

February 2026

Cascades of the Sierra

275 Neighborhood Way Sparks, NV 89441 (775) 424-5400



Special Days in February

2/1 Tu BiShvat Begins

2/2 Groundhog Day

**2/8 Super Bowl LX-
Seahawks vs. Patriots**

2/14 Valentine's Day

2/16 Presidents' Day

**2/17 Mardi Gras or Fat
Tuesday**

**2/17 Chinese New Year
Begins
(Year of the Horse)**

2/18 Lent Begins



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. 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.

6 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, dead, and spirits of the enlightened.

New in February

We have added more shopping trips to Walmart this month. There has been an increasing number of people wanting to go on these trips, so every Friday we will go to either Walmart or Trader Joe's to meet your shopping needs.

The Sight Loss Support group has kicked off and meets every Wednesday at 10:30am in the Sundance Cinema.

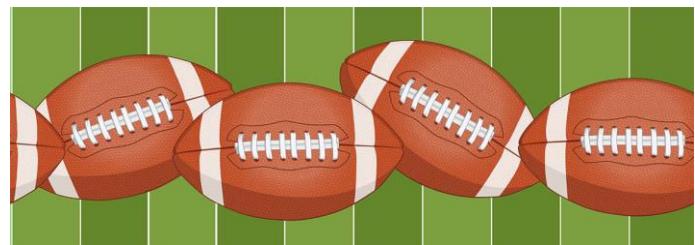
The Chess group is growing and is now meeting in the Art Studio on Tuesdays at 6:30pm.

The Bridge group is always looking for more players. If you're interested, please let someone from Life Enrichment know and we can introduce you to them.

If you have any new activity ideas, please stop by Life Enrichment and let them know about it. We love your feedback!

Just a reminder- We are currently out of resident name tags, but we are ordering more. If you would like one, please stop by Jennifer's office and she will put you on the list.

Upcoming Events-



February Horoscopes and Famous Birthdays

In astrology, those born between 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, creative dreamers, they are charitable helpers who go with the flow.

Tommy Smothers – Feb. 2, 1937

Hank Aaron – Feb. 5, 1934

Lana Turner – Feb. 8, 1921

Susan B. Anthony – Feb. 15, 1820

Hugh Downs – Feb. 14, 1921

Sidney Poitier – Feb. 20, 1927

Steve Jobs – Feb. 24, 1955

Jimmy Dorsey – Feb. 29, 1904

Dinah Shore – Feb. 29, 1916

Resident Spotlight- Les W.

Les and his dog, Xander, have been residents at Cascades for about two years. He was born in Texas and as a kid, he loved riding his horse down the public streets to his cousin's house. Les was in the U.S. Navy for seven years. During his time in the navy, he was assigned as a cook on a ship and recalls how the new recruits would get seasick, and they would come to the galley and say, "Cookie, give me a cracker!" That always made him laugh. Les has been married twice and has eight children and lots of grandchildren and great-grandchildren. He used to go camping and fishing a lot because he loves the outdoors and his favorite thing to eat is Carrot Cake. Some words of advice from Les, "Make friends and be a good friend." Friendships are important!" We love that!

Resident Birthdays

- **2/3 Dorothy P.**
- **2/4 Joan T.**
- **2/10 Gayle W.**
- **2/11 Lorre M. & Dorothy J.**
- **2/12 Keith B.**
- **2/13 Peg M.**
- **2/17 George T.**
- **2/20 Joyce G.**
- **2/21 Bette S.**
- **2/22 Sharon M.**
- **2/24 Jane M.**
- **2/26 Ray C. & Lois B.**
- **2/29 John V.**



Your Return Address
Street Number and Name
City, State ZIP Code

Postage
Information

Your Mailing Address
Street Number and Name
City, State ZIP Code



**“Spread love everywhere you go.
Let no one ever come to you
without leaving happier.”-**
Mother Teresa



Cascades Leadership Team

Executive Director- Chris Gardner

Associate Executive Director- Ardithe Peper

Business Office Manager- Julie Leach

Senior Director of Sales and Marketing-

Jessica Helgren

Community Relations Directors-

Amber Leighton, Traci Williams

Wellness Director of Assisted Living-

Marie House, RN

Memory Care Director-

Ronnie Kulak-Erdle, LPN

Plant Operations Director- Julio Estrada

Dining Director- Heidi Rockburn

Executive Chef- David Frank

Life Enrichment Director- Jennifer Perkins

EverFit Director- Alan Thomas