

Alpine Way
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www.facebook.com/alpinewayliving

Postage
Information

October 2024



October

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



October

Residents

10/17 Cathy T.
10/18 Jeanne J.
10/21 Annmarie L.
10/22 Rick A.
10/28 Diane B

Birthdays

Staff

10/1 Christina McFadden
10/5 Berena Mullen
10/7 Jill Holmes
10/11 Leanna Parnham
10/13 Irma Mateo
10/19 Lex Lester

Our Leadership Team

Executive Director

Trudy Hunter

TrudyH@Cascadeliving.com

Wellness Director

Wendy Wincewicz

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Assistant Wellness

Director

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Marketing Director

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Business Office Manager

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Environmental Director

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Plant Operations Director

Rod Davis

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Dining Services Director

Donna Jorgenson

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Night Flyers

As Halloween approaches, images of bats often flutter into our minds, adding a spooky touch to the season. However, there's much more to these fascinating creatures than their eerie reputation suggests. Let's explore some interesting facts, common myths, and the many benefits bats provide.

Bats are the only mammals capable of sustained flight, with over 1,400 species worldwide. They range in size from the tiny bumblebee bat, weighing less than a penny, to the large flying foxes with wingspans of up to six feet. Despite their diversity, bats share some common traits, such as echolocation, which allows them to navigate and hunt in the dark by emitting high-frequency sounds.

One common myth is that bats are blind. In reality, all bats can see, and many have excellent night vision. Another misperception is that bats are aggressive bloodsuckers. While vampire bats do exist, they are just three species out of more than a thousand, and they mainly feed on livestock, not humans.

Bats play crucial roles in ecosystems. They are natural pest controllers, consuming vast amounts of insects, including mosquitoes. A single bat can eat up to 1,000 mosquitoes in an hour! Additionally, fruit bats are vital pollinators and seed dispersers for many plants, including those that produce bananas, mangoes, and avocados.

Despite their benefits, bats face numerous threats, including habitat loss and diseases like white-nose syndrome. Conservation efforts are essential to protect these misunderstood animals.

As Halloween casts its spooky spell, remember that bats are more than just a symbol of the season. They are remarkable, beneficial creatures deserving our respect and protection. By dispelling myths and understanding their importance, we can better appreciate the incredible world of bats.

Lynch Creek Dahlia Farm Trip September 2024



Vaccine Clinic

Thursday
October 17th
10:00 AM
Dogwood Room

Flu & Covid-19 Vaccines
will be available

Consent Forms are
located at the front desk.
Please fill out beforehand
so we can have an
accurate head count.

How to Prepare

- Fill out Consent Form ahead of time.
- Bring your insurance card
- If you've had Covid recently, you must wait 90 days before getting vaccinated for Covid-19.

For more information
Please see the front desk.



Get Vaccinated Today!

Protect Yourself &
Your Community

Pinochle

Wednesdays at 1pm
in the Dogwood



Reminder:

Please remember to sign up at the
front desk ahead of time.
We like to play 4 Hand Pinochle and
can accommodate more than one
group.

Seahawks October Schedule

Sunday 10/6 @ 1:25pm
NY Giants on CBS

Thursday 10/10 @ 5:15pm
San Fran. 49ers on Prime

Sunday 10/20 @ 10:00am
Atlanta Falcons on Fox

Sunday 10/27 @ 1:05pm
Buffalo Bills on Fox

Coming in October

10/4 Resident Council
Meeting

10/10 Low Vision Support
Group

10/11 Dollar Store Trip

10/11 Activity Planning
Meeting

10/15 October Birthday
Party

10/17 Vaccine Clinic

10/17 Trivia

10/18 Timberland Library

10/24 Pumpkin Painting
Social

10/29 Chef Talk

10/31 Gingerbread Haunted
Houses



REMINDER

There will be NO banking
& shopping on Thursday
10/3 due to bus repairs