

Cascades Of Stayton

NEWSLETTER



OF COURSE, DECEMBER IS MORE THAN JUST A MONTH FOR GIFT-GIVING, IT'S ALSO A GREAT TIME TO REFLECT ON THE YEAR BEFORE IT COMES TO AN END. WE LOVED THIS SAYING BY RALPH WALDO EMERSON: "DECEMBER IS THE TIME FOR REMEMBERING THE PAST AND REACHING TOWARD THE FUTURE."



DECEMBER EVENTS

DECEMBER 1ST WALMART
DECEMBER 6TH CHEFS CHAT
DECEMBER 8TH BI-MART
DECEMBER 15TH WALMART
DECEMBER 18TH FESTIVE CAROLERS
DECEMBER 22ND DOLLAR GENERAL
DECEMBER 29TH DOLLAR STORE
DECEMBER 29TH TOWN HALL WITH ALMA

Ali is our employee of the month! She enjoys making memories with her son and loves anything cow or cow print. In the short time she's been with us she's done amazing with caring for our residents.



ELF ON THE SHELF

BE ON THE LOOK OUT FOR THE ELF! WE HEARD HE'S COMING BACK TO OUR COMMUNITY. IF YOU SEE HIM AROUND MAKE SURE TO LET A STAFF MEMBER KNOW YOU FOUND HIM SO WE CAN GET A PHOTO AND MAKE SURE HE DOESN'T CAUSE ANY TYPE OF MAYHAM.



SPECIAL MESSAGE

TO: RESIDENTS AND FAMILIES OF CASCADES OF STAYTON

As we all wind down from the thanksgiving holiday, I feel like this is the perfect time to set the atmosphere for the up and coming Christmas holiday and for the 2024 new year.

I know personally, that for some, this time of year can mean different things to different people. It can represent wonderful and joyful memories, or it may be overwhelming and lonely. My heart recognizes and empathizes with those experiencing hardships and mixed emotions during the holiday season so I ask that you all keep this in mind as we near not only Christmas, but also as we prepare to enter the New year

As I look around at all of you, I think to myself how grateful I am that we are all a part of this community together. With this being said, I encourage you ALL to please assist me in keeping our community a positive atmosphere where we spread joy, positivity, cheer, and inspire one another each day.

I ask that you all reflect on your lives and the positive accomplishments you have had. I also ask and encourage each of you to step out of your normal daily routines, and try something new.. This can include something as small as sitting with a different group of residents at a meal time to get to know one and another, making it a point to introduce and meet new residents, find out fun facts about each other, encourage those that do not participate in activities to do so, etc..

I also want to state how grateful I am for the continued support from our amazing staff. I have personally seen how they go above and beyond to care for each of you, and it warms my heart. As we go forward into 2024, I hope we can all commit to investing in our own growth and health. I believe If we all share a mutual goal of fostering self-improvement, positivity, and focus on uplifting each other, our team of residents, employees and their families here at Cascades of Stayton will be stronger as a collective community.

WARMEST REGARDS,

ALMA QUESADA

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EXECUTIVE DIRECTOR