



900 W. Alpine Way
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www.AlpineWayLiving.com



www.facebook.com/alpinewayliving

FEBRUARY BIRTHDAYS

RESIDENT

2/2 CANDY C.
2/2 YVONNE M.
2/13 MARGRET G.
2/15 LEE H.
2/17 GORDON K.
2/18 RICHARD B.
2/29 ANNE C.

STAFF

2/8 LINDSEY G.
2/11 KADI S.
2/14 SHAWN M.
2/27 KIM J.
2/28 PAUL C.

February 2025

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



Meet Our Team!

Executive Director

Trudy Hunter

TrudyH@Cascadeliving.com

Wellness Director

Wendy Wincewicz

WendyW@cascadeliving.com

Assistant Wellness Director

Tracy Schueller

Tracys@Cascadeliving.com

Marketing Director

Cyndy Armitage

CyndyA@cascadeliving.com

Community Relations Director

Brenda Lehman

BrendaL@cascadeliving.com

Business Office Manager

Maria Poulos

MariaP@cascadeliving.com

Life Enrichment Director

Kara Parker

KaraP@cascadeliving.com

Environmental Director

Travis Wagner

TravisW@cascadeliving.com

Plant Operations Director

Rod Davis

RodD@cascadeliving.com

Dining Services Director

Donna Jorgenson

DonnaJ@cascadeliving.com

Goody Goody Gumdrops!

February is a sweet month for candy lovers, with both Bubble Gum Day and Gumdrops Day celebrated within weeks of each other. Bubble Gum Day falls on the first Friday of February, while Gumdrops Day is February 15. Both holidays highlight the history and fun behind these popular treats.

Bubble gum has a surprisingly long history, dating back to ancient peoples who chewed natural substances like tree resin. Modern bubble gum, however, was invented in 1928 by Walter Diemer, a young accountant at the Fler Corporation. Diemer accidentally created a formula for gum that wasn't too sticky and could stretch—perfect for blowing bubbles. It was famously pink because that was the only dye available at the time. Bubble gum became an instant hit, and today, Americans chew an average of 100 pieces each year.

Gumdrops, on the other hand, have been around since at least the 19th century. These chewy, colorful candies are often used to decorate cakes and gingerbread houses. While their exact origin is debated, the gumdrop's sugary coating and fruity flavors have made them a long-standing favorite. The candy was so beloved that a NASA spacecraft was even named *Gumdrop* in the 1960s.

Both gum and gumdrops have made their mark in popular culture and candy aisles for decades. Bubble gum is often linked with childhood, and gumdrops remain part of festive traditions. Furthermore, gumdrops paved the way for other popular gummy candies like gummy bears and gummy worms. Interestingly, while we celebrate these sugary delights, February is also Gum Disease Awareness Month, a reminder to enjoy sweets in moderation and prioritize dental care.

These candy-themed holidays offer a chance to indulge, reminisce, and enjoy the playful nature of bubble gum and gumdrops. Whether you prefer blowing bubbles or savoring a sugary gumdrop, February is full of reasons to celebrate these nostalgic treats.

UP COMING EVENTS

FEBRUARY 2025

- 07** FEB **TRADER JONES** | 10:00 AM
- 14** FEB **SHELTON HISTORICAL MUSEUM** | 10:00 AM
- 21** FEB **TIMBERLAND LIBRARY** | 10:00 AM

Sign up sheets are located at the Front Desk. Reserve your spot now!

*Please note that for outings requiring money, you will need to bring your own with you.

Alpine Way

With Mardi Gras Parade right around the corner, what are you planning for your Float?



Upcoming Hair Salon Schedule

Open Monday - 03/03

Closed - 03/05, 03/12 & 03/19

Reopened Wednesday - 03/26

Sorry for any inconvenience. - Kim



OPEN Friday 2/14 3pm-4pm Glass Wall in the Main Lobby Area

Valentines Candy Shoppe. Please Come by for a sweet treat!

Cocktail Hour Updates

We will be changing cocktail hour to every other Friday. Also to touch base on pets coming to these activities. Pets are not allowed to come to activities that we have food/drink at or are in a dining room. We must follow the pet policy that we have in place here at Alpine Way. Sorry if that is an inconvenience to anyone.

Pet Updates

With more pets entering our community, please be kind and patient with our four-legged friends. Make sure your four-legged family members are always on a leash inside/outside the community. This is not only for their safety but for the safety of other people in our community.

Activity Updates

Please make sure to check our daily reader boards to see if any activities have been changed for the day. We have had some confusion about activities getting moved around. Life happens, some people need to cancel or reschedule their activity with us. We will try our best to give you notice ahead of time, if that is not doable, be sure to check the board at the Front Desk, Cedar Dining Room, and ALU Nurses station. We also have daily reminders we put out throughout the building. These will reflect changes that have been made. Thank you.

PODIATRIST
February 11 @ 1pm
In the Salon in ALU

Independent Residents:
Please bring your insurance card with you. Podiatrist does NOT accept Kaiser insurance unless you have a Doctor referral.