



Newsletter

November 2025

Meadow Creek Assisted Living



**Meadow Creek Village
Assisted Living**

3988 12th Street Cutoff SE
Salem, Or 97302
503-375-9732

Although there is no real documentation of the 1st Thanksgiving Menu, historians have made their best guess with what was abundant during that time and area. Which menu would you choose?

1st Thanksgiving Menu

Seafood - Mussels, Oysters,
Lobster, bass, clams

Meat - Fowl, Venison

Vegetables - Onions, lettuce,
spinach, cabbage, carrots
peas, potatoes, turnips & yams

Fruits - Blueberries, plums,
cranberries & gooseberries

Dessert - hollowing out pumpkins,
filling the shells with milk, honey
and spices to make a custard, then
roasting the gourds whole in hot ashes.

VS.

Modern Thanksgiving Menu

Meat - Turkey/Ham

Vegetables - Green Beans, Corn
Mashed Potatoes, Candied
yams, sweet potatoes

Fruits - Cranberries, Fruit Salad

Other - Rolls, gravy & stuffing

Desserts - Pumpkin pie,
Pecan Pie, Apple Pie

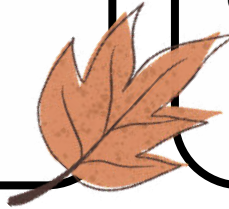
We had a great month in October, we enjoyed a German themed lunch, we enjoyed some spooky fun with the Boo Bash and Trick or Treaters. Our exercise Zumba class is now going 2 days a week; we would love for more residents to join. Our book club is more than halfway through our book, and we are really looking forward to going on an adventure afterwards. Gardening club has come to an end, but we still meet for some chat time. Cooking club is a lot of fun and delicious, so many great recipes. Looking forward to some yummy Fall and Winter recipes.

Employee of the Month

Zach has earned Employee of the month. He is a great caregiver; he is great with helping people and always has a smile and a great attitude. of humor. We are lucky to have him.
he is spending time with his family.
Thank you for all you do,
we appreciate you.

Resident Spotlight

Zach has chosen Merle Goff as resident of the month. Merle is a spunky fun lady with a great sense of humor and is always willing to help, She loves telling you stories and loves to visit. Congratulations Merle, you are a great friend to us all.



*Happy Thanksgiving
to you and your family*

November Birthdays & Anniversaries

Birthdays

Kevin Cook 11/8
Armand Martens 11/11

Anniversaries

Ellen Rainey 3years on 11/23
Terrie Myers 21years on 11/27

Staff Anniversary

Marine 7 years on 11/4
Greg 1 year on 11/19

Reminders/Things to Know

We have the inside of our building painted, its so much lighter, Looking forward to new carpet and furniture.

Please Welcome our new Plant Operation Director (P.O.D)
Kenneth Price.

Don't forget about Zumba on Wednesday and Saturdays and be entered for the raffle prize

Please join us for the virtual museum tours in the lounge every Wednesday.



Meet our Management Crew

JoEda Hanson
Executive director (ED)
JoEdaH@cascadeliving.com

Rashelle Glasgow
Business Office Manager (BOM)
RachelleG@cascadeliving.com

Melissa Vay
Community Relations Director (CRD)
MelissaV@cascadeliving.com

Danielle Allegratto
Registered Nurse (RN)
DanielleA@cascadeliving.com

Sara Nelson
Wellness Director (WD)
SaraN@cascadeliving.com

Breanna Sill
Residential Services Director (RSD)
BreannaS@cascadeliving.com

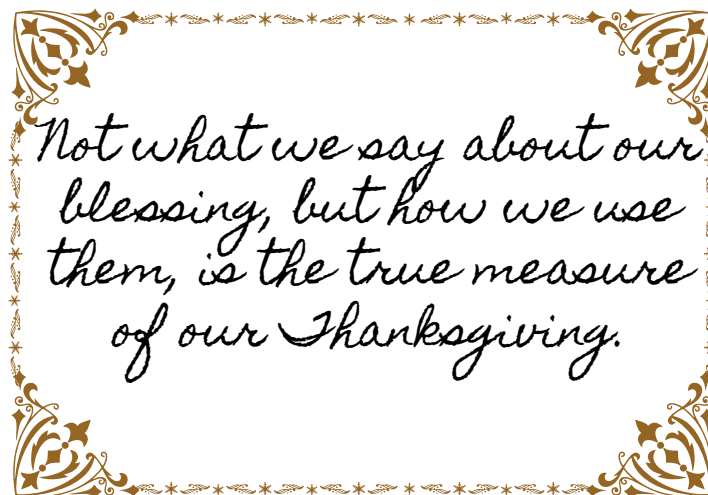
Melissa Bernik
Dining Services director (DSD)
MelissaB@cascadeliving.com

TBD
Plant Operations director (POD)
JoEdaH@casacadeliving.com

April DeFoor
Life Enrichment director (LED)
AprilD@cascadeliving.com

Live Vendors This Month

Dave Minton - Music
Rowdy Rumlbers - Music
Rachel Hampton - Music
Dennis Collert - Music



November Upcoming Meetings

November 6th @ 10:30am -
Activities Meeting

November 4th @ 12:30pm -
Chefs Corner

November 20th @ 12:30pm -
Resident Meeting

November 26th @ 12:30pm -
Town Hall

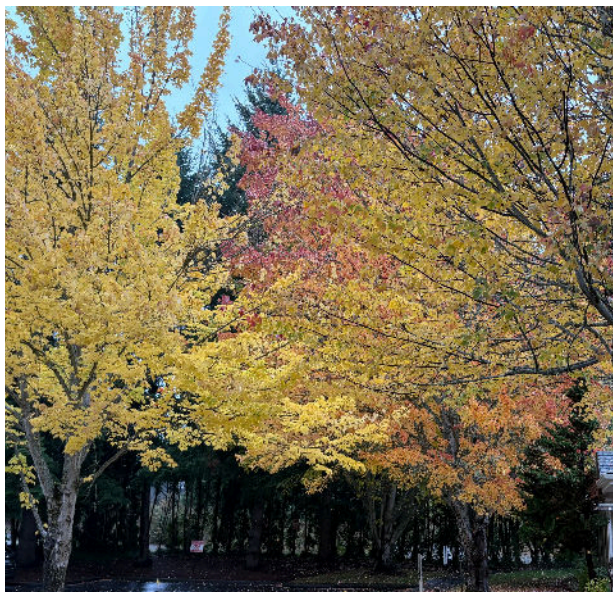
Upcoming Events

November 14th - Spill the Tea

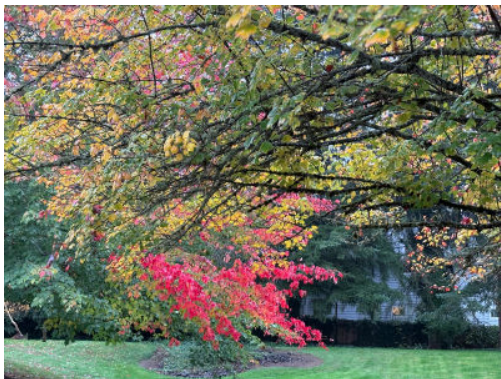
November 20th at 12:00pm
Thanksgiving Celebration

December

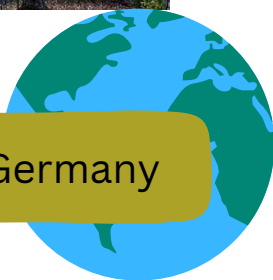




Our Beautiful Fall Yard



Global Luncheon - Germany



Music for the Soul



Cooking Club - Chili and Pumpkin Dump Cake



Congratulations for 33 years at MC Reid!!