

To Request Transportation:  
Tuesdays & Thursdays  
by appointment  
Please Email Stephanie at  
[StephaniePa@cascadeliving.com](mailto:StephaniePa@cascadeliving.com)

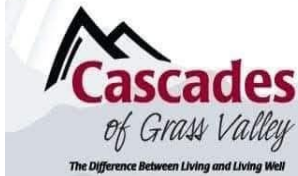


If you have a loved one living with Alzheimer's disease or dementia, know you're not alone. Come share your stories, successes and concerns while learning new coping tips and care solutions from people who are on similar journeys and really do know what you're going through.

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.

INDEPENDENT LIVING | ASSISTED LIVING | MEMORY CARE License #297005395



**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



Name: \_\_\_\_\_ Date: \_\_\_\_\_  
Instruction: Help penguin find its way to the truck to take the Christmas tree home.



# The Cascade Times

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

**Celebrating December**

**Chef Chat with Annekin**  
*December 2*

**Sierra Master Chorale**  
*December 3*

**Out to Lunch Bunch:**  
**Panda Express**  
*December 5*

**Creating Christmas Cards**  
*December 9*

**Christmas Walk on Mill St.**  
*December 12*

**Archangel Choir**  
*December 14*

**Compassionate Curation**  
**Crew: Blanket Donation**  
*December 16*

**Forever Young Choir**  
*December 17*

**Resident Council & Activity**  
**Committee**  
*December 18*

**Thrift Trip**  
*December 21*

**SPD Market**  
*December 28*





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## Art of Appreciation

With so much giving and receiving this holiday season, it only stands to reason that Thank-You Note Day falls on December 26.



To some, letter writing might seem like a lost art. To others, it feels like an outdated ritual, made obsolete by email, texting, and social media. But research in evolutionary psychology offers a different perspective. Studies suggest that expressions of gratitude and appreciation are deeply ingrained cooperative behaviors that help strengthen social ties. Even primates, for example, demonstrate a sense of reciprocity, engaging in a kind of “you scratch my back, I’ll scratch yours” exchange that highlights the enduring value of saying thank-you.

thank-you note. A thank-you note begins long before you sit down with a piece of stationery. First comes a careful tally of names: those in attendance at your party, those who sent you a gift, and those who were particularly helpful, caring, or kind.

A good thank-you note doesn’t have to be written on expensive paper with gold-embossed filigree. Emotion shines through in the voice of your written words. Charm is in the imperfection of your unique handwriting. Excitement comes in finding a hand-addressed envelope in a stack of junk mail.

Next, think about what you’d like to say. Be sure to spell the person’s name correctly and choose a greeting that fits. Begin by expressing your thanks. Then, share a few details about what the person did and how it made a difference to you. Let them know how it made you feel. To close, repeat your thanks. *Sincerely* is always a thoughtful way to end, but you can also choose something more personal, like *With love*, *Warmly*, *Many thanks*, or *Yours truly*. Decorum requires thank-yous within a week. However, a late thank-you is always better than no thank-you at all.

## December Birthdays

In astrology, those born December 1–21 are Archers of Sagittarius. Archers are exciting and independent. Their positive attitude, great sense of humor, and kind heart make them excellent friends. But get ready for an earful. Archers often speak their mind. Those born December 22–31 are Goats of Capricorn. Goats are the most stable and sure-footed of astrological signs. Reliable, economical, practical, and organized, they make good multitaskers and politicians.

### Resident

Renate M. 12/05  
Joanne J. 12/06  
Sharon G. 12/17  
Andrea S. 12/20  
Carol B. 12/21  
Holly P. 12/31

### Staff

Tami J. 12/06  
Tracy S. 12/06  
Kate H. 12/16  
Matthew P 12/17  
Mac H. 12/23  
Katarina K. 12/26  
Lisa D. 12/31



## Ringing Through History



Everyone singing “Jingle Bells” this holiday season may be surprised to learn it’s a Thanksgiving song. The vice president of the Medford Historical Society in Massachusetts explained that the song’s 19th-century composer, Medford resident James Pierpont, based it on a local tradition of one-horse open sleigh races through the streets of his hometown. When Pierpont moved to Savannah, Georgia, and became a pastor, he led his congregation in singing the song on Thanksgiving. They loved it so much they sang it again a month later on Christmas. Today, residents of Savannah share their ancestors’ passion for the tune. They dispute that Pierpont wrote the song in Medford, and they claim it as their own.

# WARM HEARTS, WARM CLOTHES

DONATE YOUR GENTLY USED CLOTHING & CHANGE A LIFE

Too many individuals in our community are facing harsh weather without proper clothing. Your donation can provide warmth, comfort, and dignity to those in need.

Accepting Donations Until December 16<sup>th</sup>  
Come along for the ride to our chosen shelters to personally drop off your donations.

### WHAT WE'RE ACCEPTING:

- Coats & jackets (all sizes)
- Sweaters, hoodies & long sleeves
- Hats, gloves, and scarves
- Gently used blanket

Please make sure all items are clean and in good condition.

Donations will be made to Hospitality House & Blankets to Sammies & Friends



## Resident Spotlight



Edna Whitehouse

Edna was born in Boston, Massachusetts. Her parents were first generation immigrants from Eastern Europe, Lithuania. At the young age of 19, Edna eloped with her husband Jim. They made their way from Boston out to San Francisco, California and settled down. Edna and Jim had 2 daughters named Annie and Ernestine.

During the 1950's Edna and her husband Jim became involved in various political and social causes. During the 60's and 70's Edna worked as a legal secretary in the Bay Area. She was valued among her employers and coworkers for her sense of responsibility, loyalty and good nature, she retired in the 1990's.

Edna’s life after retirement was quite pleasant. She loved to travel and did so almost every year. Paris and the Southwest USA were two of her favorite destinations. Edna also took up volunteered at the San Francisco Symphony, the San Carlos Library, local food banks and for various political and social causes. Edna moved to Nevada County in 2018. She has had lots of good friends and led a good life.