

# strength takes shape...

Supporting those who live here – and those who make it feel like home.

The *Elizabeth J. Rasmussen Fitness Center*, made possible through a gift to the Evergreen Foundation, has continued to grow and evolve over the years. Most recently, with support from the Foundation, the center expanded its impact by introducing personal training opportunities for both residents and staff. Whether someone has been active for years or is just beginning their wellness journey, our dedicated fitness staff meets them where they are, encouraging effective movement and independence.



Noreen • Resident

For many, exercise is about far more than fitness. It supports:

- Stronger heart and mind health
- Increased endurance
- Improved sit-to-stand strength
- Less stiffness and greater mobility

### Movement is Medicine!

Thanks to generous donors like you – our fitness and aquatic center staff are changing lives every day at Evergreen!



*"Training one-on-one with Nick helped me prepare for the Tough Mudder. I was able to complete it, and I wasn't sore afterwards. I'm so grateful...what a wonderful benefit for staff!"*  
~Becky • Staff



**Evergreen Fitness Staff**, Left to Right: Ashley Wagner, Manager, Megan Abler, Megan Pollard, Annika Huizenga, Taylor Allen and Nick Ayulo

*"Nick...genuinely cares about my progress and makes the whole experience fun. I've seen a big improvement in my balance."*  
~Hal • Resident

# dreams take root...

Growing spaces where connection can flourish – together.

Evergreen is expanding its raised garden area to enhance a space that brings residents joy, purpose, and connection.

Donations to this project will support thoughtful repairs, expanded planting space, and improved accessibility, creating welcoming areas where residents can garden comfortably and gather with friends.

Gardening encourages physical activity, friendship, and a meaningful connection to nature, benefits that grow even more valuable with age. By investing in this space, Evergreen ensures its grounds remain vibrant and inviting while making it possible for residents of all abilities to garden with ease, socialize with neighbors, and experience the satisfaction of watching something grow.



Verna



Bob & Carol

With your support, we can cultivate not only gardens ~ but also community.

