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 Information



May/June 2024

# Cascades of Bremerton

Retirement Living  
 Ashley Gardens \* The Cottage \* The Willows  
 The Difference Between Living and Living Well

Executive Director  
 Mariah Davis  
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Life Enrichment Director  
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 Ashley Gardens  
 Wendy Rothwell  
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## Golden Years BREAKFAST

With Guest Speaker Glen Willis

Tuesday, May 14 | 9:00 – 10:30 a.m.

Location: The Willows of Bremerton Dining Room

Join us for our Golden Years Series, where you'll delight in a delicious breakfast while learning from experts about how to make the most of your Golden Years.

During this session, you'll hear from Glen Willis, who will share good cybersecurity practices and how you can take steps to protect yourself against the most common malicious cyber campaigns. You'll leave with do's and don'ts that will make a difference in today's world of persistent cyber threats.

About Glen Willis: Glen is the Practice Director of Cybertech at Kalles Group, a Seattle-based cybersecurity and technology consulting firm. He has worked in the Information Technology industry for over 20 years and has been increasing his focus on cybersecurity and privacy for the last ten years.



Continuing Care Retirement Campus  
 The Difference Between Living and Living Well

RVSP to the concierge by  
 May 10 to reserve your spot.

www.CascadesOfBremerton.com | 360-479-8522  
 lisam@cascadeliving.com

3201 PINE ROAD NE | BREMERTON, WA 98310  
 RETIREMENT LIVING



### Birthdays

May	June
5 Jean B	1 Lisa R
10 Jennie H	2 Thelma G
12 Suzy S	3 Don D
12 Al T	10 Melvin M
15 Lynne C	10 Lynn C
20 Marilyn D	12 Jack M
21 Shirley R	12 Paul H
21 Jack M	14 Mary B
22 Mary B	14 Harvey H
25 Carol H	16 Barbara M
31 Violet B	18 Thelma B
	18 Donald H
	25 Don H
	25 Beth M
	29 Mary P



May 1  
 May 4  
 May 5  
 May 6  
 May 6 to 12  
 May 12  
 May 18  
**MAY 27**  
  
 June 14  
  
 June 16  
 June 19  
  
 June 20

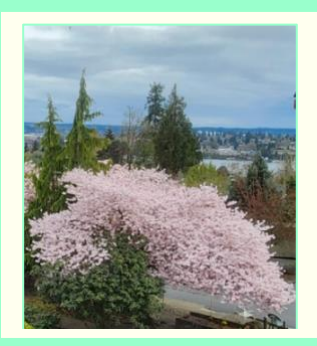
Lei Day \* May Day  
 Firefighters Day  
 Cinco de Mayo  
 Nurses Day  
 Nurses Week  
 Mother's Day  
 Armed Forces Day  
**MEMORIAL DAY**  
 Remember and Honor  
  
 Flag Day  
 US Army Birthday  
 Father's Day  
 Juneteenth National  
 Independence Day  
 Summer Solstice



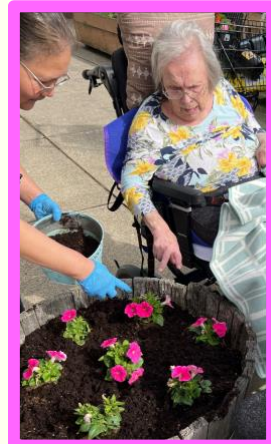
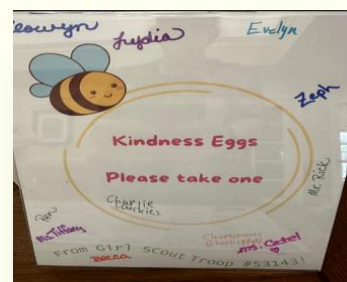




Celebrating our Resident of Seven Years,  
**Joan Wiiloughby**



Thank you to Girl Scout Troop #53143 for bringing Easter to the Cottage!



Ms. Joan Wiiloughby has lived at The Cottage for 7 years. Born in Tacoma Washington, she has lived in 37 states and overseas. She was married and has two daughters and one son. Joan is full of Life and full of surprises, she was a concert pianist who played Concerto Artist for the Tacoma Youth Symphony. She also played for the Ballet Russe de Monte Carlo. She flew a 150 Cessna (even under the Tacoma Narrows Bridge many years ago). She rode an elephant named Ellie in France. Her favorite animals are Elephants, Dogs, and Horses. Joan's favorite things about the Cottage are how friendly the staff and residents are.

When asked for Love advice...One of her Funniest situations was "Find a good corner with your boyfriend" ...she found one on a boat and in a corner... They kissed and the horn Blew. 😊



*Fathers are the unsung heroes of our time,  
Their sacrifices and hard work are a true sign,  
Of their unwavering dedication and love,  
That lifts us up and makes us soar above.  
We need fathers in this world today more than ever,  
To guide us through life's twists and turns,  
we must endeavor,  
To honor their hard work and sacrifice,  
And cherish their love and care, forever in our lives.*

~ Dev Sommerville

## UP AND COMING

### Mother's Day Brunch



### Father's Day BBQ



### ~Golden Years Breakfast Series:

- ~Cyber Security
- ~Downsizing



*My Mother kept a garden,  
A garden of the heart.  
She planted all the good things  
That gave my life its start.  
She turned me to the sunshine  
And encouraged me to dream.  
Fostering and nurturing  
The seeds of self-esteem.  
I am my Mother's garden.  
I am her legacy.  
And I hope today she feels the love  
Reflected from me.  
~Unknown*







## Employee Spotlight

As the days get warmer and hotter, Make sure you stay hydrated, drink water, and eat raw fruits and vegetables.

Try Infused water instead of purchasing expensive flavored waters in the grocery store, you can easily make your own at home.

Try adding any of the following to a cold glass or pitcher of water:  
*lemon or lime*  
*orange*  
*grapefruit*  
*fresh mint*  
*fresh ginger*  
*cucumber*  
*crushed berries*  
~ credit CDC



**Introducing  
Stacey Atkins  
Business Office Manager**

**My philosophy is that I can learn something from everyone I meet, so take the time to really listen to them. At home, I have two cats that demand all the food in the house, and when I am not busy feeding them, I enjoy crafting, watching movies and planning my next travel adventure.**



**Welcome Katie to the  
Willows Life  
Enrichment team!**

**Katie will be working Thursdays – Sundays at the Willows. She grew up with her family in Kitsap County and Attended Washington State University.**

**She has a passion for arts and animals and a strong background in Psychology. She is super excited to bring her talents to share with the residents. Please welcome her when you see her.**

## **JOIN US & Walk to End Alzheimer's & Dementia**

Cascades of Bremerton is walking and fundraising for the Alzheimer's Association Walk to End Alzheimer's®!

This is the largest event to raise funds and awareness for the care, support, and research efforts of the Alzheimer's Association®.

It's held annually in more than 600 communities nationwide, and Cascades of Bremerton is excited to participate.

Currently, more than 6 million Americans are living with Alzheimer's and over 11 million family and friends provide their unpaid care.

We need your help to end this devastating disease.

You can make an impact with a donation or even joining our team.

We will be bringing the Cascades of Bremerton busses:)

Your kindness and generosity truly make a difference in the fight against Alzheimer's and all other dementia.

There have been very recent exciting announcements made for Alzheimer's treatments due to strides forged in research and little people making a difference.

Thank you for your support!

**For more info, check out our page here:**

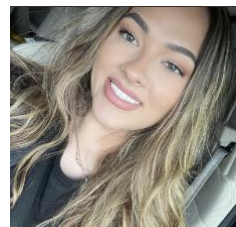


### **Directors Corner:**

**Welcome Mariah Davis!**

**Hello, Residents, Staff, families, and friends!**

**My name is Mariah Davis, and I am excited to join Cascades of Bremerton as your new Executive Director. I have worked in senior living for over ten years and have dedicated my life to improving the lives of the seniors around me. I have two beautiful children and recently completed my Master's of Business and Health Care Administration. I look forward to serving you and integrating with the community here. I can't wait to meet you all!**



### **The Irresistible Iris**

What is it about the iris that is so alluring? Van Gogh often painted the beautiful flowers.

The fleur-de-lis, a stylized iris, is a symbol associated with France, New Orleans, and Florence. Perhaps it

should come as no surprise that this lovely flower enjoys its own holiday on May 8.

*Iris* comes from a Greek word meaning "rainbow," which is fitting since irises come in shades of

purple, yellow, white, pink, and blue. With Mother's Day fast approaching, perhaps May 8 is the perfect occasion to run to the flower shop and buy a bouquet of these colorful beauties.

