

Your Return Address
Street Number and Name
City, State ZIP Code

Postage
Information

September 2024

Ashley Gardens-Memory Care
The Cottage- Assisted Living
The Willows- Independent
3201 Pine Rd NE. Bremerton, WA. 98310 | 360-479-8522



Cascades of Bremerton



Aloha from Cascades!

*Hold on to your grass skirts and Hawaiian shirts –
we're partying Polynesian-style at The Willows!*



Luau & Kalua Pig Roast

Saturday, September 14 | 2 – 4 p.m.

Live Entertainment | Outdoor Tiki Bar or Dining Room at The Willows

Hula over to The Willows for a fun-filled luau feast featuring a full Kalua BBQ pig roast with traditional side dishes, tropical cocktails, and live entertainment by Jim and Lokelina "Rozz" Lowry.

With Rozz on ukelele and Jim on guitar, this dynamic duo brings the spirit of the islands to us via song, dance, audience-interactive acts, and intriguing stories from Hawaii.



3201 Pine Road NE | Bremerton, WA 98310
www.CascadesOfBremerton.com

Kindly RSVP to Lisa
by September 10.

360-479-8522
LisaM@cascadeliving.com



INDEPENDENT LIVING | ASSISTED LIVING | MEMORY CARE

September Birthdays

Ursula A.
Hazel K.
Phyllis T.
Cynthia B.
Kathy B.
Bonnie H.
Lee M.
Gloria M.
Trudy N.
Marilyn R.
Elaine L.
Ursula A.

October Birthdays

Jennifer P.
Julie D.
Jim B.
Midge G.
Christie L.
Roy W



Meet our Team

mariahd@cascadeliving.com

Associate Executive Director

Nichole Vaughn

nicholev@cascadeliving.com

Wellness Director

Khashmir Schuster

khashmirs@cascadeliving.com

Resident Care Coordinator

Dee Wilhite-Mitchell

deewm@cascadeliving.com

Environmental Services Director

Josie Jackson

josiej@cascadeliving.com

Business Office Manager

Stacey Atkins

staceya@cascadeliving.com

Director of Sales & Marketing

Lisa Marshall

lisam@cascadeliving.com

Fitness & Life Enrichment Director

Willows

Colleen Clotfelter

colleenc@cascadeliving.com

Life Enrichment Director

The Cottage

Janet Presley

janetp@cascadeliving.com

Life Enrichment Director

Ashley Gardens

Wendy Rothwell

wendyr@cascadeliving.com

Dining Services Director

Gulsidel Velazquez Ayala

Gulsidelv@cascadeliving.com

Aloha

Take Control of Your Health: 6 Steps to Prevent a Fall

Every **11 seconds**, an older adult is seen in an emergency department for a fall-related injury. **Many falls are preventable.**
Stay safe with these tips!

<p>1 Find a good balance and exercise program Look to build balance, strength, and flexibility. Contact your local Area Agency on Aging for referrals. Find a program you like and take a friend.</p>	<p>2 Talk to your health care provider Ask for an assessment of your risk of falling. Share your history of recent falls.</p>
<p>3 Regularly review your medications with your doctor or pharmacist Make sure side effects aren't increasing your risk of falling. Take medications only as prescribed.</p>	<p>4 Get your vision and hearing checked annually and update your eyeglasses Your eyes and ears are key to keeping you on your feet.</p>
<p>5 Keep your home safe Remove tripping hazards, increase lighting, make stairs safe, and install grab bars in key areas.</p>	<p>6 Talk to your family members Enlist their support in taking simple steps to stay safe. Falls are not just a seniors' issue.</p>

To learn more, visit ncoa.org/FallsPrevention.

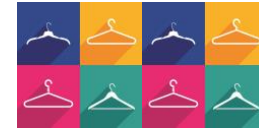
www.facebook.com/NCOAging | www.twitter.com/NCOAging
ncoa.org | @NCOAging | ©2023 | All Rights Reserved.  national council on aging.



We proudly present the “Lyda” rose, donated and planted by Ms. Elaine Lyda’s family

Tai Chi

STARTING IN SEPTEMBER, COLLEEN WILL BE STARTING A TAI CHI CLASS ON MONDAYS AND WEDNESDAYS AT 10:30 AM. THIS TYPE OF TAI CHI CLASS IS GOOD FOR PEOPLE WHO WOULD LIKE TO INCREASE THEIR BALANCE AND IMPROVE ARTHRITIS SYMPTOMS. PLEASE JOIN COLLEEN IN THE FITNESS ROOM STARTING SEPTEMBER 4TH



Friendly reminder For the Laundry rooms

Please write your room number and the time you started the laundry. We sometimes forget or lose track of time so this way we can reach out and remind others. This allows everyone to get their laundry done in an orderly fashion.



STILL TIME TO EARN A T-SHIRT
SEE COLLEEN FOR DETAILS



Ashley Gardens has had a delightful summer, gardening, outdoor games, live music, dinner outings, scenic drives, crafts, and walks about the campus.

We are looking forward to fall, with all the fun crafts and engaging activities.

Families are ALWAYS invited to join us on our adventures.

We are happy to announce we are hosting a monthly “families” dinner, starting on September 7th, to celebrate Grandparents Day. We will enjoy an Italian Cena theme in September with spaghetti, garlic bread, & gelato. Coloring and projects will be available throughout the day on September 7th.

If you’d like to join us, you can RSVP to Wendy at 360-478-7277 or wendyr@cascadeliving.com.

We are looking forward to it!



Save the Date! Holiday Bazaar!
November 23
If you are a Resident of Cascades of Bremerton and want to sell your items, please contact Colleen or Katie in Life Enrichment. We would love to have outside people sell their crafts as well so if interested please call 360-479-8522

If you would like to join the Walk for Alzheimer’s, you still have time! It is on Saturday, September 21st:
Silverdale Waterfront Park
3337 NW Byron St
Silverdale, WA 98383
You can join with the QR code below.

