



February 2024

Meet Our Team

Susan C.	Executive Director
Melissa D.	R.S. Director
Dave H.	Wellness Director
Deb S.	RN Oversight
Kriss F.	Community Relations
Donna P.	CR Associate
Bernie S.	Life Enrichment Director
Renay S.	L.E. Associate
Danielle S.	Venture Inn Director
Kathy M	Dining Director
Roberta W.	Concierge
Greg C.	Maintenance
Aldo M.	Housekeeping
Trinity G.	Housekeeping
Maria C.	Med Care Associate
Lisa W.	Med Care Associate
Jazmine S.	Med Care Associate
Ashley D.	Med Care Associate
Taylor W.	Med Care Associate
Rosea C.	Med Care Associate
Sara F.	Med Care Associate
Joe G.	Care Associate
Bridget E.	Care Associate
Sunshyne L.	Care Associate
Justin C.	Care Associate
Brenda A.	Care Associate
Mandy K	Care Associate
Janelle B.	Care Associate
Danielle R.	Care Associate
Sara D.	Dietary Aide
Paula W.	Dietary Aide
Chris S.	Cook
Tony N.	Cook
Jaime G.	Cook
Haley W.	Cook
Emily C.	Cook
William T.	Cook
Samantha A.	Wait Staff
Jeniffer J.	Wait Staff



2290 Inland Drive North Bend, OR 97459 (541) 756-0176

Good Friends Make Good Neighbors Program

Seniors love living at Inland Point and since our residents are often our best spokespersons, we've created this Program to show our appreciation.

When an Inland Point resident or family member refers a new potential resident* to a Cascade Living Community and that person moves in for at least 90 days, the referring resident will receive a \$1000 credit applied to their base rent.

*In order to qualify as a new potential resident, the person being referred may not already be on our contact list. To make a referral, and ensure you receive a credit for making introduction, please provide your name and the name of your friend or family member to our Executive Director or Community Relations Director prior to the inquiry or tour.

The Presidential Penny

Presidential Day on the third Monday of February celebrates all U.S. presidents, including one of the most admired, Abraham Lincoln. For over a century, Lincoln has been in pockets and purses throughout the country in the form of the 1-cent coin. The Lincoln penny was first minted in 1909 and celebrates the 100th anniversary of the 16th president's birth. It was the first U.S. coin to feature a historical figure. Sculptor and engraver Victor David Brenner designed the coin with Lincoln's portrait on the "heads" side and two wheat stalks on the "tails" side. Pennies are 97.5% zinc and 2.5% copper. The U.S. Mint produces more than 13 billion pennies a year. On average a penny last 25 years.



Resident Birthdays

1st JoAnne Jensen
8th Deidra Hoskins
13th Dorothy Irvin

Employee Birthdays

5th Dave Hasting

Welcome Wagon

New Resident

Evelyn Mayfield - Apartment #17
Madelone Cook - Apartment #19

New Employee

William Teel - Cook
Jennifer Johnson - Wait Staff

Resident Anniversary

3 years James and Alice Layport
3 years Pete Peterson
5 years Dorothy Logan
7 years Jim and Mary Lou Scott

Employee Anniversary

3 years Taylor Weidemiller
6 years Aldo Martinez



February

February comes from the Latin word februa, which means “to cleanse”. The month was named after the Roman Februalia, which was a monthlong festival of purification and atonement.

Was Valentine’s Day Once Warmer?

When Valentine’s Day became popular in the Middle Ages, the climate was warmer than it is now. Birds mated. Flowers bloomed. And love blossomed. If it had been wintry weather; would this holiday still be the same today?

Identifying past weather patterns is always somewhat controversial, but history seems to show that a thousand years ago, the weather was very warm in Europe compared to today. Greenland really had some green pastures, and Vikings ran cattle. During this period, springtime in Italy frequently began in mid-February. And ever notice that poems describing the weather in England sounds like sunny Italy? Chaucer, widely considered the greatest poet of the Middle Ages, associated the feast of St. Valentine with the mating impulses of birds – which were thought to begin looking for their mates on February 14.

Indeed, the feast of St. Valentine has been associated with love since the Middle Ages.

The Old Farmers Almanac

Monthly Birthday Party



Yvonne and Kay



Carol



Maria, Barb, Shirley



Kay, Kathy, and Jean



Shirley and Ann

Resident Spotlight



Elizabeth Ann Ward was born in Portland, Oregon on June 18, 1943. Her and her husband, Michael were married for 60 years and lived most their life in Gold Beach.

Elizabeth, who likes to be called 'Ann', says she has 7 stepchildren and 25 grandchildren. She says, from there, they have exploded the population like rabbits! She is also grateful to have two siblings, brothers, still living.

Ann remembers going to Southwestern Community College for a years term. She says she lived about 15 miles up Coos River on the Dellwood side, for about 3 1/2 years. She recalls times when they would take a boat across the river and then walk into town to do shopping.

Ann tells of an extraordinary time in her life when she and her family took in about 30 young adults, 'hippie-type', she calls them, they were from San Francisco, the East Coast, New Jersey and New York. They were all college age. Ann says they were referred to them by word of mouth and she is sure the Lord sent those kids for her to look after and help.

Ann loves hand crafts. She has spent countless hours crafting, crocheting, and knitting. She loves embroidery and making dresses for the dolls in her collection.

Thank you!



Love Around the World

Valentine's Day is celebrated across the globe, and many countries have unique holiday traditions.

Germany, Heart-shaped gingerbread cookies with romantic messages written in icing are popular valentine gifts among German couples.

South Korea, Women give chocolate to men on Valentine's Day, then the gesture is returned on White Day, March 14, when men are the gift-givers. Single friends get together on Black Day, April 14, and dine on bowls of noodles covered with a black bean sauce.

Mexico, the Holiday is known as the Day of Love and Friendship in this country, where friends as well as romantic partners gift each other candy, flowers, balloons and stuffed animals.

South Africa, The expression "wear your heart on your sleeve" is fitting for South African women, who pin the name of their love interest to their shirtsleeve for the day.

Peru, Orchids are the flower of the choice for valentines here, since they are native to this South American nation.

Philippines, Hundreds of couples in this Asian country tie the knot in mass wedding ceremonies on February 14.



Wishful Thinking

Participants in an experimental study were given a simple task; Take a walk and wish happiness for every person they saw. After 12 minutes of walking and thinking thoughts of loving kindness, the wishers themselves reported feeling happier than before the exercise.

Go Green for Your Heart

Red may be the color of the month, but experts say you can show your heart some love by going green. Eating a daily serving of leafy greens, such as spinach, romaine lettuce, kale and collard greens, is linked to a lower risk of heart disease.

