



April 2024



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

Meet Our Team

Susan C.	Executive Director
Melissa D.	R.S. Director
Mary Ann E.	Wellness Director
Deb S.	RN Oversight
Kriss F.	Community Relations
Bernie S.	Life Enrichment Director
Renay S.	L.E. Associate
Danielle S.	Venture Inn Director
Kathy M	Dining Director
Roberta W.	Concierge
Donna P	Concierge
Greg C.	Maintenance
Don W.	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
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
Windy G.	Care Associate
Sara D.	Dietary Aide
Paula W.	Dietary Aide
Christian R.	Dietary Aide
Chris S.	Cook
Tony N.	Cook
Jaime G.	Cook
Emily C.	Cook
Samantha A.	Wait Staff

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.



Herald of Happiness

Songs have been sung about them, and poems written about them. Bluebirds have been longtime symbols of happiness in many cultures and are often associated with the renewal of the spring season. Eastern, mountain and western are the three species of this native North American bird, and all of them display bright blue feathers and chirp a cheerful song.

A Tree-mendous Holiday

The planet is home to more than 3 trillion trees, but there's room for more. Over a century since Arbor Day was inaugurated, the national holiday on the last Friday in April continuous to celebrate the planting and preserving of trees.

Resident Birthday

1st Madelon Cook
1st Laura Collins
5th Pete Peterson
30th Dennis Schmidt

Employee Birthday

2nd Brenda Abercrombie
3rd Maria Castillo
8th Sami Albers
16th Aldo Martinez
24th Kriss Fenton



Resident Anniversary

1 year Clyde and Diane Thrift
5 years Joellen Simons
9 years Betty Reed
13 years Penny Dahl



New Resident

Shirley Peterson - Apartment #27
Carl Siminow - Apartment #30
Teri Olson and Carla Courtney - C7
Richard and Kay Hodge - C16

New Employee

Mary Ann Ewing - Wellness Director
Christian Ringgold - Dietary Aide
Don Wrought - Maintenance

St. Patrick Celebration



Jean and Mary Jo



**Dorothy, Pat (Volunteer)
and Yvonne**



Jan, Eileen, and Pat



Kathy, Peggy, and Betty



**Yvonne, Jerry,
Dorothy, and Dorothy**



Earth Day

The modern-day environmental movement kicked off 50 years ago on the first Earth Day, April 22, 1970.

The annual event was created by Gaylord Nelson, a senator from Wisconsin who wanted to organize what he called a “national teach-in on the environment” that would educate the public about growing concerns such as pollution and deforestation. On the first Earth Day, 20 million people, about 10% of the country’s population at the time, took part in rallies, raising awareness about environmental issues and appealing to protect the health of the planet.

Earth Day’s success contributed to several landmark changes, including many of the first laws against air and water pollution, as well as the creation of a new government organization to respond to such issues, the Environmental Protection Agency, which began work in December 1970. By 1990, Earth Day became a worldwide observance today, about 1 billion people in nearly 200 countries celebrate Earth Day.

Snapshot



“I like to get my hands dirty with good dirt and to see things grow. Pretty flowers the better.”

Ann Ward



Primrose

Prim rose means “first rose”, and it’s certainly accurate as one of the first flowers to appear in many different environments, blooming in zone 3 to 8 in early spring. Primrose have a long medicinal history while Europeans grew evening primrose in the 17th century, the plant’s history starts long before then. Native Americans used the plant to heal wounds, serve as a sedative and even treat hemorrhoids. Primrose provides blooms for up to 10 weeks if dead headed. They do well in cool temperature with a fair amount of moisture.



Onion Explained

Spring brings the harvest of bunches of onions with long green stems and white ends. Here’s how to identify the common varieties you’ll see in dishes. Green onions/scallions, these names are interchangeable and refer to onions with slender green stalks and white bulbs. The entire onion is edible, but it’s usually the mild-tasting green tops that are chopped and used both raw and cooked, especially in Mexican and Asian recipes.

Leeks, resembling large green onions, leeks have a slightly sweet subtle flavor. The dark green tips are added to flavor stock, while the light green and white woody stalks are often an aromatic ingredient in dishes or simply enjoyed as a vegetable side.

Ramps, these prized onions grow wild in the Appalachian Mountains region and are in season for just a few weeks each spring. Ramps have broad green leaves, purplish stems and a white base, and their taste is a pungent mix of onion and garlic.

Chives, they look like blades of grass or tiny green onions, but chives are actually an herb that has a delicate onion flavor with a hint of garlic. They are commonly used as a topping for baked potatoes and a garnish for eggs.