

Newsletter

January 2026

Meadow Creek Assisted Living



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503-375-9732

2026...WOW! Each year seems to pass so quickly. We have had so great times this past year, many celebrations, outings, events. I don't think we can just think of one favorite. This past couple of weeks we had some fun parties, we had Sant's workshop and made so fun crafts and cookies and hot cocoa, you can never go wrong with it. We had an amazing meal prepped and cooked by the chefs in our building for an early Christmas meal with some of the families and friends. These are the truly special times. As we begin this fresh new year, remember you are all loved and valued always. Let's make this an amazing 2026!! Happy New Year!

New Year's History


There have always been different dates for the start of the new year because different peoples used different calendars. Some peoples based their calendar on the movement of the moon. Other peoples based their calendar on the position of the sun. In ancient Babylonia the new year started when the crops started growing. Ancient Egyptians announced the new year each time the Nile River overflowed its banks. The Inca believed that the new year began on the shortest day of the year. In China the new year began when the midday shadow reached an exact length.

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New Year's History

In 153 bce the ancient Romans named January 1 as New Year's Day. The Roman Catholic Church later changed New Year's Day to March 25. In 1582 a new Christian calendar moved the start of the year back to January 1.



January Birthdays & Anniversaries

Birthdays

Nancy Allyn 1/21
Ruth Ticknor 1/22
Carol Rivers 1/23

Anniversaries

Joyce Kline 3 years on 1/16
Carol Rivers 1 year on 1/18
Kevin Cook 2 years on 1/26
Connie Bagley 2 years on 1/31

Staff Birthdays

Destiny 1/2
Samantha 1/3
Sean 1/7
Trisha 1/10
Zach 1/16



Upcoming Meetings

January 6th @ 12:30am -
Chefs Corner (DA)

January 8th @ 10:30am -
Activities Meeting (L)

January 15th @ 12:30pm -
Resident Meeting

January 22nd @ 12:30pm -
Town Hall

Upcoming Events

**Tour of Hawaii Luncheon
and activities**

**TBA - February - Sweethearts
Dance**



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)
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Sara Nelson
Wellness Director (WD)
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Breanna Sill
Residential Services Director (RSD)
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Sean C
Dining Services director (DSD)
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Kenny Price
Plant Operations director (POD)
KennethPcasacadeliving.com

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

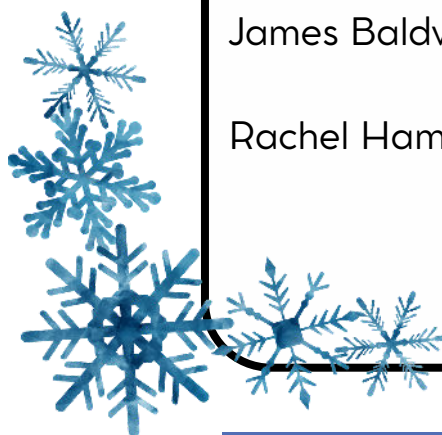
Live Vendors This Month

Brianna Blanchfill - Music

Singing Sparrow - Music

James Baldwin - Music

Rachel Hampton - Music



Reminders & Things to Know

We are getting new carpet in January, along with new furniture in the common areas and new dining room chairs.

Just wanted to remind you that we have greeting cards in the Activities Room,

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

Please let April know if there are any activities or outings that you are interested in.





