



*Catch the Game,
& CAST YOUR VOTE*

2nd-Annual Chili Cook-Off
Thursday, October 9 | 4 p.m.
415 Sierra College Drive | Grass Valley

Cascades
of Grass Valley
The Difference Between Living and Living Well
www.Cascadeliving.com/GrassValley
415 Sierra College Drive | Grass Valley, CA 95945
Independent Living | Assisted Living | Memory Care

Contact Angela to
RSVP by October 7.
530-272-8002
AngelaH@cascadeliving.com

License #297005395



Gold Country
SENIOR SERVICES

*Connection,
Community & Care*

Caring for someone with memory loss is never easy, but you don't have to do it alone. These supportive gatherings, led by dementia care specialist Pepsi Helmuth, offer both guidance and encouragement for caregivers, families, and anyone seeking a deeper understanding of dementia.

As a nurse and community educator dedicated to dementia, geriatrics, and palliative care, Pepsi brings not only expertise but also a genuine heart for helping others. Through conversations, shared experiences, and practical tools, she creates a safe and welcoming space, where caregivers can gain knowledge, build confidence, and find comfort in community.

Dementia Education and Support Group
Hosted by Pepsi Helmuth of the Nevada County Dementia Support Group and Sierra Gold Community Senior Center
Wednesdays | 10:00 – 11:30 a.m.
October 8 | November 12 | December 10
Sierra Gold Community Senior Center
231 Colfax Avenue | Grass Valley
Refreshments will be served.

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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

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

HELP THE WITCH FIND THE CANDY...



The Cascade Times

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

Celebrating October

- October 1st**
Community Roots
Farmers Market MC

October 3rd
Bierwagen's Pumpkin Patch

October 7th
Wooden Ghost Stands
Guided Craft

October 8th
3rd Annual Health Fair for
Older Adults at Gold Miners Inn

October 9th
Chili Kick-Off

October 10th
Lunch Bunch Outing
Round Table Pizza

October 14th
Fall Fabric Pumpkin
Guided Craft

October 17th
Autumn Walk at Empire Mines

October 24th
Trunk or Treat

Steel Feathers Fitness
Every Monday, Wednesday & Friday
9:30am in Activity Room
and Lodge Courtyard
Learn more about it
with Stephanie L.E.D



71 Years of Love



Henry & Lorraine Schrieber

September 5th, 2025 marked 71 years of marriage between Henry & Lorraine who met when Henry was 19 and Lorraine 18. They met while attending Cooper Union for the Advancement of Science & Art in Manhattan, NY. While Henry was taking a walk at school, he stumbled upon a beautiful young woman dancing in a big room all by herself. It was fascinating to him, captivating even. The two went on a date the next night and it was love at first sight for both.

After the couple graduated the same School, Henry & Lorraine traveled all over the world and even traveled by cruise ships which Lorraine worked as an art teacher on the ship. Henry worked as a mechanical engineer and joined the U.S Navy. This lovely couple raised two beautiful daughters Susan & July, which they are so proud of. Cheers to more years!

OCTOBER BIRTHDAYS

RESIDENTS

Howard 10/06
Gay 10/07
Anabell 10/10
George 10/14
Kathleen 10/18
Patti 10/19
Clyde 10/20
Ken 10/23

EMPLOYEES

Amanada 10/07
Deidra 10/20
Angela 10/27

WELCOME OUR NEW RESIDENTS!

MC
Joan C.
David F.
Marion B.
Joan B.
Bill G.

AL
Mary Lou A.

**Fresh Fare and
Fall Flavors**

Community Roots Farmers Market | Wednesday, October 1 | 3 – 5 p.m.
415 Sierra College Drive | Grass Valley

Join us in our memory care courtyard for the Community Roots Farmers Market!
Pick up fall favorites – including fresh local produce and homemade baked goods – while exploring our memory care community, meeting our team, and experiencing the warmth and sense of community that makes Cascades of Grass Valley stand out.

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**SPOOKIACULAR
FAMILY FUN**

Join Us for Trunk-or-Treat
Friday, October 24 | 4-6 p.m.
415 Sierra College Drive | Grass Valley

Get ready for a frightfully fun night at Cascades of Grass Valley! Our team and residents are brewing up a trunk-or-treat adventure filled with tricks, treats, and plenty of spooky surprises. Dress in your favorite costume and wander through decorated trunks, play boo-tiful games, sink your teeth into candy apple creations, and snap silly pics in our spook-tacular photo booth. Don't forget to grab some ghoulish goodies and warm up at the bubbling hot cocoa bar – all while you enjoy a howling good time with family and friends!

Contact Angela to RSVP by October 22.
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RESIDENT SPOTLIGHT



ROSALIE TAPPERO

Rosalie (Rosie) Tappero was born and raised in Grass Valley. She taught first-grade classes at Bell Hill School for 35 years. She loves books and relished reading a good murder mystery or anything from Oprah's Book Club. She enjoys being outside and in nature. She likes to birdwatch. She was a tennis player and hiker and still loves taking walks. She loves to plant flowers and work in her yard. Pansies are one of her favorite flowers. She was a good cook and baker. Rosie loved watching Stephen Colbert and was always up for a good debate around a current political topic. She has always valued being a lifelong learner. She adores and loves her community of friends. She is a long-time member of Emmanuel Episcopal Church in Grass Valley—a volunteer on the Vestry, numerous committees, and the church choir. She is a person of strong Christian faith; she attended church weekly. She was married to Joe Tappero for over 40 years and was widowed in 2017. She has two children, Wendy Willoughby and Tina Hookom. Wendy lives locally with her husband, Matthew, and their two children, Olivia and Simone. Tina lives in Los Angeles with her husband, David, and their two children, Madeline and Juliette. She is a loving, devoted mother and grandmother—a mom who could make any place feel like home with her unconditional love. And is an optimist who sees the good in each person.