

Our Staff to Serve
You:

Executive Director
MONICA DE LA TORRE
MonicaD@cascadeliving.com

Community Relations Director
NOREEN CADAWAS-PADILLA
NoreenCP@cascadeliving.com

Business Office Manager
ERICKA MATTSON
ErickaM@cascadeliving.com

Front Desk Concierge
ANTHONY FRANCIS
AnthonyF@Cascadeliving.com
KATHY FOX
KathyF@cascadeliving.com

Kathy's Beauty Cottage
(702)326-2260

Life Enrichment Director
CAROL LIGAYO
Caroll@cascadeliving.com

Dining Services Director
CELESTE ANDERSON
CelesteA@cascadeliving.com

Plant Operations Director
ABRAHAM PERALTA
AbrahamP@cascadeliving.com

Resident Care Coordinator
PAULINE PURSLEY
PaulineP@cascadeliving.com

Memory Care Director
CHRISTINE CARPIO
ChristineC@cascadeliving.com


Assisted Living Memory Care
www.HeritageSpringsSeniorLiving.com

Follow and like us on



The Heritage Springs Gazette

8720 West Flamingo Road, Las Vegas, NV (702) 360-6023
www.HeritageSpringsSeniorLiving.com

Articles are from Activity Connection

April 2025 Issue



Giselle Liance
Florence Alston

From your friends at



In the Good Ol' Days of April

Fifty-five years ago, in April 1969, the medium annual income was approximately \$9,400 in the United States. Average cost of a new house was about \$28,000. Minimum wage was \$1.60 per hour. A loaf of bread was 23cents, a dozen eggs were 62cents, and postage stamps were 6cents each. A new car costs about \$2,000. But best of all, gasoline was 32cents per gallon -- even cheaper than a gallon of milk, which was \$1.10.



April is the fourth month of the year in the Gregorian calendar & one of only four that are 30 days long.. (Do you know the other three? June, September and November. The rest are 31 days with the exception of February, which only has 28 days.) The name April comes from *Aprilis*, derived from *aperire*, meaning "to open". It is the name the Romans gave the month because it is the time of year when flowers and plants begin to bud or open.



The Difference Between Living and Living Well

Marvelous Facts About April Holidays

Here's a look at the history behind a few celebratory events in April.

April Fools' Day, celebrated on April 1st, most likely began in 1564 the year France moved the start of its calendar from April 1 to January 1. It is said that those still celebrating the new year in April reportedly had a paper fish (or April fish) stuck to their backs by pranksters. And so, an April "fools" ritual was born.

Earth Day, was launched on April 22nd 1970, following a 1969 oil spill of the coast of California. Founded by Wisconsin Senator Gaylord Nelson, the holiday inspired 20 million Americans to demon-

strate in marches for the environment. Organizers continue to lead events worldwide on April 22nd and credit this day to the formation of the U.S. Environmental Protection Agency.

Arbor Day, held the last Friday in April each year in the U.S., began in 1872 thanks to the efforts of the Nebraska Territory pioneer J. Sterling Morton. Morton's first tree-planting holiday included prizes for the most trees planted.



BUS SCHEDULE

Sign up at the Front Desk.
A \$45 charge for a transportation request and also when a staff is needed at an appointment.

Doctor Appointment
are every Monday,
Wednesdays and Thursdays
from 9:00am to 2:00pm

Scheduled Shopping Days
are every Tuesdays and Fridays
(Please See our Activity Calendar)

Photos from our St. Paddy's Lucky Hour March 15th, 2025



Join us for our monthly
RESIDENT COUNCIL MEETING
and Food For Thought
with Chef Celeste
Second Wednesdays
at 10:00 am
at the Second Floor Commons



Kathy's Hair Cottage call (702) 326-2260



Shampoo only	\$10
Men's Shampoo & Haircut	\$22
Women's Shampoo & Haircut.....	\$27
Shampoo, Cut & Style	\$43
Shampoo & Style	\$27
Color & Style	\$62
Color, Cut & Style	\$77
Perm & Cut	\$85
Men's Haircut	\$20
Fingernail or Toenail Trim	\$15
Manicure	\$25
Pedicure	\$37

This Month's Upcoming Events

Happy Birthday

April 1st
Topsy T.

April 13th
Flo A.

April 21st
Marian C.

APRIL 2025 OUTING LINE UP

April 4th
Buca di Beppo

April 11th
Rampart Casino

April 18th
Crab 'n' Spice

April 25th
Applebee's

Sign Up at the Front Desk