



Cascade Connection

February 2018

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**Comfort is the enemy of
progress -P.T. Barnum**



Has anyone else been playing The Greatest Showman soundtrack over and over since our Cascade Date Night? I plucked my favorite quotes from the movie and decided to harness my inner P.T. Barnum.

"The noblest art is that of making others happy." -P.T. Barnum. Truth my friend, truth.

"No one ever made a difference by being like everyone else- P.T. Barnum"

I love that P.T. found extraordinary in the what others viewed as the unacceptable He highlighted others strengths and showed them their potential. How amazing would our world be if we honed in on the hidden talents of others and magnified the magnificent!

"You don't need everyone to love you, just a few good people." -Charity Barnum

And once you've got those few, hold on tight and cultivate lasting meaningful relationships.

"Men suffer more from imagining too little, than too much."- P.T. Barnum

I think it goes along with the song "Come Alive" perfectly. My favorite line in the song is Dream with your eyes wide open. Don't let your dreams and goal stay dreams. Take the first step and make it happen!

"I wish for happiness like this forever."-Charity Barnum

I think we all need to be a little/a lot more like Charity. This was her response on the day her husband was laid off. Charity was so happy with what she had. A simple life filled with A few good people who she loved fiercely.

Birthdays

- 21- Chelsea J
- 21-Chelsey L
- 22-Gwen

Our Growing Cascade Family



Ayla Jo Pierce January 15, 2018



Jett Howard Nowell January 30, 2018

New Employees

Melissa Drake- Assistant Springville

Kylee Johnson- Hygiene Payson

Emily Reynoso- Front Desk Payson

Pending Arrivals

Dr. Baird-March 5-Boy (Finally!)

Kinsey: April 13-Boy

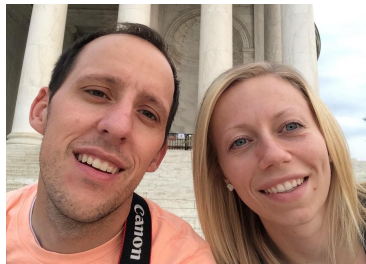
Sarah: April 19-Girl

Suzanna: June 5- Boy

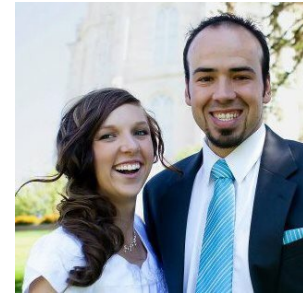
Dr. Clark: June 7 -Twin Boys

Alicia- June- Boy

Bethany- June 28-?



Christine Jeffs is one of our seasoned employees she has been here since 2009! She is an amazing hygienist and mother to 4 children and a sweet angel baby. She loves the flexibility of working as a hygienist One goal she plans to accomplish in her adult lifetime is to be an empty-nester by age 50 so she can travel and serve. And She made it, had her last baby at 31 and will kindly kick her out at 18. The most annoying habit other people have is being late or not following through. Christine has a secret talent of being an amazing tennis player. She love to read and has read a lot about nutrition, exercise, and obesity. She has been running a health competition for over 5 years not and loves seeing the amazing changes people make in their lives. One small thing that makes her day better is getting her workout in before her kids wake up. She wishes she knew more about psychology and organizational behavior, she'd love to know more about how people's minds work and how that applies to relationships, business, etc. and she would be terrible at door to door sales, Or so she says, I think shes great at any task she takes on! We absolutely love working with Christine and shes an amazing friend.



Kristen Nowell has been a hygienist at Cascade for 2 years now. She works in the Payson office. Kristen recently delivered her first baby, a little boy named Jett with a FULL head of hair. Some small things that make her day better is music, and other peoples positive attitudes. She thinks everyone should travel and see the oceans at least once in their lives. She said she would be a terrible telemarketer or call center working with peoples complaints. He biggest pet peeve is when people lick their fingers to turn pages. In her free time she enjoys traveling, outdoor activities, hiking four-wheeling camping and spending time with her family, and she would love to own horses one day. One of the best meals she ever had was fondue in Mexico. Her favorite thing about working at Cascade is the people she works with, and getting to know and help patients. Kristen is such a sweetheart and an amazing hygienist We are so glad shes part of our Cascade Family!

Completed Projects

Springville Remodel (you've gotta see it!)

Successful Cascade Date night! (thank you Doctors!)

Important upcoming dates

9- National Pizza Day

13- Gal-entines Day

14-Valentines Day

17- Random Act of Kindness day

19- President's Day (Springville Closed)

Just wanted to do a quick shout-out to everyone in the Payson office who helped with our stranded elderly couple a few weeks ago. We really rallied together as a community and took care of this couple. They may not remember it, but I'm certain in one way or another they were thankful for our warm office, blankets and hot chocolate we provided. (Extra thanks to Kaylia for inviting them in, and for the clean up.) Way to let our Cascade Care Shine!



I am always on the hunt for good bits to put in the newsletter! Chelsey@CascadeFamily.com Love you all!
-Chelsey Langston