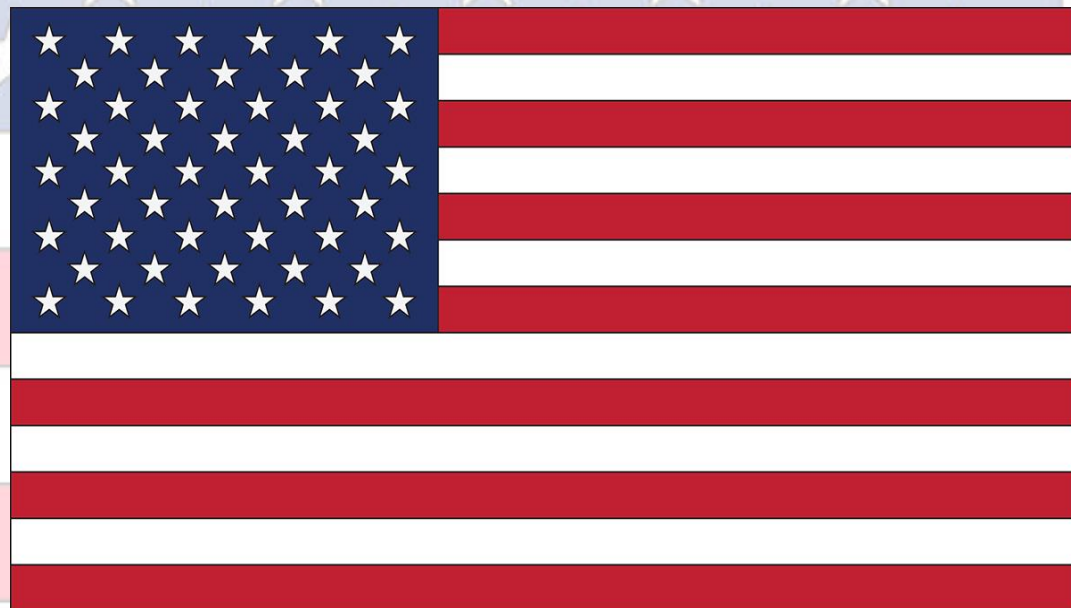




3231 Pine Road NE
Bremerton, WA 98310

Happy 250th Birthday America!



Look for details on our fabulous upcoming events:

July 30: Willows Open House: Same Heart, different look

August: Wild West

September: Oktoberfest



Mariah Davis
Executive Director
Mariahd@cascadeliving.com

Associate Executive Director
Kelsey Gallegos
Kelseyg@cascadeliving.com

Wellness Director
Yulonda Travis
Yulondat@cascadeliving.com

Assistant Wellness Director
Jake Ramirez
JakeR@cascadeliving.com

Resident Care Coordinator
Dee Wilhite-Mitchell
Deewm@cascadeliving.com

Environmental Services Director
Josie Jackson
Josiej@cascadeliving.com

Business Office Manager
Stacey Atkins
Staceya@cascadeliving.com

Director of Sales & Marketing
Lisa Marshall
Lisam@cascadeliving.com

**Fitness &
Life Enrichment Director**
The Willows
Colleen Clotfelter
Colleenc@cascadeliving.com

Life Enrichment Director
The Cottage
Janet Presley
Janetp@cascadeliving.com

Life Enrichment Director
Ashley Gardens
Wendy Rothwell
Wendyr@cascadeliving.com

Dining Services Director
Gulsidel Velazquez Ayala
Gulsidelv@cascadeliving.com

July/August 2026

Cascades of Bremerton

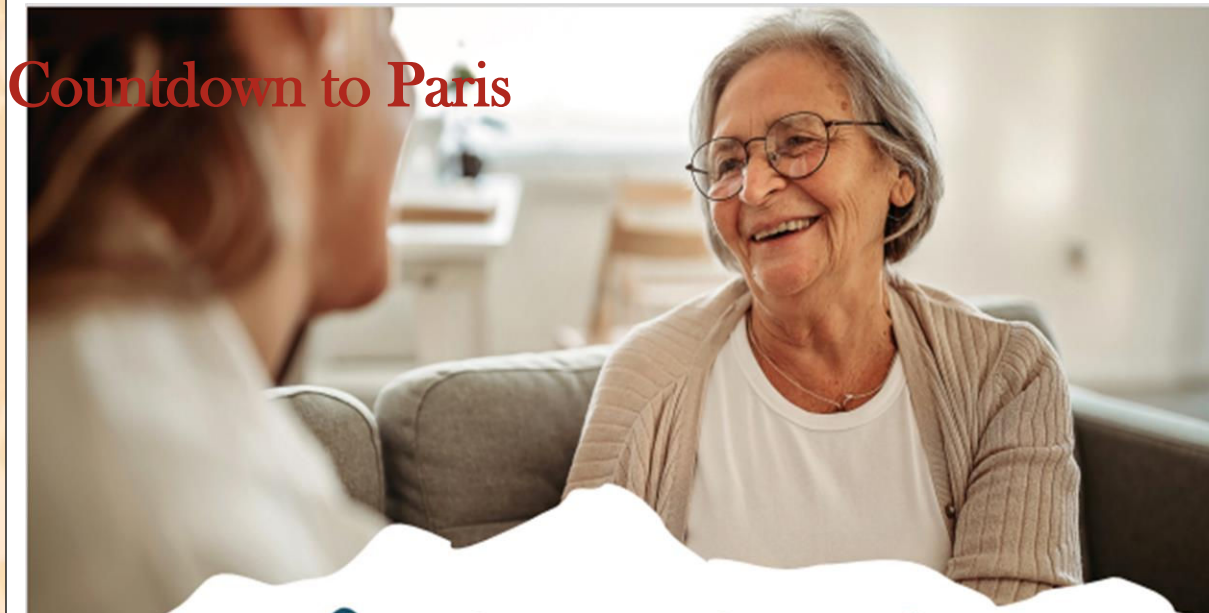
Retirement Living ~The difference between living and living well.

Ashley Gardens (360) 478-7277

The Cottage (360) 373-0553

The Willows (360) 479-8522

Countdown to Paris



Good Friends Make Good Neighbors Program

From our elegantly appointed interior and beautifully maintained grounds to the exceptional healthcare programs and services provided by our professional staff, residents who introduce Cascade Living Group's Living Well philosophy to their friends or family members could receive credit(s) applied toward their rent.

How It Works

When a resident or family member refers a new potential resident* to a Cascade Living Group community and that person moves in for at least 90 days, the referring resident will receive a \$4,000 credit applied to their base rent.

**In order to qualify as a new potential resident, the person being referred must not already be on our contact list. To make a referral and to ensure you receive proper credit for making the introduction, please provide your name and the name of your friend or family member to our Executive Director or Director of Sales and Marketing prior to the inquiry or tour.*



For more information, please call

360-479-8522

3231 Pine Road NE | Bremerton, WA 98310

www.CascadesOfBremerton.com

RETIREMENT LIVING | ASSISTED LIVING | MEMORY CARE



JULY BIRTHDAYS

KAY A
GERALDINE C
MARIE D
LAWAN M
GAYLE R
LLOYD RON M
JUDITH S
DARLENE K
JOCELYN B
RONALD A
MARK B
SAMELLA B
SPENCER D
MIKE G
RICHARD G
GLENN H
CAROLE V
JOAN T
VIRGINIA G
DEAN J

AUGUST BIRTHDAYS

JAMES M
BARBARA R
SHIRLEE C
SUNNY G
JUDY F
REBECCA D
VERNEAL S
SAKHILE A
NANCY B
DAN H
SUE K
JANET M
PETE M
JEAN P
DAVID R
LINDA S
STEVE T
MAPPIE V
CARMEN V
LAVERNE W
MARGARET T

Father's Day: Root Beer Floats and Classic Cars!

Honoring Moms, Dads, Family, & Community!

Fashionistas & Mamas!!



Celebrating Fathers with s'mores & old fashions by the fire being serenaded by Joey. Doesn't get any better!



Friendly reminder

Deb does not leave

for doctor runs until 9:00 am.

Please make your appointment is after 9:00 am

and be aware you need to be back in the

community before 3:00:)

Balance class is coming back to The Willows.

Independence Rehab will be providing an Occupational Therapist or a Physical Therapist

once a week on Wednesdays at 2:00 in the fitness center to help residents improve their

balance. There is no need to sign up, just show

up for the classes.



Connecting Generations
Through the Joy of Reading

Summer Reading Program
Every Thursday | 2 p.m. | From June 4 to August 27



Calling

all

Veterans!!!

We would like to honor all our veterans who live with us at the Cascades of Bremerton. If you are not already on our Wall of Honor, please let us know. We would like to put your picture up for display in our buildings. We want to show our respect and appreciation for your service. If you have questions, please contact the Life Enrichment team.

RAMP UP YOUR HYDRATION AND LIMIT SUN EXPOSURE.

It only takes 10-15 minutes of being outside during high heat to cause harm.

PLEASE STAY SAFE IN THE HEAT!!

• The average adult needs at least 6 1/2 cups (8 oz. each) of fluid daily, depending on their height and weight. Taller and larger folks may need up to 9 cups a day!

• Be sure to drink a full glass of water at each meal besides alternate drinks.

• Besides drinks, you can hydrate with popsicles, cold soups, lemonade, Jell-O, slushies, and juicy fruits such as oranges, grapefruit, melons, and berries.

• Wear a hat, sunscreen, or use a sun umbrella when outside.

• Draw shades/curtains during the heat of the day, use air conditioners or fans.

• Try to stay inside when the heat index is high. (90 degrees or more), you can get heat stroke within 10-15 minutes of being outside with an elevated body temperature of 103 or more!