

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.

At Cascades of Grass Valley, we believe education and support are essential to navigating this journey with confidence and compassion. That is why we offer a monthly support group. It is a welcoming space to share stories, successes, and concerns, while learning practical coping tips and care solutions from others who truly understand what you are going through.

Join us for complimentary lunch following the meeting

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



Monthly Support Group with
Pepsi Helmuth

SECOND WEDNESDAY
OF EVERY MONTH

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



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

VALENTINE'S DAY ANSWER KEY

Read the clues, find the words, and complete the grid.



ACROSS

3. A toy filled with air.
4. Wrapping your arms around someone.
5. A pretty red flower.
7. Sweet treats to eat.
9. Someone you love and care about.

DOWN

1. A strong feeling of care.
2. A little boy with a bow and arrow.
6. A happy look on your face.
7. A piece of paper with a message.
8. Something you give to someone.

The Cascade Times

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

Scenic Drive to Target

February 6

Rick Steves Art of Europe

February 9

Dementia Support Group

February 11

Galentine's Tea Social

February 12

Bingo & Bon Appetit

February 13

Out to Lunch Bunch: Maya's Mexican Restaurant

February 13

February Birthday Celebration

February 15

Baking Club: King Cake & Happy Hour with Billy Bensing

February 17

Resident Council & Activity Committee

February 19

Paint & Sip with Stephanie

February 26



Good Deeds and Good Fortune

 February 17 may ring in China's new year, but preparations often begin weeks ahead of Chinese New Year's Day. One of the most important customs is a thorough cleaning of the house. This ensures any bad luck built up over the past year is swept away. Similarly, one must not clean during the first days of the new year so as not to sweep away any new good luck. Cleaning house also means it's time to take care of unfinished business; paying debts and resolving quarrels are all part of prepping for the new year.

Food is an important part of any Chinese New Year celebration, but most food must be prepared in advance, thanks to a popular superstition dictating that knives be put away on New Year's. Using a knife might just "cut off" the flow of good luck and prosperity to a home.

Perhaps the most important New Year's tradition is paying respect to ancestors. Celebrations can begin only after proper homage has been paid. On New Year's Eve, temples are often crowded with people bringing food, incense, and other offerings for their departed forebears.

Next door to China in neighboring Tibet, February 18 brings the new year, called *Losar*—Tibet's most important holiday. Drawing from Buddhist tradition, Tibetans believe good comes only to those who do good themselves. For this reason, *Losar* rituals include a focus on "virtuous attitudes," "virtuous actions," and thus, a "virtuous new year." For three to 15 days, depending on the locale, family and friends gather and celebrate by eating good food, telling stories, lighting fireworks, and playing games. Celebrations also involve donning one's finest clothes to visit temples and offer good wishes to the living, the dead, and the spirits of the enlightened. Since it's common to hurl barley flour, known as *tsampa*, as a spiritual offering, it may be a good thing their neighbors have a broom handy.

February Birthdays

In astrology, those born February 1–18 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. Those born between February 19–29 are Pisces. These Fish are spiritual types who feel comfortable in their introspective natures. As passionate, romantic, creative dreamers, they are charitable helpers who go with the flow.

Residents

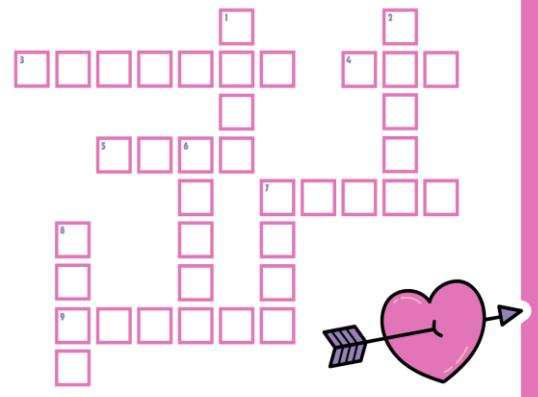
Marion B. 02/02
Charlotte N. 02/06
Elaine S. 02/11
Bill G. 02/17

Staff

Alicia 02/07
Heidi 02/18
Mati 02/21
Hayden 02/23
Violet 02/27
Michele 02/28

VALENTINE'S DAY CROSSWORD PUZZLE

Read the clues, find the words, and complete the grid.



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Professional Food Service Appreciation Week February 2nd-6th



(not all dining staff pictured)

We are grateful for our excellent dining service team, who selflessly serve our community, providing sustenance for our bodies and warmth for our hearts.



Bingo and Bon Appétit

Valentine's Bingo and Spaghetti Dinner

Friday, February 13 | 5 p.m.
415 Sierra College Drive | Grass Valley

Eyes on your cards and forks at the ready! Join us for a Valentine's Bingo Night paired with a classic spaghetti dinner made for sharing. Enjoy multiple rounds of Bingo, plenty of love and laughter, and a comforting Italian-inspired meal to keep the fun going. Cheesecake for dessert makes it a winning night all around.



Seating is limited. Call Angela to RSVP by February 10.
530-272-8002

RESIDENT SPOTLIGHT



Elaine Sheer

Elaine, born February 11th, 1939, in Conway Missouri to her mother, Gladys, and father, C.L. She is the youngest of 9 siblings, 5 brothers and 3 sisters. Elaine attended college in Springfield Missouri and graduated with her B.S in speech and language. She took her education down to Santa Clara University and worked as a professor for many years. She also met her husband, Norman, in Santa Clara through a friend and they were married for over 50 years. They both raised two boys, Steve & Greg. She has one granddaughter who is currently attending college and is extremely proud of her achievements. On her down time, Elaine enjoys playing cards and reading. Attends book club, participates in socials and enjoys outings to the local thrift stores and SPD for a lottery ticket. Elaine all around has a positive attitude and good look on life.

