



VOLUME 1 ISSUE 3 JANUARY 3, 2011

*You will be missed*  
*By, Stephanie Tucker*  
*Activities Director*



Andrew "Andy" Morrow  
 June 12, 1912 – December  
 25, 2011

The Madras Pioneer and the Bend Bulletin had lovely obituaries of Andy. They both talked about Andy and how he came to be a rancher, a volunteer, and a genuine guy that everyone loved to be around. Everyone in our community that knew Andy was touched by him in a way that Andy connected with them. Many remember Andy loving to play Bingo, he enjoyed reading the paper in the

mornings, he always checked the stock market, and he LOVED the Oregon Beavers.

"I would go to Bend for a doctor's appointment, and I would stop at the Grocery Outlet. While at the Grocery Outlet, I would pick up snacks and junk food. As soon as I got home Andy would come over with the fruit that he got for the month (from his membership), and we would trade each other. We would hang out, talk, and eat."

Grayson stated as he recalled memories of Andy.

I remember that Andy always had a big smile on his face if you came up to talk to him. In the short time that I knew Andy, he touched my heart and I every time I see Cheesy Puffs and Jell-O, they will remind me of him. Andy lived a long and full life. Andrew Morrow you will be truly missed by everyone that you have touched over the years. We love you!

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*Chef's Corner*  
*By, Eddie Carver*  
*Executive Chef*

I want to wish everyone a Happy New Year. I was just going over the last year since I was offered the position as manager and really feel like we have accomplished a lot and am very excited to continue our progress in providing the best dining services.

I would like to see you at our first Chef's Council meeting of the New Year on January 10<sup>th</sup> at 1:30pm. I would like to discuss how you feel the last year went for you, and what you would like to see in 2012.

*Winter is just around the corner.*  
*By, Chuck Stahn*  
*Maintenance Director*

I'd like to thank all of you who have reported things that needed to be repaired, for safety or functional reasons. I have found things on my own that should have been reported earlier, your help in reporting things is essential. Thanks.

JANURARY ACTIVITIES BY, STEPHANIE TUCKER ACTIVITES DIRECTOR



Bi-mart trip for building B is going to be moved from the afternoon to the morning at 10 am due to Chef's Council that afternoon.

There is a new volunteer who wants to come up and visit and help out with activities, her name is Shannon, and she will be her on Wednesday and Thursday afternoons.

Starting January 18, 2012, at 1 pm we will open a Community store. The community store will open every

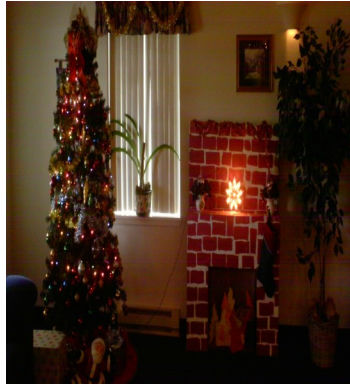
Wednesday from 1pm to 3 pm. If you have any suggestions for items to have in our store please let Stephanie, any of the staff know, or you can put it on a suggestion card and I will see if we can get it in.

I would like to thank Cameron from Alliance for getting some of our family members at East Cascade some new shoes. It is greatly appreciated.

I would like to thank our Santa, for coming up and spending some time with our family at East Cascade around Christmas. It brought a lot of joy to our huge family. Thank you for all of the kindness in your heart.

WINNER OF THE CHRISTMAS DECORATION CONTEST

THANK YOU TO EVERYONE THAT HELPED OUT WITH THE CHRISTMAS DECORATIONS, THEY ALL LOOKED LOVELY, IT WAS HARD TO PICK A WINNER.



Building D won the Christmas Decoration Contest. We would like to thank everyone all over the campus for their work in decorating.



STRIVE FOR FIVE WINNERS

*Rehab Corner*

*By, Jose Lowell Conde*

*PT(Rehab Manager)*

Happy New Year to everyone! On behalf of my company (Summit Pacific Rehab), I would like to thank everyone especially who was under our care the past year for being very patient, diligent and cooperative with therapy. It is our great pleasure to have served your great and fun community here at East Cascade and we look forward to continue helping and guiding you for whatever functional needs you may

*Wellness Clinic*

*By, Jacqueline Ware*

*Wellness Nurse*

I will be holding a Wellness Clinic for the Independent living group. The clinic will be held January 18, 2012, from 10:00am to 12:00pm, in building D. The Clinic will go over weight, vitals, proper medication usage, ect. I'm encouraging all Independent Living residents to attend.



## The Importance of Diabetic Nutrition

Article Source: [http://EzineArticles.com/?expert=Julian\\_Hee](http://EzineArticles.com/?expert=Julian_Hee) Article Source: <http://EzineArticles.com/6665609>

Maintaining good health involves eating and absorbing the right kind of foods. If you have been diagnosed as suffering from diabetes, it is essential that you develop an understanding as to what would be the correct diet. Diabetic nutrition is centered around controlling the amount of glucose or sugar in the blood. What we eat directly impacts blood-sugar levels, therefore the right choice of foods is fundamental to prevent a deterioration in health and quality of life.

There is not one exact diet that medical experts suggest a diabetes patient should follow, it depends on factors such as the extent of the condition, as well as the weight and age of the individual.

Those people suffering from diabetes should be referred to a registered dietician who would be able to put together a specific guide for meals.

Diabetic nutrition also needs to take into consideration the individual's eating habits and

personal schedule. Guidelines for suitable control of diabetes will focus on eating at the same time each day of the week, this will help in keeping blood sugar levels stable and ensure that insulin does work in the right way.

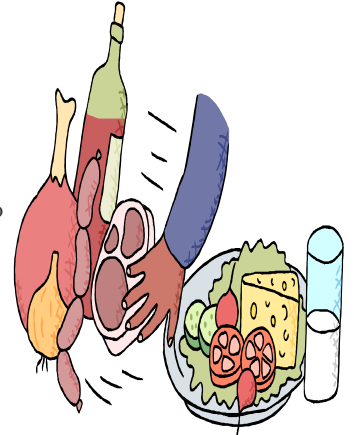
It is important to frequently check blood sugar levels, especially when starting a new diet, only by doing so would a diabetic understand which foods and drinks do have a positive or negative impact on their blood sugar levels. The best diet would usually be one that is high in fiber and low in fat, sugar, and salt. Fiber can be sourced from certain vegetables and fruit, as well as wholemeal products such as brown rice and brown bread.

A balanced approach is the best option, it can be dangerous to cut out certain food groups altogether as this can then lead to other health problems. For this reason, it is advisable to consume a limited amount of fat, especially

through the eating of chicken and nuts and seeds. Red meat should be reduced to a negligible amount. For most diabetics, alcohol should not be consumed as it can be high in sugar. Also, soda drinks, fruit juices, and sugary teas need to be kept to an absolute minimum.

A dietician may suggest following an exchange diet, this is a plan which involves swapping various foods around so as to give the individual some choice and variety. It can be difficult at first giving up various foods, but it should be made clear that diabetic nutrition diets do not have to be bland or unappealing, there are plenty of mouthwatering dishes that can still be taken.

Following a [balanced diet](#) and exercising regularly are the keys to a healthy lifestyle. Julian Hee is a fitness enthusiast and has started a website dedicated to bodybuilding supplements: protein powder, creatine monohydrate, [meal replacement bar](#), glutamine, etc.

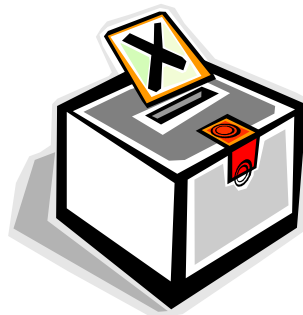


HAPPY 2012 TO EVERYONE!!!!

### Suggestion Boxes

By, Sebrina White Business Office Manager

The suggestion boxes are now up, they are placed right next to the front door of each building. These boxes are for any comments, concerns, or suggestions that anyone who lives in or visits our community may have. I will go to each building twice a month and pick up all of the filled out slips. All of the slips will be read and reviewed by Vernon.



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