



## Management Team

**Executive Director**

**Gena Young**

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**Community Relations Director**

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**Wellness Director**

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**Resident Services Director**

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**Plant Operations Director**

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**Life Enrichment Director**

**Rebekah Bates**

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**Dining Services Director**

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## Meet Gena Young, Executive Director

I am a lifelong Oregonian, having lived in the Salem/Eugene area my whole life. I have three grown children who were raised in Salem and am blessed to have them nearby to spend my free time with them...and my elderly dog, Nina.

I have been an Executive Director in Community-Based Care communities for over 25 years and feel honored to be of service to those who live here at Meadow Creek Village.

It's a privilege to work in your home and I have a focused commitment to your well-being, staff development, and family partnership. I'm proud to help make our community a place residents are happy to call home.

Gena Young

## Meet Rebekah Bates, Life Enrichment Director

My name is Rebekah Bates. I am Meadow Creeks' new Life Enrichment Director.

I hold a bachelor's degree in Elementary Education & Biblical Studies and taught 4<sup>th</sup> & 5<sup>th</sup> grade for 2 years before moving to Activity Directing. I started in memory care where I learned just how much fun it is to be a part of senior living.

I have been married to my husband, Steven, for almost 2 years. We have a dog named Tucker, a cat, Stewie, and 6 chickens! I love animals, gardening, updating our home, and being with my family.

I am thrilled to be here at Meadow Creek and hope to bring lots of joy and excitement to your daily life! My door is always open, and I look forward to serving you.

Rebekah Bates

## A Legacy of Laughs



Funny how men often think themselves funnier than women. Studies on humor between the genders have found that men's jokes are sometimes rated slightly funnier—but often it's other men who are laughing. Women, meanwhile, may quietly have the last laugh

on March 31, She's Funny That

Way Day, a day celebrating comedians past and present.

Carole Lombard was a leading lady of old Hollywood, a natural beauty whose charm and comedic timing shone even when she took the occasional pie in the face.

Barbara Stanwyck

could play any role: glamorous dame, femme fatale, tough feminist, and yes, the madcap comedian. Both women were nominated for Oscars yet never won.

Any discussion of funny women must include Lucille Ball, often called the Queen of Comedy. Ball once told a *Rolling Stone* reporter, "I am not funny," though her millions of fans would beg to differ. Not only was she hilarious, she mentored another extraordinary comedian, Carol Burnett.

Many of these performers also changed the business behind the scenes. They pushed for better roles, wrote their own material, and shaped shows that reflected their voices rather than someone else's idea of what women should be. Their influence extends well beyond their punchlines, reminding us that real comedic power comes from having the freedom to tell your own story.

Like many of the men who came before them, no topic is too bold for these daring women. From Phyllis Diller to Joan Rivers to Whoopi Goldberg, to modern comedians such as Tina Fey, Kristen Wiig, Melissa McCarthy, Sarah Silverman, Mindy Kaling, Amy Poehler, Wanda Sykes, and Maya Rudolph, the list of talented women is truly endless—and so are the laughs.

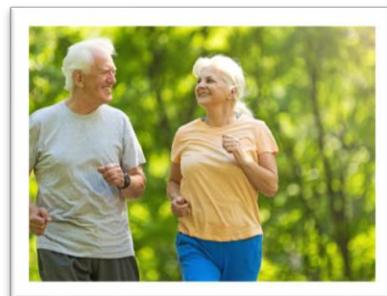
## Importance of an Active Lifestyle

It's never too late to start being physically active and to achieve the benefits of an active lifestyle. Older adults can benefit from all three types of exercise: aerobics, muscle-strengthening, and balance. Many activities, from exercise programs to household tasks, can count towards the 150 minutes of moderate-intensity aerobic activity and two days of muscle-strengthening activities recommended each week.

Physical activity can be an opportunity to participate in activities you enjoy, spend time with friends and family, get outdoors, improve fitness, and maintain a healthy weight. Additionally, being physically active as an older adult may improve your health and health-related quality of life. Active older adults also tend to live longer!

Physical activity improves physical function, making it easier to perform tasks of daily living — including household chores, getting into or out of a bed or chair, and moving around the neighborhood. This increased functional ability can help maintain independence and support independent living for older adults.

Movement and exercise may offer protection against osteoporosis and age-related loss of muscle mass, strength, and function, also known as sarcopenia. The health and functional ability of bones and muscles are especially important for older adults, who are at higher risk for falls and fall-related injuries. Improved physical function can reduce the risk of falls and likelihood of serious injury if there is a fall.



## Courtesy Counts



Many lament that common courtesy is not so common anymore. If someone you know is acting less than civil, March 21, Common Courtesy Day, is the perfect opportunity to tactfully share a few tips and reminders on how to treat others with respect.

Some point to technology as a major culprit in the decline of courtesy, especially as we've grown more tethered to our screens. Others see a broader cultural shift: When people feel rushed, stressed, or isolated, empathy tends to shrink. Researchers continue to note that young adults report feeling more pressure and less connection than in previous generations. Etiquette experts also observe that norms have loosened over time, sometimes in ways that make everyday interactions feel less considerate.

Across many countries, parents and teachers are trying to balance freedom with guidance, and the line can get blurry. When expectations around behavior become too vague, kids can miss out on learning how their actions affect others. The result can be the same everywhere: a little more self-focus, a little less awareness. Renewed interest in teaching social skills and emotional literacy suggests that people are recognizing the need to rebuild those habits.

If we don't practice empathy every day, we may have to rely on others to pass laws of courtesy for us. Restaurants declare "No Cell Phone Zones." Sports stadiums regulate fan conduct. New York City even imposes a fine on those who prop their feet on a subway train seat. Psychologist Marie Hartwell-Walker believes that even "faked" manners can teach empathy, that cornerstone of courtesy. Simple acts such as holding doors open, returning phone calls, treating clerks and cashiers with respect, and saying *please* and *thank you*—these daily reminders to consider others' feelings lay a foundation for building empathy.

## Birthdays & Shout Outs



### Staff Birthdays:

Kenny P. 3/10  
Danielle A. 3/21  
Melissa V. 3/27

### February

## Employee of the Month:

**Taylor Prescott**

## March Events

- **Tuesday 3/3 11:30am** Live Music by "The Swing Set"
- **Monday 3/9 11:00am** Guest Speaker Austin Willhoft presenting on Estate Planning
- **Friday 3/13 11:00am** Guest speaker Karen Lewis presenting "Hospice 101"

## March Outings

- **Wednesday 3/4 10:00am** Fred Meyers
- **Thursday 3/5 10:00am** Live Theater- The Hiding Place
- **Wednesday 3/11 10:00** Country Drive
- **Wednesday 3/18 10:00** Walmart
- **Wednesday 3/25 2:30** Nursery Visit: Picking Plants for the Patios

Postage  
Information





**Meadow Creek Village  
Assisted Living**  
A Cascade Living Group Community



Meadow Creek Village is a cottage-style assisted living community nestled in an inviting residential area of Salem, Oregon. The charming setting evokes a sense of peacefulness, and the park-like surroundings create a relaxed, welcoming feel.

The best of both worlds ... the assisted living community may be in a quiet neighborhood, but we're near areas of bustling activity with plenty of restaurants, shopping attractions and world-class medical care.

**Contact Melissa Vay today to learn more!**

**503-375-9732**

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