

To Request Transportation:
Tuesdays & Thursdays by
appointment
Please Email Stephanie at
StephaniePa@cascadeliving.com

**Winner, Winner,
Chicken Dinner ... and Bingo!**

Thursday, May 22 | 5:00 – 8:30 p.m.
Community tours will be available.

Hungry for comfort food served with a side of friendly competition? Gather with friends and family at Cascades of Grass Valley for a classic fried chicken dinner with all the fixings, followed by bingo games and prizes.

**Cascades
of Grass Valley**
The Difference Between Living and Living Well

Dinner and bingo are free, but seating is limited.
Contact Angela to RSVP by Monday, May 19.
530-272-8002
AngelaH@cascadeliving.com

Dementia Support Group
FOR FRIENDS & FAMILY MEMBERS

If you have a loved one living with Alzheimer's disease or dementia, know you're not alone. Come share your stories, successes and concerns while learning new coping tips and care solutions from people who are on similar journeys and really do know what you're going through.

This support group is free and open to the public. We would love to have you join us. To ensure the safety of our residents & community, we do require masks for in-person attendance. All attendees must RSVP to reserve their space.

**COFFEE AND
CONVERSATION**

SECOND THURSDAY OF
EVERY MONTH | 2:30 – 3:30 P.M.
Refreshments will be served.

Contact Angela Hammond at
530-272-8002 to RSVP.

**Cascades
of Grass Valley**
The Difference Between Living and Living Well

INDEPENDENT LIVING | ASSISTED LIVING | MEMORY CARE

Leadership Team

Haley Parker, LVN
Executive Director

Kristen Kendrick, LVN
Wellness Director

Angela Hammond
Community Relations Director

Alex Carson
Plant Ops Director

Annekin Ove
Dining Services Director

Stephanie Parker
Life Enrichment Director

Nicole Westervelt
Business Office Manager

**Spring
Word Search**

Can you find the words hidden in the puzzle?

C	S	N	U	R	A	I	N	B	O	W	D
F	N	L	P	M	H	K	O	R	T	U	P
L	A	D	Y	B	U	G	O	E	I	R	I
O	W	E	O	L	A	R	B	E	E	I	C
W	B	Y	M	O	S	F	N	Z	D	C	N
E	E	G	U	S	F	O	C	E	I	K	I
R	L	B	R	S	T	T	R	U	S	O	C
S	L	D	B	O	K	I	I	A	G	S	A
R	R	P	R	M	W	E	C	T	I	U	N
S	P	R	O	U	T	S	T	O	R	N	S
D	F	C	O	N	F	O	V	L	U	N	N
A	S	B	U	T	T	E	R	F	L	Y	E

FLOWERS	BREEZE	RAINBOW	BEE
BLOSSOM	SUNNY	LADYBUG	RAIN
BUTTERFLY	PICNIC	SPROUTS	GROW

May 2025

The Cascade Times

Cascades of Grass Valley | 415 Sierra College Drive, Grass Valley, CA 96945 | 530-272-8002



Crystal Hermitage Gardens
May 2

Kentucky Derby
May 3

Cinco De Mayo Fiesta
May 5

Flower Garden Bakery
May 9

**Springtime Tea & Florals
with Mom**
May 11

Lucchesi Winery & Vineyard
May 12

**Resident Council, Activity
Committee & Fix It Chat**
May 15

**Winner Winner Chicken
Dinner...& BINGO!**
May 22nd

Nevada City Train Museum
May 23

Memorial Day
May 26

Tofanelli's Bistro
May 30



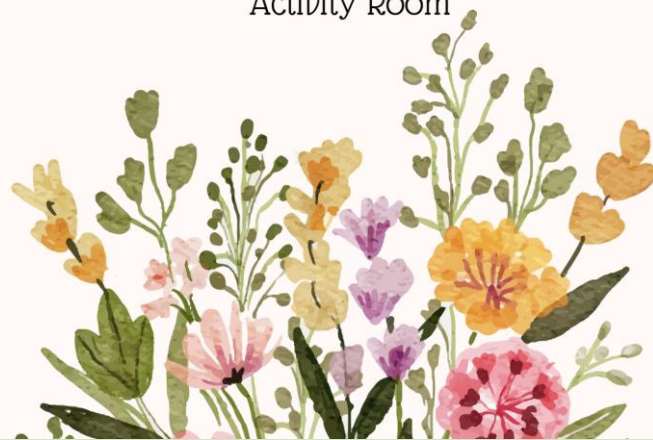
SPRINGTIME TEA & FLORALS WITH MOM



Sunday, May 11th
at 1:030am



Mother's Day Tea &
Florals will be held in the
Activity Room



Welcome Our New Neighbor's

LUCY D.
KAREN K.
JONATHAN G.
ANABELL S.
DOLORIS H.
ALLAN & LOANNA B.

May Birthdays

In astrology, those born from May 1–20 have the star sign of the Bull of Taurus. Bulls show steady, dogged persistence. Once goals are reached, they enjoy being rewarded, especially with beauty and peace at home. Those born between May 21–31 are Gemini's Twins. Geminis love conversation, and they are good at it, too! Witty, intellectual, curious, charming, and imaginative, they're often the life of the party

Residents

Joe C. May 4th

Alice C. May 6th

Lucy P. May 7th

Henry S. May 7th

Staff Members

Kesleigh May 8th

Michale May 25th

Hannah. May 29th



Celebrating Our Nurses for National Nurse's Week



HALEY PARKER
LVN & E.D



KRISTEN KENDRICK
LVN & W.D



MICHALE PARKER
LVN



KESLEIGH KINCH
LVN

To Our nurses,

TODAY AND EVERY DAY WE WOULD LIKE TO EXPRESS OUR HEARTFELT GRATITUDE FOR YOUR UNWAVERING COMPASSION, UNRELENTING COMMITMENT AND UNCONDITIONAL SUPPORT FOR OUR RESIDENTS HERE AT CASCADES. OUR HOPE FOR YOU DURING NURSE'S WEEK IS THAT YOU FIND THE TIME TO CELEBRATE YOUR ACHIEVEMENTS AND REPLENISH YOUR SPIRITS.

RESIDENT SPOTLIGHT



Diane Hawk

Diane found her love of nursing as a teenager working in an acute care facility while housekeeping.

She pursued her nursing education at Yuba College, graduated as an LVN at the young age of 19. Diane accumulated over 20 years in acute care and skilled nursing before retiring from working at a psychiatric facility. Diane finds joy in reading, crocheting and loves to keep her air conditioner on low which we all thoroughly enjoy! Thank you for your many dedicated years of being such an incredible nurse.