

# CASCADES OF STAYTON

2201 N. 3rd Ave. Stayon, Or. 97383 | 503-769-3200

NEWSLETTER

MARCH 2025

## MARCH

### Resident of the Month

Marcia E. has such a sweet smile. She is always checking in on people and walking with them to meals.

Congratulations,  
Cascades of Stayton



## February

### Employee of the Month

Lexi is our Activity Assistant; she is a great addition to our team. Always whiling to jump in and help where needed.

Congratulations!

## ENTERTAINMENT

This month's entertainment is two new folks that have never performed here before. March 13th at 11 am is Garrett Hendricks, coming to us from Nashville, yet grew up in Washington state. Next is Susan Rey who is local to Stayton. Family and Friends are always welcome to join us.



## Community Meetings

Once a month we have a community meeting. These are great opportunities to know what is currently happening in the community and voice your concerns. All the meeting dates are scheduled on our calendar.

## What are Cascade Bucks?

Cascades Bucks can be used to spend in our Cascade Store. To earn the Bucks, attend activities. Come to Ice Cream Social, you have earned a buck, play games, come to Zumba. You have just earned more bucks. All our activities earn Bucks.

## Bus Sign Up Sheet

Interested in a bus outing? Please sign up at the Front Desk. All the outings for the month will be in the book. This secures your seat on the bus. If the spots are full have your name added to the waiting list.



## March Birthday's

Happy Birthday to you, Happy Birthday to you, Happy Birthday to....



Gerald S. March 8th  
Patti B. March 9th  
Nancy B. March 13th  
Marsha D. March 19th  
Richard J. March 29th



Happy Birthday from  
Cascades of Stayton

## Zumba with Kathleen

Zumba is a low impact, easy and fun way to exercise. Everyone is encouraged to join us. Even if you are not sure, come and watch. Once the music starts to play you cannot help yourself but to move to the music.

**Tuesday's at 3pm in the Dining Room**

## Cascades of Stayton Staff

Alma Quesada - Executive Director  
Stephaine Barrett - Wellness Director

Eddie Serafin - Community Relations Director  
Belinda Vanzandt - Dining Service Director

Piper Freres - Business Office Manager  
Carrie Derrick - Support Nurse

George Curtis III - Plant Operations Director  
Kara Childress - Life Enrichment Director