

March 2024

Cascades Of Sugarland

| 1551 Sugarland Drive, Sheridan, WY, 82801 | 307.674.5575



Celebrating March

We are inviting
everyone
to join us at
Cascades for an Easter
Egg hunt on Saturday
March 30th 10am to
11:30am.

Children 5 &
under will start their egg
hunting at 10:15a and
children 6 & up will start
theirs at 10:40a.

There will be 3
“Golden Egg”
winners per age group.

There will be games
and
the Easter Bunny
as well!!

A Mathematical Celebration

March 14 marks a unique celebration—Pi Day! It honors the mathematical constant pi (π) because the first three digits, 3.14, match the date. It is also recognized as the International Day of Mathematics, a celebration of the universal language of numbers. In addition, this busy day also pays homage to the genius behind the theory of relativity, Albert Einstein, who was born on March 14, 1879. Ironically, the fact that Einstein’s birthday is widely celebrated might not have pleased the esteemed scientist, who once said, “It is a known fact that I was born, and that is all that is necessary.”

Pi, that infinite number we encounter in circles, has an inseparable bond with Einstein’s groundbreaking work. The beauty of pi lies not just in its numerical significance but in its appearance across mathematical landscapes, including the formulas that are the basis of Einstein’s theories. The theory of relativity, famously distilled into $E=mc^2$, unveils the intricate dance between energy, mass, and the speed of light—a mathematical waltz through the cosmos.

This trio of celebrations is a chance to marvel at how math permeates our world. From the spirals of galaxies to the curves of flower petals, mathematical principles govern the very fabric of nature. March 14 is a day to appreciate the sheer delight of numbers, which transcend cultural and language barriers. It’s a reminder that math isn’t just about calculus or algebra, endless equations to mind-bending theories; it’s about the joy of patterns, puzzles, and the universal language that connects us all. It is the basis of the wonders of the universe—the rhythm of the stars, the shapes of nature, and the logic that powers innovation.

As you munch on a piece of banana cream or homemade blueberry pie to celebrate Pi Day, raise a glass and toast to Einstein’s legacy. Take a moment to reflect on how equations, formulas, and theories intertwine to unlock the secrets of the universe.



Our Valentine's Day party was a hit! We went all out for the occasion! We had amazing treats, fun décor, we even had a castle for our King & Queen.

We all enjoyed live music for our party, while we announced George H. and Susan K. as King & Queen of Cascades. Dillon S. stood in and accepted the crown for George but we did get a picture of the King & Queen together.



What We Have Been Up Too...

We have been trying some new science experiments. One involved a small eruption so, Marv was the guy for the job. He put mentos in diet cola and watched the eruption. It wasn't as big as we were all hoping for, but we enjoyed the sun and the experiment.

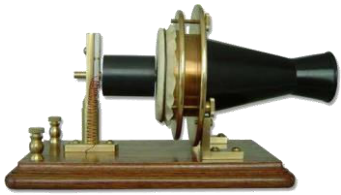
George H. is all smiles to be outside while we tried a new painting technique called "hydro-painting." We sprayed spray paint into a tub of water and dipped our vases into it. It has a marbled look when finished.

We also painted a great painting in a step-by-step painting class with Cheryl, one of our residents' daughters.

Nan, Lois and Jane trying another science experiment. We learned why putting the bottle with the balloon in hot water would inflate it and putting it in cold water would deflate it.



Clash of Inventors



Alexander Graham Bell is hailed as the inventor of the telephone. It was Bell who discovered that sound travels over electrical wires and that

these wires can be connected in a way that allows two people to speak to each other over long distances. On March 10, 1876, the telephone was born when Bell spoke to his assistant, Thomas A. Watson, saying, "Mr. Watson. Come here. I want to see you."

Was Bell the sole inventor of the telephone? Another renowned inventor, Elisha Gray, was working on a similar device. On February 14, 1876, Bell submitted an application to the patent office for his telephone. Just hours later, Gray submitted his own application for a patent. Gray wrote:

"To all whom it may concern: Be it known that I, Elisha Gray, of Chicago, in the County of Cook, and State of Illinois, have invented a new art of transmitting vocal sounds telegraphically, of which the following is a specification: It is the object of my invention to transmit the tones of the human voice through a telegraphic circuit, and reproduce them at the receiving end of the line, so that actual conversations can be carried on by persons at long distances apart."

When Gray discovered that Bell was awarded the patent, he took Bell to court. Not only did Gray believe that he submitted his paperwork first, he believed that Bell learned of one of his designs and stole it. How did Bell steal Gray's design? One of the patent examiners at the patent office swore in an affidavit that he had shared Gray's paperwork and designs with Bell. The legal battle lasted over two years.

The courts eventually ruled that while Gray had invented an important, even vital, component of the telephone, Bell had succeeded in creating the whole telephone. The rest, as they say, is history.

March Birthdays

Those born from March 1–20 are Pisces, the Fish. Like fish, Pisces like to go with the flow in an easygoing manner, but on the inside, they are intuitive, intensely spiritual, and deeply emotional. If you were born between March 21–31, you are Aries, the Ram. These independent adventurers like to strike out on their own and are natural leaders. Their enthusiasm and confidence mean they have big and outgoing personalities.

- Bryce S. March 1st Dietary Aide
- MaryLynn T. March 9th
- Reta O. March 15th
- Mayra P. March 22nd C.N.A
- Lorraine P. March 26th
- Issac M. March 29th

If you see them, wish them a Happy Birthday!

Things to be on the look for...

Now that the weather is getting nicer, we will start doing our scenic drives again, weather permitting.

We also received our fishing license for the year. Be sure to be on the look for those dates. Even if you don't like to fish, everyone is welcome!

Store Runs are on Mondays starting at 1pm.

Trips to The Horse Palace is on Thursdays from 1-3pm.