

CASCADE CONNECTION

OCTOBER 2019

Features:

Team Spotlights

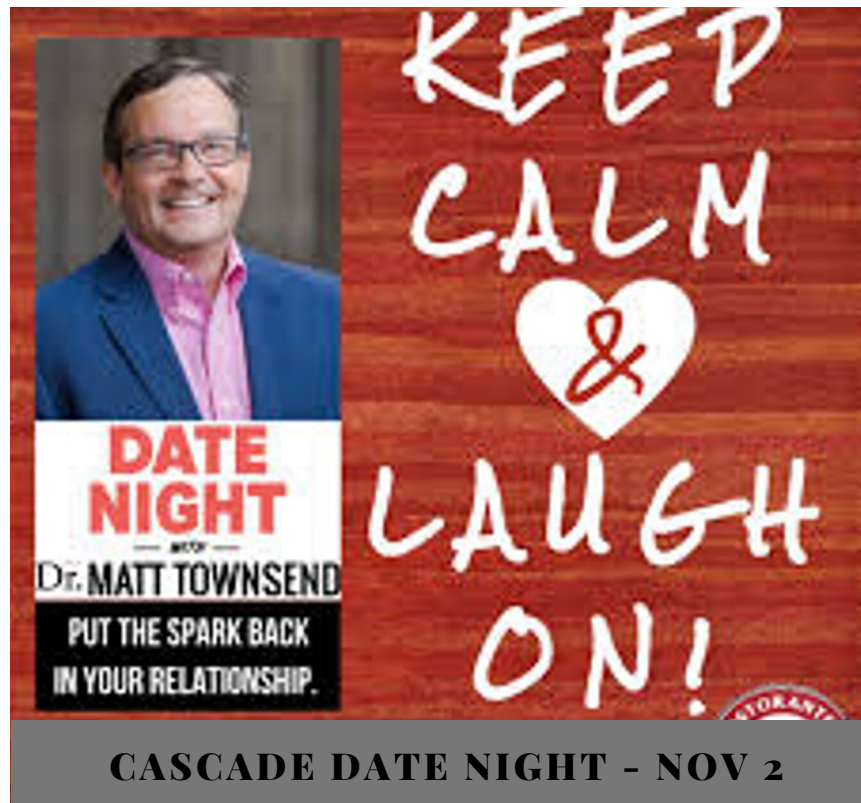
Birthdays

Upcoming
Events

Recipe

Meet the Team

Items for the
newsletter? email
stacy@cascadefamily.com



Date Night is for Lovers

"My mission is to help couples create inspired marriages and relationships"

Date Nights with Dr. Matt is a fun and educational way to improve your relationship! National speaker and relationship expert, Matt Townsend, combines humor and wit with his unique gift of understanding relationships to create a powerful and lasting impact on audiences. Get great tips while laughing at Matt's hilarious insights into relationships. With the feel of stand-up comedy, Matt will share effective ways to improve and de-stress your relationship. Not only will you learn great skills but it's also tons of fun!

Dr. Winward was the winner of a date night with Dr. Townsend for the whole Cascade team. Thank you Dr. Winward!



Team Spotlight Alicia Larsen

“Do your best and forget the rest”

Alicia was born in Des Moines, Iowa. She has been married to Shawn for three years. They have one son, Ryker, who is 15 months old. She has been working for Cascade for three years as a dental assistant and her favorite thing about her job is seeing how happy people feel when they have a good dental experience and are happy with their smile. She is inspired by her mom because, “She freaking loves her”. Her mom raised seven kids and is a caring role model. Alicia is the 5th girl and has two

younger brothers. If she could visit anywhere in the world she would visit Belize, Thailand, or anywhere tropical, but she loves Utah!

Alicia also loves Elk Hunting, but still needs to get her big elk. If she could swap places with someone for the day it would be her husband because his life seems great. After all, he's married to her. 😄

One of her pet peeves is inconsiderate people. Alicia's favorite sport is swimming. She swam on SHHS team and she earned first and second place ribbons in the backstroke and freestyle. Her UCO team also took state!

A quote that has always stuck out to Alicia from her swim coach is, "Do your best and forget the rest."



Team Spotlight Olivia Stansell

“It doesn't matter, it's in the past”
-The Lion King



Olivia Stansell grew up in Quebec, Canada, but has been living in Utah for the past 21 years. Funny thing: she hated Quebec, but her favorite vacation spot is Victoria, Canada because it is so beautiful and peaceful.

She is married to Dan the Mountain Man and has four children: three boys and one girl ranging in age from 14 to 4. She also has three beloved cats named Sawyer, Rogue and Smokey after her husband's wildland firefighting days.

She has worked for Cascade Services for the past 13 months. Balancing career and family is tough, but she manages it well taking life one day at a time and with the help of her oldest son.

Olivia has a hard time resisting sweets, especially milk chocolate. In her free time (what's that?) she likes to rest and read. Olivia's favorite places to be are at home or on top of a mountain. She loves scenic driving and hiking.

If she could learn to do anything, she would learn hip hop dance and her phone is loaded with music by NF, Post Malone, and 30 seconds to Mars.

When she was ten years old, she was obsessed with Tom Cruise and cut her hair to look just like his. She would love to meet Ellen DeGeneres. A favorite quote of Olivia's is, “Never give up on anyone and that includes not giving up on yourself.” – Dieter F. Uchtdorf.

October Birthdays

1 - Renee Pray
10 - Stacy Chapa
12 - Karen Kunz
15 - Bailey Smith
21 - Dr. Flinders
23 - Lynn Rogers

Upcoming Events

Saturday, November 2
Cascade Date Night with
Dr. Matt Townsend

Important Dates/Announcements

Cinnamon Apple Bundt

Ingredients

12 Rhodes Cinnamon Rolls, thawed slightly
3 cups apple pie filling
1 diced fresh apple (optional)
½ cup butter, softened
½ cup flour
½ cup oats
½ cup brown sugar
1 cup chopped pecans
1 teaspoon cinnamon



Instructions

Combine butter, flour, brown sugar, oats, pecans and cinnamon to make a crumble. Cut each cinnamon roll in 6 to 8 pieces. Sprinkle a little crumble on bottom of a sprayed bundt pan. Layer rolls, pie filling, fresh apples and crumble; repeat. Let rise to slightly below the top of the pan. Do not overrise to avoid spills in oven. Bake at 350°F for 40-45 minutes until done. Cover with foil approximately halfway to prevent over-browning. Let cool slightly then loosen from the sides of the pan with a knife and invert onto serving plate. Glaze with the cream cheese frosting provided with the rolls.

Cascade Team

Doctors

Donny Allred * Joseph Winward * Matthew Clark
Renn Flinders * Robert Baird * Cameron Black

Payson

Springville

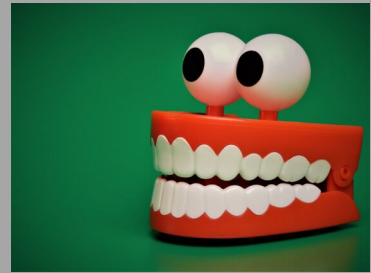
Spanish Fork

Hygienists

Chenylle Corbett
Devonnie Walpole
Jessica Pierce
Kristen Nowell
Kylee Johnson
Lauren Price
Lindsey Squire
McKenzie Kerecman
Melanie Lee
Suzann Whiteman
Tanna Larson

Christine Jeffs
Karen Kunz
Melanie Lee
Melissa Drake
Rachael Finch
Sage Mascaro
Sharon Hansen
Lindsey Squire

Ali Beckstead
Lindsey Squire



Assistants

Alicia Larsen
Amber Smith
Bailey Smith
Michelle Rodriguez
Renee Pray
Paige Smith

Courtney Hubenthal
Kamila Malcomson
MaKenzie Fay
Mallory Kendall
Sarah Francis

Keanna Castenada
Michelle Rodriguez



Office

Emily Reynoso
Gwen Dowse
Kiva Ramsay
Lynn Rogers
Stephanie Badders
Wendy McCarthy

Amanda Jenkins
Jeannie Hyde
Kathy Johnson
Lynise Mason
Sarah Holt

Karen Martin

Cascade Services

Erika Bedolla * Kinsey Inoke * Mekell Brady * Nikole Taylor
Olivia Stansell * Rachel Taylor * Rosa Arriola * Shauna Hales
Stacy Chapa * Suzanne Stone