

# November

## 2024



### Leadership Team

Valerie Valdez  
*Interim Executive Director*

Lindsie Beer  
*Wellness Director*

Erin Baumann  
*Business Office Manager*

Jeannette Singler  
*RN Oversight*

Rita Frazier  
*Life Enrichment Director*

Kayla Butler  
*Dining Services Director*

Robin Keppler  
*Resident Care Coordinator*

Jered Johnson  
*Plant Operations Director*

### MEET THE WOODS

Edward Woods and Margarite LaGasse grew up in the same neighborhood of Bloomfield, New Jersey. He was in the seventh grade when they first met and she, only five was of no particular notice. Much later, when Woody returned from college to attend his sister's wedding, he found her to be a very noticeable young woman. They became friends, then sweethearts and were married September 13, 1957.

Ed started work as a teacher and basketball coach and Margarite cared for their growing family. First Christine then Lisa and years later, Yvonne. Margarite and Ed decided to adopt a companion for Yvonne. This turned out to be Korean sisters, Natalie MiUng Park and Teresa MiSok Park.

Ed switched professions and became a fire insurance adjuster. They moved to the west coast, California first, then Oregon. Ed started a damage renovation business. Rather than deal with outside suppliers, they added carpet, tile and paint. Margarite took this on, managing contractors and working directly with families.

The business was going great, but Margarite decided it was time for a break. The family vacationed in Hawaii, later bought an RV and toured the country and then Ed found his other love. It was sailing a fifty-foot yacht they christened Margarite. Whenever they could get away, they sailed the west coast and the San Juan Islands.

They retired in 1988, still continuing their volunteer activities; Margarite with their church and Ed with a program to support prisoners on a path to change their life. Both were active in the Right to Life movement. Last August, due to failing health, their family helped them move from Florence to Emerald Valley.



November is a great month to read a book! We have a full library in the lounge for you to use, feel free to borrow a book and enjoy it in your room or the lounge (please leave reference books in the library).



### Life Enrichment for All

“The joy of brightening other lives becomes for us the magic of the holidays.” – W.C. Jones

The holidays are here! How'd that happen so fast? You can look forward to some special activities that only happen around this time of year. While our celebrations may be quite different than others you've had through the years, the one thing that you might find familiar is the love we share with one another during the holidays. I encourage you to join us for some of them.

See you there 😊  
-Rita

### Upcoming Events

(Sign-up required for all outings)

#### Sara Scofield, Vocalist

Wednesday, November 13<sup>th</sup> at 2pm

#### Nathalie & Kara on Piano & Violin

Thursday, November 14<sup>th</sup> at 2pm

#### Timothy Patrick on Guitar

Thursday, November 21<sup>st</sup> at 2pm

#### Presentation: Dr. Michael Bratton

#### Talks About Dental Care

Friday, November 22<sup>nd</sup> at 10am

#### FETCH Therapy Dog Visit

Sunday, August 25<sup>th</sup> at 4pm

#### Tim Biggs on Guitar

Monday, November 25<sup>th</sup> at 2pm

#### Family & Friends Buffet

Wednesday, November 27<sup>th</sup> at 5pm  
(Happy ½ hour at 4:30)

The cheerful chrysanthemum is November's birth flower. This lovely perennial, called a mum for short, is a favorite of gardeners. Chrysolis is Greek for "gold." Although mums can be found in a rainbow of colors today, their wild ancestors were limited to a fine golden-yellow hue. These flowers are native to subtropical and temperate areas of the world. They are used in teas, wine, and herbal medicines, and they can be planted indoors to remove air pollutants.



### Wellness Reminder

Please notify staff at the front desk of all appointments. Staff will prepare paperwork for you to take to your doctor for review. We ask that you bring this back to the med tech after your appointment. This will help streamline your care and ensure that you're taking medications as directed.

Doctor Transport is Tuesday from Noon to 4:00pm & Thursday from 8:00am to Noon (sign-up required).

### Van Outings Policy



To assure effective time use and planning, **ALL** outings with the van to events, shopping, drives, etc. will require residents to sign up in advance.

*Three residents are the minimum number of passengers for any outing, so if there are not at least 3 people interested in each outing, the event will be cancelled.*

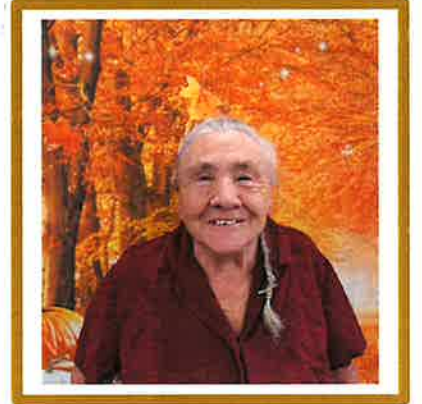
## Tree of the Month – Cedar



Cedar trees are tall ornamental conifers native to the Himalayas and the Mediterranean region. They are often used in landscape design due to their beauty. Cedars are evergreen, meaning they keep their leaves year-round. Some popular types include the northern white cedar, Alaska cedar, incense cedar, Lebanon cedar, and Cyprian cedar. They thrive in temperate climates, prefer direct sunlight, have a spicy scent, and grow needle-like leaves that are arranged in a spiral pattern. Male cedar trees produce flowers and pollen, while the female trees produce seeds and berries. The seeds contain a foul-tasting resin to deter squirrels from eating them. Cedar is a frequent choice for building closets, as the oil and wood of cedar trees are a natural moth repellent. Over a third of conifer trees like cedars face extinction due to issues like habitat loss and climate change.

Happy  
**Thanksgiving**









## *Good Friends Make* **Good Neighbors Program**

*From our elegantly appointed interior and beautifully maintained grounds to the exceptional healthcare programs and services provided by our professional staff, residents who introduce Cascade Living Group's Living Well philosophy to their friends or family members could receive credit<sup>s</sup> applied towards their rent.*



**FOR MORE INFORMATION,  
PLEASE CALL  
541-345-9668**

## *How it Works...*

When a resident or family member refers a new potential resident to a Cascade Living Group community and that person moves in for at least 90 days, the referring resident will receive a \$2,500 credit, applied to their base rent.

In order to qualify as a new potential resident, the person being referred must not already be on our contact list.

To make a referral and to ensure you receive proper credit for making the introduction, please provide your name and the name of your friend or family member to our Executive Director or Director of Sales and Marketing prior to the inquiry of the tour.

**INDEPENDENT LIVING | ASSISTED LIVING | MEMORY CARE**



The Difference Between Living and Living Well

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