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March 2025

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



Meet Our Team!

Executive Director

Trudy Hunter

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Wellness Director

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Assistant Wellness Director

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Life Enrichment Director

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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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History of Mardi Gras

The phrase Mardi Gras is French for "Fat Tuesday." The term recalls the tradition of feasting on rich, fatty foods for one final night before Ash Wednesday, which marks the beginning of the ritual fasting of the Lenten season. When Rome began to embrace Christianity, it was decided by the early Church fathers that incorporating some of the pagan rituals into the current set of Christian traditions would be best. This way, the transition would be easier and more agreeable for the newest members of their faith. Thus, the ancient Roman tradition of Lupercalia, a carnival-like festival, became a time of celebration before the penitent Christian tradition of Lent. On March 3, 1699, a French explorer by the name of Pierre Le Moyne d'Iberville set up a camp about 60 miles south of where New Orleans is today. Back in his home country, Mardi Gras was celebrated in Paris, and so in honor of this tradition, Iberville named his site Point du Mardi Gras. His brother, Jean-Baptiste Le Moyne de Bienville, went on to found Mobile, Alabama in 1702, which became the first capital of French Louisiana. By 1703, French settlers in Mobile began celebrating in the Mardi Gras tradition in their new land. In 1723, New Orleans became the new capital of Louisiana, and the Mardi Gras rituals followed. When the city of New Orleans was still under French rule, Mardi Gras consisted of elegant, masked society balls and festivals. However, the custom was banned when the Spanish began their rule in 1763. Mardi Gras's hiatus continued even after Napoleon had sold the territory to the United States in the 1813 Louisiana Purchase. In 1823, masked balls were reinstated, and the masked street celebrations returned in 1827.

March Birthdays

Resident

3/2 Addie W.
3/5 Tim T.
3/8 Noreen B.
3/12 Ralph K.
3/15 Joanne S.
3/18 Chris K.
3/20 Jay B.
3/25 Eileen J.
3/25 Janet D.

Staff

3/3 Jacqueline G.
3/11 Tracy S.
3/12 Meske E.
3/13 Jennifer W.
3/15 Austin C.
3/19 Margaret N.
3/20 Maria P.
3/21 Isabella N.
3/23 Danyiel G.
3/24 John K.
3/29 Donna J.
3/31 Robert M.



March 13th



**HEARING
Aid
Cleaning**
Time: 11am.
Location: Front Lobby

Resident Survey 2025

We will be doing the Activity Survey this month! We are excited to get this out & get your feedback. We always strive to do the things we think you like the most. It's best if we have the information straight from the residents. We would love to know of activities that would make your life here at Alpine Way more enjoyable. Please feel free to write about anything you would like to see taking place here. If you are interested in more outings, give us some location ideas you would enjoy visiting. When you have finished the survey please turn it into the Front Desk, they will ensure that it goes to the Activity department and that your voices are heard. Thank You for your time and input.

Kara Parker
-Life Enrichment Director-



Thank you to those who came to visit the Candy Shoppe last month!



This was a huge success; we will be bringing the Shoppe back every Valentines Day!

