

Doubt It Day



Don't take our word for it that International Skeptics Day falls on October 13—go out there and find out for yourself. Skeptics are known for their propensity to doubt the opinions of others or even question the facts. While unchecked skepticism might lead people to reach unrealistic conclusions, some believe that a healthy skepticism is important. In fact, many skeptics consider themselves those who are still looking for the truth.

Skeptics have doubted some of history's most famous events. For example, many doubt that humans first walked on the moon in 1969. They instead insist that NASA faked all the broadcast images. Some skeptics also believe that the American government has knowledge of aliens landing on Earth and that all information regarding this landing is held inside New Mexico's infamous Area 51. Skeptics believe that this secret base houses a crashed UFO, that government agents have held secret meetings with aliens, and that aliens and the government are working together to develop time travel technology.

Is it wise to believe everything we are told, or is it better to question the world around us? When does skepticism cross the line and become wild conspiracy theory? The key to healthy skepticism lies in discerning when to accept the truth, even if it challenges our expectations. While self-denial can serve as a natural defense mechanism, it's crucial to recognize and embrace the truth when it becomes evident.

Ultimately, being a good skeptic means balancing doubt with the willingness to accept credible evidence. On October 13, International Skeptics Day, feel free to question authority and scrutinize the opinions of others, but remember that trust is also essential. After all, what value is there in seeking the truth if we are unwilling to accept it?

October Birthday's Resident

Gay M. – October 7th

Renate M. – October 20th

Kathy A. – October 30th

Staff

Amanda S. – October 7th

Sarah R. – October 16th

Angela H. – October 27th

AUTUMN WORD SEARCH

Can you find all the words related to autumn?

p	o	c	d	k	e	g	w	j	a	y	g	j	d	w
j	u	e	l	e	g	e	o	m	q	c	x	x	e	r
a	e	m	m	s	r	m	r	s	u	a	o	c	u	s
r	m	s	p	n	b	o	c	c	y	r	r	r	c	w
e	g	v	r	k	v	k	e	a	h	v	k	i	n	l
g	l	u	q	f	i	y	r	d	x	d	z	f	e	
n	s	p	c	m	e	n	a	f	q	e	i	x	h	h
b	p	c	p	l	i	j	c	z	r	m	t	l	d	n
n	r	o	c	a	o	q	s	c	k	w	m	e	v	k
k	y	d	p	p	g	a	q	m	b	r	k	e	p	o
b	k	q	r	e	e	s	o	r	t	a	h	f	j	u
s	u	n	f	l	o	w	e	r	r	v	t	t	m	j
x	s	q	u	i	r	r	e	l	m	f	t	k	o	x
b	j	e	x	o	j	j	n	e	j	p	d	i	w	u
b	j	w	p	s	k	z	i	v	t	u	k	v	l	j

acorn

deer

rake

apple

owl

scarf

cider

pumpkin

squirrel

corn

scarecrow

sunflower

Cascades Times

Cascades of Grass Valley | 415 Sierra College Drive Grass Valley, CA 95945 | 530-272-8002

October Hot Events!

Fix it Chat with Alex -
October 1st

Chef's Chat with Annekin
October 1st

Villa Maintenance
October 6th

Art & Harvest Festival
at Sierra College
October 12th

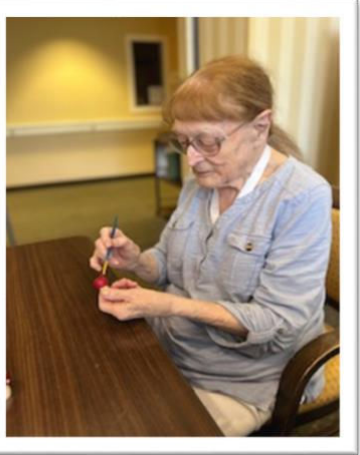
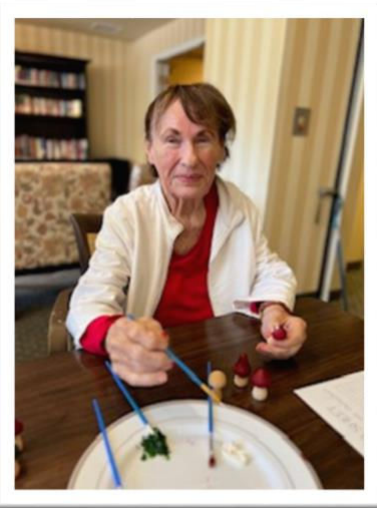
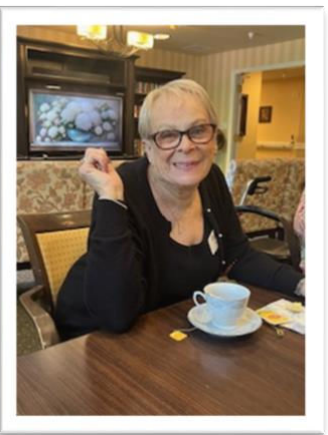
Dollar Tree & JCPenney
October 15th

Apple Hill Farms
October 18th

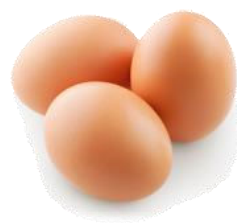
Bishops Pumpkin Farm
October 25th

Muffin Monday's
October 7th & 14th

BINGO!
Every Wednesday, Friday,
Saturday & Sunday
\$1.00 Buy In



An Egg-citing Day



Every year, the second Friday in October is World Egg Day. Why should we celebrate the egg? There are at least a dozen good reasons. First of all, eggs are incredibly healthy. They contain some of the highest quality

proteins of any food. For this reason, they are an invaluable food resource. Egg farmers around the world have joined the Good Egg Project, both to educate people about the goodness of eggs and to donate over 50 million eggs to hungry people worldwide.

But what about cholesterol? Aren't eggs supposed to be high in this unhealthy substance? While it is true that eggs contain a lot of cholesterol, 200 milligrams to be precise, it is largely a myth that eating eggs will raise your cholesterol to dangerous levels. The body produces its own cholesterol, far more than an egg contains, so the eating of eggs does little to harm the body. Furthermore, cholesterol is vital to repairing cells and balancing certain hormones.

What about egg yolks? Aren't they high in fat? While yolks do have about five grams of fat per egg, yolks are also full of protein; vitamins A, D, and E; and choline, a nutrient essential to brain development. When you skip the yolk, you miss out on half the nutritive value of eggs.

Hens typically lay an egg in the morning between the hours of 7 and 11. It takes 24 to 26 hours to develop an egg, and once the egg is laid, a hen begins to produce another egg 30 minutes later. Some people say that the deeper the color of the egg yolk, the better the egg. Yolk color depends on the pigments in the hen's feed. Farmers may even feed their chickens marigold flower petals to enhance the golden color of their egg yolks.

So how best to celebrate World Egg Day on October 11? Try a fried, scrambled, hard-boiled, soft-boiled, deviled, or poached egg, of course!

Leadership Team

Haley Parker, LVN
Executive Director

Kristen Kendrick, LVN
Wellness Director

Angela Hammond
Community Relations Director

Alex Carson
Plant Ops Director

Annekin Ove
Dinning Services Director

Stephanie Parker
Life Enrichment Director

Nicole Westervelt
Business Office Manager



Please Be Our Guest for a
Fall Harvest Feast

Cascades of Grass Valley
Friday, November 1 | 5 – 7 p.m.

Grass Valley's famous fall foliage on a cool, crisp day. A cozy gathering of friends and family. Comfort foods sprinkled with the flavors of the season ... Life is extra gorgeous when Cascades is at its autumn-est! Join us for fun, friendship and a fall feast for the senses.

Menu

Creamy Butternut Squash Soup
Herb-Marinated Steak | Autumn Cider Salmon
Ratatouille (Vegetarian & Gluten Free)
Served With Creamy Mashed Potatoes
Glazed Carrots & Parsnips | Fresh Baguette
Baked Apples With Homemade Vanilla Ice Cream
Price: \$20 per person



Kindly contact Angela by October 25 to RSVP or for more information.

530-272-8002
AngelaH@cascadeliving.com

Independent Living | Assisted Living | Memory Care
415 Sierra College Drive | Grass Valley, CA 95945 | www.CascadesLiving.com/GrassValley License #297005195

To Request Transportation:
Tuesdays & Thursdays by
appointment

Please Email Stephanie at
StephaniePa@cascadeliving.com

Postcard Magic



World Postcard Day, celebrated on October 1, is a tribute to the humble postcard, a charming piece of communication that has been connecting people for well over a century. The first postcard was sent in 1840 by Theodore Hook, featuring a hand-painted design. However, it wasn't until 1869 that postcards became an official means of communication in Austria-Hungary, quickly gaining popularity worldwide.

Postcards were an instant hit due to their convenience and affordability. By the early 1900s, they had become a popular way to send quick messages, travel updates, and holiday greetings. This era, known as the "Golden Age of Postcards," saw millions of postcards sent and collected.

Postcards have played a significant role during wartime. Soldiers sent the cards to their families, providing brief but heartfelt updates from the front lines. These cards were often adorned with patriotic images and slogans, serving as both communication tools and morale boosters.

Participating in World Postcard Day is simple. Find a postcard, jot down a message, and send it to a friend or family member. You can also join postcard exchange groups online to connect with people worldwide. By celebrating World Postcard Day, we honor a timeless tradition that continues to bring joy and connection to people. everywhere.

Happy Hour & Live Music
Every Friday at 3:00 PM

Cowboy Curt – October 4th

Roland – October 11th

Heather McAdams –
October 18th

DENTY – October 25th

Discovering Hidden Gems



Join us for a three-part series to learn how to cope with the challenges and emotions of caring for someone living with dementia. Presented by Pepsi Helmuth, geriatric nurse consultant.

PART 1 Communication & Navigating Challenging Behaviors Thursday, Sept. 19 5:30 – 7:00 p.m. <i>Learn how modifying communication styles – verbal and nonverbal – enables us to provide comfort, reduce anxiety and frustrations, identify and tend to needs, and create joyful moments for those with memory loss.</i>	PART 2 Grieving & Processing Expectations Thursday, Oct. 24 5:30 – 7:00 p.m. <i>As Alzheimer's and other dementias progress, we often grieve the loss of who our loved ones used to be. Join us to learn how to process your loved one's changes and find support to help you cope.</i>	PART 3 Holding Onto the Holidays: Making Holiday Visits Meaningful Thursday, Nov. 14 5:30 – 7:00 p.m. <i>Keep the happy in your family's holidays! Join us for expert tips on how to incorporate your loved one's favorite traditions in safe, meaningful ways during your visits.</i>
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All events will take place at Cascades of Grass Valley.



RSVP to Community Relations Director Angela Hammond at least one week before each presentation.
530-272-8002
AngelaH@cascadeliving.com

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