

## 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
Maria C.	Med / Care Associate
Lisa W.	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
Nida S.	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.

## Nature's Favorite Sequence

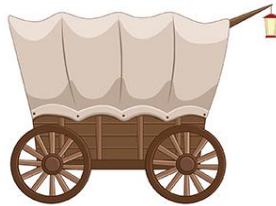
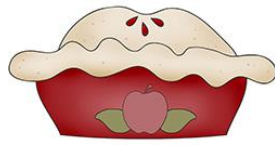
Fibonacci Day is celebrated on November 23 (11/23), a date that matches the start of the famous Fibonacci sequence: 1, 1, 2, 3. Each number in the sequence is the sum of the two before it. When squares with sides the length of Fibonacci numbers are next to each other, a spiral can be drawn through their corners. This pattern shows up everywhere—from pinecones and sunflowers to galaxies and hurricanes. Named after Italian mathematician Leonardo of Pisa (aka Fibonacci), the sequence dates to the 1200s but still fascinates math lovers today. On Fibonacci Day, some people bake spiral-shaped pastries or decorate with Fibonacci-themed art. This November 23, give a little nod to numbers—and maybe eat a croissant in a golden spiral.



The Fibonacci sequence is found in classical music, where it is used to structure rhythms or movements.

## Resident Birthdays

2<sup>nd</sup> Madeline Osbourne  
3<sup>rd</sup> Richard Lyon  
7<sup>th</sup> Jean Roberts  
12<sup>th</sup> JoEllen Simon  
17<sup>th</sup> Michael Hoskins  
18<sup>th</sup> Kay Kerridan  
18<sup>th</sup> Lou Scott  
23<sup>rd</sup> Al Hanson  
25<sup>th</sup> Tom Duffy  
28<sup>th</sup> Laura Hillar  
28<sup>th</sup> Ed Bell  
29<sup>th</sup> Dan Myers  
30<sup>th</sup> Palah Massey



## Resident Anniversary

1 year Mike Seeley  
2 years Carol Irvine  
4 years Kay Harless

## Employee Anniversary

4 years Joe Gonzales  
6 years Renay Silva

## Welcome Wagon

Welcome Back

Nida Sperling - Cook

## Witty Words at Play

If I've told you once, I've told you a thousand times that November 3 is Cliché Day. Don't let the mention of another foolish holiday get your goat. Only time will tell whether this holiday stands the test of time. The term *cliché* has come to mean "an overused or unoriginal expression." But the French word *cliché* is actually an onomatopoeia: it's the sound a printing plate makes as it lays its ink on paper in the printing process. In time, the printing plate itself became known as a cliché. Later, as a tribute to the repetitive process of mass printing, the term *cliché* came to refer to any oft-repeated expression. Are you sick and tired of Cliché Day already but still thirsty for more word-related revelry? November 8 is Abet and Aid Punsters Day, a day to support anyone daring enough to drop a pun. Clever punsters must rely entirely on wordplay to get a laugh, sometimes using a word or phrase that sounds like another:

*"Police were called to a daycare where  
a three-year-old was resisting a rest."*

Or with a word that has more  
than one meaning: *"I used to be a banker but  
I lost interest."*

And "Tom Swifties" relate  
certain words to others in a  
creative and punny way: *"I need a pencil sharpener," said Tom bluntly.*



Get your goat" is often  
used in sports talk to  
describe how players or  
fans are provoked by  
rivals.

Whether you love them or loathe them, clichés and puns alike show that words, however worn, can still pack a punch.

## Talkin' Turkey (and Chickens)



When it comes to barnyard birds, turkeys and chickens rule the roost, but not in the same way. November might be the turkey's time to shine (or roast), but chickens hold their own all year long. Let's start with turkeys. Wild ones can fly—surprisingly fast and far, actually—and they sleep in trees. They're also pretty clever at dodging predators and, yes, humans. Domesticated turkeys, on the other hand, aren't quite so nimble. Their flashy fans and “gobble gobble” calls are iconic this time of year, but only the males gobble; females stick to more modest clucks and chirps. Chickens, meanwhile, are the overachievers of the coop. They come in all sorts of breeds, from poofy-headed Polish chickens to speckled Sussex. They each lay about 250–300 eggs a year, which is impressive considering they're also known to chase bugs, peck your shoelaces, and form complicated social hierarchies. In fact, chickens have become so popular that many people now keep them in their backyards. Urban and suburban chicken-keeping has taken off in recent years, with folks raising hens not just for fresh eggs but also for their quirky personalities and surprisingly therapeutic company. You don't need a full farm—just a small coop, a little space, and a willingness to embrace a bit of daily chicken drama. Turkeys are the customary Thanksgiving centerpiece, but more people are switching things up these days, serving roast chicken, Tofurky, or lasagna layered with roasted squash. Whether you prefer a traditional meal or trying something new, the spirit of the holiday isn't in the bird - it's in the gathering.

## Full Steam in Small Scale

November is Model Railroad Month, and boy, have model trains come a long way! In the earliest days of model trains, there were no standardized scales. Serious hobbyists and manufacturers eventually teamed up to produce officially scaled trains and parts, allowing modelists to create vast layouts that mirror real places and historical periods to scale to the tiniest detail. Different scales call for different layouts. HO scale is the most popular, with cars often no longer than a pencil. This makes HO-scaled trains perfect for indoors. G-scaled trains are larger and more durable, so they are great for outdoor garden exhibits. O-scale trains fall right in the middle; they are large enough to highlight detail and small enough for children's hands. That's what makes the O-scale the classic choice to run 'round the Christmas tree.



## Hybrid Hijinks

What do you get when you cross a moose with a walrus? If you live in Alaska, you get the mythical hybrid animal known as an alascattalo, which is celebrated this November 21. As strange as the alascattalo may seem, it is not the only hybrid animal that draws popular curiosity. The unfortunately named beefalo is a real cross between a cow and a buffalo. The world's largest cat is a liger, a cross between a male lion and a tigress, which can grow to twice the normal size of its parents. Hawaii has its wholphin, a rare mix of dolphin and false killer whale. More akin to the alascattalo is Wyoming's fabulous and impossible jackalope, a mythical jackrabbit with an antelope's antlers. Alaskans celebrate the alascattalo with the world's shortest parade. The three-minute affair occurs in an alleyway, and a prize is awarded to the smallest and least appealing float.



Alaskans are known to spin tall tales about the alascattalo to amuse and bewilder outsiders from the Lower 48