

**May Birthdays**

- 5/02 Joyce L.
- 5/02 Dorothy W.
- 5/03 Carla E.
- 5/04 Walter B.
- 5/12 Bobbie P.
- 5/15 Jennifer T.
- 5/20 LeRoy C.
- 5/24 Irene F.
- 5/24 Jean S.
- 5/27 Ken S.
- 5/29 Beverly H.



**May Birthdays**

In astrology, those born from May 1–20 have the star sign of the Bull of Taurus. Bulls show steady, dogged persistence. Once goals are reached, they enjoy being rewarded, especially with beauty and peace at home.

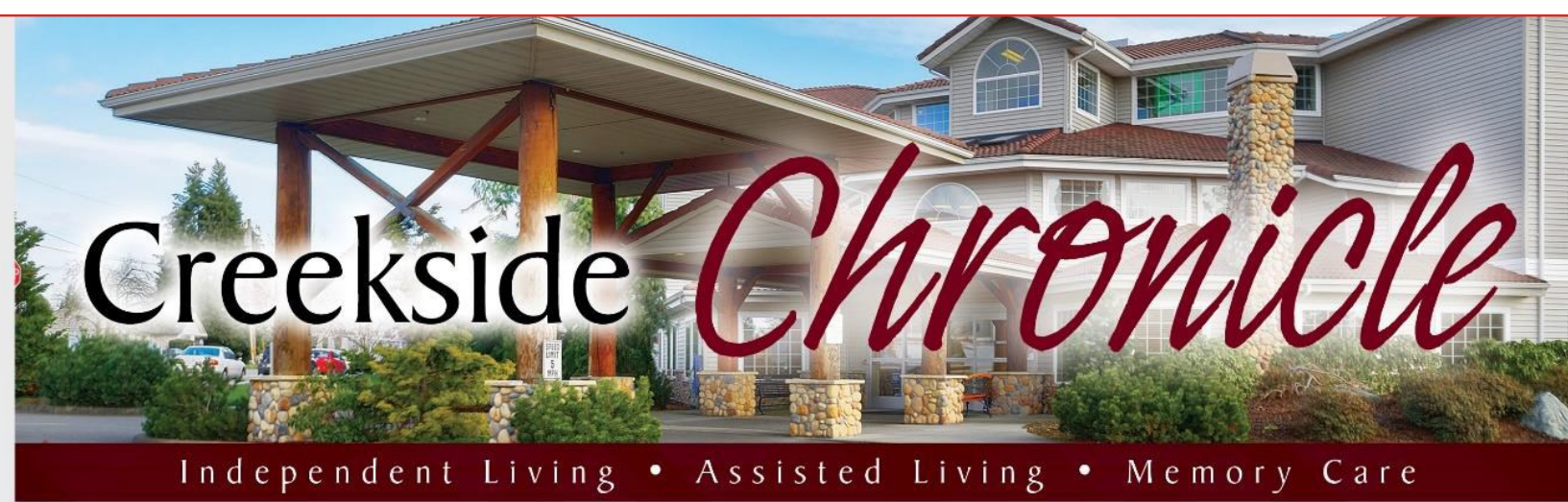
Those born between May 21–31 are Gemini's Twins. Geminis love conversation, and they are good at it, too! Witty, intellectual, curious, charming, and imaginative, they're often the life of the party.

**Management Team:**

- Catherine Bowman**-Executive Director
- Josie Summerlin**-Associate Executive Director
- Sandy Sekhon**- Wellness Director
- Deja Mancia**-Resident Services Director
- Eli Johnson**-Dining Services Director
- Chris Serowicz**- Associate Dining Services Director
- Kim Smith**-Business Office Manager
- Marcus Oliver** -Plant Operations Director
- Jamie Haines**-Environmental Services Director
- Dawn McComas**-Marketing Director
- Melissa White**-Community Relations Director
- Teddi Anshus**-Community Relations Director
- Crystal Diemert**-Life Enrichment/EverFit Director

We embrace the concept of living well through maximizing each individual's potential across the six areas of wellness:

- |              |            |
|--------------|------------|
| Physical     | Emotional  |
| Intellectual | Vocational |
| Spiritual    | Social     |



**2025**

*May*

**All About Hearing**

2nd Thursday  
of each month

At 2:15pm

**Foot Care Clinic**

1st Wednesday  
of the month

By appointment

Sign Up North Lobby

**Vitals Clinic**

1st Tuesday

of each month

at the Wellness Center

**Star Beauty Salon**

Wednesdays by

appointment

360-424-4816

**Breathe into Balance**

Sometimes, contrary to our best interests, the mind has a mind of its own. It is constantly wandering off, distracted, fixated on things that do not calm or soothe us. Like so many things that improve with practice—playing an instrument, passing a football, doing your taxes—maintaining a calm and clear mind takes practice, too. Just how does one train the mind to remain calm and focused? One way is meditation. As luck would have it, May is also Meditation Month.

What is the goal of meditation? For some, meditation is an important part of spirituality. A calm and open mind creates a space for divine influence, prayer, and worship. For others, meditation reduces stress, builds confidence, and even supports success of personal goals at work or in the home. Still others use meditation for pain relief.

There are a variety of meditation techniques. One method is to repeat a mantra or sound. Some chant the Sanskrit syllable *om*, while others choose to repeat another meaningful phrase. The goal is to be comfortable, focus on the sound, and shut off the intellectual side of our brains. Other varieties, such as Zen Buddhist meditation, focus on the breath. Practitioners may practice in a seated position or lie flat on their backs, breathing deeply and focusing on individual body parts. Yoga, as opposed to exercise, blends breathing with stretching, gentle movement, and sometimes visualization. With "guided visualization," participants concentrate on a peaceful environment, such as a grassy field or a waterfall.

These are just a few of the many forms of meditation. For anyone interested, it's important to both check with your physician and, once approved for this activity, try a variety of types to find the one that works best for you. Luckily, there are 31 days in May to explore the options.



←————→  
**Life Enrichment**

**BUS OUT FOR REPAIRS!**

Monday–May 12th to Possibly Friday May 16th  
TBD

Interested in Displaying your Craft or  
Hobbie?

Sign up for our show for June date TBD in the  
activities book in the North Lobby

**Sign up for activities at least 24 hours in advance  
for staff scheduling.**

**If there are not at least 5 signed up by 4pm the  
day before outing it will be canceled.**

**Dining Services/Life Enrichment**

Mother's Day Tea

Wednesday May 7th

2:00pm–3:00pm

Piano Music by Tod Kimbro



**A Word from our Departments**

**Marketing/Community Relations;**

**Good Friends Make Good Neighbors  
Program**

When a Creekside resident refers a new potential resident to a Cascade Living Community and the person moves in for at least 90 days, the resident will receive a \$4,000 credit applied to their base rent.

**Veteran's Breakfast**

Every last Tuesday of the month at 8:30am in the bistro. Next one is May 27th



**Dementia Education**

Thursday May 8th in the Theatre Room at 1:00pm

**Home Instead Informational  
Presentation for Independent Residents**

Wednesday May 14th

1:00pm

Theatre Room

**The Lodge– Memory Care**



**Wednesday May 7th Mother's Day Tea  
Live guitar music with Steve Ellis at 2:30pm**



Sing Along with Gerry & Friends on **Tuesdays** - May 13th & May 27th at 3pm.

**Wednesday May 28th** piano music with Ward McCary at 3pm.

Join us for scenic drives **Thursday** mornings at 9:30am.

**Family Dementia Education in the Theatre Room on the 2nd Floor at 1:00pm Thursday, May 8th**

**Happy Birthday!  
5/2/2025 Bob D.  
5/15/2025 Jim O.**