

# NEWSLETTER

FEBRUARY 2025

MEADOW CREEK ASSISTED LIVING



## Valentines Day

Candy, flowers, heart-shaped notes—what’s not to like about Valentine’s Day? This sweet celebration, which happens every year on February 14, is all about spreading the love.

The holiday we know today got its name from a man named Valentine. While a few different stories are told about what he did to inspire the holiday, many people believe he’s celebrated for his role as a Roman priest who helped couples secretly get married.

As the story goes, Emperor Claudius II of Rome—who reigned from the year 268 A.D. to 270 A.D.—banned marriage because he thought unmarried men made better soldiers. Valentine thought this was unfair and decided to break the rules and perform marriages anyway. He kept the ceremonies quiet, but he was eventually caught and later killed on February 14 of the year 270 for defying the emperor. Right before he died, Valentine supposedly wrote the first-ever “valentine” to his jailer’s daughter, with whom he’d fallen in love. Later, in the 5th century, Pope Gelasius I declared the day of his death as St. Valentine’s Day.

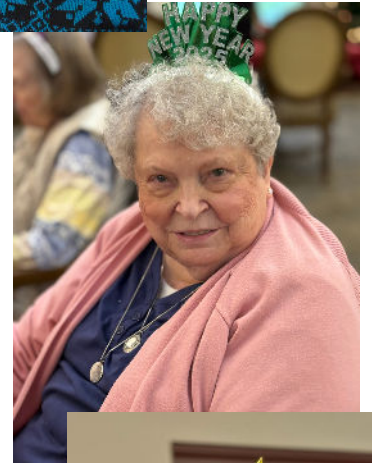
Valentine’s Day traditions have evolved a lot over the years. For example, in the Middle Ages—which lasted from the 5th to 15th centuries in Europe—people started exchanging handmade cards with love notes inside. Today billions of dollars are spent on Valentine’s Day cards and gifts each year around the world.

No matter how you celebrate Valentine's Day, one thing's for sure: This is one totally aww-some holiday

## What have we been up too?

We had a great start to the new year; we ended 2024 with a fun little party. We have been to our normal outing places, Walmart, Goodwill, Dollar Tree, Fred Meyer and we also went out to lunch at Killer Burger (Everyone loved it!) It was very messy! Of course, since we were so close we had to get dessert at Crumbl Cookie. We also took a fun trip to Independence to the museum there, we loved the history and will plan on going to a museum each month. We have had some great Music this last month. We had Dave Minton, Royce Mosgrove, Brianna Blanchfill, Rachel Hamptom Dennis Colerett, James Baldwin and Music we Remember. We would love for families and friends to come visit during music. You are always welcome.

# New Years Eve Party



# Museum Visit



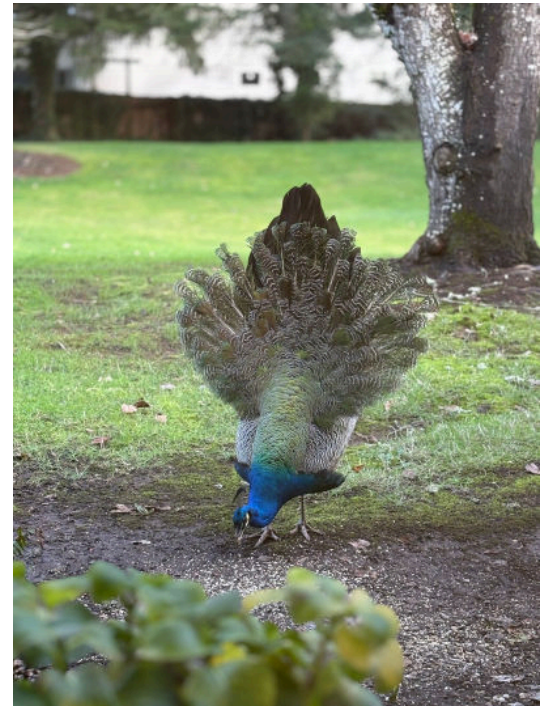
# Baking



**LIVE** *Music*



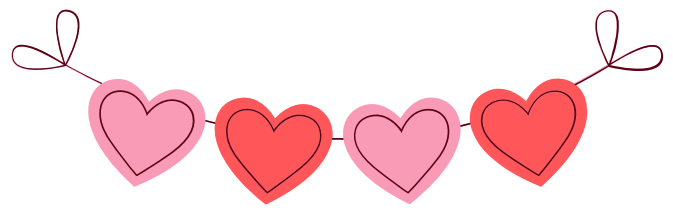
**Backyard Wildlife**



**Our Unofficial  
Mascots**

# NEWSLETTER

FEBRUARY 2025



## MEADOW CREEK ASSISTED LIVING

### Meet our Management Crew

TBD-

Executive director (ED)  
HeatherG@cascadeliving.com

Paige Matthews  
Business Office Manager (BOM)  
PaigeM@cascadeliving.com

Angela Gilham  
Community Relations Director (CRD)  
AngelaG@cascadeliving.com

Sara Nelson  
Wellness Director (WD)  
SaraN@cascadeliving.com

Breanna Sill  
Residential Services Director (RSD)  
BreannaS@cascadeliving.com

Melissa Bernik  
Dining Services director (DSD)  
MelissaB@cascadeliving.com

Nick Warney  
Plant Operations director (POD)  
NickW@casacadeliving.com

April DeFoor  
Life Enrichment director (LED)  
AprilD@cascadeliving.com



### Live Vendors This Month

Dave Minton - Music  
Canine Corp - Therapy Dogs  
Royce Mosgrove - Music  
Brianna Blanchfill - Music  
Rachel Hampton - Music  
Dennis Colerett - Muscic  
James Baldwin - Music  
Music We Remember - Music

January  
Birthdays & Anniversaries

#### Birthdays

Roberta - 2/17

#### Anniversaries

Ralph - 2 years on 2/1

Nancy - 1 year on 2/1

#### Staff Birthdays

Melissa - 2/8

Liz - 2/9

Miguel - 2/12

Jacob G. - 2/18