



900 W. Alpine Way
Shelton, WA 98584

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www.AlpineWayLiving.com



www.facebook.com/alpinewayliving

Resident Birthdays

5/3 Elizabeth P.
5/11 Carol N.
5/13 Louise C.
5/15 Margaret S.
5/17 Mary T.
5/23 Jean M.
5/24 George A.
5/24 Ken K.
5/31 Talbot F.

Staff Birthdays

5/2 Mandy B.	5/22 Leslie W.
5/3 Talia S.	5/27 Sarah J.
5/6 Judy M.	5/27 Savannah T.
5/7 Clover G.	
5/10 Tami K.	
5/14 Isabella A.	
5/18 Andrea T.	
5/20 John F.	
5/21 Sierra A.	
5/21 Sarah B.	

May 2025

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Alpine Way | 900 W. Alpine Way, Shelton, WA 98584 | 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

Talking About Mother's Day

In the Beginning Mother's Day began as a spring festival to celebrate "Mother Earth". Then, it became a celebration of "Mother Church". Finally, it became a day to celebrate all mothers. Perhaps the origin of Mother's Day goes back to ancient Greece, where they held spring festivals in honor of Rhea, the mother of gods. This pagan celebration was linked to the beginning of the growing season and was what some call a celebration of "Mother Earth". As Christianity spread throughout Europe, the celebration became linked to Easter. Many churches celebrated "Mothering Sunday" on the fourth Sunday of Lent, the forty days leading up to Easter. It was a celebration of Mary, Mother of God. It became customary to offer small gifts or cakes to mothers on this day. In the 1600s in England, "Mothering Day" was celebrated. This was a day when wealthy families (who employed many servants) gave their servants a day off to return to their homes to visit their mothers. A special cake (called a "mothering cake") was sent along with the servants.

Today, Mother's Day is a celebration of all mothers. This idea began with two women—Julia Ward Howe (who wrote the words to the "Battle Hymn of the Republic") and Anna Jarvis. Howe, a social reformer and poet, wanted a day when mothers could celebrate peace, and she organized a mothers' meeting in Boston each year, starting in 1872. She suggested Mother's Day be celebrated on June 2. She proposed calling it "Mother's Day for Peace" and wrote the first Mother's Day Proclamation. In 1907, Anna Jarvis, who lived in Philadelphia, persuaded her mother's church in Grafton, West Virginia, to celebrate Mother's Day on the second Sunday in May, which coincided with the anniversary of her mother's death. By the next year, the day was also celebrated in Philadelphia. Jarvis then proceeded to write to ministers, politicians, and businessmen to establish a national Mother's Day. Ironically, she was never a mother herself. In 1914, President Woodrow Wilson made the official announcement, proclaiming Mother's Day as a national holiday to be celebrated on the second Sunday in May. Today, many countries around the world celebrate Mother's Day, although many on a different day.




National NURSE WEEK

Nurses are like angels in scrubs, bringing comfort, care, and healing. We appreciate you! Have you thanked a nurse today?

May 6th - May 12th

Laundry Update!

When using the laundry service that Alpine Way offers, please make sure all your clothes are clearly labeled so that they can be returned to you. The best labeling method is using the first initial of the first name followed by their last name. If you have items that were sent to the laundry room and haven't made their way back, please check the lost & found cart. This cart is located right outside of the laundry room. Any further questions can be answered by the housekeeping manager Travis Wagner. Thank you.



PODIATRIST

May 6th @ 1pm
In the Salon in ALU

Independent Residents:
Please bring your insurance card with you. Podiatrist does NOT accept Kaiser insurance unless you have a Doctor referral.

Photos and Videos

Please note that while taking photos and videos of your family member is completely fine, you may **NOT** record or take photos of any other resident.

ALPINE WAY PRESENTS
FRIDAY, MAY 9TH
1:30 IN THE CEDAR

MOTHER'S Day CELEBRATION

Strawberry Shortcake Parfaits
Flavored Iced Tea

MAY Spirit Week

Tuesday 5/06	Western Day Wear something western!
Wednesday 5/07	Neon Day Wear neon colors!
Thursday 5/08	Hawaiian Shirt Day Wear a hawaiian shirt!
Friday 5/09	50's/60's Day Dress like the 50's or 60's
Saturday 5/10	Sports Day Wear a jersey or T shirt of your favorite sports team!
Sunday 5/11	Pirate Day Dress like a pirate!
Monday 5/12	MisMatch Day Wear many different patterns!

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

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