



**May Birthdays**

- 5/02 Joyce L.
- 5/02 Bob V.D.G.
- 5/02 Dorothy W.
- 5/02 Phyllis D.
- 5/04 Walter B.
- 5/06 Joan H.
- 5/08 Mike S.
- 5/12 Roberta "Bobbi P."
- 5/15 Jennifer T.
- 5/17 Genevieve "Jenny" B.
- 5/20 LeRoy C.
- 5/23 Marie W.
- 5/24 Irene F.
- 5/27 Kenneth S.
- 5/30 Robert W.



**Management Team:**

- Catherine Bowman**-Executive Director
- Josie Summerlin**-Associate Executive Director
- Sandy Sekhon**- 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 (Apr 20 – May 20)**

Taureans are dependable, logical, and overall peaceful beings.

**Gemini (May 21 – Jun 20)**

Geminis love to learn and they never stop wondering about the unexplained.



*May*  
**2026**

Hello Residents, Families and Friends,

Welcome to May, a month filled with gratitude, reflection, and appreciation.

This month shines a special light on Mother's Day, a time to celebrate the mothers, grandmothers, and caring figures who have given so much love, guidance, and support throughout our lives. Their kindness, patience, and devotion leave lasting impressions that continue to inspire us every day.

May is also a beautiful opportunity to cherish precious memories, honor meaningful relationships, and enjoy the simple joys that bring us together.

Whether through shared stories, laughter, or quiet moments of remembrance, this month reminds us of the importance of love, family, and connection.

We hope this newsletter brings you comfort, happiness, and a sense of celebration as we welcome all the meaningful moments May has to offer.

Warm wishes, Crystal Diemert

**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

← Life Enrichment →

**Mother's Day Tea**

**Monday 5/4 at 2pm-3pm**

**Piano Music with Tod Kimbro**

**Sign up at the North Lobby if you plan to attend and any**

**guests you may have coming.**

**Quote of the Day**

*A mother's love is the quiet strength that stays with us forever.*

Mother's Day became an official holiday in 1914, celebrating the love and dedication of mothers.

The first Cannes Film Festival was held in 1946 and continues to celebrate storytelling from around the world.

May's birth flower is the lily of the valley, often associated with sweetness and humility.

Florence Nightingale, the founder of modern nursing, was born on May 12, now celebrated as International Nurses Day.

**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 May 26th.



**The Lodge– Memory Care**



**Wednesday 5/6/2026**

**Live guitar music with Steve Ellis at 2:30pm in the Lodge Activity 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. & **Monday** at 1:30pm

**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, 5/29/2026**

**May Trivia**

The Month of May. May is named for the Roman goddess Maia, who oversaw the growth of plants.

Zodiac signs: **Taurus & Gemini**  
Birthstone: **Emerald**  
Flower: **Lily of the Valley**