

The People's Car

June 22 is Worldwide VW Beetle Day. What has made the Volkswagen Beetle one of the world's most recognizable and beloved automobiles? First and foremost is its innovative and fun design—a small and compact car with an innovative curved roof, a feature that makes it both aerodynamic and adorable. The Beetle was designed for much more than just fun, however; it was also affordable, practical, and reliable. *Volkswagen* means the “people’s car,” and these cars were intended to be affordable for all, costing just 31 weeks’ worth of pay. Vintage Beetles sported an air-cooled rear engine, which meant that it did not need expensive cooling units and could reliably operate in both heat and cold. It also got excellent gas mileage, more than 30 miles to the gallon. The car’s simple engine and parts were easy to replace and inexpensive to repair and maintain. All of these reasons made the VW Beetle the world’s best-selling car for decades. The original Beetle was so popular that it was built for 65 straight years from 1938 to 2003, making it the longest-produced vehicle in history. No other car even comes close.

Leadership Team

Cherie Long
Executive Director

Erin Baumann
Concierge – Extended

Britny Loehr, LPN
Wellness Director

Cari Mautlsby
Community Relations
Director

Rita Frazier
Life Enrichment Director

Poet Hobbs
Plant Operations Director

Dawn
Resident Care Coordinator

SUMMER

Upcoming Events

(Sign-up required for all outings)

James Garcia on Guitar

Wednesday, June 7th at 1:30

Celebration Outing:

Mazzi's Restaurant for Jim's 100th Birthday

Thursday, June 8th at 4:30

Special Presentation:

About Seahorses, Sea Dragons and Pipefish

(by UofO graduate student)

Sunday, June 11th at 3pm

Health & Wellness Clinic

by Good Samaritan

Monday, June 12th at 2:30

POLST Discussion w/Daniel from Peace Health

Wednesday, June 14th at 11am

Outing: St. Vinnie's

Wednesday, June 14th at 1:30

Timothy Patrick on Guitar

Thursday, June 15th at 1:30

Father's Day BBQ & Car Show

Friday, June 16th 4-6pm

Father's Day

Sunday, June 18th

Outing: Picnic at Dorris Ranch

Wednesday, June 21st at 11am

Sara Scofield, Vocalist

Thursday, June 29th at 2pm

FETCH Therapy Dog Visit

Sunday, May 28th at 4pm

Poet's Corner

Bring your carpenter skills and let's build something! Mark your calendar for Wednesday, June 28th at 10:15 (right after exercise)

I am very excited to spend time with you making bird houses. We will have pre-cut wood, and a workspace in the back under a canopy so we don't get sun burned.

Life Enrichment for All

"Life is like riding a bicycle. To keep your balance, you must keep moving."

— Albert Einstein

Sounds like that saying...use it or lose it! This is true for so much of what living life is like. It's been years since I've had a conversation in Hungarian, and I notice that sometimes it's difficult to recall some words. I'm going to have to keep it going!

What would you like to maintain or do more of? Think about it. Yes, there are some limitations or obstacles to factor in, but maybe it's time to reconsider how to keep it going!

When it comes to movement, this month's calendar has lots of opportunities to keep you going. If you don't see something you think you need, just let me know and I will see what I can do to help

-Rita

Another wonderful therapy dog visit from FETCH



One of the newest therapy dogs, Arco



Regular Events

Monthly Birthday Celebration
Last Monday of the month

Shopping Outings
Monday mornings
(sign-up required)

Resident Council
Last Monday of the month

Food Council
Last Tuesday of the month

Activity Planning Meeting
First Monday of the month

New Resident Meet & Greet
First Monday of the month

Evening Television
Documentary: Sunday 6pm
Movie: Tuesday 6pm
Series: Thursday 6pm

Doctor Transport
Tuesday from Noon to 4:00pm &
Thursday from 8:00am to Noon
(sign-up required)

Van Outings Policy



To assure effective time use and planning, **ALL** outings with the van to events, shopping, drives, etc. will require residents to sign up in advance.

Three residents are the minimum number of passengers for any outing, so if there are not at least 3 people interested in each outing, the event will be cancelled.



Dawn & Pat getting their hands dirty to make our patio pretty.



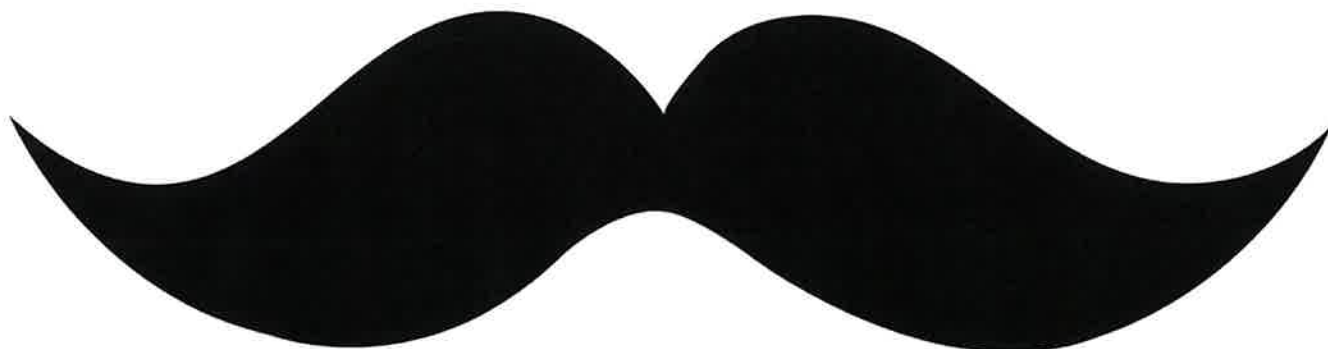
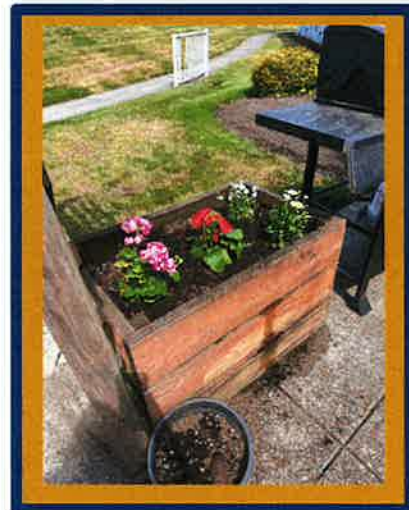
Hello!

My name is Dawn Edwards, and I'm the new Resident Care Coordinator; I have been in Healthcare for 30 years. My future career goal is to someday run my own facility.

Meanwhile, I look forward to getting to know you all!

Here are a few things about me that will help you know me a little better. My husband, Chad, and I have been together for six years - we married three years ago. I have a beautiful daughter, Baylee. I also have two part Maine Coon cats, Bear and Cosmo, and a Yorkiwawa (Yorkie/Chihuahua mix) named Razi.

I love going to church and hanging out with my husband, daughter and church family. I really enjoy spending time at the coast on day trips, and I would like to get back into hiking and camping sometime soon.



HAPPY FATHER'S DAY

Captured moments of enjoying the Mother's Day Tea



Cars

All the words are hidden vertically, horizontally or diagonally—in both directions. The letters that remain unused form a sentence from left to right.

R I N C R D R A O B H S A D N
O E T A R S B U M P E R I N O
O W H E E L L G L G N I N U T
D H G Y D Y E S T R T R I M S
I E I D N S S C T E R U O E I
N E L O I V E C O U P É R H P
I L E B L N I K R C R O N B P
M S K E Y N D T A O L H A E O
L L A A C G W I T R A U D S F
M I R R O R A A C N B A T O R
C E B C A R I B D A L C M C A
N U F A C D T L R S T O U R H
E R S T A O E L O I O O K F O
S P A R K P L U G R A L R A L
T E R N A S T L E B T A E S T
I V T A E S K C A B E N S O U
R P M A L G O F C E S T O F E
N E T H E A D L I G H T R G Y

AIRBAG
BACK SEAT
BODY
BRAKE LIGHT
BRAKES
BUMPER
CLUTCH
COOLANT
COUPÉ
CYLINDER
DASHBOARD
DIESEL
DOOR
FOG LAMP
HANDLE
HEADLIGHT
HORN
INDICATORS
MIRROR
PEDALS
PISTON
RADIATOR
RIMS
SEAT
SEAT BELT
SPARK PLUG
TUNING
TURBO
WHEEL
WHEELS





Another fun outing to the bowling alley!



Lunch at Ta Ra Rin

A Holey History

Each year, 10 billion doughnuts are made in the United States. That's 30 doughnuts (and a few extra pounds) for every single person in America. With 13,000 doughnut shops lining America's streets, it should be easy to find one of your favorites on June 2, National Donut Day.

Doughnuts have been a beloved treat in America since the 17th century. It was the Dutch, settling in New Amsterdam (present-day New York), who first fried dough in oil. These first doughnuts were called *olykoeks*, or "oily cakes." Of course, these original olykoeks were more fried dough than doughnut and did not yet have their signature hole in the middle. We have to fast-forward almost 200 years until Elizabeth Gregory, the mother of a ship captain, created what we might recognize as the first true doughnut.

Gregory fried her dough with nutmeg, cinnamon, and lemon rind, ingredients undoubtedly borrowed from her son's cargo hold. She also added hazelnuts and walnuts to the doughy center, the spot that might be undercooked. Gregory thoughtfully called her new recipe a *doughnut*. It was her son, Captain Gregory, who made the doughnut round with a hole in its center. Some claim that the hole allowed the doughnut to be placed on the spoke of the ship's wheel, allowing the captain to steer with both hands. In an interview with the *Boston Post* newspaper, Captain Gregory recollected how he cut the first hole in a doughnut with the top of a round, tin pepper box.

Doughnuts did not become the beloved treat they are today until World War I, when Salvation Army volunteers brought doughnuts to American soldiers in the trenches to lift their spirits and remind them of home. And it wasn't until the first Dunkin' Donuts opened in Quincy, Massachusetts, in 1950 that the spelling changed from *doughnut* to *donut*. It was once spelled *donut* only in America, but we now find donuts (and doughnuts) as far away as Great Britain, Australia, and New Zealand.



Good Friends Make **Good Neighbors Program**

From our elegantly appointed interior and beautifully maintained grounds to the exceptional healthcare programs and services provided by our professional staff, residents who introduce Cascade Living Group's Living Well philosophy to their friends or family members could receive credit(s) applied towards their rent.



**FOR MORE INFORMATION,
PLEASE CALL
541-345-9668**

INDEPENDENT LIVING | ASSISTED LIVING | MEMORY CARE

How it Works...

When a resident or family member refers a new potential resident to a Cascade Living Group community and that person moves in for at least 90 days, the referring resident will receive a \$2,500 credit, applied to their base rent.

In order to qualify as a new potential resident, the person being referred must **not** already be on our contact list.

To make a referral and to ensure you receive proper credit for making the introduction, please provide your name and the name of your friend or family member to our Executive Director or Director of Sales and Marketing prior to the inquiry of the tour.



The Difference Between Living and Living Well
4550 W. Amazon Dr.
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