

**March Birthdays**

- 3/03 Dan D.
- 3/03 Jim C.
- 3/04 Laurie L.
- 3/04 Dawn M.
- 3/06 Larry V.
- 3/07 Delores H.
- 3/12 Louann O.
- 3/13 Bob P.
- 3/19 Marie M
- 3/20 Eleanor W.
- 3/28 Christina K.
- 3/31 Ruthanna M.



**Management Team:**

- Catherine Bowman**-Executive Director
- Josie Summerlin**-Associate Executive Director
- Sandy Sekhon**- Wellness Director
- Nikki Welch**-Associate Wellness Director
- Rickianna Lopez**-Resident Services Director
- Eli Johnson**-Dining Services Director
- Daniel Lteif**-Associate Dining Services Director
- Kim Smith**-Business Office Manager
- Marcus Oliver** -Plant Operations Director
- Jaime Esquivel**-Environmental Services Director
- Dawn McComas**-Marketing Director
- Melissa White**-Community Relations Director
- Crystal Diemert**-Life Enrichment/EverFit Director

We embrace the concept of living well through maximizing each individual's potential across the six areas of wellness:

- |              |            |
|--------------|------------|
| Physical     | Emotional  |
| Intellectual | Vocational |
| Spiritual    | Social     |

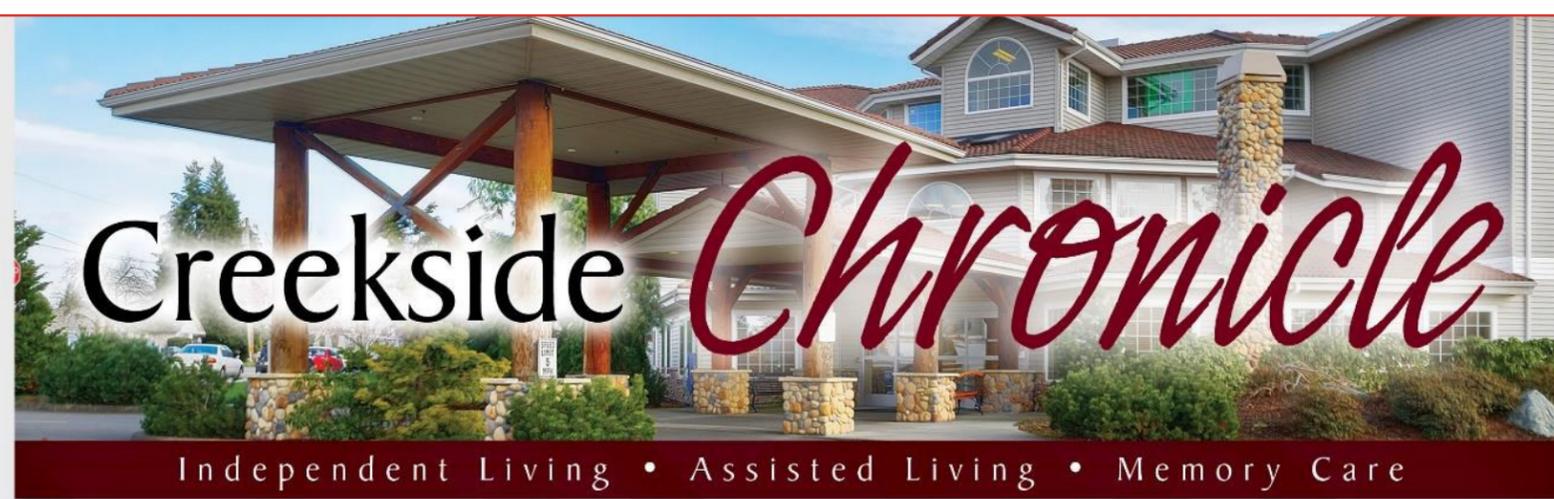
**Pisces (Feb 19 – Mar 20)**

Pisces are friendly and selfless.

They are always willing to help others

**Aries (Mar 21 – Apr 20)**

Aries are passionate, motivated and confident leaders. They are bundles of energy & enthusiasm.



*March*  
**2026**

**All About Hearing**

2nd Thursday  
of each month

At 2:15pm

**Foot Care Clinic**

1st Wednesday  
of the month

By appointment

Sign Up North Lobby

**Vitals Clinic**

1st Tuesday  
of each month

at the Wellness Center

**Star Beauty Salon**

Wednesdays by  
appointment

360-424-4816

Hello Residents, Families and Friends!

Welcome to March - a month that carries with it a sense of renewal, reflection, and a bit of sparkle from Irish tradition.

This month, many people around the world think fondly of Saint Patrick, whose story has inspired centuries of folklore, music, and symbols of hope.

March invites us to celebrate heritage, kindness, and the simple joy of sharing stories that have traveled through generations.

May this month bring you smiles, warm memories, and a little extra luck along the way.

*Crystal Diemert*



## Life Enrichment

### **Cultural Celebration**

Join us for an Irish celebration in honor of St. Patrick's Day this month.

If you are of Irish descent and want to share more about your culture, let us know!

Sign Up for Outing on March 24th at 9am for a cultural outing tour to Hibulb Cultural Museum. Sign Up located at the North Lobby. FREE!

### **Share Your Talents**

Have you always loved to garden?

Perhaps you are an avid scrapbooker?

Play a musical instrument, want to lead a sing along?



Share your talents with your neighbors by co-hosting an activity with a staff member.

See Crystal for more details!



## A Word from our Departments

### Marketing/Community Relations:

#### **Good Friends Make Good Neighbors Program**

When a Creekside resident refers a new potential resident to a Cascade Living Community and the person moves in for at least 90 days, the resident will receive a \$4,000 credit applied to their base rent.

#### **Veteran's Breakfast**

Every last Tuesday of the month at 8:30am in the bistro.

Next one is on March 31st.

#### **Quote**

May your blessings outnumber the shamrocks that grow, and may trouble avoid you wherever you go.

**- Traditional Irish Blessing**

### **The Lodge- Memory Care**



**Wednesday 3/4/2026**

**Live guitar music with Steve Ellis at 2:30pm in the Lodge Dining Room**

Sing Along with Gerry & Friends on 2nd and 4th **Tuesday of the month** at 3pm in the Activity Room

Join us for scenic drives **Thursday** mornings at 9:30am

**Family Support Group for Memory Care for family and friends**  
**All welcome at 2pm in the Theatre Room on the 2nd floor**  
**Next one on Friday, 3/27/2026**

#### **March Trivia**

Saint Patrick was not actually Irish - he was born in Britain.

There are no snakes in Ireland, making the famous "snake legend", a symbolic story rather than a literal one.

Green was not always associated with St. Patrick, blue was once the traditional color!

Leprechauns come from old Irish folklore and were originally known as shoemakers.

The shamrock is a three-leaf clover; a four-leaf clover is rare and considered extra lucky.

St. Patrick's Day is celebrated in more countries than any other national cultural day.