

January 2026

Garden's Gazette

Ashley Gardens of Mt. Vernon| 3807 E. College Way, Mt Vernon WA 98273| 360-419-9422



Leadership Team

Catherine Bowman, LPN

Senior Executive Director

CatherineB@cascadeliving.com

Melissa Wold, LPN

Associate Executive Director

MelissaSn@cascadeliving.com

Angel Cortazar

Plant ops Director

AngelC@cascadeliving.com

Angelique Lowe

Business Office Manager

AngeliqueL@cascadeliving.com

Ben Berger

Community relations Director

BenjaminB@cascadeliving.com

Sheri Edwards

Dining Services Director

SheriL@cascadeliving.com

Kimberly Kendall

Life Enrichment Director

KimberlyKe@cascadeliving.com



We're making the moose-t of January by heading to the Last Frontier, Alaska, in honor of Alaska Statehood Day ([Jan. 3](#)), Moose Day ([Jan. 25](#)), and the birthday of *Call of the Wild* author Jack London ([Jan. 12](#)), whose adventures in the Klondike helped shape Alaska's rugged legend.

We're bundling up for a month of icy adventures, antlers, and bold beginnings.

New fitness instructor!

We would like to share an update with our community regarding our fitness program. Hailey will no longer be serving as our fitness instructor as she moves forward to fulfill her dream of working more closely with the elderly. While we will truly miss her energy and dedication, we are so grateful for the time, care, and passion she brought to our residents.

We are also excited to introduce our new fitness instructor, Linda. Linda is the daughter of one of our residents and is already familiar and comfortable within our community. We are thrilled to welcome her into this new role and look forward to the positive impact she will bring to our fitness program. Please join us in warmly welcoming Linda as she begins her journey with us!

All 4 houses are open now!

We are excited to announce that all four houses are now open! To ensure each resident can fully enjoy our celebrations in a comfortable and calm environment, we will be hosting separate parties for each side.

The C/D House parties will take place at **1:30 PM**, followed by the A/B House parties at **2:30 PM**. Hosting separate gatherings allows residents to invite family and enjoy the festivities without overcrowding or overstimulation, creating a more relaxed and enjoyable experience for everyone.

Thank you for your continued support and understanding as we prioritize the comfort and well-being of our residents

Spanish Class

Due to popular demand, our continuing education activity will now be **Spanish class!** We are excited to share that several of our residents who are still fluent in Spanish have graciously agreed to help the rest of us learn. We will be focusing on the basics, creating a fun and supportive learning environment for everyone.

In addition, our Spanish-speaking staff will be present to guide and support the class along the way. We look forward to learning together and celebrating the knowledge and talents within our community!

Support Group!

Now that the holidays are over, we will be continuing with our support group at its regular time. The group meets on the **4th Friday of each month at 2:00 PM** in the **Theater Room at Creekside Community**.

Over the past couple of months, the group has continued to grow, especially now that we are open to the Creekside community. This has created even more opportunities to share, connect, and support one another. Snacks and drinks will be provided.

We look forward to seeing everyone there!



Scenic Drives!

Our **Scenic Bus Rides** take place every **Thursday at 10:15 AM**. During these outings, residents remain comfortably on the bus while we travel through different areas around Skagit to enjoy the scenery and keep an eye out for local plants and wildlife. Each ride typically lasts about **one hour**.

With many new residents and families joining our community, we wanted to take a moment to explain this activity again. We rotate residents each week so that everyone who would like to attend—and has permission to participate—has the opportunity to enjoy this outing.

These scenic rides are a relaxing and enjoyable way for residents to explore the area and connect with the beauty of the outdoors.

January Birthdays!

Cory(staff).....1/3

Russel(resident).....1/12

Ruton(staff).....1/25

