

Calendar & Newsletter

Independent Living* *Assisted Living* *Memory Care

October 2025



Management Team

Alexander Ben-Israel
(Senior Executive Director – IL)

Tim Robitz
(Business Office Manager – IL)

Amy Smith
(Executive Director – AL)

Sharon Evans
(Business Office Manager – AL& MC)

Joy Coonrod-Anderson
(Executive Director – MC)

Director of Sales & Marketing

Ember Nordhaus

Plant Operations Director

Eric Zahler

Life Enrichment Coordinators

Hope Gettys – AL
Dolly Mahurien – MC

Dining Services Directors

Chris Ford – IL
Jay Harrison – AL
Alexandria Cruz – MC



Meet The Village...

Glenn Graeber

Born in Morenci, Arizona, and raised in Grants Pass, Glenn has lived a life full of love, service, and hard work. He has two brothers still with us, and remembers fondly the two brothers and one sister who have passed. For 30 years, he served as a minister, dedicating his life to loving and helping people, and even helping mend many marriages along the way. A talented handyman, he also remodeled 43 homes in Grants Pass, turning his side work into a true passion. Family has always been central to his life, he has two daughters, one a longtime bookkeeper at Dutch Bros, and the other owner of a beauty shop in Vancouver, Washington.

These days, he enjoys reading the Bible, playing Wii bowling, bingo, and tending to his garden on campus, where he grows impressive 7-foot-tall beef tomatoes! Ice cream is his favorite treat, and he loves going to Panda Express with his daughter. He shared 60 wonderful years with his late wife, Virginia (A piano teacher) and together they cherished watching *It's a Wonderful Life*. They also sang together in quartet/trio/and a choir!

A fun fact about Glenn: he can play the harmonica! His advice to the younger generation is simple but profound: love each other. Since moving here, he says what he enjoys most are the friendships he has made.



Dianne Martinez

Born in Newport, Rhode Island, Dianne spent part of her early life at the Newport Naval Base until 1974. After graduating from San Angelo Central High School, where she was active in speech tournaments, plays, musicals, marching band, and choir, she eventually made her way to Grants Pass in 1983. In 1990, she married Robert Martinez, and together they raised three children.

A true music lover, Dianne enjoys singing, spending time with her dogs, and trying out new recipes in the kitchen. She has been part of the Cascades family as a housekeeper since January 4th, 2024, and joy, warmth, and laughter to everyone around her!



WELCOME NEW RESIDENTS!!!

Spring Meadow (IL)

- Diana G.
- Lori P.
- Jill L.

The Village (AL)

- Karen T.
- Catherine W.

The Pointe (MC)

The Little Store

Fall is here, and The Little Store at Spring Meadows is ready to welcome the season! Stop by to browse our shelves, stocked with a variety of resident-run treasures—from everyday essentials to little surprises that make life brighter. As the leaves turn and the air cools, we're bringing in cozy favorites and seasonal touches to help everyone enjoy the autumn spirit. Be sure to check in often—you never know what you might find!

*Julie, Kathy, Cathy, Crystal, Ray, Jerrie,
Dianne and let's not forget Brewster.*



Happy
Halloween!



THE NIGHT EDDIE BECAME A TOAD.

Monty Fell Garden

Garden Partner Highlights

Fall in the Garden

The Monty Fell Garden is showing off its autumn charm! With crisp air, colorful blooms, and a touch of fall harvest, it's the perfect place to take a stroll or simply sit and enjoy the season. Stop by and see the beauty of fall right here on campus!



Fun around Cascades!



October BIRTHDAYS

THE SPRINGS

John H. 10-5
Linda S. 10-12
Judi H. 10-14
Frank G. 10-14
Roberta W. 10-19
Virgil D. 10-22
Carole D. 10-28
Terry T. 10-30

THE VILLAGE

Mary W. 10-3
Ed C. 10-7
Ed W. 10-18
Gary R. 10-20
Ramona W. 10-28

THE POINTE

Patricia K. 10-6
Sharon F. 10-7
Guy Q. 10-9
Gayle C. 10-14
Peggy B. 10-16
Bruce B. 10-24
Maggie 10-24
James T. 10-25



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

HALLOWEEN
BLACK CAT DAY
MAGIC DAY
VODKA DAY
BLACK POETRY DAY
PUMPKIN DAY
VEGETARIAN DAY

CANDY CORN DAY
TACO DAY
DIVERSITY DAY
PASTA DAY
MENOPAUSE DAY
COMING OUT DAY
HAIR DAY

TEACHERS DAY
SAMHAIN
CAT DAY
MENTAL HEALTH DAY
NUT DAY
CURVES DAY
PUG DAY



Craft time at Cascades is always a highlight! From painting and beading to seasonal projects, it's a wonderful way to relax, express creativity, and enjoy good company. Crafts bring out hidden talents, spark conversations, and leave everyone with something special to take home or share. Most of all, it's about the joy of creating together and celebrating the unique touches each person brings to the table.

