

## Meet Our Team

Susan C.	Executive Director
Melissa D.	Associate Executive Director
Sharon B.	Wellness Director
Sharon W.	Community Relations Director
Bernie S.	Life Enrichment Director
Renay S.	L.E. Associate
Danielle S.	Venture Inn Director
Kathy M.	Dining Director
Ashley D.	Business Office Manager
Roberta W.	Concierge Weekend
Don W.	Plant Operation Director
Greg C.	Maintenance
Aldo M.	Housekeeping
Trinity G.	Housekeeping
Maria C.	Med / Care Associate
Lisa W.	Med / Care Associate
Heather H.	Med / Care Associate
Kala H.	Med / Care Associate
Joe G.	Med / Care Associate
Natasha D.	Med / Care Associate
Bridget E.	Med / Care Associate
Amber M.	Med / Care Associate
Justin C.	Care Associate
Brenda A.	Care Associate
Tiffany H.	Care Associate
Mandy K.	Care Associate
Natalia M.	Care Associate
Steven C.	Care Associate
Sara D.	Dietary Aide
Paula W.	Dietary Aide
Chris S.	Cook
Tony N.	Cook
Jaime G.	Cook
Emily C.	Cook
Shawn P.	Cook
Abby O.	Cook
Samantha A.	Wait Staff
Marissa B.	Wait Staff

## Good Friends Make Good Neighbors Program

Seniors love living at Inland Point and since our residents are often our best spokespersons, we've created this Program to show our appreciation.

When an Inland Point resident or family member refers a new potential resident\* to a Cascade Living Community and that person moves in for at least 90 days, the referring resident will receive a \$4000 credit applied to their base rent.

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

## Guardians of the Arctic



Because their fur traps heat so effectively, polar bears are surprisingly hard to spot with thermal imaging.

You don't have to live in the Arctic to celebrate International Polar Bear Day on February 27. The polar bear is one of nature's most awesome beasts and is the world's biggest hunter. Polar bears spend much of their time lying in wait outside holes cut in the ice by ringed seals, which must return to the surface for air. A seal's survival depends on maintaining its series of breathing holes. That same survival instinct is what eventually provides the polar bear with its next meal. As the Arctic warms and ice recedes, polar and brown bear habitats have begun to overlap, and hybrid offspring have appeared. Dubbed *nanulaks* by Canadian wildlife officials, the hybrid bears are whitish brown with long claws and a humped back. Offspring of a male polar bear and a female grizzly are called *pizzlies*; reverse the parentage and it's a *grolar bear*. However, as long as there is ice to roam and seals to hunt, a polar bear's home will always be the Arctic.

## Resident Birthday

1 <sup>st</sup>	Joanne Jensen
7 <sup>th</sup>	Marcia Fraser
8 <sup>th</sup>	Cherylee Sickels
8 <sup>th</sup>	Deidra Hoskins
10 <sup>th</sup>	Irene Mitchell
21 <sup>st</sup>	Ann Zabriskie



## Employee Birthday

6 <sup>th</sup>	Trinity Gonzales
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## Welcome Wagon

### New Resident

Judith Petersen	Apartment #5
Helen Banes	Apartment #39
Jim and Sharon Osborn	Cottage 28

## Good Deeds and Good Fortune

February 17 may ring in China's new year, but preparations often begin weeks ahead of Chinese New Year's Day. One of the most important customs is a thorough cleaning of the house. This ensures any bad luck built up over the past year is swept away. Similarly, one must not clean during the first days of the new year so as not to sweep away any new good luck. Cleaning house also means it's time to take care of unfinished business; paying debts and resolving quarrels are all part of prepping for the new year. Food is an important part of any Chinese New Year celebration, but most food must be prepared in advance, thanks to a popular superstition dictating that knives be put away on New Year's. Perhaps the most important New Year's tradition is paying respect to ancestors. Celebrations can begin only after proper homage has been paid. On New Year's Eve, temples are often crowded with people bringing food, incense, and other offerings for their departed forebears. Next door to China in neighboring Tibet, February 18 brings the new year, called *Losar*—Tibet's most important holiday. Drawing from Buddhist tradition, Tibetans believe good comes only to those who do good themselves. For this reason, Losar rituals include a focus on "virtuous attitudes," "virtuous actions," and thus, a "virtuous new year." For three to 15 days, depending on the locale, family and friends gather and celebrate by eating good food, telling stories, lighting fireworks, and playing games. Celebrations also involve donning one's finest clothes to visit temples and offer good wishes to the living, dead, and spirits of the enlightened.



Special attention is given  
when cleaning corners,  
windows, and doorways—  
places where old energy is  
thought to gather.

## Resident Anniversary

1 year	Patricia Ames
1 year	Shirley Cox
2 years	Cherylee Sickels
3 years	Barbara Von Reyn
3 years	Jan Hillar
3 years	Peggy Olds
5 years	Pete Peterson
7 years	Paul and Halia Pushkar



## Employee Anniversary

8 years	Aldo Martinez
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## Resident Spotlight



Cherylee Marie Sickels

I was born in Bend, Oregon at St Charles Memorial Hospital, on February 8, 1943, to James E and Muriel B (Usher) Hensley. I have several siblings, two sisters and four brothers, a sister and two brothers are deceased, as are my parents and stepfathers. I have lived in Klamath Falls, OR for a short time with my mother and stepfather and in Albany, OR where I started school at Knox Butte School. I went to the Knox Butte school for my first grade for part of the year. I loved school there as it was the 1<sup>st</sup> and 2<sup>nd</sup> grades in one class. All other years were combined also, 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup>, 8<sup>th</sup> grades. We then moved back to Bend where I attended Bend schools until graduation in 1961.

Growing up in Bend was wonderful, we all knew each other as it was a very small mill town at the time. Winters were cold and with snow, ice skating, sledding or skiing were the main winter fun. My experience was with ice skating on Troy Field,

I broke my leg. I was in a cast for four months, from my toes to my hip. My favorite teachers came once a week to bring my lessons and help me during the rest of the year. My big disappointment at year end is that we always went on a picnic the last week of school, well I do not have my cast removed soon enough to allow me to attend. We did not have a television until 1961, but we would watch boxing on my uncle's television. I listened to the radio, music and programs, The Shadow, Green Hornet, Lone Ranger, reading books.

I played the Viola from grade school until high school. In eight grade, I petitioned to join the all-boys, Mechanical Drawing class. It was very challenging as "boys will be boys" and did not appreciate a girl in their class, Needless to say, I was too timid and did not continue next quarter.

After graduating in 1961, my summer job was as a car hop and that is where I met my husband. Married and became a mother at 20. We had two children, a girl and a boy. My second marriage, we had another boy and then a girl. We were married forty-seven years until his passing in 2016.

My education has been in the jobs I have had, working in an insurance office, from 6 pm until midnight typing policies, working for Equitable Savings and Loan, to many years managing offices in construction companies until my retirement in 2008. After retiring we traveled to Mexico and across the UD. I have been to India and France in 2018.

We lived in Coos Bay from 1973 until 1993, moved to Medford and lived there until we bought a house in Coos Bay 2005, and we retired here in 2008. We raised our children here, and have six grandchildren, five great grandchildren and one great-great grandchild. They are scattered between Oregon, Texas, Indiana, Tennessee and Hawaii.

We moved back to Coos Bay in 2008 permanently, and after joining a group called Gal Pals, I began volunteering at Inland Point Assisted Living. I fell in love with the people, and staff, saying this is where I would love to live. I have been in my cottage since 2024 and I love living here, and getting to know the great staff, making wonderful friends and being close to family