



900 W. Alpine Way
Shelton, WA 98584

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www.AlpineWayLiving.com



www.facebook.com/alpinewayliving

Postage
Information

October 2025

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



October Resident Birthdays

10/2 Diane H.

10/18 Jeanne J.

10/21 Annmarie L.

10/28 Dianne B.

10/29 Gary G.

October Staff Birthdays

10/5 Berena M.

10/11 Christina M.

10/13 Irma M.

10/19 Alexia L.

10/23 Jeannette P.

Meet Our Team!

Executive Director

Trudy Hunter

TrudyH@Cascadeliving.com

Wellness Director

Laura Stevens

LauraS@cascadeliving.com

Assistant Wellness Director

Savannah Thomas

SavannahT@Cascadeliving.com

Marketing Director

Cyndy Armitage

CyndyA@cascadeliving.com

Business Office Manager

Maria Poulos

MariaP@cascadeliving.com

Life Enrichment Director

Kara Parker

KaraP@cascadeliving.com

Environmental Director

Travis Wagner

TravisW@cascadeliving.com

Plant Operations Director

Rod Davis

RodD@cascadeliving.com

Dining Services Director

Donna Jorgenson

DonnaJ@cascadeliving.com

The Bright Side of October

Orange is one of the most iconic colors of the fall season. 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 *orange*, 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 many cultures today, it represents creativity, change, and enthusiasm.

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.

JOIN US FOR

ZUMBA

Fitness Class!



EVERY Tuesday & every other Thursday

9:15 AM in the DOGWOOD

Zumba is a dance-based fitness program that combines dance styles with easy-to-follow choreography

From Holy Cows to Home Runs

Holy cow, October 13 is Silly Sayings Day. While this saying's origins are a little obscure, many believe it was an expression used by baseball players in the early 1900s to tamely express disgust while avoiding the ire of umpires. It most likely references the cows held sacred by Hindus.

Perhaps silly sayings and baseball have a special link, for one of the silliest sayers of all was former New York Yankee Yogi Berra. He said of his sport, "Baseball is 90% mental and the other half is physical." When giving directions to his home, he once explained, "When you come to a fork in the road, take it." When he saw Mickey Mantle and Roger Maris repeat their feat of hitting back-to-back home runs, he exclaimed, "It's déjà vu all over again."

When it comes to silly sayings, Mark Twain may offer the best advice: "It is better to keep your mouth closed and let people think you are a fool than to open it and remove all doubt."

HAUNTED GINGERBREAD HOUSE

Come join us in making spooktacular gingerbread houses!

We will provide houses and decorations.
You will provide the creativity.

10/23/25
10am in the Cedar Dining Room.

Made with PosterMyWan.com

Birthday Party Time!

Every month we throw a birthday party for our residents. When your birthday month is here, you are invited to join our party for you! As with any birthday party, it's more fun with friends and neighbors. So, please, feel free to join the birthday party every month to celebrate the birthdays in our community together! Our activities department provides cupcakes and live music with John Schwenessen.

Laundry Services:

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 Environmental Services 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.*



For more information, please call
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PODIATRIST

October 28th @ 1pm
In the Salon in ALU

Independent Residents:
Please bring your insurance card with you.
Podiatrist does NOT accept Kaiser insurance unless you have a Doctor referral.

Made with PosterMyWan.com

The Peanut Gallery

On October 2, 1950, cartoonist Charles Schulz debuted his *Peanuts* comic strip. Schulz actually hated the name *Peanuts*. He had originally named the strip *L'il Folks*, but his publishers feared that this title was too similar to a comic strip called *Little Folks*. Schulz then decided to call it *Good Old Charlie Brown* after its lead character, but once again his publishers intervened. Without even seeing the strip, they named it *Peanuts*, which was a common term for children in the 1950s, thanks to *The Howdy Doody Show*'s "Peanut Gallery." The name stuck, and Charlie Brown, Snoopy, Lucy, Linus, Sally, and the whole *Peanuts* gang have become international stars, appearing in 2,600 newspapers all around the world.

