



900 W. Alpine Way  
Shelton, WA 98584

Phone: (360) 426-2600  
Fax: (360) 427-3299

[www.AlpineWayLiving.com](http://www.AlpineWayLiving.com)



[www.facebook.com/alpinewayliving](http://www.facebook.com/alpinewayliving)

### May Resident Birthdays

5/1 Bill M.  
5/2 Barbara P.  
5/3 Elizabeth P.  
5/6 Nancy B.  
5/11 Carol N.  
5/17 Doug H.  
5/17 Mary T.  
5/23 Burt P.  
5/24 George A.  
5/24 Ken K.  
5/29 Carl M.  
5/30 Michael L.  
5/31 Talbot F.

### May Staff Birthdays

5/2 Mandy B.  
5/3 Talia S.  
5/7 Clover G.  
5/10 Tami K.  
5/12 Katelyn W.  
5/14 Isabella A.  
5/20 John F.  
5/21 Sierra A.  
5/22 Leslie W.  
5/24 Jillian N.  
5/27 Sarah J.  
5/27 Savannah T.  
5/29 Karen M.  
5/31 Jennifer F.

## Alpine Way

# May 2026

Alpine Way | 900 W. Alpine Way, Shelton WA, 98584 | 360-426-2600 |



### Meet Our Team!

#### Executive Director

*Trudy Hunter*

[TrudyH@Cascadeliving.com](mailto:TrudyH@Cascadeliving.com)

#### Wellness Director

*Laura Stevens*

[LauraS@cascadeliving.com](mailto:LauraS@cascadeliving.com)

#### Assistant Wellness Director

*Savannah Thomas*

[SavannahT@Cascadeliving.com](mailto:SavannahT@Cascadeliving.com)

#### Marketing Director

*Cyndy Armitage*

[CyndyA@cascadeliving.com](mailto:CyndyA@cascadeliving.com)

#### Business Office Manager

*Maria Poulos*

[MariaP@cascadeliving.com](mailto:MariaP@cascadeliving.com)

#### Life Enrichment Director

*Kimberly Butcher*

[KimberlyB@cascadeliving.com](mailto:KimberlyB@cascadeliving.com)

#### Environmental Director

*Travis Wagner*

[TravisW@cascadeliving.com](mailto:TravisW@cascadeliving.com)

#### Plant Operations Director

*Rod Davis*

[RodD@cascadeliving.com](mailto:RodD@cascadeliving.com)

#### Dining Services Director

*Donna Jorgenson*

[DonnaJ@cascadeliving.com](mailto:DonnaJ@cascadeliving.com)

### Life at Turtle Speed

Turtles have been moving through Earth's waters and landscapes for more than 200 million years, quietly outlasting dinosaurs, ice ages, and continents in motion. Each May, World Turtle Day (May 23) invites us to pause and consider what these remarkable animals can teach us about conservation, resilience, and how to live well in a fast-paced world.

Today, turtles need our attention more than ever. Of the world's roughly 360 turtle and tortoise species, more than half are threatened or endangered. Habitat loss, plastic pollution, climate change, and road traffic all take a toll. Sea turtles often mistake floating plastic for food, while freshwater turtles lose nesting areas to development. Even small actions matter: Slowing down in known crossing areas, reducing plastic use, and supporting conservation organizations can help ensure turtles remain part of our shared future.

Beyond their ecological importance, turtles have long held symbolic meaning across cultures. They are often associated with wisdom, patience, and protection. In many traditions, the turtle carries the world on its back or represents the steady foundation of life itself. Their shells symbolize shelter and perseverance—moving forward while carrying one's home, history, and strength along the way.

Perhaps the most enduring lesson turtles offer is the familiar phrase "slow and steady." Turtles remind us that progress doesn't have to be rushed to be meaningful. In a world that often prizes speed, multitasking, and constant productivity, turtles model a different approach—one rooted in persistence, awareness, and balance. They move at a pace that suits them, conserving energy and paying attention to their surroundings.

As World Turtle Day approaches, it's a good moment to reflect on both action and attitude. Protecting turtles means caring for the environments we all depend on. Learning from turtles means remembering that steady effort, patience, and respect for natural rhythms can carry us far. Sometimes, slowing down isn't falling behind—it's choosing a wiser way forward.

# HOT TRACKS

*with Trudy*

MAY 28TH @ 3PM IN THE MEETING ROOM

An exploration of modern artists and their music, from the '70's to today

Spinning memories, one groove at a time.



In every crackle and every groove, vinyl carries the soul of music and the stories of generations.

Made with PosterMyWall.com

★ ★ ★ ★ ★ ★ ★ ★ ★ ★

JOIN US FOR A

# VETERANS CHAT

**MAY 19th 1:30PM**

IN HONOR OF ARMED FORCES DAY AND MEMORIAL DAY


KIM RUSSELL FROM THE VFW WILL BE LEADING THE DISCUSSION

\*\*\*\*\*

ALL ARE WELCOME

★ ★ ★ ★ ★

Made with PosterMyWall.com



# LIVE MUSIC

MONDAY  
MAY 4TH @  
2PM  
CEDAR ROOM


# MATT GURLEY MUSIC

Made with PosterMyWall.com

JOIN US FOR

# ZUMBA

Fitness Class!



**EVERY Tuesday & every other Thursday**

**9:15 AM in the DOGWOOD**

Zumba is a dance-based fitness program that combines dance styles with easy-to-follow choreography

Made with PosterMyWall.com

In Honor of

# Mother's Day

# Kids Art RECEPTION

Friday MAY 8th  
2:30 Cedar Room

Join us for peanut butter & jelly sandwiches, ants on a log and drinks.

Made with PosterMyWall.com