



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

## July Birthdays

Virginia G 7/1  
Oly O 7/2  
Stanley Y 7/3  
Dean J 7/5  
Joan T 7/6  
Glen H 7/9  
Richard G 7/11  
Roger P 7/12  
Theodore G 7/12  
Darlene K 7/14  
Kay A 7/15  
Hap R 7/16  
Doc A 7/18  
Catherine J 7/21  
Spencer D 7/23  
Gayle R 7/24  
Sherri R 7/25  
Judith S 7/26  
Joan T 7/28  
Samella B 7/30



## August Birthdays

Irene D 8/1  
Mappie V 8/3  
Pete M 8/5  
Steve T 8/5  
Sue K 8/8  
Nancy D 8/10  
Dan H 8/14  
Betsy 8/14  
Sunny G 8/16  
Allen S 8/17  
Margaret T 8/17  
Carol K 8/20  
Marilyn L 8/20  
Robert K 8/20  
Griselda N 8/21  
Janet M 8/23  
Shirley C 8/23  
Judy F 8/25  
George 8/27  
David R 8/28  
Carmen V 8/28  
Russ L 8/30



### MEET OUR TEAM

**EXECUTIVE DIRECTOR**  
**MARIAH DAVIS**

**ASSOCIATE EXECUTIVE  
DIRECTOR**  
**KELSEY GALLEGOS**

**WELLNESS DIRECTOR**  
**YULONDA TRAVIS**

**RESIDENT CARE COORDINATOR**  
**DEE WILHITE-MITCHELL**

**ENVIRONMENTAL SERVICES  
DIRECTOR**  
**JOSIE JACKSON**

**BUSINESS OFFICE MANAGER**  
**STACEY ATKINS**

**DIRECTOR OF SALES &  
MARKETING**  
**LISA MARSHALL**

**FITNESS & LIFE ENRICHMENT  
DIRECTOR**  
**THE WILLOWS**  
**COLLEEN CLOTFELTER**

**LIFE ENRICHMENT DIRECTOR**  
**THE COTTAGE**  
**JANET PRESLEY**

**LIFE ENRICHMENT DIRECTOR**  
**ASHLEY GARDENS**  
**WENDY ROTHWELL**

**DINING SERVICES DIRECTOR**  
**GULSIDEL VELAZQUEZ**

**PLANT OPS DIRECTOR**  
**MATT VAQUER**



## CASCADES OF BREMERTON

**THE WILLOWS - INDEPENDENT LIVING**  
**(360) 479-8522**

**ASHLEY GARDENS - MEMORY CARE**  
**(360) 478-7288**

**THE COTTAGE - ASSISTED LIVING**  
**(360) 373-0553**



## *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.*



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The Difference Between Living and Living Well

For more information, please call

**360-479-8522**

3231 Pine Road NE | Bremerton, WA 98310

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

RETIREMENT LIVING | ASSISTED LIVING | MEMORY CARE



FREEDOM QUOTES:

“THE FUNCTION OF  
FREEDOM

IS TOO FREE SOMEONE  
ELSE.”

-TONI MORRISON

“FOR TO BE FREE IS  
NOT

MERELY TO CAST OFF  
ONE’S CHAINS, BUT TO  
LIVE IN A

WAY THAT RESPECTS  
AND ENHANCES THE  
FREEDOM OF OTHERS.”

-NELSON MANDELA

“FREEDOM IS NOT  
WORTH HAVING IF IT  
DOES NOT INCLUDE THE  
FREEDOM TO MAKE  
MISTAKES.”

-MAHATMA GANDHI

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MEET MONICA RAU



Monica is our new Director of Rehab!

She has 32 years of experience as a PTA in various settings, including Active Duty Navy and Naval Reserves. Monica has been married 34 years and has two grown children in their twenties and doggie babies. For fun, Monica enjoys being outdoors and loves swimming, tennis, hiking and being at the beach! Please welcome Monica to Cascades of Bremerton!

IT'S THAT TIME AGAIN

Annual Activity Survey

Provided in this newsletter is our Cascade Living Group Activity Survey. Please check all the activities that you are interested in so that we can plan and meet the needs the needs of everyone. You can return them to Colleen, Deb, Katie, Wendy, or Janet.

Thank you

HOW TO PREPARE  
FOR EXTREME HEAT  
ADVISORIES:

STAY COOL:

**SEEK AIR-CONDITIONED SPACES:** IF YOUR HOME ISN'T AIR-CONDITIONED, GO TO DESIGNATED COOLING CENTERS, LIBRARIES, OR OTHER PUBLIC PLACES WITH AIR CONDITIONING.

**COOL SHOWERS OR BATHS:** TAKE COOL SHOWERS OR BATHS TO HELP REGULATE YOUR BODY TEMPERATURE.

**LIMIT EXPOSURE:** REDUCE TIME SPENT OUTDOORS DURING THE HOTTEST PARTS OF THE DAY.

**WEAR LIGHT CLOTHING:** CHOOSE LOOSE-FITTING, LIGHTWEIGHT, AND LIGHT-COLORED CLOTHING TO HELP YOUR BODY STAY COOL.

STAY HYDRATED:

**DRINK PLENTY OF FLUIDS:** DRINK WATER, SPORTS DRINKS, OR OTHER NON-ALCOHOLIC, NON-CAFFEINATED BEVERAGES, EVEN IF YOU DON'T FEEL THIRSTY.

**AVOID ALCOHOL AND CAFFEINE:** THESE CAN DEHYDRATE YOU.

**REPLACE SALTS AND MINERALS:** IF YOU'RE SWEATING HEAVILY, CONSIDER REPLACING LOST SALTS AND MINERALS WITH ELECTROLYTE-RICH DRINKS OR SNACKS.



PLEASE WELCOME YULONDA TRAVIS (WELLNESS DIRECTOR) TO THE  
CASCADES OF BREMERTON TEAM

I'M A NURSE OF 29 YEARS BORN AND RAISED IN CHICAGO, ILLINOIS. I AM THE OLDEST OF 3 SIBLINGS AND A MOTHER OF 2 ADULT CHILDREN AGES 24 AND 28 WHO REMAIN IN TEXAS. I DECIDED TO BECOME A NURSE AT THE AGE OF 23 AFTER WORKING IN A SKILLED NURSING FACILITY AS AN ACTIVITY AIDE. THE NURSE'S DEDICATION AND COMPASSION TO THE RESIDENTS INSPIRED ME TO BECOME A NURSE. I RECEIVED MY PRACTICAL NURSING LICENSE IN 1995 IN ILLINOIS. IN 2012 I MOVED TO DALLAS, TX WHERE I REMAINED FOR 13 YEARS. I CONTINUED THERE WITH MY NURSING CAREER AND AN OPPORTUNITY TO MANAGE AT A NEURO REHAB FACILITY. MY EXPERIENCES AS A NURSE INCLUDE WORKING IN ASSISTED LIVING COMMUNITIES, SKILLED NURSING, HOSPICE, AND REHABILITATION. I AM PASSIONATE ABOUT CARING FOR OTHERS AS WELL AS HELPING OTHERS THRIVE. I ENJOY MUSIC, READING, FAMILY GATHERINGS AND MOVIES.



Willows Foot care is the 3<sup>rd</sup> 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 *July 21st.*

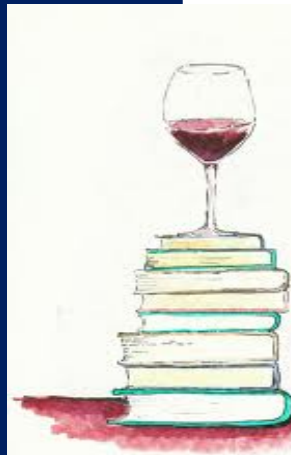


The cost is \$25.00 dollars.









### Join us for the X-Book Whine or Wine Club

We meet every 2<sup>nd</sup> 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

We have started a new physical activity with the residents at The Cottage called a drum circle. Although drum circles have been around for a long time, they began being used with elderly care in the last 25 years. There are many proven benefits to drum circles in the assisted living and memory care. Some of the benefits include but are not limited to: Stress reduction, enhanced mood, improved cognitive function and increased social connection. Drumming can release endorphins, which have mood boosting and stress reducing. Rhythmic nature of drumming can lower levels of cortisol which is the stress hormone. It elevates mood and promotes feelings of wellbeing. Drumming requires focus and presence. It can promote attention span improvement and cognitive skills. It also gives a sense of belonging and community. There are many more benefits including just plain physical activity. All these benefits are imperative to the overall quality of life. The residents here at the Cottage enjoy this time thoroughly and we hope to introduce this activity to memory care in the near future.



**REMINDER  
FROM  
BUSINESS  
MANAGER  
THAT  
MONTHLY  
RENT IS DUE  
BY THE 10<sup>TH</sup>  
OF THE  
MONTH.  
PAYMENTS  
RECEIVED  
AFTER THIS  
DATE ARE  
SUBJECT TO A  
LATE FEE OF  
\$150.**

**IF YOU WOULD  
LIKE TO SIGN  
UP FOR  
AUTOPAY  
PLEASE SEE  
THE WILLOWS  
CONCIERGE.**

**Join us at the Willows every Wednesday at  
2:45 PM for Happy Hour.**



### 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.***

#### **BASEBALL**

Join us for the TACOMA RAINIERS game September 16<sup>th</sup>. Tickets are \$46.50 which includes Deck admission, 90 minute All-You-Can-Eat BBQ, ALL inclusive beer, wine, soda and water. If you are interested in going, please contact Deb or Colleen at the Willows and Janet at the Cottage. We have bought several tickets so let us know ASAP if you would like to attend. We could always purchase.

