



Notable Quotable

“The only achievement I am really proud of is the friends I have made in this community.”

~ Gary Cooper (born May 7, 1901)

May Horoscopes and Birthdays

Those born between May 1–20 are Bulls of Taurus. Bulls show a steady persistence in both professional and personal endeavors. After working hard, they like to reward themselves for a job well done. If you were born between May 21–31, you are a Twin of Gemini. Geminis make communicative and lively companions. Intellectual and imaginative, they are the ones to sit near at a party.

- Sarah Hughes – May 2, 1985
- Golda Meir – May 3, 1898
- James Brown – May 3, 1933
- Gary Cooper – May 7, 1901
- Don Rickles – May 8, 1926
- Joe Louis – May 13, 1914
- Tori Spelling – May 16, 1973
- Reggie Jackson – May 18, 1946
- Cher – May 20, 1946
- Mary Cassatt – May 22, 1844
- Ian Fleming – May 28, 1908
- Mel Blanc – May 30, 1908
- Brooke Shields – May 31, 1965

May Resident Birthdays

- Katharina M. 5/9
- Madalena D. 5/12
- Jack F. 5/12
- Roxanne D. 5/18
- Dennis D. 5/20
- Pamela L. 5/21
- Laura S. 5/24
- David D. 5/25
- Arlene D. 5/31
- Diana G. 5/31

Cascades of the Sierra Leadership Team

- Executive Director- Chris Gardner
- Associate Executive Director- Ardith Peper
- Business Office Manager- Julie Leach
- Senior Director of Sales and Marketing- Jessica Helgren
- Community Relations Director- Donna Bennett
- Community Relations Director- Amber Leighton
- Wellness Director of Assisted Living- Marie House, RN
- Lodge Coordinator- Michelle Petie
- Plant Operations Director- Ron Bedera
- Dining Director- Heidi Rockburn
- Life Enrichment Director- Jennifer Perkins
- EverFit Director- Alan Thomas

Cascades of the Sierra

May 2024

275 Neighborhood Way Sparks, NV 89441 | (775) 424-5400



May Highlights and Events

On Saturday, May 11th from 11am – 1:30pm we will be hosting our Mother’s Day Luncheon for all residents and their families. In addition to dining, we will have a photo booth set up for family photos and music from The Encore Band at 2pm in the Fireside Club. Take the opportunity this month to enjoy our live entertainment, such as The Shaw Middle School Jazz band will be performing on Tuesday, May 7th at 10:30am in the South Living Room and the Cascades Chorus is performing on Sunday, May 26th at 1:30pm, also in the South Living Room. There are many other performances scheduled throughout the month, just check out our monthly calendar for the time and locations.

We will be hosting a Doggy Fashion Show on Saturday, May 25th with lots of fun activities for you and your pups. We will have more details on that as we get closer to the event date. As always, we will celebrate our May birthdays with root beer floats and music by Jacques on Wednesday, May 29th at 2:00pm in the Fireside Club. Please come out and enjoy all our fun activities and events!

Celebrating May

Arthritis Awareness Month

Older Americans Month

Be Kind to Animals Week
May 5–11

Cinco de Mayo
May 5

Mother’s Day
May 12

National Apple Pie Day
May 13

Memorial Day
May 27

Senior Health and Fitness Day
May 29

Sound Choices

Hearing loss is the number one disability, affecting 1.5 billion people of all ages. Hearing decreases as we age, and more people living longer means more people experience hearing loss. However, the main culprit of hearing loss is too much noise. This May 31, Save Your Hearing Day, follow these tips to give your ears a rest.

In many cases, our ears’ worst enemies are everyday appliances

that make our lives easier: hairdryers, lawn mowers, and portable music players. So how do we fight hearing loss? Search out peace and quiet for one. And don’t be afraid to protect your ears with earplugs. Some doctors stress a diet rich in nutrients that slow the aging process. Exercise is just as important. It stimulates circulation, which is greatly beneficial to a healthy auditory system. Now that’s advice worth listening to!



Sitting down at a table to relax and enjoy eating with others is also an important part of the Mediterranean diet.

Mediterranean Magic

What is it about living in the Mediterranean that allows people to live longer? Is it the sunshine? The red wine? Science suggests that it's the Mediterranean diet. This simple diet isn't a fad; it just consists of foods typical of the Mediterranean region. And, yes, the occasional glass of red wine is included! May is International Mediterranean Diet Month, so be sure to add a few of this region's foods to your shopping list.

All healthy diets require a variety of fruits, vegetables, and whole grains, but what makes the Mediterranean diet special? Bread is a staple in many Mediterranean countries, but the grains typically are whole grains, containing no damaging trans fats. Moreover, these whole grain breads are eaten plain or simply dipped in olive oil, not spread with butter or margarine. Also, salt isn't the first choice when it comes to increasing flavor. Instead, cooks sprinkle on herbs and spices.

Nuts are another frequent addition to meals. Some people avoid nuts because they are high in fat, but nuts actually contain healthy fats. Mediterranean diets steer clear of honey-roasted or salted nuts.

Speaking of fat, olive oil is almost always used in lieu of other oils and butter. Olive oil helps reduce cholesterol and is full of beneficial antioxidants. Eating fish at least twice a week (and red meat only a few times a month) also increases the intake of omega-3 fatty acids, which help moderate blood pressure and improve the health of blood vessels.

What about red wine? Dark red wine is rich in antioxidants, but many doctors hesitate to recommend alcohol as part of a healthy diet. Whatever the secret of the Mediterranean diet, studies show that it staves off heart disease and cancer and can even reduce incidences of Parkinson's and Alzheimer's. Cheers to that!

New Life Enrichment Director

Meet our new Life Enrichment Director, Jennifer Perkins! She is originally from the Sacramento area and moved to northern Nevada in 2008. Jennifer graduated from UNR in 2019 with a bachelor's degree in psychology and a minor/certificate in gerontology. She is married with two cats and loves to cook, sing, and take trips up to Lake Tahoe and Donner Lake. Jennifer really enjoys working with seniors and is looking forward to meeting your recreational needs by providing a fun and engaging activity program here at Cascades of the Sierra. Her office is located across from Remington's Dining room, close to the elevator, so drop by and introduce yourself. If she is not in her office, you'll probably find her out in the community sharing her bright smile with everyone. Welcome to the community, Jennifer!



Three types of irises are beardless, bearded, and crested.

The Irresistible Iris

What is it about the iris that is so alluring? Van Gogh often painted the beautiful flowers. The fleur-de-lis, a stylized iris, is a symbol associated with France, New Orleans, and Florence. Perhaps it should come as no surprise that this popular flower enjoys its own holiday on May 8.

The word *iris* comes from a Greek word meaning "rainbow,"

fitting since irises come in shades of purple, yellow, white, pink, and blue. In Japan, iris flowers are believed to ward off evil spirits, and the leaves are put in bathwater to prevent illness.

With Mother's Day fast approaching, perhaps May 8 is the perfect occasion to buy a bouquet of these colorful beauties.

Activity Corner

The community had fun celebrating "Babe Ruth Day" on Friday, April 26th, by sporting their favorite baseball team jerseys. Thank you all who participated!



We had a lot of fun celebrating our April Birthdays, with root beer floats and music from John Palmer. It was great to see staff and residents dancing together and having a good time!

