

Meet Our Team

Susan C.	Executive Director
Melissa D.	Associate Executive Director
Sharon B.	Wellness Director
Sharon W.	Community Relations Director
Bernie S.	Life Enrichment Director
Renay S.	L.E. Associate
Danielle S.	Venture Inn Director
Kathy M	Dining Director
Ashley D.	Business Office Manager
Roberta W.	Concierge
Don W.	Plant Operation Director
Greg C.	Maintenance
Aldo M.	Housekeeping
Trinity G.	Housekeeping
Mckinzie P.	Housekeeping
Maria C.	Med / Care Associate
Lisa W.	Med / Care Associate
Mandy K	Med / Care Associate
Heather H.	Med / Care Associate
Kala H.	Med / Care Associate
Joe G.	Med / Care Associate
Natasha D.	Med / Care Associate
Amber M.	Med / Care Associate
Bridget E.	Med / Care Associate
Justin C.	Care Associate
Brenda A.	Care Associate
Caitlin R.	Care Associate
Natalia M.	Care Associate
Steven C.	Care Associate
Tiffany H.	Care Associate
Sara D.	Dietary Aide
Paula W.	Dietary Aide
Chris S.	Cook
Tony N.	Cook
Jaime G.	Cook
Emily C.	Cook
Abby O.	Cook
Shawn P.	Cook
Samantha A.	Wait Staff
Marissa B.	Wait Staff

Good Friends Make Good Neighbors Program

Seniors love living at Inland Point and since our residents are often our best spokespersons, we've created this Program to show our appreciation.

When an Inland Point resident or family member refers a new potential resident* to a Cascade Living Community and that person moves in for at least 90 days, the referring resident will receive a \$4000 credit applied to their base rent.

*In order to qualify as a new potential resident, the person being referred may not already be on our contact list. To make a referral, and to ensure you receive credit for making introduction, please provide your name and the name of your friend or family member to our Executive Director or Community Relations Director prior to the inquiry or tour.

Trapped at Sea

It was a pastime practiced by sailors tired of looking at the endless seas: build a model ship and put it inside a bottle. At first, this seems a magical feat. How did that tall ship fit inside the bottle? In reality, the process is rather simple. The ship's masts fold flat across the deck of the miniature ship. Once the ship is fit through the bottle's neck, tiny threads are used to raise the masts and sails. On October 4, Ship in a Bottle Day, perhaps it's time to attempt this old seaman's trick yourself—or maybe just marvel at the efforts of an expert.



There are entire museums and clubs devoted to ships in bottles

Resident Birthdays

9 th	Patricia Ames
12 th	Janice Gray
19 th	Carol Irvine
21 st	Diane Kaufmann
24 th	Ida Garlais



Employee Birthdays

17 th	Susan Cain
28 th	Ashley Daily
28 th	Danielle Stewart

Resident Anniversary

1 year	Linda Kline
1 year	Michael Chapman
1 year	Norman and Barbara Delucchi
1 year	David and Carlyn Adams
2 years	Landis Worthen
2 years	Elizabeth Ann Ward
2 years	Joyce Shambow
6 years	Kay Kerriden



Employee Anniversary

4 years	Brenda Abercrombie
7 years	Bridget Estep
7 years	Lisa Wright
8 years	Maria Castillo
10 years	Roberta Wallace

Welcome Wagon

New Employee

Tiffany Harder - Care Associate



Leafy Legend

Kale is no ordinary leafy green. It's one of the healthiest foods on the planet. It's so dense with nutrients that one cup, at only 33 calories, has vitamins A, K, C, B1, B2, B3, and B6, several minerals, and more iron per ounce than beef. With all this good news about the vegetable, it's no wonder kale has its own holiday—Kale Day, which falls on October 1 this year. Why else is kale hailed as a superfood? It's high in antioxidants, which provide powerful anti-inflammatory benefits and can lower blood pressure. Kale also has been studied for its effects on lowering cholesterol and is loaded with substances known to fight cancer. Perhaps this is why kale is taking kitchens by storm. People have even taken to putting “Eat More Kale” bumper stickers on their cars and wearing kale T-shirts. The healthiest way to enjoy kale is raw—in a salad or as a wrap for hot foods. But for those who may not like the slight bitterness of the greens, there are other ways to enjoy kale's many benefits. Steaming it softens the leaves. Baking it in the oven with olive oil and spices produces kale chips. Or you can hide the kale. Blend it with fruit for a nutritious smoothie. Mince it finely and add it to hamburgers or meat loaf, or substitute kale for half the basil when you make pesto. No matter how you prepare it, this superfood deserves a place at your kitchen table.

There are over 50 types of kale, and it can range in color from green to purple to red.



Making Homemade Kale Chips

Preheat the oven to 350°F. In a bowl or plastic bag, mix together one bunch of destemmed kale, 1 T. olive oil, and 1 t. salt until the kale is evenly coated. Place coated kale in a single layer on parchment paper on a baking sheet. Bake for 10 to 15 minutes until crispy. Let the kale cool for about 3 minutes and then enjoy your batch of nutritious kale chips.

The Bright Side of October



Orange is one of the most iconic colors of fall. From the changing leaves to ripe pumpkins and Halloween decorations, it's everywhere in October. But beyond its seasonal spotlight, orange has an interesting history and set of associations that make it stand out year-round. The word *orange* didn't appear in English until around the 1300s, borrowed from the Old French *orenge*, which came from Arabic *nāranj*—originally referring to the fruit. Before that, people in English-speaking areas would describe the color as “yellow-red.” It wasn't until the fruit became common in Europe that the word was used to describe the hue. In nature, orange often signals warmth and energy. It's the color of fire, sunsets, and autumn leaves. In October, orange becomes especially visible. Pumpkins, perhaps the most famous fall symbol, take center stage during Halloween. Originally, jack-o'-lanterns were carved from turnips in Ireland, but when the tradition came to America, pumpkins were more plentiful and easier to carve. Their natural orange color made them perfect for the holiday's spooky glow. Orange also pairs well with black, Halloween's other signature color. While black represents darkness and mystery, orange balances it with brightness and warmth, making the two a striking seasonal combo. Aside from Halloween, orange pops up throughout fall in decorations, wreaths, seasonal foods, and clothing. It evokes the cozy, crisp feel of the season and reminds us of harvest time. Even sports teams and schools often use orange in their autumn promotions and uniforms to reflect that seasonal energy. While orange is not everyone's favorite color year-round—only five percent of people choose it as their favorite—it has certainly carved out a place in October's spotlight. Whether you're admiring the leaves, carving a pumpkin, or just sipping something cinnamon-spiced, you're likely soaking in a little bit of orange this season.

The Quiet Crusader

On October 21, 1854, Florence Nightingale and her staff of trained female volunteer nurses set out for Crimea near Ukraine's Black Sea. Reports had reached Britain of injured soldiers still fighting in the Crimean War. When Nightingale arrived, she discovered medicine was scant, infections were rampant, and food was in short supply. The hospital itself was overcrowded, poorly ventilated, and backed up with sewage, so Nightingale pleaded for government help in an article written to Britain's leading newspaper, *The Times*. The response was overwhelming. The government built a new hospital in Britain that was transported to and reconstructed in Crimea. Six months after Nightingale's arrival, the British Sanitary Commission ventured to Crimea to fix the hospital's most pressing problems. Surgeon and biographer Stephen Paget believes Nightingale's actions reduced the hospital death rate from 42% to 2%. Nightingale's persuasive tactics to improve hospital hygiene are only part of her legacy. During the Crimean War she earned the nickname “The Lady with the Lamp.” After the medical officers had left each night, Nightingale would visit all the wounded soldiers, one by one, with a lamp in her hands. This round-the-clock care, coupled with her insistence on sanitation, revolutionized modern nursing. She returned to Britain a heroine and promptly organized the Nightingale Fund to pay for the improvement of Britain's hospitals and the Nightingale Training School to become the first professional school for nurses. That legacy has endured through the ages.

Nightingale's family strongly opposed her career, believing it was unsuitable for women of her social class.

