

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/Dietary Aide
Don W.	Plant Operation Director
Greg C.	Maintenance
Aldo M.	Housekeeping
Trinity G.	Housekeeping
Mckinzie P.	Housekeeping
Maria C.	Med / Care Associate
Lisa W.	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
Kala H.	Med / Care Associate
Joe G.	Med / Care Associate
Bridget E.	Care Associate
Justin C.	Care Associate
Jalynn N.	Care Associate
Brenda A.	Care Associate
Emily F.	Care Associate
Amber M.	Care Associate
Charlie A.	Care Associate
Brittany R.	Care Associate
Sara D.	Dietary Aide
Paula W.	Dietary Aide
Chris S.	Cook
Tony N.	Cook
Jaime G.	Cook
Emily C.	Cook
Abby O.	Cook
Samantha A.	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 \$4000 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 to ensure you receive credit for making introduction, please provide your name and the name of your friend or family member to our Executive Director or Community Relations Director prior to the inquiry or tour.

Paws on the Trail

Mushers begin the "Last Great Race" across the Alaskan wilderness on March 1. The word Iditarod comes from the native northwestern Alaskan language and means "distant place." It's the name of a city, a river, a trail, and the famous roughly 1,100-mile race.

Since 1990, only dog breeds accustomed to the cold, such as Alaskan Malamutes and huskies, are allowed to race. In 1980, musher John Suter entered with a team of European poodles; many of the dogs were dismissed at checkpoints along the way with frozen feet. The last team to cross the finish line is given the Red Lantern Award. This name comes from the lantern that is lit and not extinguished until the last dog comes in.



Each team starts with up to 14 dogs but must finish with at least five.

Resident Birthdays

6th Ann Sprinkle

Employee Birthdays

5th Bridget Estep



Resident Anniversary

2 years Jan McCoy

4 years Jerry Boggs

4 years Jim and Alice Layport

Employee Anniversary

1 year Marissa Brugnoli

1 year Emily Fielder

6 years Justin Chapa

7 years Janelle Barton

12 years Kathy Morris



Welcome Wagon

New Resident

Patricia Ames – Apartment #2

New Employee

Brittany Riddick – Care Associates

Tea Party



Linda, Ruth, Cherylee,
Pat, Irene, Geneva, and
Kathy



Maryann, and Joyce



Pat and Kay



Eilleen and Jan



Barbara, Geneva, and Pat



Madeline, Pat, and
Cherylee



Ann, Maria, Betty, and Ida



Suzie



Joe, Susan, Bernie, Donna, and Renay

Marching to a Healthy Beat

March is Nutrition Month, a month to ditch the junk food, add exercise, and take on healthier habits. An easy place to start is to eat more fruits, whole grains, and vegetables.

Perhaps it's no coincidence that March is also Quinoa Month (pronounced KEEN-wah). This ancient seed, harvested high in the Andes Mountains, is one of nature's most perfect foods. In 1955, researcher Philip White wrote, "While no single food can supply all the essential life sustaining nutrients, quinoa comes as close as any other in the plant or animal kingdom."

That's high praise for an often-overlooked food. Quinoa is called a grain and is cooked like a grain, but it is not a grain at all. From a botanical point of view, quinoa is more closely related to beets and spinach. It is a complete protein, gluten free, and rich in potassium. The ancient Incas called it the "mother of all grains" and considered it sacred. It can be found today in breads, crackers, granola, beverages, pasta, and even shampoo. It's a nutritive powerhouse.

In addition to quinoa, having fresh fruit and vegetables in your home is an easy way to add healthy vitamins and nutrients to your diet. Another excellent step is eating food in reasonable portions, as well as eating a variety of foods.

A daily exercise routine, even something as simple as daily walk, increases fitness. Studies show that as fitness increases, mood improves, energy increases, stress decreases, we have the strength and endurance to do the things we enjoy, and we look and feel our best.



There are over 120 different varieties of quinoa, but white, red, and black are the most common.

Chasing Cherry Blossoms

It lasts for only two weeks, but what a beautiful two weeks it is. Hanami is the Japanese term for enjoying the spring beauty of blossoming flowers. The most spectacular show of all is the viewing of the cherry blossoms, known as sakura by day and yozakura by night. It begins at the end of March. The practice of Hanami began in the seventh-century Japan, when wealthy elites and members of the Imperial court would gather to view plum blossoms. Soon, cherry blossoms became more regarded for their beauty. Before long, members of the "samurai class" joined in the viewing, and finally the practice became widespread among all people-rich or poor. The blossoming of the cherry trees also ushers in an entire season of hanami parties. Many rush to parks and reserve spots, relaxing under the blossoming trees with blankets. The most popular spot in the country for hanami is Tokyo's Ueno Park, where there are more than 1,000 flowering cherry trees. Japan's best hanami location may be the mountaintop town of Yoshino, where thousands of cherry trees burst into bloom and a veil of pink flowers resembling clouds slowly floats down the mountainside. America's most famous version of hanami begins every March in Washington, D.C. In 1911, the city of Tokyo gifted 2,000 cherry trees to the U.S. Sadly, those trees were infested with insects and had to be destroyed. But Tokyo mayor Yukio Ozaki was undeterred. He sent a new shipment of 3,020 cherry trees, which arrived in Washington on March 26, 1912. Visitors have flocked to Washington, D.C.'s Tidal Basin to enjoy the cherry blossoms ever since.



Mount Fuji in Japan is framed here by a spring bloom of cherry and plum blossoms.