

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

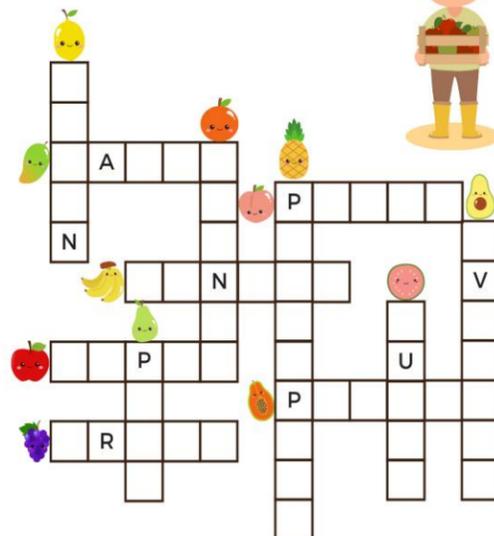
Stephanie Parker
Life Enrichment Director

Nicole Westervelt
Business Office Manager

CROSSWORD PUZZLE

Fruits

• Fill in the crossword puzzle below with the names of fruits.



The Cascade Times

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



Celebrating March

**Inspirational Art Hour
Women's History Edition**
March 2

**Steel Feather Fitness
Chair Yoga with Sarah**
Every Wednesday at 3pm

**Women's History Movie:
Hidden Figures**
March 10

**Dementia Support Group
with Pepsi Helmuth**
March 11

St. Patrick's Day Dinner
March 17

**Colorectal Cancer Screening &
Awareness Event**
March 17 at 10:30am
in Activity Room

The BOHO Orchestra
March 20

**Emerald Duo
Violin & Cello Duo**
Marh 31st



A Legacy of Laughs



Funny how men often think themselves funnier than women. Studies on humor between the genders have found that men's jokes are sometimes rated slightly funnier—but often it's other men who are laughing. Women, meanwhile, may quietly have the last laugh

on March 31, She's Funny That Way Day, a day celebrating comedians past and present.

Carole Lombard was a leading lady of old Hollywood, a natural beauty whose charm and comedic timing shone even when she took the occasional pie in the face. Barbara Stanwyck could play any role: glamorous dame, femme fatale, tough feminist, and yes, the madcap comedian. Both women were nominated for Oscars yet never won.

Any discussion of funny women must include Lucille Ball, often called the Queen of Comedy. Ball once told a *Rolling Stone* reporter, "I am not funny," though her millions of fans would beg to differ. Not only was she hilarious, she mentored another extraordinary comedian, Carol Burnett.

Many of these performers also changed the business behind the scenes. They pushed for better roles, wrote their own material, and shaped shows that reflected their voices rather than someone else's idea of what women should be. Their influence extends well beyond their punchlines, reminding us that real comedic power comes from having the freedom to tell your own story.

Like many of the men who came before them, no topic is too bold for these daring women. From Phyllis Diller to Joan Rivers to Whoopi Goldberg, to modern comedians such as Tina Fey, Kristen Wiig, Melissa McCarthy, Sarah Silverman, Mindy Kaling, Amy Poehler, Wanda Sykes, and Maya Rudolph, the list of talented women is truly endless—and so are the laughs.

March Birthdays

In astrology, those born between March 1–20 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." Those born between March 21–31 are Rams of Aries. As the first sign of the zodiac, Arians charge out of the gate with energy, confidence, power, and zeal. As pioneers, Arians are unafraid of the unknown. For these eternal optimists, no odds are ever considered insurmountable.

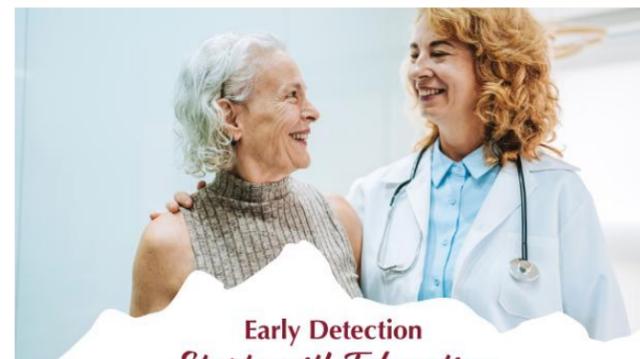
Happy Birthday!!

Residents

- Diane H. 3/29
- Naidruva 3/29
- Lorraine S. 3/31
- Fusako W. 3/31

Staff

- Paige H. 3/06



Early Detection Starts with Education

Colorectal Cancer Screening & Awareness Event
Thursday, March 19 | 10:30 a.m. | 415 Sierra College Drive | Grass Valley
Presented by Lauren Trapani, Account Executive Screening Division of Guardant
Refreshments will be served.

March is Colorectal Cancer Awareness Month, and Cascades of Grass Valley invites you to an informative community presentation focused on the importance of early detection and screening options. This educational session, presented by Lauren Trapani, is open to all. Following the presentation, a licensed phlebotomist will be available to provide colorectal cancer screening for anyone interested. Join us to learn, ask questions, and take a proactive step toward your health.



Seating is limited. Contact Angela to RSVP by February 17.
530-272-8002
AngelaH@cascadeliving.com

Independent Living | Assisted Living | Memory Care
415 Sierra College Drive | Grass Valley, CA 95945 | www.CascadesLiving.com/GrassValley

PLEASE RSVP BY MARCH 17TH!!!

Courtesy Counts



Many lament that common courtesy is not so common anymore. If someone you know is acting less than civil, March 21, Common Courtesy Day, is the perfect opportunity to tactfully share a few tips and reminders on how to treat others with respect.

If we don't practice empathy every day, we may have to rely on others to pass laws of courtesy for us. Restaurants declare "No Cell Phone Zones." Sports stadiums regulate fan conduct. New York City even imposes a fine on those who prop their feet on a subway train seat. Psychologist Marie Hartwell-Walker believes that even "faked" manners can teach empathy, that cornerstone of courtesy. Simple acts such as holding doors open, returning phone calls, treating clerks and cashiers with respect, and saying *please* and *thank you*—these daily reminders to consider others' feelings lay a foundation for building empathy.

SHAMROCK & SHENANIGANS DINNER & TRIVIA

Tuesday, March 17th | 4:30pm
415 Sirra College Dr | Grass Valley

Join in on the fun by arriving at 4:30pm for a mix and mingle with St. Patrick's Day themed mocktails & cocktails. Followed by a traditional holiday dinner at 5pm with corned beef & cabbage with all the fixings. Put your knowledge to the test in a lively and friendly trivia competition following dinner. Prizes and bragging rights included!

Seating is limited. Call Angela to RSVP by March 13th

530-272-8002



Resident Spotlight



Andrea Steffens

Andrea was born in San Francisco to her parents John and Kathleen Steffens. She was the youngest of 2 with her older sister, Sonya. Andrea's favorite childhood memory being with her horses and listening to football on the radio with her father. Andrea attended Sequoia High in Redwood City, Miss Hamlin's School SF from 10th-12th grade, 1 year at UOP, Sonoma State which achieved her BA & MA Psychology, Hawthorne University, SF, PhD in Expressive Arts Therapy and Harvard University credentialed in Traumatic Stress Counseling. Andrea is currently married to her husband, Arthur Cohen of 47 years and still going! Andrea has four children (Jaime, Wendy, John & Andrew), 7 grandchildren and 4 great grandchildren. Andrea went back to school at 36 and completed her BA, MA, PhD and worked in Kosovo with women victims of war and other traumas. She is most proud of her Harvard Accreditation, her children, teaching art and women's groups. Andrea has a long history of owning dogs and horses growing up and currently has a 7-year-old Shi Tzu named Alice.

Employee Spotlight



Toon!

Toon is an exceptional caregiver who consistently demonstrates a strong commitment to caring for people, particularly within the senior community. We are proud to have Toon as part of our team!