

September 2023

Sierra Sun Times

Volume 16, Issue 9

Cascades of the Sierra | 275 Neighborhood Way | 775-424-5400



Celebrating September

Grandparents Day

September 10

Celebrating with Magician,
Debi Destiny!

Patriot Day (U.S.)

September 11

September

Entertainment

Paul Vandervoort

September 2

Piano Music with Mike

September 6

Bill Papa & his Ukulele Group

September 8

Encore

September 9

Blue Grass Association

September 16

September Birthday Celebration with Music from Jacques

September 20

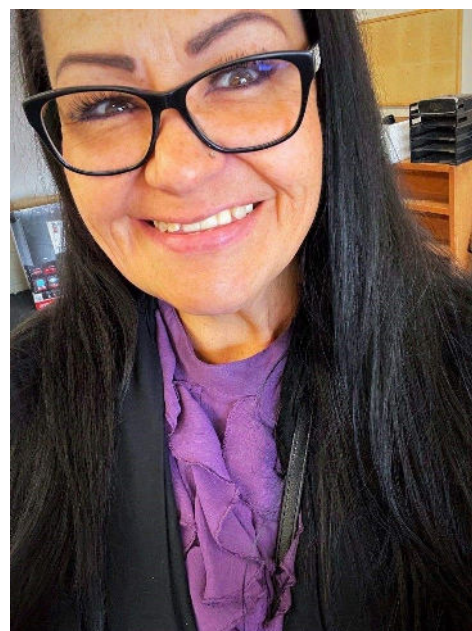
Dave Mensing

September 30

Meet our new Business Office Manager!

I moved from Susanville to Reno at the end of 2022 after getting married to my amazing husband, Jason. I have adult five children (3 adopted & 2 biological); they all keep me on my toes. I am very comfortable in the Business Office Manager role; I have over 20 years of accounting & legal experience. I truly enjoy working with seniors and love to hear their stories. My hobbies include hiking, kayaking, biking, swimming, cooking and reading. I also like to perform community service; I believe it's important to give back. I am truly excited to be a part of the team here at Cascades of the Sierra. Feel free to come see me if you have any billing questions/ concerns or just to say hi!

-Monika Slater



Cascades of the Sierra

September 2023—Carlos C.

If you don't already know our wonderful resident, you should! This is Carlos! He has lived here for three years now and appreciates how all our staff make life comfortable. He was born in Clairmont NC, raised on a farm and worked hard! A favorite memory is swimming on hot days in the stream on their property. He also enjoyed playing baseball. Carlos has two girls and one boy, and lots of grandchildren! Carlos is a very accomplished man, he joined the Coast Guard in 1943 and served in World War II. Once the war was over, he joined the Marines for 21 years. Then he was apart of our Sparks Police Department where he served for 20 years. He also had a wonderful K9 partner! Even after a lifetime of serving this country his advice to all is no more war. Thank you Carlos for all you have done! We here at Cascades all appreciate you!



Ashley came back to visit with One Care Hospice to help celebrate National Sunflower Day! We did some beautiful flower arrangements!



We also enjoyed a wonder Luau Party and celebrated National Hawaiian Shirt Day! Thank you to our wonderful Ukulele Volunteers!

Happy 100th Birthday Natalie!

We celebrated our wonderful resident Natalie T.! This woman is already so accomplished in her great life of being a well respected Nurse and Mother! We all gathered round to celebrate another amazing accomplishment!! Turning one hundred!! Natalie always is the star of any gathering, making her grand entrance in her wonderful attire! We are all so happy to have been able to enjoy such a wonderful day with you Natalie!





Management Team

Chris Gardner—Executive Director

Ardith Peper—Associate Executive Director

Monika Slater—Business Office Manager

Jessica Helgren—Director of Sales and Marketing

Melissa Castonguay—Community Relations Director

Donna Bennett—Community Relations Director

Marie House, RN—Wellness Director, Assisted Living

Tom Riley—Plant Operations Director

Fabian Guerrero—Dining Director/ Executive Chef

Heidi Rockburn—Dining Supervisor

Jaime Fredianelli—Life Enrichment Director

Cyla Alexander—Assistant Life Enrichment Director

Valarie Taylor—Lodge Life Enrichment Coordinator

Resident Birthday's

9/09 Gale W.

9/22 Shirley S.

9/11 Lewis R.

9/28 Barbara F.

9/12 Maureen B.

9/30 Joan F.

Professional Partners

Cascading Curls & Cuts*

For appointments, call or text 209-612-5304

Really Pedi Nails *

For appointments, call or text 775-813-0102

* Located here at 275 Neighborhood Way Sparks, NV

All About Health Chiropractic

15 Eagle Canyon Drive #105 Sparks, NV.

For appointments, call 775-762-3184

StorQuest Self Storage

165 Ingenuity Ave. Sparks, NV 775-425-9500

Need storage? We've got you covered! We have sizes ranging from 5x5 to 10x40, and RV/Boat & car storage.

Bobby Page's Dry Cleaners

282 Los Altos Sparks, NV 775-850-7777

Providing pick-up and drop-off services for all residents of Cascades of the Sierra. Please call for more information.

Associate Birthday's

9/03 Kaylee F.

9/04 Diane W.

9/05 Margarita T.

9/09 Katelyn P.

9/19 Gail C.

9/23 Kelsey D.

9/28 Cyla A.

9/29 Ray H.

*Happy Birthday from
Cascades of the Sierra!*