

# Cascades of Bremerton

Ashley Gardens ❄️ The Cottage ❄️ The Willows

Postage



BE ON EARTH,  
GOODWILL TO ALL HUMANKIND.

## Happy Birthday!

### November

**Don S** 11/01  
**Judy J** 11/06  
**Lee B** 11/10  
**Benita P** 11/11  
**Juanita H** 11/12  
**Stephanie L** 11/16  
**Gary W** 11/16  
**Barbara K** 11/22  
**"Kitty" K** 11/25  
**Doris G** 11/25  
**Kathie B** 11/26

### December

**Kathryn B** 12/10  
**Jim T** 12/11  
**Joann R** 12/11  
**Jane G** 12/12  
**Betty T** 12/12  
**Chris K** 12/13  
**Robert T** 12/13  
**Clinton S** 12/18  
**Bill W** 12/20  
**Doreen L** 12/21  
**Ruth M** 12/27  
**Geraldine P** 12/30

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Director of Sales & Marketing  
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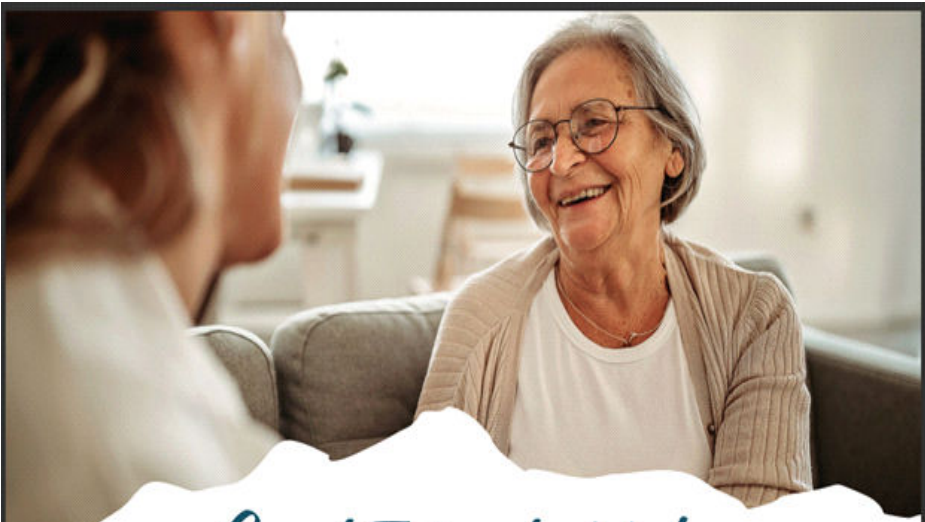
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Life Enrichment Director  
Ashley Gardens  
**Wendy Rothwell**  
[WendyR@cascadeliving.com](mailto:WendyR@cascadeliving.com)



## 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 toward their rent.

### 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 \$4,000 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 or tour.




For more information, please call  
**360-479-8522**  
3231 Pine Road NE | Bremerton, WA 98310  
[www.CascadesOfBremerton.com](http://www.CascadesOfBremerton.com)

RETIREMENT LIVING | ASSISTED LIVING | MEMORY CARE





Light the World Teal  
 November 2

**Veterans Day**  
**November 11**  
*Thank you, we honor and appreciate you.*

Thanksgiving  
November 23

Native American Heritage Day  
November 24

Hanukkah  
December 7-15

Kwanzaa  
December 26-January 1

Clerc-Gallaudet Week  
December 3–9

Christmas  
December 25

New Year's Eve  
December 31

### Wellness

#### It is Cold and Flu Season.

Be diligent 😊

- Wash your hands often, for at least 20 seconds.
- Stay at home if you don't feel well.
- Cover your cough.
- Get your Flu Vaccine & Covid Booster.
- Avoid touching your eyes, nose, and mouth.
- Avoid close contact with sick people.

Take care of yourself, drink water, eat your veggies, stay active!

~Your Wellness Team



### Feel the benefits of gratitude.

The word gratitude is derived from the Latin word, gratia, which means grace, graciousness, or gratefulness. The definition is “the quality or feeling of being grateful or thankful” — the expression of that gratitude in word or deed. According to Harvard Health, studies conducted by psychologists have shown a strong correlation between gratitude practices and greater feelings of happiness.  
~Dana Stewart

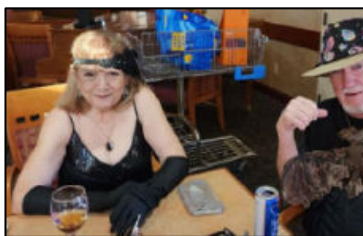
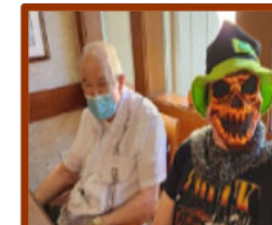
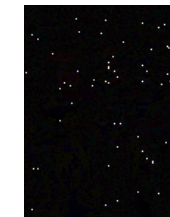
Expressing gratitude is associated with a host of mental and physical benefits. Studies have shown that feeling thankful can improve sleep, mood, and immunity...and more.  
~mayoclinichealthsystem.org

“Start each day with a positive thought and a grateful heart.”

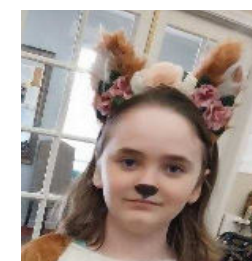
~ Roy T. Bennett

## MEMORIES FROM FALL \* AND TO WINTER WE GO

### Murder Mystery Dinner and Cocktails



#### A CASE OF THE WEDNESDAYS



Celebrating Veterans



Our resident Harvey Halvorson just got back from a trip of a lifetime. He applied to go on the Puget sound Honor flight before the pandemic and was able to complete the trip this October. The program originated to honor our US veterans who fought in WWII. It is now open to those who served in the Korean and Vietnam wars. Harvey spent 23 and a half years in the Navy on many types of ships. One he served on was an assault coxswain boat which dropped men and equipment on the beach. He also served on the Turner Joy which is now a Museum in Bremerton. Puget Sound honor flights take our veterans and a family member to Washington DC.

Harvey visited along with 10 Korean war vets and 42 other Vietnam vets, they were taken to 9 Monuments or museums which included the Jefferson, World War II, Roosevelt, Martin Luther King, Vietnam, & Women’s memorials. Harvey was able to visit Arlington cemetery, the Navy Museum, laying of the Wreaths and changing of the guards. He was impressed with the Pentagon Memorial honoring those lost in 911.

Harvey came back saying that anyone who was a Veteran during these wars should apply to attend. The flights, meals and transportation were all paid for by the Honor flight program.

Thank you, Harvey, for your dedicated long years of service to our country!



Transportation and Activities during inclement weather at The Willows, The Cottage, & AGB.

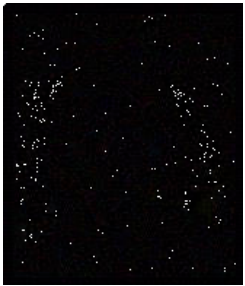


During the inclement weather we will be following the bus schedule for Central and Bremerton school districts. If schools are closed, we will not be transporting residents for shopping or doctor runs. This is due to the safety of our residents and staff. If the schools are running two hours late, it will be at the discretion of the driver and Life Enrichment Director whether the bus will be transporting Residents for activities and Doctor runs. We will do our best to make up shopping runs if they are cancelled. If you have any questions, please contact Life Enrichment. Thanks for supporting us in our winter months.

Thanks for your understanding and cooperation.  
From the Life Enrichment Team.



Employee Spotlight



Marc Rivera

Hello and Good Morning, Afternoon, or Evening depending on when you’re reading this. My name is Marc Rivera, and I am currently a Concierge and Maintenance but will be coming to Life Enrichment as well to join in the fun times and events that we have going on here around the Cascades of Bremerton. Some of you may already know me, but for those who don’t, here is a little backstory about myself.

I am originally from Knoxville, Tennessee, home of the Tennessee Volunteers! As such I am a super huge football fan and will cheer on my team through the good times and the bad... and trust me, there have been some bad. I am also an avid gamer and tech enthusiast. (Fun Fact, I met my wife of the last 8 years in a video game.) My wife brought me to Washington, she wanted to be closer to family and you know how the old saying goes, “happy wife, happy life”. While here in Washington, I’ve developed a love of nature and photography, so I do enjoy getting out and about on my days off to explore different trails and photo opportunities.

I am looking forward to getting to know all of you and assisting in all the activities and events here in our community. If you see me around, feel free to stop me and introduce yourself. I always love a good story or memory from any and all our residents.