

# Calendar & Newsletter

*Independent Living \* Assisted Living \* Memory Care*

**Anne West** is a long-time resident of Our Campus; September will mark her six-year anniversary. she has had a very long eventful life including but not limited to starting her own family and she's beyond grateful that she has graduated from being a grandmother to a great grandmother and knowing she raised her kids right is extremely meaningful. Annes father was known as an inventor and the most interesting fact to her father's inventions was the dobro guitar, the dobro guitar it is actually a 6i n1 guitar with a squared off neck with raised strings perfect for Hawaiian style playing. Anne shared that her mother also had played the piano. I asked what Anne values the most and she happily said that she enjoys spending time with her family and friends, she takes part in church services on the campus and she has a very warm welcoming soul. She encourages residents of the campus to get to know her and ask questions about her life and her friendly personality. She looks forward to the positive changes coming our way for the campus as well as enjoying the rest of her time in retirement where she can enjoy peace and positive beings.

**John Milstead** started off as a server three years ago just getting his life together after a rough year and became a prep cook where he quickly started learning from there with the company and we gave him room to grow. Along with the great change for his life he has done very well building relationships with our wonderful residents whom he shares a bond with. John was born and raised in Grants Pass, has two beautiful daughters and a wonderful, loving, supportive wife. He hopes to use this opportunity as being our sous chef for the kitchen as a stepping stone to take the next step forward in advancing his career to be able to provide and give an amazing life to his family; something that he mentions he never got to have. John is very humble and transparent; he always seems to have a smile on his face and that shows how much he loves cooking! He had never cooked before until he had started working for us and learning the art of it. John hopes that this brings a lot of opportunities and growth for him, our hope for the Springs is to one day have John be the one running the wonderful kitchen and continue on with better and amazing food that our residents enjoy!



**John Milsted**



**Anne West**



## *Cascades of Grants Pass*

Management Team

The Springs

**Alexander Ben-Israel**

Senior Executive Director

**Tim Robitz**

Business Office Manager

541-479-1284

The Village

**Amy Smith**

Executive Director

Business Office Manager

541-474-0200

**Sharon Evans**

The Pointe

**Joy Coonrod-Anderson**

Executive Director

Director of Sales & Marketing

**Ryan Hess**

Plant Operations Director

**Eric Zahler**

Life Enrichment Coordinator

**Natalia Pineda**

## Welcome New Associates

Zev Ben-Israel — Cook

Joshua Cary— Cook

Stephanie Stocker— Server

Natalia Pineda—Transferring from Server to  
Life Enrichment

## Welcome New Residents (The Springs)

Barry Edwards — 02/13

Sue Fiske — 02/10

Debra Woods— 01/04

Jill Etherington— 01/07

Judie Haldeman— 01/16

Teresa Fouste— 01/31

### March Events

St. Patrick's Day Party— March 17



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**What is POLST?** POLST (Physician's Orders for Life-Sustaining Treatment) is a physician's order that gives individuals control over their life sustaining care. It specifies the types of treatments that a person wishes to receive in life threatening situations. Completing a POLST encourages communication between healthcare providers and individuals to make informed decisions. The POLST clarifies in a clear manner and can be quickly understood by all providers, including first responders and emergency medical services (EMS) personnel. As a result, the individual's wishes are honored across all settings of care.

In your home, the POLST should be kept in a place readily accessible by EMT's and family members. Examples include on the refrigerator, in the medicine cabinet, on the back of a bedroom door or on a bedside table.



## **MARCH BIRTHDAYS (THE POINTE)**

NANCY NANCE—MARCH 7

ROBERT LEMMENS—MARCH 10

GARY NELSON—MARCH 10

RICH REEVES—MARCH 10

CAROL POMEROY—MARCH 16

KATE COFFEY—MARCH 17

SANDRA REEVES—MARCH 18

JAN ELSASSER—MARCH 20

LINDA BEUM—MARCH 26

LANA KAELIN—MARCH 28

## **MARCH BIRTHDAYS (THE POINTE)**

KAREN MORGAN — MARCH 23

BETTY SPARKS—MARCH 17

EARL SPIECHER—MARCH 31

MARVIN WILSON—MARCH 8

RICHARD DOFFING—MARCH 21

JUANITA KETERSON—MARCH 28

DANIEL SELINGER—MARCH 27

## **MARCH BIRTHDAYS (THE POINTE)**

BONNIE DURATE—MARCH 14

MARJORY MONTIETH—MARCH 17

LAUDINE COLE—MARCH 27

JOYCE CANNON - MARCH 27

