

April 2026

Meet Our Team

Susan C.	Executive Director
Melissa D.	Associate Executive Director
Debra J.	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
Don W.	Plant Operation Director
Greg C.	Maintenance
Aldo M.	Housekeeping
Trinity G.	Housekeeping
Shane H.	Housekeeping/ C. Associate
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
Amber M.	Med / Care Associate
Bridget E.	Med / Care Associate
Justin C.	Care Associate
Brenda A.	Care Associate
Mandy K.	Care Associate
Natalia M.	Care Associate
Steven C.	Care Associate
Tiffany H.	Care Associate
Sara D.	Dietary Aide
Paula W.	Dietary Aide
Emily C.	Cook
Chris S.	Cook
Tony N.	Cook
Jaime G.	Cook
Abby O.	Cook
Shawn P.	Wait Staff
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 to 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.

A Perfect Pairing

Is there a more perfect sandwich than peanut butter and jelly? In celebration of one of the best food combinations of all time, April 2 is Peanut Butter and Jelly Day. If you're looking to expand your PB&J horizons, do what Elvis did and swap the jelly for fresh fruit. Bananas, strawberries, or even pomegranates fit the bill. More adventurous types opt for grilling their sandwiches, while others ditch the bread and slather pancakes with PB&J. When it comes to food combinations, PB&J certainly tops the list. But is this humble sandwich tastier than bacon and eggs? Macaroni and cheese? Spaghetti and meatballs? A burger and fries? Cookies and milk? Dietician Katherine Brooking offers some insight into PB&J's allure. "Humans have an innate predilection for salt, sweet, and fat," she says. Add the creamy texture of peanut butter, and this sandwich becomes "one of the hardest foods to eat in moderation."



The average American child eats about 1,500 PB&J sandwiches before adulthood.

Resident Birthday

- 5th Pete Peterson
7th Janet Wertz
10th Michael Chapman
22nd Wayne McCurdy
30th Barbara Deluchi
30th Mary Wiedeman
30th Dennis Schmidt



Employee Birthday

- 3rd Maria Castillo
8th Sami Albers



Resident Anniversary

- 1 year Marcia Fraser
6 years Clyde and Diane Thrift

Employee Anniversary

- 3 years Sami Albers

Welcome Wagon

New Resident

- Juliet Heron Cottage #11
Carolyn Johnson Cottage #32
Kathie and Rick Granquist Cottage #27

New Employee

- Debra Johnston Registered Nurse



Resident Spotlight



Shirley Cox

Shirley Cox was born in Peoria, Illinois in 1943 and grew up surrounded by family whose roots stretch across Texas, Missouri, Illinois, and Indiana.

In October 1960, she married Gary in Illinois, beginning a beautiful 60-year marriage filled with love, partnership, and adventure. The couple lived in Illinois until 1979, when they moved to Las Vegas so Gary could begin his career at the iconic Flamingo Hilton where he worked until retirement.

Shirley devoted most of her life to being a stay-at-home mom, raising their three sons: Terry (and wife Janell), Scott, and Bruce, who sadly passed away in 2014. Later in life, Shirley worked for ten years at Bank of America before retiring.

Retirement brought years of travel, with Shirley and Gary exploring the country—sometimes for months at a time. In 2019, they downsized to independent living in Las Vegas. After Gary passed away in February 2021 following a battle with Parkinson's, Shirley courageously embraced a new chapter. With encouragement from Terry and Janell, she moved to Inland Point.

Today, Shirley says she loves her cottage, her priceless friends, the wonderful staff, and most of all, the life she has created for herself in her new home.

We are grateful to have Shirley as part of our community.

April Horoscopes and Birthdays

In astrology, those born between April 1–19 are Rams of Aries. As the first sign of the zodiac, Arians charge out of the gate with energy, confidence, power, and zeal. As pioneers, Arians are unafraid of the unknown. As eternal optimists, no odds are ever considered insurmountable. Those born between April 20–30 are Bulls of Taurus. Bulls show a steady persistence in endeavors both professional and personal, and after working hard, are not shy about rewarding themselves for a job well done.

Across Faiths and Time

April 1–7 may be Golden Rule Week, but the message of doing unto others as you would have them do unto you is timeless. While many know the Golden Rule to come from Jesus' Sermon on the Mount, it might be a surprise to hear that a version of the Golden Rule appears in almost every major religion.

Jesus, in this teaching, was actually summarizing the Jewish Torah. Elsewhere in the Talmud, Rabbi Hillel taught, "What is hateful to yourself, do not do to another." This is a sentiment that echoes other religious teachings. The Chinese philosopher Confucius said, "Do not do to others what you would not like yourself." The Buddha preached, "Hurt not others in ways that you yourself would find hurtful." It is written in the Hindu text Mahabharata, "Do naught unto others what you would not have them do unto you." The Quran advises Muslims, "None of you has faith until he loves for his brother what he loves for himself."

Though many now call these teachings the Golden Rule, it was never called that in the Bible or elsewhere. The term originated in the 17th century in reference to the courts of old England, where golden law implied that judges could be bought with gold. From this cynical view of law sprouted a more optimistic golden rule, which implied the sharing of good deeds between citizens in order to sidestep corrupt courts. The Golden Rule is found in so many different cultures that some believe it to be the fundamental quality of human nature.



The Golden Rule is sometimes also known as the ethic of reciprocity.

Rolling into Spring

April 3 marks World Marbles Day, a lighthearted celebration of one of the world's oldest and most satisfying games. Long before screens and controllers, a small pouch of marbles and a patch of dirt were enough to fill an afternoon.

Marbles have been played in some form for thousands of years. Archaeologists have uncovered stone and clay marbles at ancient sites, and by the 1800s, glass marbles—often handmade—became popular in Europe and the United States. Each one had its own personality: cat's-eyes, swirls, shooters, and cloudy "alley agates." Some were meant for play, while others were carefully traded or saved as prized collectibles.

The game itself was simple but never dull. Players crouched low, flicking a shooter marble with a practiced thumb, aiming to knock opponents' marbles out of a circle or hole. It required strategy, steady hands, and just enough daring to risk losing your best marble on a bold shot. Skill mattered, but luck always had a say, which kept things exciting.

World Marbles Day is a good excuse to revisit that sense of play. Even if you never played by official rules, you might remember the feel of cool glass in your palm or the clink marbles made when they collided. Today, marbles are still collected for their craftsmanship, with modern artists creating intricate designs that are as much art as toy.

The word marble even rolls into the kitchen. Think of marbled rye bread, marbled pound cake, or a perfectly marbled steak—proof that swirling patterns are just as appealing on the plate as they are in a game. As spring arrives and days grow longer, World Marbles Day offers a reminder that fun doesn't have to be complicated. Sometimes it's as simple as a small glass sphere, good aim, and the pleasure of watching something roll just where you hoped it would.

