



900 W. Alpine Way
Shelton, WA 98584

Phone: (360) 426-2600
Fax: (360) 427-3299

www.AlpineWayLiving.com



www.facebook.com/alpinewayliving

April Birthdays

Residents

4/1 Nicolin C.
4/4 Don C.
4/4 Patrick K.
4/5 Fayeann M.
4/6 Betty O.
4/7 Carolyn H.
4/13 Viginia S.
4/14 Marilyn C.

Staff

4/2 Patricia T.
4/6 Lily R.
4/7 Christine K.
4/11 Tomas H.
4/12 Carla Y.
4/18 Allison M.

April 2025

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Alpine Way | 900 W. Alpine Way, Shelton WA | 360-426-2600

Meet Our Team!

Executive Director

Trudy Hunter

TrudyH@Cascadeliving.com

Wellness Director

Wendy Wincewicz

WendyW@cascadeliving.com

Assistant Wellness Director

Tracy Schueller

TracyS@Cascadeliving.com

Marketing Director

Cyndy Armitage

CyndyA@cascadeliving.com

Community Relations Director

Brenda Lehman

BrendaL@cascadeliving.com

Business Office Manager

Maria Poulos

MariaP@cascadeliving.com

Life Enrichment Director

Kara Parker

KaraP@cascadeliving.com

Environmental Director

Travis Wagner

TravisW@cascadeliving.com

Plant Operations Director

Rod Davis

RodD@cascadeliving.com

Dining Services Director

Donna Jorgenson

DonnaJ@cascadeliving.com

Easter Origins

Easter, which is also called Easter Sunday, Resurrection Sunday, and Pascha, is a Christian holiday commemorating the resurrection of Jesus Christ. The holiday is celebrated on different dates each year, and various cultures celebrate the holiday in their own ways. For many American and Canadian Christians, the holiday is held on a Sunday between March 22 and April 25. The exact date is based on when the paschal full moon (the first full moon of the spring) occurs, with Easter on the first Sunday on or after that date. This year, Easter falls on Sunday, April 4, 2021. For those following the Orthodox Catholic Church, Easter may be on a different Sunday in spring, and this year it will be on Sunday, May 2, 2021.

Origins: The tradition of yearly Easter festivities actually began long before Christianity, as the holiday is derived from pagan rituals celebrating the spring equinox (or the day when the day and night are of equal length). These events celebrated new life and rebirth. In fact, since prehistoric times, people have honored the yearly equinoxes and solstices with celebrations. The holiday also has roots in the Jewish holiday of Passover. This crossover of traditions has led to the Easter holiday we know today and helps explain why the holiday is celebrated in so many unique ways around the world.

The United States of America: In the United States, Easter is often celebrated with Easter egg hunts, where plastic, candy-filled eggs are hidden in yards, gardens, or homes. The mythical Easter Bunny is said to bring the treats. Never mind that rabbits don't lay eggs, the bunny as a mascot for Easter makes hippity, hoppity good sense, as the furry creatures are, shall we say, proficient procreators. Easter baskets, brunches, special dinners, and going to church are also popular ways to celebrate. Families often dress up in spring dresses and sharp suits. Lamb or ham is often served at Easter dinners.

Signing In & Out

It is policy for residents to sign in and out with the front desk every time they leave and return to the facility. The sign out sheets are at the front desk. You can also call the front desk to sign you out during business hours.

If you are bringing residents out from the Lodge/Memory Care you **MUST** notify the nurse prior to leaving the unit.

Low Vision Support Group

We will be having this support group every third Wednesday of the month at 1pm. If you or someone you know would benefit from this group, please join us.

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.*

Alpine Way
Continuing Care Community
The Difference Between Living and Living Well

For more information, please call
360-426-2600
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www.AlpineWayLiving.com

PUZZLE UPDATE

EFFECTIVE IMMEDIATELY

We will be putting puzzles of varying levels of difficulty throughout the building.

100 Hall - 500-1000 pc puzzles
200 Hall - 300-500 pc puzzles
300 Hall - 200-300 pc puzzles

Made with PosterMyWall.com



TOWNHALL MEETING

TUESDAY 15TH
@10:00AM
in Cedar Room

Please join us for our Townhall Meeting. We would like to hear your feedback!

ALPINE WAY PRESENTS Easter EGG HUNT

SATURDAY, April 19TH
2PM-3PM

Open to all ages.
Staff and Residents family members are welcome!

Bus Rides & Outings

With the weather on its way to being nice and sunny, our bus fills up pretty quickly. Please utilize the bus sign up sheets at the front desk to ensure your seat on the bus. Also, be courteous to your neighbors as we can only take two wheelchairs at a time. Signing up for every single bus ride/ outing is also taking from someone else who might like to go.

Thank you!