



# September 2024



2290 Inland Drive North Bend, OR 97459 (541) 756-0176

## Meet Our Team

Susan C.	Executive Director
Melissa D.	Associate Executive Director
Sharon B.	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
Roberta W.	Concierge
Donna P.	Concierge
Don W.	Plant Operation Director
Greg C.	Maintenance
Aldo M.	Housekeeping
Trinity G.	Housekeeping
Maria C.	Med / Care Associate
Lisa W.	Med / Care Associate
Jazmine S.	Med / Care Associate
Ashley D.	Med / Care Associate
Sunshyne L.	Med / Care Associate
Mandy K.	Med / Care Associate
Janelle B.	Med / Care Associate
Danielle R.	Med / Care Associate
Joe G.	Care Associate
Bridget E.	Care Associate
Justin C.	Care Associate
Jalynn N.	Care Associate
Brenda A.	Care Associate
Emily F.	Care Associate
Sara D.	Dietary Aide
Paula W.	Dietary Aide
Chris S.	Cook
Tony N.	Cook
Jaime G.	Cook
Emily C.	Cook
Jenna B.	Cook
Samantha A.	Wait Staff
Josh N.	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 \$1000 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 ensure you receive a credit for making introduction,

## Apples



Apples are a good source of nutrients, including fiber, Vitamin C and antioxidants which can help support healthy digestion, brain health and weight management. There is evidence that apples can also protect against certain chronic diseases, including cancer, heart disease and type 2 diabetes. Apples contain Malic Acid. Eating one medium apple a day may help lower blood pressure, cholesterol, and inflammation all of which support a healthy heart. Eat the peel when you can as the fiber and polyphenols in peel benefit heart health. Apples are grown commercially in over 30 states, with orchards harvesting 240 million bushels of them each year. Because the fruit bruises easily, all those apples must be picked by hand.

## Celebrating September

September is the most common birth month in the U.S., according to government statistics from the past 20 years. The most common birthdate? September 9.

## Resident Birthday

- 3<sup>rd</sup> Carl Siminow  
3<sup>rd</sup> Kay Harless  
4<sup>th</sup> Frieda Stevens  
7<sup>th</sup> Loyd Milburn  
12<sup>th</sup> Dorothy Logan  
14<sup>th</sup> Betty Crook  
16<sup>th</sup> Peggy Olds  
23<sup>rd</sup> Mary Ann Jackinowicz



## Employee Birthday

- 19<sup>th</sup> Jaime Gulpan  
29<sup>th</sup> Melissa Dominguez

## Resident Anniversary

- 1 year Freida Stevens  
1 year Keith Windham  
1 year Dorothy Erickson  
2 years Mary Jo Ballinger  
2 years Ron and Beverly Kemper  
5 years Dennis and Marilyn Schmidt  
8 years Jean Roberts  
10 years Thomas Duffey

## Employee Anniversary

- 12 years Jaime Gulpan  
13 years Susan Cain

## Welcome Wagon

### New Resident

- Louise Leatherman - Apartment #17  
Gary Baxter - Apartment #19  
Linda King - Apartment #25  
John and Mary Ann Jackinowicz - Apartment #32  
Dewayne Kiser - Apartment #44

## Reason To Read



Getting lost in a good book is an enjoyment for many people. More than just entertainment, reading has been shown to be good for your health. *Boosts brain power*, much like exercise for the body, reading a book is a workout for the brain. Critical thinking is required to process the text, make connections between chapters and retain information. This forges new pathways in the brain, which can help protect against cognitive decline. *Increases empathy*, when immersed in reading especially a fiction story we are likely to identify with the characters and emotions. This may help us better relate to people in real life, strengthening bonds and prompting positive interactions. *Promotes sleep* a bedtime routine that includes reading with dimmed lights sends a signal to the body that it's time to wind down. Physical books work best at night since the glare from digital devices can disrupt sleep. *Reduces stress* a page-turner often transports the reader to another world, providing a break from worries. Participants in one study began to relax after just six minutes of reading.

## Resident Meeting Reminder

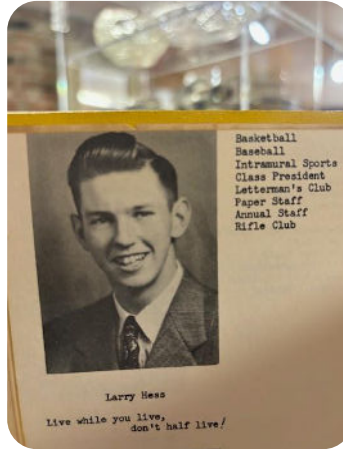
Our resident meetings are a terrific opportunity to share input, have your questions answered, and stay in the loop with what's happening in our community. Make plans to attend this month's meeting; check the calendar for the date and time.



## Educational Outing -Bandon Museum



Pat's Wedding Gown 1953



Larry, Pat's husband



Ann, Bernie, Cherylee, Renay and, Pat



Fishing trips in Summer 1957,  
July 1961, June 1962, Salmon  
Derby Sept. 11- Oct. 2, 1949



Cherylee, Pat and, Renay



**The Bandon Historical Society** was founded in 1976 and is a non-profit 501 (C) (3) organization with the mission of preserving and presenting historical material and artifacts related to the history of the Bandon area. The Society operates a museum at the corner of Highway 101 and Filmore Ave. It was the second building constructed after the disastrous 1936 fire. Before moving into the current location, the museum was located in a historic bank building currently the Masonic Temple and the old Coast Guard building, now the home of the Port of Bandon. Bandon's history museum shares the story of a town blessed by water and cursed by fire. The museum has a paid director, a twelve-person board of directors, about 40 active volunteers and annual paid membership of over 350. The Museum generates articles for the local newspaper, provides speakers for clubs and organizations, fosters publications, hosts classroom visits and sends educators into classroom, aids family research, generates educational materials and serves as a source of information about its past for the community.