

December 2023

# Sierra Sun Times

Volume 16, Issue 12

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



## Celebrating December

### **Gingerbread House Day**

*December 12*

### **Humbug Day**

*December 21*

## **November Entertainment**

### **Music with DD James**

*November 2*

### **Piano Music with Mike**

*December 6*

### **Biggest Little Big Band**

*December 6*

### **Music with Sandee**

*December 13*

### **Bill Papa & his Ukulele Group**

*December 8*

### **Encore**

*November 9*

### **Church Youth Choir**

*December 12*

### **Blue Grass Association**

*December 16*

### **Caroling from Jessi Halls 1st Graders**

*December 19*

### **Music with John Palmore**

*December 20*

### **New Years Party with Colin Ross**

*December 31*

## **A Perfect NYC Christmas**

There are hundreds of things to do in New York City any day of the year, but the city takes on a sparkle during the Christmas season that makes it feel like you've stepped into a Hallmark movie. The bustle and constant activity can be overwhelming, but they also add to the festive atmosphere.

There's nothing like staring up at the magical tree at Rockefeller Center, which towers 80 feet above the crowd and twinkles with more than five miles of lights! After admiring the tree, many people don some ice skates for a few laps around the famed Rink at Rockefeller Center. Others swear that Wollman Rink at Central Park, featured in movies such as Home Alone 2, is a superior choice.

Strolling along Fifth Avenue to take in the window displays is another iconic holiday activity. Stores like Bergdorf Goodman, Tiffany & Co., Barney's, and Macy's create extravagant themed windows that attract tourists and other holiday-fun seekers. The windows showcase fairytale wonderlands, glittery winter landscapes, and magical scenes of Santa and his elves hard at work.

In a town known for its shows, going to see a Christmas performance should be on every list. The Rockettes' Christmas Spectacular is filled with the expected high kicks and beloved Christmas tunes. An outing to see Tchaikovsky's The Nutcracker is a holiday tradition for families all over the country, but the Lincoln Center's production is one of the most admired performances of this 1892 classic.

The Christmas season isn't complete without picking up some presents for family and friends. Shopping options in the Big Apple are always plentiful, but the European-style Christmas markets have some truly unique gift items. The atmosphere is festive—chilly air, twinkling lights, bustling stalls, and the scent of baked goods create the perfect backdrop for discovering local and handmade goods. For native New Yorkers and visitors alike, nothing beats Christmas in New York. Additionally, indulging in some seasonal treats like sipping on hot cocoa or munching on roasted chestnuts from street vendors can add a delicious layer to your New York City Christmas experience. The combination of delightful flavors and festive sights truly makes the holiday season in the Big Apple a cherished memory.

# Cascades of the Sierra

*December 2023—Kathy B.*



Meet Kathy! She has lived here at Cascades for about two and a half years! She Enjoys the friends that she has made here and says the staff is very helpful and kind. She also loves the Entertainment that comes! Kathy was born in Pomona California where one of her favorite childhood memories is going to Disneyland. She also loves going anywhere with her big family including going to the beach or camping. She loves to spend and much time as possible with them. Kathy worked

as an office manager at Granite Construction for 32 years. She says the company took care of her and her family, it was a hard job but she loved her work. A few of Kathy's hobbies include collecting stamps, crochet, playing cards and rummikub. She also loves to go on outings! Some advice from Kathy is to be kind to people. "Treat people the way Jesus would treat them, and keep your 'I love you' up to date."



## Home Sweet Home



Gingerbread House Day, December 12, brings a touch of magic to the holiday season. It's the perfect occasion to indulge in a time-honored tradition: building and decorating gingerbread houses.

This charming holiday observance offers a sweet escape from the busyness of the season.

The history of gingerbread houses has roots in medieval Europe, where gingerbread was initially reserved for special occasions and celebrations. It was often used to create intricate works of edible art, including gingerbread houses. These delectable structures gained popularity in Germany during the 16th century when the Brothers Grimm published their fairy tales, including the famous story of Hansel and Gretel, who discover a house made of gingerbread and candy deep in the forest.

Notable gingerbread houses have become a source of fascination and wonder. The White House has a longstanding tradition of creating a gingerbread replica of the executive mansion during the holiday season. These intricate confections often include detailed icing decorations and miniature furnishings.

Another impressive example is the annual National Gingerbread House Competition in Asheville, North Carolina. This event attracts pastry chefs and artists from around the world who craft astonishing gingerbread creations, from charming cottages to elaborate castles.

In modern times, gingerbread houses have evolved from simple, rustic structures to intricate architectural marvels. They continue to be a beloved holiday tradition, a sign of the enduring appeal of this spicy-sweet treat. This year on Gingerbread House Day, unleash your creativity, and see what kind of edible masterpiece you can create with family and friends.

## Goodbye Gluten

Lately you may have heard the term *gluten-free*. Gluten is a protein commonly found in wheat, barley, rye, and triticale (a combination of barley and rye). For those with celiac disease, gluten causes inflammation of the small intestine. For this reason, they must avoid bread, cookies, and anything else made with wheat flour. Many others believe that a gluten-free diet can be healthful and help prevent milder food allergies.

Gluten-Free Baking Week, the week before Christmas, provides people with the opportunity to try many different gluten-free ingredients in place of traditional wheat flours for their holiday baking. Almond, coconut, hazelnut, potato, teff, and corn flour offer interesting and flavorful flour substitutes. Even if you don't have any gluten allergies, this is your chance to impress your friends and family by using ingredients you've never baked with before.

## Cold Hard Facts

On December 1, 1959, twelve countries signed the Antarctic Treaty, which proclaimed that all countries would use the land of Antarctica for peaceful purposes



only. All scientific discoveries must be shared and used in a spirit of cooperation. Since 1959, the number of countries to sign the treaty has grown to 56. Many significant discoveries have been made on Earth's coldest continent. Research has detected the rise of global carbon dioxide levels, which contributes to global warming. Scientists have discovered fossils of plants, animals, and dinosaurs, as well as four new species of fish. This treaty has helped warm the spirit of international cooperation. Over time, the treaty advanced science, embodying global commitment to preserve and steward this pristine environment.

Check out a few of our Activities! We began practicing Axe Throwing on Mondays at 1pm! We also have a new exercise class lead by Jeanne from Saint Marys' Hospice. She will come about once a month to teach martial arts! This can be a great exercise for everyone and can be done in a seated position! Next class will be on December 8th at 10:30 am.



Please join our very own Cascades Chorus! They practice on Sundays at 1:30 pm. All levels and experience welcome! Their Christmas performance is on December 17th also at 1:30 in Living Room South. They would really appreciate the support from the community so come and enjoy some Holiday Cheer!





Last month we were able to hold a small pinning ceremony in honor of our Veterans! Thank you to our local VA volunteers and thank you to all who have served! We all appreciate your service.



We love our spirit days! One of the days we celebrated in November was Disney Day! Also check out Raylan one of our therapy dogs celebrating Thanksgiving!

## *Management Team*

**Chris Gardner**—Executive Director

**Ardith Peper**—Associate Executive Director

**Jessica Helgren**—Director of Sales and Marketing

**Donna Bennett**—Community Relations Director

**Marie House, RN**—Wellness Director, Assisted Living

**Ron Bedera**—Plant Operations Director

**Fabian Guerrero**—Dining Director/ Executive Chef

**Heidi Rockburn**—Dining Supervisor

**Jaime Fredianelli**—Life Enrichment Director

**Cyla Alexander**—Assistant Life Enrichment Director

### *Associate Birthday's*

**12/02 Skyler D.**

**12/13 Shelbie W.**

**12/13 Ashlynn F.**

**12/15 Brendy A.**

**12/16 Kinzie M.**

**12/19 Edgar H.**

**12/24 Amanda L.**

**12/25 Hope H.**

**12/27 Varsha P.**

*Happy Birthday from  
Cascades of the Sierra!*

## *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.

### *Resident Birthday's*

**12/05 Steven C.**

**12/06 Ray C.**

**12/07 Ethel T.**

**12/07 Celia M.**

**12/09 Dona H.**

**12/18 Marilou C.**

**12/21 Melanie T.**

**12/21 Ruby R.**

**12/25 Vern C.**

**12/25 Carol C.**

**12/27 Richard P.**