



Features

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Birthdays

Suzy - 11

Chenylle -28

Cascade Connection

January 2018

Happy New Year

With the exciting beginning of the new year upon us, now is a wonderful time to reflect on the past year and seek to improve ourselves in the new. With the popular tradition of new years resolutions, I thought it would be a great idea to have daily resolutions.

Finding time each day to improve a relationship, strengthen a marriage, or simply just make someone smile. Here are 5 simple daily practices to become the best version of yourself, starting today!

1. Stop Criticizing Others: Easier said than done, but consider this. Our natural human tendency is to focus on the negative or even assume the negative. Bad impressions are easy to gain and good reputations are so easy to lose. Wouldn't you want someone to always seek the good in you?

2. Do a Good Deed: Give someone your spot in line, buy a co-worker their favorite drink (I just happen to know Dr. Winward's is Diet Coke and Lynn likes Diet Dr. Pepper with pebble ice.) Call your mom on your drive home from work. Pick something each day to make someone's day better.

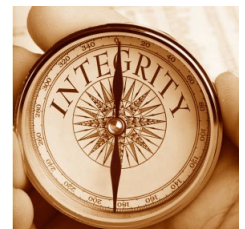
3. Do Something Nice for Yourself: Bubble bath, Nature walk, solo-date.. you get the idea.

4.Improve Something You Dislike: I have ALWAYS hated my handwriting, I've taken some fun online courses to improve my handwriting and I can't believe how much it has boosted my self confidence and is extremely enjoyable. Find that thing, and fix it!

5.Talk About Your Successes: let's be real, somedays just getting out of bed and being on time to work is a HUGE success, and the best we can do for the day. We have so many opportunities to communicate with our patients and our co-workers. While you're building yourself up, take someone up there with you!

Cascade Value Review: Integrity

Integrity: Firm adherence to a code of especially moral or artistic values."--
Webster Dictionary



This is one of our core values and is key to everything we do. We trust and expect each person on our team to act in full integrity with each team member and with all patients. The quality of service we offer stems from this value. Anyone who is dishonest in anyway, can not remain on our team. This value is what defines who we are in our day to day lives.

Important upcoming dates

- 8-National Bubble Bath Day
- 15- Martin Luther King Jr. Day
- 26- National Spouse's Day

Team Spotlights



Lynn Rogers
Payson-Front Desk



Shauna Hales
Corporate-Manager

Lynn has been a faithful member of the Cascade Family for 3 and half years. She works the front desk in our Payson office. She loves helping patients get the treatment they need so they can feel more confident about their teeth. Having a good day to Lynn includes having a GREAT hair day and a diet Dr. Pepper with pebble ice. There are quite a few jobs she thinks she would be terrible at, but decided a math teacher would trump the rest. If she didn't have to sleep she would spend the extra time exercising. In her younger years she enjoyed running in 5 and 10k's. Her biggest adrenaline rush was when she ran a ½ marathon in Ashton Wyoming. Most recently her family insisted on riding "Tower of Terror" at Disneyland. Lynn freaked out and cried uncontrollably, it was like an adrenaline nightmare. Lynn's husband inspires her daily. He is so talented and is such a good person, Lynn wants to be more like him. Lynn is a lover of Mexican food, and the best Enchilada she ate was in Park City at the Loco Lizard. Lynn would love to serve an LDS mission with her husband someday. We are so lucky to have this sweet lady as part of our team!

Shauna has 4 kids, 2 grand-babies (Brinley, Ryker) and one more on the way! She has been married for 26 years and met her husband in high school. Her favorite vacation spot is Australia, she hasn't been there yet, but is confident it will be her favorite. Shauna's spirit animal is a Monkey, because they have so much fun and have no cares in the world. She loves spending time with her husband going golfing and to BYU games; but only when the weather is good. They are almost empty nesters. She loves her work family here, and learning something new every day with insurance. She has been with Cascade for 3 years this coming July, and has been in the dental industry since she was 19. Shauna has learned more at this job than anywhere else combined! Things that make her day better are face-time calls with her grand-baby, and texts from her husband. She is extremely good at cleaning and organizing and claims she can give a 40 minute presentation with no preparation on yard work. She loves yard work! She wishes she could permanently be 60, retired, in good health, and traveling. She's our favorite left handed, beach loving, manager.

I am always looking for additional content to add to our newsletter. Examples: Life Events, delicious recipes, etc. Please send anything you would like added to Chelsey@CascadeFamily.com

Our Growing Cascade Family

Jessica: Jan 26-Girl
Kristen: Feb 2-Boy
Dr. Baird-March 5-Boy (Finally!)
Kinsey: April 13-Boy
Sarah: April 19-Girl
Suzanna: June 5- ?
Alicia- June- Boy
Bethany- June 28-?



"Speak to your children as if they are the wisest, kindest, most beautiful and magical humans on earth, for what they believe is what they will become."

-Brooke Hampton

Engagements
(None to report)

Completed Projects

Springville Remodel (Don't mind the dust!)
Exam Policy Update (on portal)
Change insurance setup to carve-out
Numerous fee schedules 2018

"Darkness cannot drive out darkness: only light can do that. ..

-Martin Luther King Jr.



Peanut Butter Energy Bites

INGREDIENTS

$\frac{2}{3}$ cup creamy peanut butter
 $\frac{1}{2}$ cup semi-sweet chocolate chips
1 cup old fashioned oats
 $\frac{1}{2}$ cup ground flax seeds
2 tablespoons honey

INSTRUCTIONS

Combine all 5 ingredients in a medium bowl. Stir to combine. Place in the refrigerator for 15-30 minutes so they are easier to roll. Roll into 12 bites and store in the fridge for up to a week

