

CASCADES OF STAYTON

2201 N. 3RD AVE. STAYTON, OR. PH. 503-769-3200

October 2025

Resident of the Month

Silvia M. has been chosen as October's Resident of the Month. Silvia is truly one of the most caring, loving, intelligent, and resilient people you could ever meet. Her warmth and kindness shines wherever she goes. She's not only outgoing and deeply involved in the community, but also someone who jumps in with enthusiasm to help with activities and offer support whenever it's needed.

**Congratulations,
Cascades of Stayton**



September's Employee of the Month

Hunter R-K, was our Employee of the Month for September. Hunter has been in our community for 10 years. Hunter works two departments with us, one as an RA, the other as a maintenance assistant. He is always willing to help where needed.

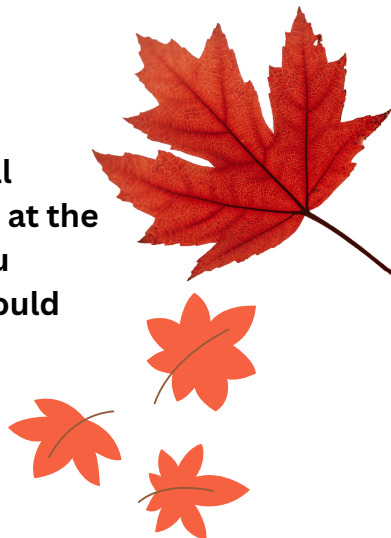
**Congratulations
Cascades of Stayton**

Let's Get Moving

Cascades of Stayton is providing more exercise classes to our calendar. Everyone is encouraged to come and check it out. Zumba classes will be led by Kathleen. We are coming into the Fall time and let's all help each other stay active.

Bus Trips

All outing that are on the bus, will have a sign-up sheet. This is kept at the Front Desk. Please make sure you are signed up for the trips you would like to take. If all seats are filled, we do have a waiting list.



Crochet Class

Want to learn to crochet? Well, we are lucky that, Susie is willing to teach anyone who wants to learn. Please see Susie in room 216, to set up a time that is convenient for you.

MORE ABOUT US

October Birthdays

Happy Birthday to you, Happy Birthday to you, Happy Birthday Dear.....



Vern W. October 2nd
Darlene C. October 21st
Lee T. October 27th

Happy Birthday to you!



Monthly Meetings

On our monthly calendar is meetings, these are great ways to stay informed and to give your input on our community. Activities, Chef's Chat, Resident Council, and Town Hall with Alma.



OUR STAFF

Alma Quesada- Executive Director
Piper Freres- Business Office Manager
George Curtis-Planet Operations Director
Carrie Derrick-Community Relations Director
Stephanie Barrett-Wellness Director
Belinda Vanzandt-Dining Service Director
Kara Childress-Life Enrichment Director

