

SCU

Dining Room

Art & Game Room

Outdoor Activity

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div><div><div><div></div><div>HAPPY CINCO DE MAYO</div></div></div><div>7:00-10:00 The Lounge Game Area 10:00 Father Gabe</div></div>	<div><div><div><div></div><div>Mother's Day</div></div></div><div>8:30 Garden 9:30 Chair Exercise 10:30 BINGO! 2:00 Cinco de Mayo Celebration 5:00 Chaplin John</div></div>	<div><div><div><div></div><div>MEMORIAL DAY</div><div>REMEMBER AND HONOR</div></div></div><div>8:30 Garden 9:30 Chair Exercise 10:00 ALF Art Class 1:30 Making Muffins with Marketing</div></div>	<div><div><div><div></div><div>All Events Are Subject to Change</div></div></div><div>8:30 Garden 9:30 Chair Exercise 10:00 Resident Council Meeting 12:30 Food Bank 1:30 Activity</div></div>	<div><div><div><div></div><div>8:30 Garden 9:30 Chair Exercise 10:00 Pet Therapy - Dotty & Friends 1:30 Gardening Class</div></div></div><div>1 9:00-11:00 Guys Group 10:00-12:00 Gals & Games 1:30 Movie & Popcom</div></div>	<div><div><div><div></div><div>2</div></div></div><div>7:00-10:00 The Lounge Game Area</div></div>	<div><div><div><div></div><div>3</div></div></div><div>7:00-10:00 The Lounge Game Area</div></div>
<div><div><div><div></div><div>4</div></div></div><div>7:00-10:00 The Lounge Game Area 10:00 Father Gabe</div></div>	<div><div><div><div></div><div>5</div></div></div><div>8:30 Garden 9:30 Chair Exercise 10:00 ALF Art Class 1:30 Making Muffins with Marketing</div></div>	<div><div><div><div></div><div>6</div></div></div><div>8:30 Garden 9:30 Chair Exercise 10:00 Resident Council Meeting 12:30 Food Bank 1:30 Activity</div></div>	<div><div><div><div></div><div>7</div></div></div><div>8:30 Garden 9:30 Chair Exercise 10:00 Pet Therapy - Dotty & Friends 1:30 Gardening Class</div></div>	<div><div><div><div></div><div>8</div></div></div><div>9:00-11:00 Guys Group 10:00-12:00 Gals & Games 1:30 Movie & Popcom</div></div>	<div><div><div><div></div><div>9</div></div></div><div>7:00-10:00 The Lounge Game Area</div></div>	<div><div><div><div></div><div>10</div></div></div><div>7:00-10:00 The Lounge Game Area</div></div>
<div><div><div><div></div><div>11</div></div></div><div>7:00-10:00 The Lounge Game Area 3:30 Father Henry</div></div>	<div><div><div><div></div><div>12</div></div></div><div>8:30 Garden 9:30 Chair Exercise 10:30 BINGO! 2:00 Mother's Day Garden Party 5:00 Chaplin John</div></div>	<div><div><div><div></div><div>13</div></div></div><div>8:30 Garden 9:30 Chair Exercise 10:00 ALF Art Class 1:30 Grubbin' with Gustavo - Savory Empanadas</div></div>	<div><div><div><div></div><div>14</div></div></div><div>8:30 Garden 9:30 Chair Exercise 10:00 Spanish Class - Maricela 12:30 Food Bank 1:30 Activity</div></div>	<div><div><div><div></div><div>15</div></div></div><div>9:00-11:00 Guys Group 10:00-12:00 Gals & Games 1:30 Movie & Popcom</div></div>	<div><div><div><div></div><div>16</div></div></div><div>7:00-10:00 The Lounge Game Area</div></div>	<div><div><div><div></div><div>17</div></div></div><div>7:00-10:00 The Lounge Game Area</div></div>
<div><div><div><div></div><div>18</div></div></div><div>7:00-10:00 The Lounge Game Area 10:00 Mother Marty</div></div>	<div><div><div><div></div><div>19</div></div></div><div>8:30 Garden 9:30 Chair Exercise 10:30 BINGO! 1:00 Uptown Bowling 5:00 Chaplin John</div></div>	<div><div><div><div></div><div>20</div></div></div><div>8:30 Garden 9:30 Chair Exercise 10:00 ALF Art Class 1:30 Loteria with Mirra & Alejandra</div></div>	<div><div><div><div></div><div>21</div></div></div><div>8:30 Garden 9:30 Chair Exercise 10:00 Spanish Class - Maricela 12:30 Food Bank 1:30 Activity</div></div>	<div><div><div><div></div><div>22</div></div></div><div>9:00-11:00 Guys Group 10:00-12:00 Gals & Games 1:30 Movie & Popcom</div></div>	<div><div><div><div></div><div>23</div></div></div><div>7:00-10:00 The Lounge Game Area</div></div>	<div><div><div><div></div><div>24</div></div></div><div>7:00-10:00 The Lounge Game Area</div></div>
<div><div><div><div></div><div>25</div></div></div><div>7:00-10:00 The Lounge Game Area 8:00 Desert View Bible - Tonya</div></div>	<div><div><div><div></div><div>26</div></div></div><div>8:30 Garden 9:30 Chair Exercise 10:30 BINGO! 2:00 May Birthday Party 5:00 Chaplin John 5:00 Harpist - Jocelyn</div></div>	<div><div><div><div></div><div>27</div></div></div><div>8:30 Garden 9:30 Chair Exercise 10:00 ALF Art Class 1:30 Handling Emergency Response - Linn</div></div>	<div><div><div><div></div><div>28</div></div></div><div>8:30 Garden 9:30 Chair Exercise 10:00 Spanish Class - Maricela 12:30 Food Bank 1:30 Activity</div></div>	<div><div><div><div></div><div>29</div></div></div><div>9:00-11:00 Guys Group 10:00-12:00 Gals & Games 1:30 Movie & Popcom</div></div>	<div><div><div><div></div><div>30</div></div></div><div>7:00-10:00 The Lounge Game Area</div></div>	<div><div><div><div></div><div>31</div></div></div><div>7:00-10:00 The Lounge Game Area</div></div>

REFERRALS, TOURS & ASSESSMENTS

We are proud to be Arizona's largest Brain Injury Assisted Living provider. As a leader in neuro-cognitive residential services, we understand the unique complexities that accompany traumatic brain injury, acquired brain injury and cognitive decline associated with global cognitive impairment.

To schedule a tour or assessment (we come to you!), or to make a referral - please contact:
[Alicia Brown, ASB LPN ~ Marketing Director](#)
602.830.2161 (direct/confidential)

OCCUPATIONAL THERAPY DOCTORATE STUDENT LEAVES "EVERLASTING" MARK



On April 25th, Abigail Rabin, OTD-S (Occupational Therapy Doctorate Student ~ pictured above) from Northern Arizona University, completed her 14-week Capstone project at Everlasting Community Services in West Phoenix. Her project, *“Supporting Executive Function Skills and Participating in Activities of Daily Living for Individuals with Traumatic Brain Injuries”* has been designed specifically so it can continue long after Rabin completes her schooling.

Graduating May 8th, Abigail (Abbey to Everlasting residents), will still need to present her Capstone project before earning her degree. With three presentations, equivalent to a doctoral dissertation, scheduled May 2nd, she is well on her way.

Everlasting Marketing Director, Alicia Brown shares “There’s a misconception about what Occupational Therapists (OT’s) do. People hear *occupational* and think this is all work-related supports. OT’s address functional independence goals, the things you want to do, need to do, within your day.” With a strong focus on activities of daily living (ADLs), these skilled professionals help people with challenges secondary to injury, disease or condition to identify goals and utilize adaptive equipment and/or compensatory strategies and techniques for relearning. Helping someone to be able to get dressed without assistance, or to bring a glass of water from the table to their mouth can significantly enhance independence and enrich lives.

Sometimes it’s about focus. Focus on schoolwork or everyday tasks. After a traumatic or acquired brain injury (motor vehicle accident, injury, stroke, etc.), often there is hospitalization followed by a post-acute or a rehabilitation stay – after that, depending on the level of care needed, survivors may go home and live independently, sometimes with supports in place, they may go to live with loved-ones who help

provide assistance, or they may require long term care at an Assisted Living facility like Everlasting, that specializes in Brain Injury. After an injury, because of the hospitalization and time spent becoming medically stable, finding community resources, and making care decisions, many survivors no longer have a routine and have simply stopped doing typical activities. Nearing the end of her Capstone project, Abbey shared, “What I’ve found with residents here is, they can do it. After the brain injury, they may have stopped doing certain things. It’s important to practice relearning how to do something – using that neuroplasticity to practice skills.” Says Rabin, “Practicing executive function skills, planning, organization, strategizing and motivating are key.” Abbey continued, “One of the residents in Everlasting’s Special Care Unit (SCU) now has a full morning routine. Due to memory issues, impulsivity, and being easily distracted, brushing his teeth in the morning was something he just wasn’t doing. Staff had to be sure daily that this was occurring. After working on a routine and developing strategies, wall posters with minimal visual cues, and a calendar that the resident checks off daily after teeth are brushed, he’s now not only brushing his teeth, but has also worked up to doing his own laundry routinely,” smiling and giving the thumbs up when you pass him in the halls.

There’s enjoyment, satisfaction and pride in being more independent. “I had a resident cry because they were able to squeeze toothpaste (utilizing an adaptive device) onto their toothbrush on their own for the first time. It was an incredible moment, she was very overwhelmed.”

Ms. Rabin realizes what she is doing is great, but that she won’t be at Everlasting forever, so she is creating binders for staff. Binders specific to residents of the Special Care Unit (SCU) will help those that may require a higher level of care due to greater physical or cognitive limitations and a second binder for Assisted Living (AL) residents. Abbey is creating singular pages specific to each resident that she’s worked with in the 124-bed facility. It details areas she has worked with, where they are on the task, if the resident needs physical assistance or verbal cuing, what’s been done and what the staff can do to further each residents’ independence. She’s met with caregivers to discuss how they can carry tasks out moving forward. Every survivor’s abilities and needs vary greatly. Abbey says “the more educated you are on the individual injury, the more empathy, the more understand and the more help you can provide. It enhances the care greatly.” Why, because every brain injury survivor presents differently. Impaired speech does not equate to diminished intelligence. Someone without physical limitations may really struggle with memory, impulsivity or processing issues. Understanding brain anatomy and injury helps to understand each individual better. The first few pages of the binders also contain general information about brain injury, the different classifications of injury, a brief anatomy of the brain and the effects of injury on various areas (lobes) of the brain. “We are excited to have these detailed and resident-specific tools for our staff” said Brown. “Abbey has worked on emotional regulation and tasks that others may deem simple, but that our residents will benefit from greatly. Increased emotional regulation and social participation is a big thing, and seeing someone excited to use the new posters detailing the step-by-step laundry instruction has been tremendous.”

“It’s a disservice to feed into learned helplessness. Meeting everyone where they are and providing them with tools to enjoy enhanced independence is what OT’s do” says Rabin. “Sometimes it’s as basic as trying to keep someone on task, sometimes it takes additional time to build a rapport, sometimes people just need to talk.”

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