



900 W. Alpine Way
Shelton, WA 98584

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www.AlpineWayLiving.com



www.facebook.com/alpinewayliving

January Resident Birthdays

1/4 Jane F.

1/15 Bob O.

January Staff Birthdays

1/4 Isaac L.

1/5 Aja Y.

1/15 Emily L.

1/25 Cindy W.

1/31 Rod D.

Alpine Way

January 2026

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



Meet Our Team!

Executive Director

Trudy Hunter

TrudyH@Cascadeliving.com

Wellness Director

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Assistant Wellness Director

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Environmental Director

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Plant Operations Director

Rod Davis

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Dining Services Director

Donna Jorgenson

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North to the Future

Every January, as we turn the calendar to a new year, Alaskans mark another milestone: the anniversary of statehood. On January 3, 1959, Alaska officially became the 49th state of the United States, opening a new chapter in its history and symbolizing resilience, opportunity, and the promise of the future.

For many, the statehood anniversary pairs naturally with the season of resolutions and fresh beginnings. Just as individuals set goals for the year ahead, Alaska once set its sights on growth, self-determination, and a stronger voice within the nation. That step forward, more than six decades ago, remains a reminder of what it means to embrace change and move with confidence into the unknown.

Alaska's motto, "North to the Future," captures this spirit. Chosen shortly after statehood, it reflects both the geographic identity of America's northernmost state and the sense of direction it offers. The words suggest not only exploration but also progress—ideas that fit well with the energy of January, when many people look ahead with renewed purpose.

Moose, a familiar sight to residents and visitors alike, can also serve as a fitting symbol for the season. Towering and powerful, yet able to withstand harsh conditions, the moose embodies strength and resilience. These qualities mirror the challenges Alaskans have faced—from extreme weather to geographic isolation—and the determination that helped them build thriving communities in the years since statehood.

Today, Alaska continues to look forward while honoring its past. Statehood Day isn't just a historical date; it's an annual reminder of endurance, adaptability, and possibility. Whether you live in Alaska or simply admire its story from afar, the anniversary offers inspiration for the start of a new year.

As we settle into January, Alaska's journey can encourage us to take our own steps toward renewal. Like the state that looked north and saw its future, we too can embrace new beginnings with strength, resilience, and hope for the year ahead.



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.

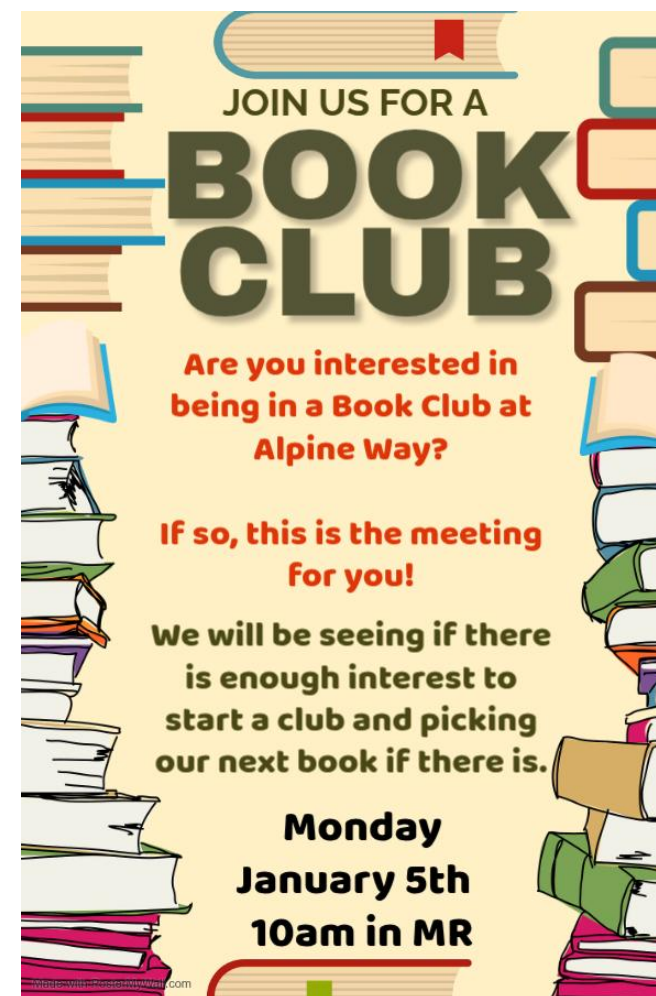
*In order to qualify as a new potential resident, the person being referred must not already be on our contact list. To make a referral and to ensure you receive proper credit for making the introduction, please provide your name and the name of your friend or family member to our Executive Director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

For more information, please call

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Retirement Living | Assisted Living | Memory Care



Click with Caution
 When you hop on a computer to browse the Web, how can you be sure no one is watching you? Governments collect data to fight threats. Social media platforms and search engines gather data to personalize their services. And retailers analyze behavior to optimize what you see. As a global reminder of just how much we share online, many countries observe Data Privacy Day on January 28.

Large institutions like banks and insurance firms invest heavily in securing their data. But how should individuals protect themselves? Time-tested advice includes the following: avoid oversharing in online profiles, because people who really know you already have much of that info; use private or incognito browsing to prevent local traces, though it won't hide your activity from websites or your internet provider. Use a password manager to create strong, unique passwords, and whenever possible enable multifactor authentication. Any of these measures can help reduce the risk of hackers stealing your data.