

February Word Search

The words listed below can be found vertically, horizontally, diagonally, forward, and backward. Disregard spaces between words.

G Y D S C V S S Y S C A A G G
E P R O U E I P N H V M R O F
I S L O C P U O D O E D O H S
K D W S T M E A L T W N M D R
B E I S Q S C R H E J O A N E
H P X B J R I Y B K T C N U T
S T R A E H S H K O L G C O A
P M Q M C T F E K N W S E R N
Z R R Q K R L H U C N L T G R
G R M X O C S U I R A U Q A E
P R E S I D E N T S C L G S B
X B T C A N D L E M A S B Q I
E P I S E N I T N E L A V V H
M Z W E G N C E K O H A M S K
W I N T E R J E U K P F C U H

AMETHYST
AQUARIUS
BLACK HISTORY
(Month)
CANDLEMAS
COLD
FROST
GROUNDHOG
(Day)
HEARTS
HIBERNATE
ICICLE
PISCES
PRESIDENTS
(Day)
ROMANCE
SNOW
SUPER BOWL
VALENTINES
(Day)
VIOLET
WINTER

Arbor Village Leadership Team

Jennifer Shegrud
Executive Director
JenniferS@CascadeLiving.com

Allie Jones
Life Enrichment Director
AllieJ@CascadeLiving.com

Anthony Sheppard
Plant Operations Director
AnthonyS@CascadeLiving.com

Shauna VanPatten
Director of Sales and Marketing
ShaunaV@CascadeLiving.com

Carmen Curtusan
Retirement Living Director
CarmenC@CascadeLiving.com

Kaera Dixon
Dining Services Director
KaeraD@CascadeLiving.com

February 2025

Arbor Village

Arbor Village | 24121 116th Ave S.E. Kent, WA 98030 | 253-856-1600 | www.ArborVillage.us



Celebrating February

Groundhog Day

February 2

Happy Birthday, Beverly B.

February 3

Happy Birthday, Flo M!

February 3

Thank a Mail Carrier Day

February 4

Superbowl Sunday

February 9

Happy Birthday, Coleman C!

February 10

Valentine's Day

February 14

Presidents Day

February 17

Craft with Jamie

February 18

Bingo Store

February 21

Jokes with Brendan

February 27

Dementia Education Class

February 27

Village Valentines

Valentines Day at the Village is always a special occasion filled with warmth and joy. Residents and staff come together to celebrate love and friendship in a variety of delightful ways. The halls are adorned with festive decorations creating a cheerful atmosphere throughout the community.

Throughout the month residents participate in crafting sessions, making personalized cards and gifts for their loved ones.

In the evening, a delicious dinner is hosted in the dining room, complete with candlelight and soft music. The menu features a selection of gourmet dishes, thoughtfully prepared by Kaera and her talented team.



For those who wish to dance or sing along, the cabaret will be joining us in the Dining Room at 2:30pm. The live singer plays classic tunes, encouraging everyone to take to the floor and enjoy the moment.

Valentine's Day at Arbor Village is not just about romantic love; it's about celebrating the bonds that make our community feel like family. Whether it's the friendships that have blossomed over the years or the deep connections formed between residents and staff, this day is a beautiful reminder of the love that surrounds us all.

Join us on Friday, February 14th for...

Sound of Music at 9:00 am

Tea & Trivia at 1:00 pm

Live Cabaret Performance at 2:30 pm

A Valentines Day Party at 3:30 pm

Special Valentines Day Dinner at 5:00 pm

Welcome to Arbor Village

Arbor Village is thrilled to welcome a few new members to our management team! Please join us in giving a warm welcome to William and Kayla as they begin their new roles at Arbor Village. We look forward to the positive contributions they will make in enriching our community!

William Tinghitella

Business Office Manager

William brings over nine years of experience in administrative leadership, financial management, and team supervision to his role as Business Office Manager at Arbor Village. With a strong background in skilled nursing and retirement communities, he ensures efficient financial operations while prioritizing excellent service for residents and their families.

A Seattle resident for the past five years, William loves hiking and jogging in his free time, staying active and appreciating the natural beauty of the Pacific Northwest.



Kayla Ferguson

Community Relations Director

Kayla is a lifelong Puget Sound resident. Born and raised in Tacoma, WA. She has 2 daughters who she is very proud of. She also cares for her mother and nephew. Her home responsibilities keep her pretty busy, but when she gets free time, she enjoys reading, going to concerts, and she never miss a Seahawks game! She is returning to AV after being away for 3 years. During that time, she worked for another community in Auburn and tried her hand as an Executive Director. She is so happy to be returning to Arbor Village. Kayla says, “it feels like coming back home!”



Live Music

Live music adds a joyful rhythm to life at Arbor Village. We are excited to announce that once a week, residents can enjoy live performances by talented local musicians in the community room.

These events are designed to bring everyone together, create a lively atmosphere, and provide an opportunity to unwind and socialize. Whether you prefer jazz, classical, or a little bit of rock and roll, there's something for everyone to enjoy.

Please check the monthly activity calendar for specific dates and times, and feel free to bring a friend or family member to join in the fun.

If you have a special musical talent and would like to perform, please contact Allie Jones to discuss how you can share your passion with our community.

We look forward to seeing you there and tapping our toes together to the beat of the music!



Coping Strategies for Caregivers

Family Education and Connections Meeting

**Presented by Kirsten Haller, RN
Community Liaison, Kline Galland**

Thursday, February 27 3:00 p.m.

Refreshments will be provided.

When you're caring for your loved one, are you caring for yourself too? Join us at The Lodge for helpful tips and techniques for coping with caregiver stress. You'll learn how to recognize your limits and ask for help when you're feeling stretched thin. Special guest and registered nurse Kirsten Haller will show you ways to take care of yourself so you can take better care of those who count on you.

This is also a time to connect with other caregivers, socialize, develop friendships, and share stress management skills and care tips.

Kindly RSVP by February 24. 253-856-1600

Transportation

We provide door-to-door transportation to medical appointments on Wednesdays. We travel to appointments in the Kent, Renton, and Auburn area. Please note, there is an hourly fee for residents who need escorts beyond the front doors of the destination. Please arrange the appointment ahead of time, 2 weeks' notice is requested, but more than that will increase the likelihood of availability.

Please contact Allie Jones to schedule rides.

AllieJ@CascadeLiving.com



Outings

To sign up for outings, please use the “Outing” binder located at the front desk. Please note that outings are subject to change based on resident interests, requests, and weather.

Post Office or Bank - Every Wednesday*

**Reserve your time slot with Allie*

Fred Meyer- Every Thursday at 1:00 pm

& Every Friday at 10:00 am

Walmart- Monday 2/3 at 10:00 am

Muckleshoot Casino- Tuesday 2/4 at 10:00 am

Dollar Tree- Monday 2/10 at 1:00 pm

Lunch at Ivars- Tuesday 2/11 at 11:45 am

Walmart- Monday 2/17 at 1:00 pm

Muckleshoot Casino- Tuesday 2/18 at 10:00am

Value Village- Monday 2/24 at 1:00 pm

Feeding The Bunnies

In an effort to give our bunnies the most nutritious food possible, once a week, we invite you to join us to make bunny bags! These bags are filled with fresh vegetables and herbs, ensuring our furry friends are healthy and happy.

This is a fun and interactive way to engage with nature and learn more about the dietary needs of our adorable bunnies.



Good Friends Make Good Neighbors

We take great pride in knowing how much you are enjoying the many benefits of sharing life here at Arbor Village, and we're glad you have chosen this as your home. Now you can benefit by helping us spread the word about life at Cascade! That's right: refer a friend or family member to us and get credit toward your rent.

Here's how it works: When an Arbor Village resident or family member refers a potential new resident to one of our communities and that person moves in, the referring resident will receive a \$4,000 credit on their base rent. In order to qualify, the names of the person making the referral, and the prospective resident must be given to the Executive Director or the Community Relations Director prior to the inquiry or tour. After the new resident has resided at one of our communities for 90 days, the credit is given.

