



Continuing Care Retirement Campus

Independent Living • Personalized Supportive Services • Memory Care

The Difference Between Living and Living Well

3201 Pine Rd. NE
Bremerton, WA 98310
(360) 479-8522

Your Mailing Address
Street Number and Name
City, State ZIP Code

Postage
Information

May Birthdays

Marilyn D. Shirley R.
Harvey H. Don D.
Paul H. Sandra P.
Carol H. Sabine H.
Barbara M.
Melvon M.
Sharon S.
Suzy S.
Al T.



June Birthdays

Dave A. Don H.
Vi B. Mary B.
Joyce C. Lynne C.
Denny D. Jean B.
Carolyn M.
Joyce M.
Gregg S.
Kathy S.
Ruth S.

Holidays and Observances

May 1: May Day
May 5: Cinco de Mayo
May 11: Mother's Day
May 17: National Armed
Forces Day
May 26: Memorial Day

Holidays and Observances

June 14: Flag Day
June 15: Father's Day
June 19: Juneteenth
June 20: Summer Solstice



May/June 2025

Cascades of Bremerton

The Willows - Independent Living
(360) 479-8522
Ashley Gardens - Memory Care
(360) 478-7288
The Cottage - Assisted Living
(360) 373-0553

Meet our Team

Executive Director
Mariah Davis
mariahd@cascadeliving.com

Associate Executive
Director
Kelsey Gallegos
KelseyG@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.*



For more information, please call
360-479-8522

3231 Pine Road NE | Bremerton, WA 98310
www.CascadesOfBremerton.com

RETIREMENT LIVING | ASSISTED LIVING | MEMORY CARE





Mother's Day Brunch upcoming!

Sunday, May 11th

Residents and Guests, please RSVP by May 3rd to your Concierge or Wendy Rothwell for Ashley Gardens.

Brunch Times:

Ashley Gardens: 12:00

The Cottage: 11:30 & 1:30

The Willows: 11:30 & 1:30

Signup sheets are available at the Front Desk or by each door at Ashley Gardens.



Meet Our new Associate Executive Director, Kelsey Gallegos!



I was born and raised in Bremerton and spent much of my childhood in senior living environments; my mom was the executive director of an assisted living, and I spent afternoons with my grandparents after school every day.

I graduated from Olympic College in 2009 to become a Physical Therapist Assistant. I completed my bachelor's degree in healthcare management in 2020. After spending 15 years providing Physical Therapy to seniors (6 of which were right here at Cascades of Bremerton!), I am delighted to officially join the Cascades of Bremerton team as Associate Executive Director!

In my free time I love to spend time with my husband and my two-year-old daughter, Violet! We love to be outside and spend as much time as possible working on our garden or out hiking and enjoying the beautiful Pacific Northwest!



Willows Foot care is the 3rd Monday of every other month

starting at 7:00 in the morning.

You will need to *make an appointment* by calling Sharon Lester at 360-876-1612.

Our next foot care is scheduled for *May 19th.*



The cost is \$25.00 dollars.



Upcoming
Father's Day
BBQ details
TBA!

We look
forward to
families
joining us, G
is putting
together a
fabulous
menu.



Notable Quotable

“Until one has loved an animal, a part of one’s soul remains unawakened.”

~ Anatole France, French poet



Join us for the X-Book Whine or Wine Club

We meet every 2nd Wednesday in the Library at 1:00. All you need to do is read (or not) a book once a month. We get together and talk about our individual books. Many times, we enjoy each other’s lives stories or break into some great discussions. Our book club used to be a book that we got from the library but many of them were not enjoyable to read so we are going to change it up a bit. We found we enjoyed our time together but not the book. Please drop by and see if this is something you would enjoy!

Feel free to whine over a glass of wine!

At the Cottage And Ashley

Here at The Cottage our residents are excited to get planting and enjoy watching the plants grow in the courtyard on nice days and evenings. They also like to plant they’re own plants to enjoy in their rooms.



Some recommended gardening tips are;

- Planting your seeds or starts properly will ensure they grow well and live for a long time.
- Make sure you take time to prepare the soil before planting. Knowing when and how to water plants is the difference between them living and dying.
- As a general rule, water the root ball rather than the leaves, as it’s the roots that absorb the water.
- Feeding is also important – generally you should be looking at feeding every forth night during growing season (spring and summer), although you will need to feed more if growing in containers.
- Pruning plants can seem like a daunting job, but if you learn how to do the job properly, you’ll be rewarded with plants that look good, grow well, and they’re likely to flower and fruit better, too. The key to successful pruning is to know when to prune and follow guidance on how to make the cuts and shape the plant.

Don’t forget to enjoy your garden. Make sure you take time to sit back and enjoy the fruits of your labor."



Join us at the Willows for name that Tune.

Monday/May5th

2:00 in the Dining Room

It’s Gardening Season!



If you are interested in having a garden box

Friendly Reminder

Please clean out your walkers before you load on the bus. Many people need to use walkers and to transport them we need to be able to fold them.

Please remember that we have many shoppers, so keep your bags and drinks to a reasonable limit. If you need to have several groceries, please order online for delivery. We have limited space on the bus.

How Does Your Garden Grow?

Can you match the wildflower’s common name to its Latin name?

- | | |
|----------------|--------------|
| 1. Bell flower | A. Anemone |
| 2. Lilac | B. Helenium |
| 3. Windflower | C. Campanula |
| 4. Sneezeweed | D. Syringa |



Anyone who thinks they’re too small to make a difference, has never met the honey bee.

