



Please visit us on the web at
cascadeconnections.org
to learn more.



[f cascadeconnections](https://www.facebook.com/cascadeconnections) [i cascade_connections](https://www.instagram.com/cascade_connections)

5th Annual Hamster Crawl



We are excited to announce that the **Fifth Annual Hamster Crawl** will be taking place on **Saturday, May 30th from 3:00 PM – 10:00 PM!**

Cascade Connections has once again partnered with **Haggen Food & Pharmacy**. The Hamster Crawl is a walking tour

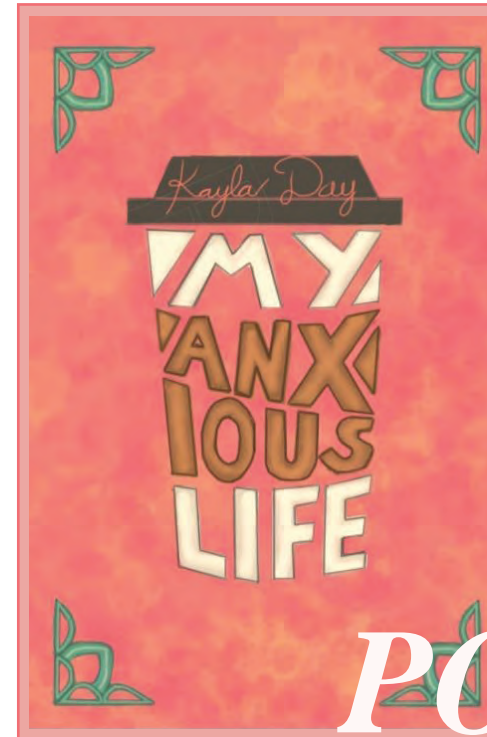
of eateries, bars, and breweries in downtown Bellingham, WA. During the Crawl, participating businesses will offer food and drink specials to individuals wearing our signature T-shirts/sweatshirts or lanyards. All proceeds benefit Cascade Connections.

The starting and ending location will be announced soon! There will be an Ending Party from 8:00 pm – 10:00 pm with raffle drawing and awesome prizes.



events.cascadeconnections.org/2020-hamster-crawl

Kayla Day – My Anxious Life



Join us

at Village Books in Fairhaven
on Friday, March 13th
at 7:00 PM – 8:30 PM
to celebrate the release of
Kayla Day's memoir,
My Anxious Life.



POSTPONED

My Anxious Life is an inspiring memoir of a young woman with cerebral palsy and total blindness. This book provides insight into how identity and social relationships form in the context of marginalizing differences. Read about love, happiness, sadness, and useful experiences for parents raising children who have a disability or anxiety disorder.

This free event is an opportunity to meet the author

and get your book signed! Kayla Day is a twenty-eight-year-old author living in Bellingham. She enjoys going out for coffee and hanging out with friends in the community. Kayla was born blind and diagnosed with a general anxiety disorder at the age of fifteen. Kayla is a current Cascade Connections Supported Living client. She has been with us since 2015, and has received both Home Care and Supported Living services.

Thank You to Our Donors

Donations from Businesses: Eagle Mill Farms, Harbor Lands Company, Kroger, Network for Good, Panda Express, Saturna Capital Corporation, The Filling Station

Memorial Donation in Honor of Shirley Spellmon: Tina Navis

Memorial Donation in Honor of Mary Huff: Forbes Family Trust

Foundations and Churches: Bethel Christian Reformed Church, First Christian Reformed Church – Everett, First Christian Reformed Church – Lynden, First Christian Reformed Church – Mt. Vernon, Hope In Christ Church, Lynden Lions Club, Sonlight Community Church, Third Christian Reformed Church

And special thanks to the dozens of other individuals who donated since last October!

Home Care Services for Seniors

Are you looking for home care services for yourself or a loved one? Do you know someone who is searching for in-home services?

Cascade Connections Home Care provides in-home personal care services. By providing compassionate and competent care, we help extend independent living while promoting physical and mental well-being. It is our goal to enhance the quality of life for each and every person we serve. Our caring and compassionate home care professionals are thoroughly screened and trained to ensure that you receive the highest standard of care.

Our Services Include:

Personal Care

- Hygiene assistance
- Medication reminders
- Diet monitoring and meal planning
- Walking and transportation assistance

Housekeeping

- Laundry and ironing, vacuuming and dusting
- Preparing meals and washing dishes
- Pet and plant care

Companion Care

- Caring companionship and conversation
- Help with hobbies (scrapbooking, gardening, playing games, reading, arts and craft, etc.)
- Shopping and errands
- Transportation and appointments



Alzheimer's and Dementia Care

- Customized care plans
- Constant client monitoring
- Medication supervision
- Supportive communication
- Promoting a positive environment
- Meaningful activities

Cascade Connections cannot provide any services that require nurse delegation, including medication administration.

Cost (Minimum shift length is 1 hour):

- Weekdays/Weekends: \$32.00/hr.
- Holidays: \$48.00/hr.

Become a Client:

Give us a call at **360-594-4216**. We would love to answer your questions and set up a personal appointment with our program director.

Cascade Connections Training Classes (February – April)

| Class | Hours | Cost | Date |
|----------------------------------------|-------|-------|--------------------------------------------------------------------|
| Orientation and Safety | 5 | \$50 | March 17 • April 2 • April 17 |
| Core Curriculum | 54 | \$275 | April 13, 14, 15, 20, 21, 22, 23 • March class is full! |
| Mental Health Specialty Training | 8 | \$85 | April 28 |
| Traumatic Brain Injury | 8 | \$85 | March 12 • April 29 |
| First Aid/CPR/AED (American Red Cross) | 6 | \$70 | March 18 • April 24 |
| HCA Skills Review – On-Campus | 2 | \$30 | March 17 |
| HCA Skills Review – Online | - | \$25 | Anytime (Register online) |
| 2-Day CE Bundle Classes | 12 | \$125 | March 19, 20 |

MORE CLASSES AVAILABLE AT WWW.CASCADECONNECTIONS.ORG/TRAINING

Peer Coaching

At Cascade Connections, one of the ways we provide quality caregiving and team support is through our peer mentorship program. On February 25th, we invited our Peer Coaches to the Ferndale office for a pancake breakfast to kick off the new year.

We choose staff with attributes such as patience and positivity to develop skills in others. Peer coaching is a way for our organization to promote a culture of excellence by training and mentoring our caregivers to provide excellent care to our clientele.

Thank you to all our Peer Coaches for your hard work!



Cascade Christian Home Peer Coaches



Home Care and Supported Living Peer Coaches



Supported Living Peer Coaches



Supported Living Peer Coaches

Free Seminar – "Your Values. Your Giving."

YOUR VALUES. YOUR GIVING.
 Hosted by Cascade Connections and your local Thrivent Financial Professional Jacob Anderson.

We all give, yet how and why we give is personal. Join us to learn how a giving partnership can maximize support to charities and causes that reflect your values.

Thursday, April 2nd, 2020
6:30 pm – 8:00 pm

Cascade Connections Main Office
 1354 Pacific Place, Suite 101 Ferndale, WA 98248

In 2019, we teamed up with the InFaith Community Foundation to manage the Cascade Connections Foundation. This partnership provides the professional and legal services necessary to better serve our donors and foundation.

On **April 2nd at 6:30 PM – 7:30 PM**, join us and our friends from InFaith and Thrivent Financial for a

free seminar on how to maximize support to the causes you care about. Also, learn how an endowment fund can help sustain Cascade Connections' mission well into the future.

Together, we'll discuss how to:

- Give more than you thought possible
- Pass along your values and giving traditions to children and grandchildren
- Support your favorite charities now and upon death
- Give, and in turn, receive payments for life
- Give assets other than cash
- Strategy and maximizing tax benefits

Food and refreshments will be provided. Please **RSVP by Monday, March 30th** either by emailing ccfoundation@ccsite.org, or call **360-714-9355**.

E-Newsletter Subscription

You can now get this newsletter in your email! To learn more and to sign up, go to: www.cascadeconnections.org/newsletters