



900 W. Alpine Way  
Shelton, WA 98584

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

[www.AlpineWayLiving.com](http://www.AlpineWayLiving.com)



[www.facebook.com/alpinewayliving](http://www.facebook.com/alpinewayliving)

### Resident Birthdays

7/5 Betty R.

7/10 Martina C.

7/13 Pete H.

7/19 Marie K.

7/25 Molly H.

7/25 Noni H.

7/28 Bonnie N.

### Staff Birthdays

7/6 Allison L.

7/8 Kyle M.

7/9 Gloria B.

7/24 Cyndy A.

7/25 Dominique C.

7/31 Winnie D.

## Alpine Way

# July 2025

Alpine Way | 900 W. Alpine Way, Shelton, WA 98584 | 360-426-2600 |



### Meet Our Team!

#### Executive Director

*Trudy Hunter*

[TrudyH@Cascadeliving.com](mailto:TrudyH@Cascadeliving.com)

#### Interim Wellness Director

*Laura Stevens*

[LauraS@cascadeliving.com](mailto:LauraS@cascadeliving.com)

#### Assistant Wellness Director

*Tracy Schueller*

[TracyS@Cascadeliving.com](mailto:TracyS@Cascadeliving.com)

#### Interim Assistant Wellness Director

*Savannah Thomas*

[SavannahT@Cascadeliving.com](mailto:SavannahT@Cascadeliving.com)

#### Marketing Director

*Cyndy Armitage*

[CyndyA@cascadeliving.com](mailto:CyndyA@cascadeliving.com)

#### Community Relations Director

*Brenda Lehman*

[BrendaL@cascadeliving.com](mailto:BrendaL@cascadeliving.com)

#### Business Office Manager

*Maria Poulos*

[MariaP@cascadeliving.com](mailto:MariaP@cascadeliving.com)

#### Life Enrichment Director

*Kara Parker*

[KaraP@cascadeliving.com](mailto:KaraP@cascadeliving.com)

#### Environmental Director

*Travis Wagner*

[TravisW@cascadeliving.com](mailto:TravisW@cascadeliving.com)

#### Plant Operations Director

*Rod Davis*

[RodD@cascadeliving.com](mailto:RodD@cascadeliving.com)

### The Fourth of July – Independence Day

The official, legal separation from England actually occurred on July 2, 1776, when the Second Continental Congress approved Virginia representative Richard Henry Lee’s resolution to declare the United States a free and independent nation. But the Declaration of Independence was not finalized and signed until two days later, on July 4, 1776, the date Americans have been celebrating ever since.

Beginning in 1777, the Continental Army garrison in Bristol, Rhode Island, fired a 13-gun salute, one shot for each of the colonies, at dawn and again at dusk. In Philadelphia, home of the Continental Congress, a formal dinner was served, with speeches, parades, troop reviews and gun salutes, festive music, solemn prayers, and fireworks.

A year later, General George Washington celebrated with his men near New Brunswick, New Jersey, by giving each a double ration of rum. And John Adams and Benjamin Franklin, ambassadors to France, enjoyed a lively dinner with fellow Americans in Paris.

Massachusetts became the first state to officially recognize July 4 as a state holiday in 1781. But nobody called it Independence Day until 1791. And it took more than 100 years before the United States Congress made it a holiday—unpaid—for federal workers. In 1938, Congress voted to make the Fourth of July an official paid holiday for federal employees.



ALPINE WAY PRESENTS

# PIE EATING CONTEST

Friday July 4th @ 3pm  
100 Hall Patio

Please RSVP at the Front Desk!

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B.Y.O.T BRING YOUR OWN TOWEL

## WATER DAY PARTY

DELICIOUS FOOD, FUN & GREAT COMPANY!



DUCK DERBY PRIZES

BBQ LUNCH  
COLD BEVERAGES  
GIANT ICE CREAM SUNDAE

MUSIC • GAMES  
MEGA WATER SLIDE  
PHOTO BOOTH • RAFFLE

FRIDAY  
11 TO 3 PM  
JULY 11, 2025

Alpine Way  
Continuing Care Community

RSVP 360-426-2600  
900 W. ALPINE WAY, SHELTON, WA 98584

**Laundry Updates:**  
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 the 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. Also, Alpine Way does NOT take any clothing donations. Any further questions can be answered by the housekeeping manager Travis Wagner. Thank you.

## 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  
900 W. Alpine Way | Shelton, WA 98584  
www.AlpineWayLiving.com



MOBILITY CARES  
**EYE CARE CLINIC**



**ON AUGUST 19TH WE WILL BE HAVING MOBILITY CARES COMING TO OUR FACILITY AND OFFERING MOBILE EYE CARE. EXAMS ARE COVERED 100% BY INSURANCE.**

We would like residents who are interested in using this service to please sign up at the front desk.

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