



Cascades of Grass Valley

415 Sierra College Dr. Grass Valley CA 95945 – Ph. Number (530) 272-8002 Fax Number (530) 272-0305

Desi's Hair Salon

Open: Wednesdays and
Fridays 1pm-4pm



Contact: Desi Anderson to
schedule an appointment
530-798-3010
Venmo: desi_hair

Resident Birthdays

Josephine A – June 5th
Marcia B- June 19th
Claudia C- June 21st
Martha M- June 23rd

Associate Birthdays

Sheila June 1st
Alex C. June 5th
Izzy June 6th
Megan June 9th
Jake June 17th

Management Team



Executive Director

Haley Parker – Monday-Friday

Wellness Director

Kristen Kendrick – Monday-Friday

Community Relations Director

Angela Hammond- Tuesday-Saturday

Plant Operations Director

Alex Carson – Sunday-Thursday

Business Office Manager

Jennelle Carr
Monday-Friday

Dining Service Director

Annekin Ove- Sunday-Thursday

Life Enrichment Director

Kelly Coulter – Tuesday-Saturday

Dementia Support Group

Coffee & Conversations with Pepsi
Helmuth, Geriatric Nurse Specialist

*Second Thursday of Every Month at
2:30 PM*

Hot Topics!

Block Party- Come Meet your neighbors!
1st 3pm AR

Activity Committee 13th 3pm AR

Resident Council 15th at 11am AR

Safety Chat 14th 1pm DR

Cooking Demo 20th 2:45pm AR

Celebrating June

Men's Health Month

Perennial Gardening Month

Caribbean American
Heritage Month

Go Barefoot Day
June 1

World Bicycle Day
June 3

D-Day
June 6

Flag Week (U.S.)
June 11–17

Worldwide Day of Giving
June 15

Father's Day
June 18

World Music Day
June 21

Great American Backyard
Campout
June 24

Social Media Day
June 30

*Community, A feeling of fellowship with others, as a result
of sharing common attitudes, interests, and goals*





Did you Know?

In Downtown Grass Valley, the historic **Holbrooke Hotel** opened in 1851 and housed Mark Twain, Bret Harte, and four U.S. presidents (U.S. Grant, Grover Cleveland, Benjamin Harrison, and James A. Garfield)

Staying Cool

While summer brings us warmth and bloom, prolonged exposure to excessive heat in summer months can be dangerous. This is especially true for older adults. Every summer, more than 600 Americans die of health problems caused by excessive heat and humidity. Older adults and individuals with chronic medical conditions are at high risk of developing heat-related illnesses, because of aging-related physical changes in the body, chronic health conditions, and even effects of taking some medications.

When the temperature climbs above 80°F, older adults need to be proactive and take precautions to avoid ailments due to excessive heat. Keep in mind the following tips when trying to stay cool.

STAY HYDRATED. Drink plenty of cool water, clear juices, and other liquids that don’t contain alcohol or caffeine. Alcohol and caffeine cause you to lose water in your body by making you urinate more.

See the Wellness Department if you have questions!

Employee Spotlight

Megan Cartwright



Megan has been with Cascades of Grass Valley for over 4 years. She has worked as both a Care Associate and a Med tech. Megan has the ability to make the best of any situation thrown her way, with a smile on her face, or a funny remark, that will make anyone laugh. She has shown time and time again, how much she cares deeply about the residents she cares for. Megan always asks questions to make sure she fully understands what needs to be done. We appreciate Megan and all her hard work so much!

Resident Spotlight

Allison Hillerman



Allison has been a resident at Cascades of Grass Valley for almost a year. Allison is married to the love of her life Eric. She has always been very artistic, and she loves listening to music.

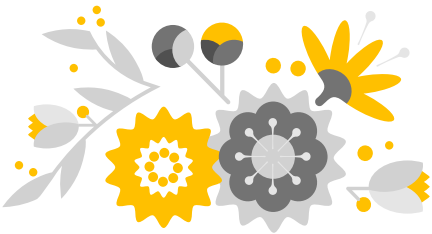
Song of Summer

By Lenore Hetrick

I hear the voice of summer,
Singing a song of flowers,
Singing a song of meadows
Where buttercups spring in showers.

Her voice is high and lilting
As summer gets under way
I think that I shall join her song
Now that its schools last day

I see the foot of summer
In every shady lane
She leaves deep beds of daisies
To make her footprints plain
I think that I shall gather daisies for a crown,
And side by side with summer
I’ll fly right out of town.



The Peoples Car

June 22 is Worldwide VW Beetle Day. What has made the Volkswagen Beetle one of the world’s most recognizable and beloved automobiles? First and foremost is its innovative and fun design—a small and compact car with an innovative curved roof, a feature that makes it both aerodynamic and adorable. The Beetle was designed for much more than just fun, however; it was also affordable, practical, and reliable. *Volkswagen* means the “people’s car,” and these cars were intended to be affordable for all, costing just 31 weeks’ worth of pay. Vintage Beetles sported an air-cooled rear engine, which meant that it did not need expensive cooling units and could reliably operate in both heat and cold. It also got excellent gas mileage, more than 30 miles to the gallon. The car’s simple engine and parts were easy to replace and inexpensive to repair and maintain. All of these reasons made the VW Beetle the world’s best-selling car for decades. The original Beetle was so popular that it was built for 65 straight years from 1938 to 2003, making it the longest-produced vehicle in history. No other car even comes close.

Good Friends make Good Neighbors

From our elegantly appointed interior and beautifully maintained grounds to the exceptional healthcare programs and services provided by our professional staff, residents who introduce Cascade Living Group’s Living Well philosophy to their friends or family members could receive credit(s) applied toward their rent.

When a resident or family member refers a new potential resident to a Cascade Living Group community and that person moves in for at least 90 days, the referring resident will receive a \$2,500 credit applied to their base rent.*