



## January Birthdays

Martha M	1/3
Russell M	1/3
Carol W	1/4
Larry W	1/5
Mary B	1/7
Ernie M	1/12
Charlotte B	1/13
Gayle C	1/17
Doris C	1/18
George C	1/18
Lynne P	1/18
Rhea Y	1/2
Don J	1/24
Mari C	1/27
Deanna F	1/31

January 2026

# Cascades of Bremerton

Retirement Living ~ Ashley Gardens | The Cottage | The Willows

Mariah Davis  
Executive Director  
[marihd@cascadeliving.com](mailto:marihd@cascadeliving.com)

Associate Executive Director  
Kelsey Gallegos  
[Kelseyg@cascadeliving.com](mailto:Kelseyg@cascadeliving.com)

\* Wellness Director  
Yulonda Travis  
[Yulondat@cascadeliving.com](mailto:Yulondat@cascadeliving.com)

Resident Care Coordinator  
Dee Wilhite-Mitchell  
[deewm@cascadeliving.com](mailto:deewm@cascadeliving.com)

Environmental Services Director  
Josie Jackson  
[josiej@cascadeliving.com](mailto:josiej@cascadeliving.com)

Business Office Manager  
Stacey Atkins  
[staceya@cascadeliving.com](mailto:staceya@cascadeliving.com)

Director of Sales & Marketing  
Lisa Marshall  
[lisam@cascadeliving.com](mailto:lisam@cascadeliving.com)

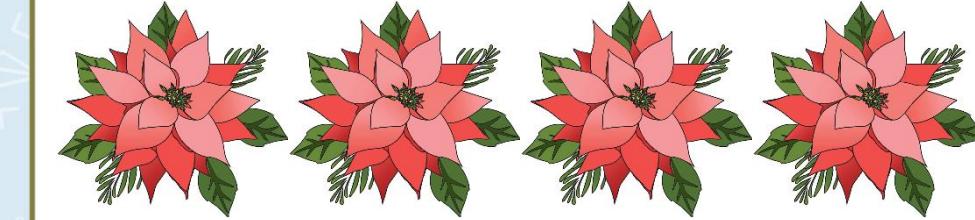
Community Relations Director  
Elizabeth Melia  
[Loisj@cascadeliving.com](mailto:Loisj@cascadeliving.com)

Fitness & Life Enrichment Director  
Willows  
Colleen Clotfelter  
[colleenc@cascadeliving.com](mailto:colleenc@cascadeliving.com)

Life Enrichment Director  
The Cottage  
Janet Presley  
[janntp@cascadeliving.com](mailto:janntp@cascadeliving.com)

Life Enrichment Director  
Ashley Gardens  
Wendy Rothwell  
[wendyr@cascadeliving.com](mailto:wendyr@cascadeliving.com)

Dining Services Director  
Guisidel Velazquez Ayala  
[guisidelv@cascadeliving.com](mailto:guisidelv@cascadeliving.com)



## Good Friends Make Good Neighbors Program

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.



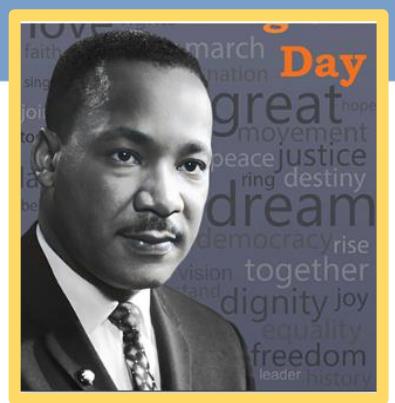
For more information, please call  
**360-479-8522**

3231 Pine Road NE | Bremerton, WA 98310  
[www.CascadesOfBremerton.com](http://www.CascadesOfBremerton.com)

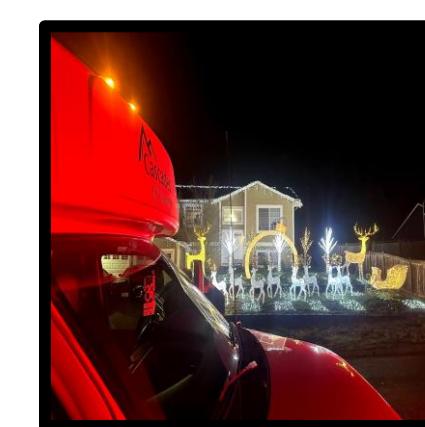
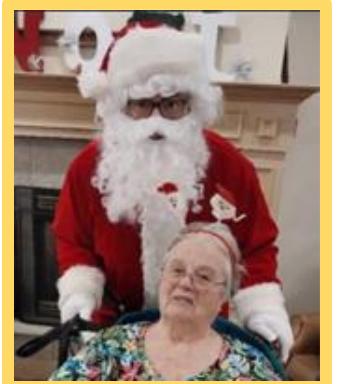
RETIREMENT LIVING | ASSISTED LIVING | MEMORY CARE



January 2026



**HOLIDAY BAZAAR**



January 2025



Drinking water is essential for life, helping with everything from temperature control and nutrient transport to waste removal, with most adults needing around 9-15 cups (fluids from food & drinks) daily, adjusting for activity/climate, so grab a glass or bottle, sip throughout the day, especially after waking, before meals, and after exercise, to stay hydrated and keep your body running smoothly.

### Why Drink Water?

#### Body Functions:

Carries nutrients, oxygen, flushes waste, cushions joints, regulates temperature.

#### Health Benefits:

Aids digestion, prevents constipation, supports skin, boosts energy, helps brain function.

#### How Much & When?

- **General Guideline:** Around 11.5 cups for women, 15.5 cups for men (total fluids from all sources).
- **Increase Intake:** More needed with exercise, hot weather, fever, or illness.
- **Best Times:** Upon waking, 30 mins before meals, before/during/after workouts, and when thirsty.

#### Tips for Staying Hydrated

- Carry a reusable water bottle.
- Flavor with fruit (lemon, cucumber).
- Eat water-rich foods (fruits, veggies).
- Drink a glass for every caffeinated or alcoholic drink.

credit: Harvard Health & The Mayo Clinic



## Get Moving in 2026 *Experience EverFit*

Thursday, January 29 | 3 – 4 p.m.  
3210 Rickey Rd NE | Bremerton

Start the year with strength, wellness, and motivation. Join us for an energizing exercise class led by Steel Feather Senior Fitness, along with an educational talk on the proven benefits of regular physical activity. Whether you're looking to get moving, stay strong, or learn more about active aging, this event is a great way to kick off a healthier year.



Email Wendy by January 26 to RSVP.  
[WendyR@cascadeliving.com](mailto:WendyR@cascadeliving.com)

[www.CascadesOfBremerton.com](http://www.CascadesOfBremerton.com) | Memory Care  
3231 Pine Road NE | Bremerton, WA 98310



Need a New Years Resolution?

Make your Month Easier!

Sign up for Auto Pay!

Stop writing checks every month, let us do the work for you!

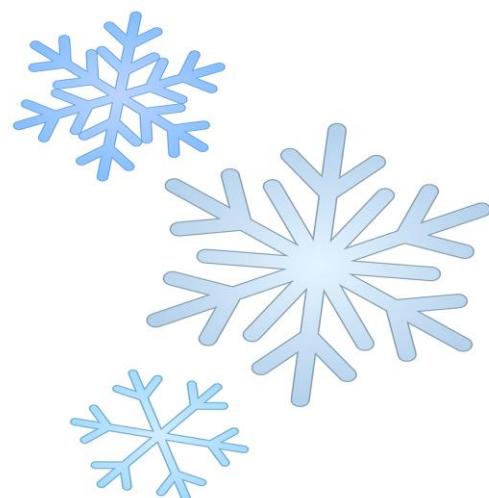
See the Willows Front Desk for more information.



For a Healthy,  
Independent Lifestyle,  
*It's Time to Get Moving!*

I'm January bringing you  
A year of days—all brand, brand new;  
I step upon the frost ground.  
  
When chimes and sleighbells ring around;  
You welcome me and children sing,  
And joy comes into everything.  
I bring you love and lots of cheer,  
And work and friends for all the year.

~Annette Wynne



We know it's essential to maintain independence for as long as possible. One of the best ways to maintain or improve independence is to stay active. That's why our EverFit program is such a popular and integral part of our senior living. Join us at our community to experience EverFit for yourself. For January we are focusing on getting moving! We've joined with SteelFeathers Senior Fitness to enhance our programs. Here is what our residents have to say about our programs:



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## TESTIMONIAL

"Everfit and Steel Feathers have increased my flexibility, improved my mood, and decreased my joint pain. It is something to look forward to help keep me active."

WALDO - RESIDENT

THE DIFFERENCE BETWEEN LIVING  
AND LIVING WELL



*The Difference Between Living and Living Well*

