



1801 North East Lotus Drive

Bend, OR 97701

541-389-0046

Www.CascadesofBend.com

Management Team

Crystal Brokaw - Executive Director

Misty Nicholas-Liceaga- Associate Executive Director

Jacqui Michuda RN- RN Oversight

Jessica Burke RN- Wellness Director

Nicole Marquez- Resident Care Coordinator

Julie Gibbons RN- Memory Care Wellness Director

Beverly Lakey- Memory Care Resident Care Coordinator

Kari Hutchison- Director Of Sales And Marketing

Lisa Davis- Community Relations Director

Devin Haney- Business Office Manager

Kelly Graves- Life Enrichment Director

*Articles and Photos Provided by Activity Connection



Celebrating March

Iditarod Race

March 2

Women in Construction Week

March 3–9

Napping Day

March 11

Quilting Day

March 16

Tea for Two Tuesday

March 19

Memory Day

March 21

Pencil Day

March 30

In Praise of Weeds

Gardeners get giddy in March as the ground begins to thaw and green buds burst forth showing signs of spring. However, not all of those buds are welcome, and gardeners will begin their assault on unwanted weeds. But wait! Before you break your back pulling out garden invaders, take some time to understand these pests. March 28th is Weed Appreciation Day.

Many weeds are native species of flowers that provide important pollen and nectar for bees and butterflies as well as seeds for a variety of birds. They may not be always be pretty, but they are important. For example, the humble clover may be undesirable, but it has tremendous benefits.

It grows easily and in abundance, is a tasty and nutritious crop for grazing animals, fixes its own nitrogen (which means less need for fertilizer), and grows in a wide variety of climates and soils. It is also one of the honeybee's main sources of nectar.

Many other weeds are edible and healthy. The roots of the burdock plant are regularly eaten in Japan and Korea. They taste similar to artichokes and are high in fiber and potassium. Dandelion and burdock are combined to make a tasty drink that is popular in England and tastes similar to root beer.

The leaves of lamb's quarters, also known as goosefoot or pigweed, are a good substitute for spinach. The seeds, known as quinoa, are a popular alternative to rice and other grains and are high in protein and vitamin A.

St Patrick's Day

WORD SEARCH Search across, down, and diagonally

K S I M B I W X J L V E N V K X B H

K H F A F E S O M X Y Y M L V X R F

F A Q R X R T X W C G A P I S V A S

Z M D C N M P T X O R I J N S Y I K

K R U H H J A F N S E K R Q V F N F

N O C F D N T Z C S E Z Y E A L B J

G C O P P L R P N C N K B V L G O M

O K T U K N I R N M H W M D L A W U

L R I K W V C L E P R E C H A U N H

D L O H L V K P Z S H L K X Y D C D

W B K U V X X J H I Q T Q K U E V K

N F W Z Y B C L O V E R X G E P W N

Find the following words:

- LEPRECHAUN
- RAINBOW
- GOLD
- ST PATRICK
- CLOVER
- LUCK
- SHAMROCK
- GREEN
- IRELAND
- MARCH



Radio Reassurances

Eight days after taking office, on March 12, 1933, President Franklin D. Roosevelt delivered the first of his evening radio addresses, warmly known as fireside chats. At the time, nearly all of America's banks had closed after a panicked public rushed to make mass withdrawals. It was the lowest point of the Great Depression, with 15 million Americans unemployed. Roosevelt's first fireside chat was meant to calm the public by offering a plan to restore the banking system. Using radio as an effective form of mass media, Roosevelt made 30 fireside chats. He was able to dispel rumors, counter political opposition, and explain his policy decisions. During a time of uncertainty, Roosevelt's voice projected self-assurance and promised steady leadership.

Please Join Us For Our
St. Patrick's Day Friends And
Family Dinner
March 13th 2024
4:00pm Memory Care
4:00pm or 5:30pm Assisted Living
Please R.S.V.P
By Monday March 11th
541-389-0046

Resident Birthdays

- Frank M. 03/16
- James M. 03/27

March Horoscopes & Famous Birthdays

In astrology, those born between March 1–20 are Pisces' Fish. Pisces are friendly, wise, and selfless, making them compassionate and generous friends. Their intuitive and romantic natures also make them creative and expressive artists. Those born from March 21–31 are Rams of Aries. The first sign of the zodiac, Rams are unafraid to forge ahead with passion, zeal, and confidence. Full of optimism and hope, Aries are both eager to get the job done and unafraid to confront problems head-on.

- Ron Howard (director) – March 1, 1954
- Shaquille O'Neal (athlete) – March 6, 1972
- Wanda Sykes (comedian) – March 7, 1964
- Bobby Fischer (chess player) – March 9, 1943
- Simone Biles (gymnast) – March 14, 1997
- Spike Lee (director) – March 20, 1957
- Aretha Franklin (singer) – March 25, 1942
- Mariah Carey (singer) – March 27, 1970
- Warren Beatty (actor) – March 30, 1937



Paws and Purrs

It doesn't get any cuter than March 23, when it is both Cuddly Kitten Day and National Puppy Day. The debate between cat people and dog people rages on. At the Westminster Dog Show, dog authorities argue that they are outgoing while cat people are more aloof. Cat owners over at the Black Diamond Cat Show say they are more intelligent and independent than their dog-owning counterparts. According to researchers, dog people are more extroverted, agreeable, and conscientious. Cat lovers are a bit less traditional and more artistic. Both parties, however, love to cuddle.