

Cascades of Bremerton
3201 Pine Road NE
Bremerton, Washington
98310

Postage
Information

March Birthdays

Teresa P. 3/8
Junita S. 3/11
Lee M. 3/12
Thomas K. 3/22
Margaret S. 3/29

April Birthdays

David M. 4/2
Bill F. 4/6
Bill R. 4/11
Mary Lynen B. 4/12
Carol K. 4/17
Esther P. 4/20
Jim H. 4/27

Upcoming

3/4 *Mardi Gras*
3/9 *Day light savings time*
3/17 *St. Patrick's Day*
3/20 *SPRING!*



March /April 2025

Cascades of Bremerton

Ashley Gardens The Cottage The Willows
Memory Care Assisted Living Independent Living

Executive Director
Mariah Davis
mariahd@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
The 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



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(s) applied toward their rent.

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 \$4,000 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 or tour.*



Continuing Care Retirement Campus
The Difference Between Living and Living Well

For more information, please call

360-479-8522

3231 Pine Road NE | Bremerton, WA 98310

www.CascadesOfBremerton.com





"There are good ships and wood ships, ships that sail the sea, but the best ships are friendships, and may they always be."Sláinte!

~Irish Toast



Ashley Garden Events

- March 4th Celebrate Mardi Gras with our musician, Brett.
- March 17th Corned beef and cabbage dinner for St. Patty's dinner & St. Patrick's Day Social at 1:30 & 2:15.
 - 3/24 Harmonica Ray
- Sunday March 30th is Family Day, we will be serving scones and tea at 2, Spring Crafts begin at 1:00!
 - 4/20 Family Easter Brunch
 - 4/21 Harmonica Ray
- Spring Celebrations, Planting flowers, Baking, Crafts, Lots of live music. and more!

Willow's March Events

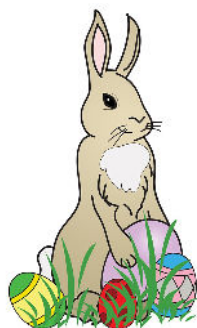
3/4/2025 Mardi Gras Party at the Willows
Fireside Lounge/3:00

3/17/2025 St. Paddy's Day party at the
Willows/Dining Room/2:45

Willows's April Events

4/7/2025 Name that Tune/Willows Dining Room/2:00

4/20/2025 Easter Brunch/Willows/ Dining Room/11:30 and 1:30



ADULT EASTER EGG HUNT

FOR THE WILLOWS RESIDENTS

April 20th

YOU HAVE ALL DAY TO FIND ONE EGG!

NO NEED TO GET UP EARLY!

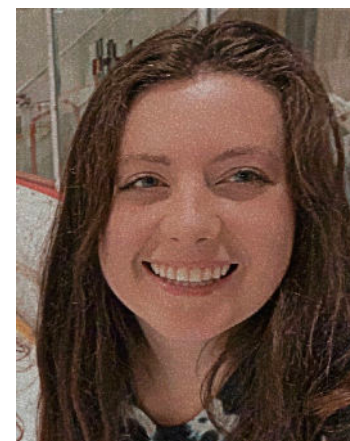
The Easter bunny will be hiding eggs on Easter morning.

This is for Residents only.

Each resident may find only one egg. There will be a number in it which represents a prize. On the following Monday, please turn your egg into Colleen or Deb and you will receive your prize!



Associate SPOTLIGHT



Katie Marzano

Life Enrichment Associate/Willows

Katie will be having her one-year anniversary at the Willows in March. She has brought a lot of joy to the residents. She brings with her many talents mainly her artistic, creative and compassionate qualities. We look forward to having her, here for many more years at the Willows.

Romalyn Rodriguez

Care Associate/Ashley Gardens



We are so very proud of Romalyn; she has just earned her US RN! She has worked very hard as she does every day here at Ashley Gardens. She contributes compassion, skill, and an uplifting spirit every day. We are blessed she is part of our staff. Romalyn has worked as an RN in Saudi Arabia and the Philippines. In her free time, she enjoys spending time with her daughter Ella and her beautiful family.

Welcome Stephanie Westbrook!

Stephanie is our new Concierge at The Cottage. She's a proud Mother of three, enjoys being a bonus Mom to her spouse's children, and proud Grandmother of 4. In her free time, Stephanie is a craft enthusiast, diamond painter, and an avid reader. She says, "Family is my heart." Stephanie is passionate about caring for others and is excited to connect with our amazing residents.



"Never iron a four-leaf clover because you don't want to press your luck!"

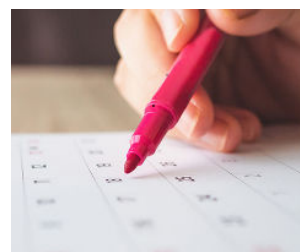
~Irish Proverb





"May your troubles be less, and your blessings be more, and nothing but happiness come through your door"

~Dorien Kelly



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.

Tai Chi

Starting in March, Colleen will be STARTING A Tai Chi class on Mondays at 10:45 am.
This type of tai chi class is beneficial for people who would like to increase their balance and improve arthritis symptoms.
Please join Colleen in the fitness room starting March 3rd.

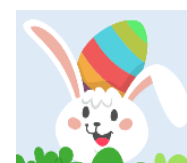


Annual Fitness challenge For Residents of Cascades of Bremerton.

Last year we had great success on our fitness challenge. We will do the same thing as last year since many people got involved.

Each Resident can design their own work out plan with their Community Life Enrichment Director, which will include 100 hours of exercise for The Willows and 50 hours for Ashley Gardens & The Cottage. You can do what works for you.

We have several classes throughout the week you can attend, walk, use the Nu Step, participate in physical therapy, utilize the gym and even play bean bag baseball! Sign up with Colleen at the Willows, Janet at the Cottage, and Wendy at Ashley Gardens!



Easter Brunch

Come enjoy a delicious brunch
on Sunday, April 20th

Guests are welcome, \$15.00 per person.

Ashley Gardens: brunch will be at 12:00,

please RSVP to Wendy Rothwell, wendyr@cascadeliving.com.

The Cottage: guests, please RSVP to the Concierge.

The Willows: Everyone (residents AND guests) will need to RSVP to the concierge, please.

Seating times to choose from are:

11:30

1:30

Please RSVP by Saturday, April 12th.



"Don't count the days,
make the days count."

~ Muhammad Ali



