

Celebrity Birthdays in June

Pat Boone – June 1, 1934
 Rafael Nadal – June 3, 1986
 Suze Orman – June 5, 1951
 Happy Rockefeller – June 9, 1926
 Dai Vernon – June 11, 1894
 Boy George – June 14, 1961
 Stan Laurel – June 16, 1890
 Prince William – June 21, 1982
 Meryl Streep – June 22, 1949
 Dianne Feinstein – June 22, 1933
 Larry Blyden – June 23, 1925
 Slim Pickens – June 29, 1919

Lena Horne – June 30, 1917



Resident Birthdays

- **Michael J.** 6/8
- **Doris B.** 6/11
- **Sylvia D.** 6/15
- **Florence M.** 6/18
- **Mary S.** 6/19
- **Ann C.** 6/25
- **Doris A.** 6/26
- **Don S.** 6/27
- **Joyce T.** 6/27
- **Pat D.** 6/27
- **John B.** 6/28

Employee Birthdays

- **Marie H.** 6/5
- **Crystal C.** 6/5
- **Kimberly K.** 6/6
- **Daisy H.** 6/6
- **Audrey D.** 6/8
- **Rion H.** 6/12
- **Eileen S.** 6/13
- **Kayla G.** 6/17
- **Abby H.** 6/28

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 Directors- Donna Bennett and Amber Leighton
Wellness Director of Assisted Living- Marie House, RN
Lodge Coordinator- Michelle Petie
Plant Operations Director- Ron Bedera
Dining Director- Heidi Rockburn
Executive Chef- David Frank
Life Enrichment Director- Jennifer Perkins
EverFit Director- Alan Thomas

Cascades of the Sierra

June 2024

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



Celebrating June

Adopt-a-Cat Month

National Soul Food Month

International Men's Health Month

June 4 National Cheese Day

June 7 National Doughnut Day

June 14 Flag Day

June 16 Father's Day

June 20 Summer Solstice

June 22 National Kissing Day

June 27 National Sunglasses Day

The Longest Day

Spring days are fading away and now comes the warmer weather. Summer begins on June 20th, which is also known as *Summer Solstice* because the Sun is farthest away from the Earth, making for the longest day of the year. The summer solstice and subsequent longest day of the year are celebrated by many cultures around the world with numerous traditions, holidays, and festivals. The Alzheimer's Association carries on an annual fundraising campaign during the summer solstice, typically on June 21st, called "The Longest Day", where funds are raised to fight the darkness that encompasses those living with Dementia and Alzheimer's Disease.

Cascades of the Sierra is participating in this campaign by holding our first ever, **Hot Rod and Classic Car Show on Wednesday, June 19th from 5-8pm**. The event will take place in our back parking lot, where an assortment of hot rods and classic cars will be on display for your visual enjoyment. We will have a variety of vendors, refreshments, entertainment, and a raffle for prizes. Those who donate to our Alzheimer's Association fundraiser will receive a complimentary BBQ ticket to use during the event. Come out and join us in the fight against Alzheimer's!

Eyesight Essentials

On a bright June day, a pair of sunglasses might seem the perfect fashion accessory, but sunglasses are more than a fashion statement; they are important for good eye health. On June 27, Sunglasses Day, don a pair and spread the word.

Look for sunglasses that block 100 percent of both UVA and UVB radiation. This type of solar radiation is responsible for cataracts. skin cancer around the

eyes, and even sunburns on the eye's surface. Not only will your eyes be healthier, but these sunglasses will also reduce wrinkles around the eyes. Sunglasses also reduce bright glares, block wind and dust, and reduce headaches and eyestrain in bright light. Whether you choose aviators or wayfarers, teashades or wraparounds, make sure that you both look cool and protect your eyes, keeping your future bright (but not too bright).

June Highlights and Events



We have a lot going on in June! Please join us for the following events:

Friday, June 7th at 2pm- Bill Papa & His Ukulele Group play for us!

Saturday, June 8th at 2pm- Music w/ The Encore Band

Tuesday, June 11th at 10am – Calling all dads! Please come and get your photo taken at our Father's Day Photoshoot with Eden Health and Hospice

Wednesday, June 12th at 2pm- Music w/ John Rand

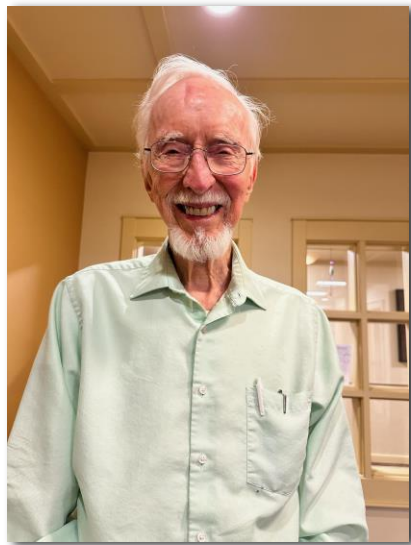
Saturday, June 15th at 11:30am- Father's Day BBQ Cookout

Wednesday, June 19th at 5pm- Hot Rod Show and Open House

Thursday, June 20th at 7pm- The Biggest Little Big Band performs.

Wednesday, June 26th at 2pm- The June Birthday Bash with music by John Palmore

Resident Spotlight- George T.



George and his dog, Sweet Pea, moved into our community in February. George was born in West Virginia and raised by his grandmother, who was very poor. At seven years old, he started selling newspapers because he wanted to be able to buy "stuff". He aspired to join the military and became a sergeant during his four years in the U.S. Air Force. Later, he married the love of his life, Peggy and they were married for 61 years before she passed in 2012. Together, they had 3 children, four grandchildren and 1 great-grandchild. His daughter lives in Sparks and visits often. George loves to socialize with other residents, some of them calling him "Colonel Sanders" and he brightens their day with his kind and generous nature. His favorite food is "chicken & dumplings", which his daughter makes for him every year on his birthday. Some advice from George is "Save for your retirement and reward yourself every payday." Thanks for the great advice, George!

Making Lasting Memories in May



These lovely, young ladies are servers at COS. Here's a photo of them all dressed up for prom at Spanish Springs High School! (left). Three of our servers are sisters and they dressed alike on Pajama Day in May! So cute! (right).



Photos from our 1st Doggy Fashion Show



What a sweet gesture! George and Sweet Pea handed out roses for Mother's Day! (left). The Bluegrass Association's "Monday Night Volunteers Band" put on a great show in May! (right).

