



May 2024



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

Meet Our Team

<i>Susan C.</i>	<i>Executive Director</i>
<i>Melissa D.</i>	<i>R.S. Director</i>
<i>Mary Ann E.</i>	<i>Wellness Director</i>
<i>Bernie S.</i>	<i>Life Enrichment Director</i>
<i>Renay S.</i>	<i>L.E. Associate</i>
<i>Danielle S.</i>	<i>Venture Inn Director</i>
<i>Kathy M</i>	<i>Dining Director</i>
<i>Roberta W.</i>	<i>Concierge</i>
<i>Donna P</i>	<i>Concierge</i>
<i>Greg C.</i>	<i>Maintenance</i>
<i>Don W.</i>	<i>Maintenance</i>
<i>Aldo M.</i>	<i>Housekeeping</i>
<i>Trinity G.</i>	<i>Housekeeping</i>
<i>Maria C.</i>	<i>Med Care Associate</i>
<i>Lisa W.</i>	<i>Med Care Associate</i>
<i>Jazmine S.</i>	<i>Med Care Associate</i>
<i>Ashley D.</i>	<i>Med Care Associate</i>
<i>Sarah F.</i>	<i>Med Care Associate</i>
<i>Taylor W.</i>	<i>Med Care Associate</i>
<i>Rosea C.</i>	<i>Med Care Associate</i>
<i>Joe G.</i>	<i>Care Associate</i>
<i>Bridget E.</i>	<i>Care Associate</i>
<i>Sunshyne L.</i>	<i>Care Associate</i>
<i>Justin C.</i>	<i>Care Associate</i>
<i>Brenda A.</i>	<i>Care Associate</i>
<i>Mandy K</i>	<i>Care Associate</i>
<i>Emily F.</i>	<i>Care Associate</i>
<i>Janelle B.</i>	<i>Care Associate</i>
<i>Danielle R.</i>	<i>Care Associate</i>
<i>Windy G.</i>	<i>Care Associate</i>
<i>Sara D.</i>	<i>Dietary Aide</i>
<i>Paula W.</i>	<i>Dietary Aide</i>
<i>Christian R.</i>	<i>Dietary Aide</i>
<i>Chris S.</i>	<i>Cook</i>
<i>Tony N.</i>	<i>Cook</i>
<i>Jaime G.</i>	<i>Cook</i>
<i>Emily C.</i>	<i>Cook</i>
<i>Samantha A.</i>	<i>Wait Staff</i>

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,*



Carnations

A Flower for Moms

Because of its beauty, hardiness and prevalence, the carnation is regarded as the official flower of Mother's Day. The holiday's founder, Anna Jarvis, chose the frilly fragrant bloom because it was her mother's favorite flower, and 500 white carnations were handed out at the first Mother's Day observance in 1908.

Honoring Heroes

"How important it is for us to recognize and celebrate our heroes and she-roes!"

Maya Angelou

Resident Birthday

2 nd	Gerold Fields
9 th	Geri Hamilton
13 th	Ruth Green
20 th	Kathy Saraceni
22 nd	Jim Thornton
28 th	Jean Carpenter



Employee Birthday

5 th	Anthony Noe
5 th	Taylor Weidemiller
19 th	Justin Chapa

Resident Anniversary

1 year	Jimmie and Rancine Johnson
1 year	Beverly Heuharth
1 year	Marsha Agruso
3 years	Laura Collins
5 years	Maria Wartnik
5 years	Paul and Halia Pushkar
6 years	Dorothy Irvin
6 years	Judy Dixon
7 years	Betty Crook
7 years	Flora McCormick
11 years	Donna Bales

Employee Anniversary

1 year	Greg Cain
1 year	Sara Fiorelli
1 year	Danielle Ricketts
2 years	Amanda King



Emily Fielder - Care Associate

Stay Active as You Age

Moving your body and staying active is focus of National Senior Health and Fitness Day, the last Wednesday in May. Find inspiration in this year's theme and learn why "Life Is Better in Motion."

Helps prevent illness. High blood pressure, poor circulation, and high cholesterol are linked to conditions such as heart disease, stroke, and Type 2 diabetes. These health risk factors can be reduced with regular exercise.

Boosts energy. The more you move, the more energy you'll have, helping you carry out everyday physical activities with less fatigue.

Lifts mood. Would you like to feel happier and more relaxed? The endorphins released during exercise can provide emotional perks. Taking part in physical activity can also improve confidence and self-esteem.

Improves sleep. A regular fitness routine can help you fall asleep more quickly, sleep more soundly and get better quality rest. Just avoid working out close to bedtime, since the energy boost may keep you awake.

Reduces fall risk. Exercise strengthens muscles and bones, increase flexibility, and improves balance – all benefits that are key to preventing falls and broken bones.

Enhances social life. Walking with a friend, taking a group fitness class or participating in a team sport or game offers the opportunity to have fun and connect with others.





Wit & Wisdom

“Mother’s love is peace. It need not be acquired; it need not be deserved.”

- Erich Fromm

“Youth fades; love droops; the leaves of friendship fall: A mother’s secret hope outlives them all.”

- Oliver Wendell Holmes Sr.

“There’s no way to be a perfect mother and a million ways to be a good one.”

- Jill Churchill

“When you look at your mother, you are looking at the purest love you will ever know.”

- Mitch Albom

“When your mother asks, ‘Do you want a piece of advice?’ it is a mere formality. It doesn’t matter if you answer yes or no.

You’re going to get it anyway.”

- Erma Bombeck

National Volunteer Week



Priscilla, Cherylee, and Pat



Betty, Kathy, Renay, Pat, Priscilla, and Cherylee



Cherylee



Priscilla and Pat



We are grateful for your contribution. Thank you for taking part of our wonderful events. Our volunteers are priceless!

Debbie Fennel, Pat Miles, Cherylee Sickels and Priscilla Zimmerman