## **Our Staff to Serve You:**

**Executive Director MONICA DE LA TORRE** MonicaD@cascadeliving.com

**Business Office Manager ERICKA MATTSON** ErickaM@cascadeliving.com

**Community Relation Director NOREEN CADAWAS - PADILLA** NoreenCP@cascadeliving.com

**Memory Care Coordinator NANCY PROAPS** NancyPr@cascadeliving.com

Kathy's Hair Cottage (702)326-2260

itage Springs www.HeritageSpringsSeniorLiving.com

**Life Enrichment Director CAROL LIGAYO** CarolL@cascadeliving.com

**Dining Services Director CELESTE ANDERSON** CelesteA@cascadeliving.com

**Plant Operations Director ABRAHAM PERALTA** AbrahamP@cascadeliving.com

**Front Desk ALISA SULLIVAN** AlisaS@cascadeliving.com **ANDREA GEBHARDT** AndreaG@cascadeliving.com



8720 West Flamnigo Road, Las Vegas, NV 89147 (702) 360 - 6023

Articles are from Activity Connection



**Elinor Rutz** 

**Douglas Thompson** 

**Marilvn Hand** 

Susan Brown

**Dean Peterson** 

William & Jean

**Williams** 

from your friends at

**Heritage Springs** 

Special Days of June

D-Day June 6th

Flag Day June 12th

Father's Day June 18th

Juneteenth June 19th

1st Day of Summer June 21st

Follow and like us on



Marian Chudner June 1st Teresa Bayoneto June 17th

Happy Birthday

**Dorothy Milner** June 30th

The Difference Between Living and Living Well

June 2023 Issue



June was the fourth month in the early Roman calendar, and it once had only 29 days. When the Romans added Januanry and February, June became the sixth month. When Julius Caesar reformed the calendar in 46 BC, he gave June an extra day. In both common and leap years, no other month begins on the same day of the week as June. Also, as March every year. The month gets its name from the Roman goddess Juno.



### In the Good Old Days of June

In June 1923, the average annual income was \$3,227. The average taxpayer paid a rate of 2.67% of their income. The average cost of a new house was \$6,296, or about \$80,000 in today's dollars. A loaf of bread was 12 cents, a gallon of milk was 60 cents, butter was 70 cents a pound, steak was 40 cents a pound, and a dozen eggs were 68 cents.

# FLAG DAY TRIVIA



### Flower of the Month - Rose

The flower for June is the rose, perhaps the most universal symbol of romantic love in the world. A yellow rose indicates platonic love, a dark pink signifies gratitude, and a white rose symbolizes purity. Roses are also the emblem of the Egyptian god Horus, god of silence. Because of the flower's association with silence, Romans reffered to secret meetings and clandestine affairs as having been conducted sub rosa, which translates to "under the rose".

### **Birtrhstone of the Month - Pearl**

The birthstone of June is the pearl. Pearls have been celebrated as highly valued gemstones and objects of beauty for many centuries. This is probably why the word *pearl* has become a methaphor for something rare and valuable. A natural pearl is one that forms in the wild, in an oyster, without any human intervention. Natural pearls are rare. A cultured pearl, on the other hand, is one that is "grown" on a pearl farm. Most pearls on the market today are cultured pearls.



**BUS SCHEDULE** Sign up at the Front Desk. There's a \$30 charge when a resident is accompanied by one of our staff.

**Doctor Appointment Hours and Personal Errands are every** Mondays, Wednesdays and Thursdays from 8:00am to 2:00pm

Shopping Days are every **Tuesdays and Fridays** (Please See our Activity Calendar)



Join us for our monthly **RESIDENT COUNCIL MEETING** and Food For Thought with Chef Celeste Second Wednesdays at 10:00 am at the Second Floor Commons







This Month's Upcoming Events

Saturday, June 17 at 3pm at the Bistro Last Friday of Every Month **4:00PM** Private Dining Room NACHO BAR . BEER . MUSIC

8720 West Flamingo Road, Las Vegas, NV 89147 (702) 360-6023





## Photos from Our Cinco de Mayo

### **Kathy's Hair Cottage** call (702) 326-2260 to set an appointment

Shampoo Only	\$10
Men's Shampoo and Haircut	\$22
Women's Shampoo and Haircut	\$27
Shampoo, Cut and Style	\$43
Shampoo and Style	\$27
Color and Style	\$62
Color, Cut and Style	. \$77
Men's Haircut	.\$20
Fingernail or Toenail Trim	\$15
Manicure	\$25
Pedicure	\$37