

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
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
Natasha D.	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
Shawn P.	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.

Dig into Deep-Dish

It's a pizza that stands apart from all the rest, with three-inch-high walls of buttery crust holding in a simmering stew of sauce, cheese, sausage, pepperoni, peppers, onions, and whatever else your stomach desires. The Chicago-style deep-dish pizza has become such a culinary icon that it bears its own holiday, Deep Dish Pizza Day, on April 5.

The deep-dish pizza debuted in 1943 at Chicago's Pizzeria Uno restaurant, but locals debate its true roots. Was it the Malnati family, working at the first Pizzeria Uno, who invented the deep dish?

Did the Malnati family matriarch develop the dough recipe for another restaurant entirely?

Perhaps the best way to settle the debate is to take one of Chicago's Deep Dish Pizza Tours. You may not reach a factual conclusion, but at least you can sample the goods until you're as stuffed as a Chicago-style pizza pie.



Resident Birthday

- 1st Laura Collins
3rd Dennis Schmidt
5th Pete Peterson
7th Janet Wertz
7th John Hess
13th Dwayne Kiser

Employee Birthday

- 3rd Maria Castillo
8th Sami Albers
16th Aldo Martinez
25th Jaylynn Newbill



Resident Anniversary

- 2 years Clyde and Diane Thrift
14 years Penny Dahl

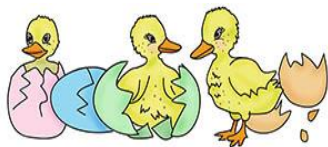
Employee Anniversary

- 2 years Sami Albers

Welcome Wagon

New Resident

- Mauggie Hood Apartment # 12
Roy Forsberg Apartment # 19
Sheri Osborne Apartment # 46



First Day of Spring



Angelica, Maria, and Pat



Pat, Bernie and Joyce



Angelica, Maria, Pat, Joyce and Renay



“Plants, pots and soil were provided so we can get our hands dirty.” Ann Ward

Laugh It Off



The science of laughter is called gelotology

You may be laughing until it hurts, but that laughter is doing some powerful healing. Pull up a chair next to the class clown or pull out some jokes of your own, because April is Humor Month. Humor may be one of the oldest and most effective methods of social bonding. No matter what your culture or background, all laughter sounds the same. Better yet, studies show that the more you laugh, the more attractive you become to the opposite sex... or perhaps that's just a joke?

Most laughter doesn't come from listening to jokes; it comes from spending time with friends and family. Furthermore, people tend to laugh more when they're in groups. Laughter truly is contagious, and doctors have become wise to its positive health effects. Laughter strengthens immune systems by increasing infection-fighting antibodies. It has been shown to decrease blood pressure, improve the function of blood vessels, increase blood flow, and decrease stress hormones. Laughter even reduces pain by stimulating the release of endorphins. One doctor calls it "internal jogging." He says that one minute is equal to 10 minutes on a rowing machine.

Laughter is good for the mind as well as the body. Humor stimulates creativity, improves problem-solving abilities, enhances memory, and teaches resilience.

All April long, make sure to take laughter breaks every day. Avoid the news and instead watch a sitcom or funny movie, read the daily comics, perform a sight gag, tell a joke, play games, spend time with children, and most importantly, do these things with friends. Hoot and holler, and your body will thank you.

Raining Cats and Dogs



Pete
and
Ruby

Cats and dogs have long held the title of "humans' best friends," but April shines a special spotlight on their roles in our lives. From cuddly companions to tireless helpers, these animals bring joy and purpose to millions. This month, three events highlight their importance and the amazing humans who support them.

World Stray Animal Day on April 4 reminds us of the countless cats and dogs in need of loving homes. Globally, millions of strays live on the streets or in shelters. Organizations worldwide work to rescue and rehome these animals, giving them a second chance at life. If you've been considering adopting, now's the perfect time to meet your future furry best friend. Can't adopt? Donating time, money, or gently used blankets and towels can make a world of difference.

Later in the month, Therapy Animal Day on April 30 celebrates the unique bond between people and therapy animals. Did you know therapy dogs and cats can lower blood pressure and reduce stress levels? These specially trained animals provide comfort and emotional support in hospitals, schools, and senior living communities. Their calming presence has even been shown to improve recovery times in patients.

Let's not forget Volunteer Appreciation Week, running April 20–26. Behind every happy adoption are volunteers who give their time and hearts to help animals. Whether it's walking dogs, cleaning kennels, or fostering kittens, these heroes make a significant impact. This week is a great opportunity to thank them—or even join their ranks!

This April, whether you're celebrating a beloved pet, supporting therapy animals, or helping stray cats and dogs find homes, take a moment to appreciate the furry friends that make life brighter. Remember, even small acts of kindness can make a major difference.