

**To Request Transportation:**

Tuesdays & Thursdays  
by appointment

Please Email Stephanie at  
StephaniePa@cascadeliving.com



**Dementia  
Caregiver Connections**

If you have a loved one living at home with Alzheimer's disease or another form of dementia, know that you're not alone.



Monthly Support Group with  
Pepsi Helmuth

SECOND WEDNESDAY  
OF EVERY MONTH

10:30am-12:00pm  
415 Sierra College Drive,  
Grass Valley

Join us for complimentary lunch following the meeting

Call Angela for more information or to RSVP  
530-272-8002.



**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 / Surname: \_\_\_\_\_ Date: \_\_\_\_\_

**WINTER**  
CROSSWORD PUZZLE

Read the clues below and fill in the grid.

**ACROSS**

1. Shoes for snowy or rainy days.
5. A type of tree that stays green.
6. Warm clothing for the upper body.
7. The opposite of warm.
8. Warm gloves for hands.
10. Related to very cold regions.

**DOWN**

2. Cloth worn around the neck.
3. A figure made by stacking snowballs.
4. A black-and-white bird that can't fly.
6. A small vehicle for sliding on snow.
9. Frozen water that falls from the sky.

# The Cascade Times

Cascades of Grass Valley | 415 Sierra College Dr. Grass Valley, CA 95608 | 530-272-8002



**Celebrating January**

**New Year's Day**  
January 1

**Grocery Outlet**  
January 2

**Scenic Drive**  
January 4

**Start of Elevator Remodel**  
January 5

**AR Motion Games**  
Every Tuesday at 3pm

**Rhythm & Rhyme with Nory**  
January 5 & 19 at 10:30am

**Dementia Support Group**  
January 14

**Happy Hour with Collin Hobbs**  
January 16

**Happy Hour with Family & Friends**  
January 18 at 3pm

**Out to Lunch Bunch:  
Humpty Dumpty**  
January 30



## From Playtime to Patents

January 17 is the day of the K.I.D.—that’s short for Kid Inventors’ Day. This special day honors Benjamin Franklin’s birthday on January 17. Most people know Franklin for his bifocals and experiments with electricity, but fewer realize that at age 11 he invented swim flippers for the hands.



But Franklin isn’t the only kid inventor. Perhaps the following inventions by kids will inspire you to take your own unique product from idea to “patent pending” (through the federal Patent Office).

In 1905, an 11-year-old boy from San Francisco named Frank Epperson stirred some sugary soda powder into water and left the mix outside all night. He awoke to discover it had frozen solid in the cold. When he licked it straight from the wooden stirrer, he knew he had accidentally made something delicious. The “Epsicle,” as he called it, was the first Popsicle.

On the last day of middle school, Sarah Buckel watched as a friend struggled to scrape off the glue used to stick posters and other decor to the locker wall. Over summer break, Buckel came up with a solution: magnetic wallpaper. Fortunately, Buckel’s father ran a magnet manufacturing company. In no time, her decorative magnetic wallpaper could be found at Staples, Target, and other large chains.

The list of young inventors doesn’t end there. Chester Greenwood invented earmuffs at age 15. Louis Braille invented braille, the alphabet for the blind using raised dots, at age 15. Hart Main, 13, conceived of a line of candles for men called Man Cans, offering “manly” scents like sawdust. At 15, Param Jaggi had the idea to insert algae into a car’s muffler to eat up carbon dioxide before it entered the atmosphere. And Mattie Knight, dubbed “Lady Edison” by fans, developed a safety device at age 12 that became a standard fixture on looms.

How’s that for ingenuity? All of these kids prove there’s no minimum age for having an inventive spirit and leaving your mark in the world.

## JANUARY BIRTHDAYS

In astrology, if you were born between January 1–19, you are a Goat of Capricorn. Goats are the most stable and sure-footed of astrological signs. Reliable, economical, practical, and organized, they make good multitaskers and politicians. Those born between January 20–31 are Aquarian Water Bearers. Aquarians have attractive personalities, vivid imaginations, strong intuition, and a thirst for knowledge. They also share a strong desire to help humanity and create unity

### Resident

Dennis G. 1/07  
John G. 1/18  
Bruce M. 1/18  
Joan B. 1/19  
Edna W. 1/21  
Judy S. 1/31

### Staff

Bridgette 1/03  
Kristen W.D 1/11  
Reanna LVN 1/20

Name / Surname: \_\_\_\_\_ Date: \_\_\_\_\_

# WINTER

ANSWER KEY

Read the clues below and fill in the grid.

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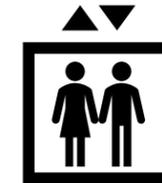
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## MONTHLY BIRTHDAYS

Beginning in January 2026, we will celebrate monthly birthdays on the 2<sup>nd</sup> Sunday at 3pm, bringing everyone together to honor each birthday. The activity room will host a small party with cake and ice cream!



## ELEVATOR REMODEL

Starting January 5<sup>th</sup>, 2026, at Cascades of Grass Valley, an important improvement project scheduled to begin. This project involves the complete modernization of our community’s elevator system—an essential upgrade to ensure continued safety, reliability, and comfort for all residents & guests. This process is expected to take approximately three to four weeks to complete.

Our team will continue to provide updates as the project approaches and progresses. A stair-climbing assistance device will be available to help residents travel between floors when necessary. Please note, however, that use of this device will need to be planned and coordinated, as it will not be practical to operate it multiple times per day for every resident.

A temporary dining room will be established upstairs for residents residing on that level. We deeply value your patience, understanding, and cooperation as we complete this vital improvement.

Sincerely,  
Haley Parker, LVN  
Executive Director Cascades of Grass Valley



## Resident Spotlight

National Law Enforcement Appreciation



**Bob Blecksmith**

At 28 years old, Bob started working for California Highway Patrol in Lancaster, CA. He enjoyed throwing drunk drivers into the slammer and had some peace knowing someone’s life was potentially saved after each arrest. Around 1964, Bob transferred to Grass Valley with his wife Sheila and three children (Bobby, Laura & Lisa) and continued his HWP career for 26 years and eventually worked in the sheriff’s office for 3 years before he was ready to retire.

## Employee Spotlight

National Activities Professionals Week

January 19-23



**Tami Jenson**

Tami has been an activity associate since May of 2022 and is deeply liked by all our residents, staff and families. Tami keeps our residents busy and active with exercise, games, art and music. Her energetic spirit and quick response to helping others truly shows how good of a person she is. We are truly grateful to have Tami on our Cascades team!