

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**

**Spring
WORD SEARCH**

APRIL
BLOOM
BREEZE
BUTTERFLY
FLOWER
MARCH
MAY
MUD
POLLEN
RAIN
SEEDS
SPROUT
SPRING
TULIP

M	A	R	C	H	A	D	M	U	D	Y	E	H
B	R	C	D	T	P	U	C	H	I	J	B	M
S	A	W	S	P	R	I	N	G	H	N	U	P
E	I	T	U	L	I	P	B	M	P	M	T	A
E	N	P	S	B	L	O	O	M	O	L	T	C
D	T	E	A	S	G	I	R	H	L	K	E	D
S	E	F	L	O	W	E	R	P	L	C	R	M
R	T	U	J	B	R	E	E	Z	E	B	F	U
F	S	P	R	O	U	T	O	H	N	P	L	G
C	K	W	F	Y	R	E	B	E	M	A	Y	O

The Cascade Times

Cascades of Grass Valley | 415 Sierra College Dr. Grass Valley, CA 96945 | (530) 272-8002



Celebrating April

**Spring BBQ Lunch
with Staff
April 1**

**History of Sourdough Bread
with Stephanie
April 2**

**Lunch Outing
Big A Root beer
April 3**

**Easter Sunday Egg Hunt
April 5**

**Crystal Bowl Healing Class
April 10**

**Spring Bouquets with Haley,
Kristen & Christy
April 16**

**Spring Family Dinner
April 17**

**Baking Club:
Orange Pound Cake
April 21**

**Plant a Tree with Alex
for Arbor Day
April 23**



Inside the Human Blueprint



Over two decades ago, scientists completed a \$3 billion effort to understand and map human DNA—long strands of genetic material that influence traits such as biological sex, eye and hair color, ancestry, and susceptibility to certain diseases. That map of the human genome has opened new opportunities for doctors and researchers to better understand, prevent, and treat a wide range of illnesses. Since National DNA Day falls on the 25th, the month of April is a fitting time to learn about ongoing advances in genetic science.

Gene therapy requires scientists to find faulty strings of DNA that cause disease and replace them with normal ones. In this way, the body can stop itself from producing genetic ailments. The ultimate goal of researchers is for scientists to develop gene therapies that fight all kinds of DNA-based diseases, including some forms of blindness, muscular dystrophy, and even cancer.

Our DNA can reveal not only why we may become sick but also how our bodies respond to certain medicines. Francis Collins, former director of the National Institutes of Health, has suggested that genetic testing may one day become a routine part of medical care. By studying DNA, drug companies and doctors are already working to develop treatments tailored to groups of patients—and in some cases individuals—based on their genetic makeup.

Some promising advances also come from stem cells, which act as a body’s internal repair system and can develop into many different types of cells. Researchers continue to explore how stem cells might be used to repair or replace damaged tissues, such as heart tissue affected by disease, vision loss from macular degeneration, joint damage from arthritis, or brain injury caused by stroke. Today, these DNA-based treatments are often complex and costly, but they remain an important and growing area of medical research.

April Birthdays

In astrology, those born between April 1–19 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. As eternal optimists, no odds are ever considered insurmountable. Those born April 20–30 are Bulls of Taurus. Bulls show a steady persistence in endeavors both professional and personal, and after working hard, are not shy about rewarding themselves for a job well done.

Residents

Judith R. 4/13
Bob T. 4/23
Laura H. 4/28

Staff

Nicole W. 4/07
April G. 4/10
Desiee A. 4/18
Prelan A. 4/28



Together in Bloom

A Spring Family Evening Friday, April 17 | 5 p.m.

Spring is all about new beginnings, and there's no better way to celebrate the season than by gathering around the table with the people we love. We invite you to join us for an evening of wonderful food and even better company. Come experience the heart of our community and the warmth of our hospitality as we share a beautiful meal and watch our friendships bloom.

Contact Angela to RSVP by April 14.
530-272-8002 | AngelaH@cascadeliving.com

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

Starter

Crispy Baguette
Strawberry-Pecan
Balsamic Green Salad

Entrées

Pan-Roasted Salmon with
Creamy Mashed Potatoes,
Green Beans and a Creamy
Garlic Sauce

or

Spring Pea and Asparagus
Lemon Risotto with a Grilled
Chicken Thigh

Dessert

Lemon Curd and
Berry Pavlova

One Last Powwow



On April 24 and 25, Albuquerque, New Mexico, will host one of the largest gatherings of Indigenous Americans in the world when more than 700 tribes from the United States, Canada, and beyond arrive for the Gathering of Nations Powwow. First held more than 40 years ago, the Gathering of Nations has grown into the premier Native American cultural event in North America. Sadly, organizers have announced that the 2026 powwow will be its final year—“The Last Dance.”

What makes the powwow so special? It is a shared celebration of traditional Indigenous cultures—a feast for the eyes, ears, and mouth. With more than 30 judged categories, spirited competition in Native music, singing, and dancing involves everyone from children to elders. It is a remarkable sight to see men and women perform many different dances in their traditional regalia adorned with feathers, beads, and colorful clothing. Visitors should not miss the Grand Entry, when thousands of dancers in full costume enter the arena with great fanfare.

Another highlight is the Miss Indian World competition, where young Native women compete in public speaking, traditional talents, interviews, and dance, sharing their tribes’ cultures and histories. Winners traditionally serve as cultural ambassadors and educators.

In the spirit of community, all are welcome to attend the powwow. Tickets grant access to the powwow grounds, Stage 49 (a live music stage featuring Native performers), the Indian Traders Market with hundreds of artisans and craft workers, the Native Food Court, and the Horse & Rider Regalia Parade. Events take place at the Powwow Grounds at Expo New Mexico, centered around the Tingley Coliseum in Albuquerque.

RESIDENT SPOTLIGHT

National Hairstylist Appreciation



Renate Moore

Renate had been a hairstylist for many years and absolutely loved it. She moved to the states from Germany as a young girl and attended beauty school. She found joy in making women feel beautiful with her talents and even worked with some celebrities. Renate has been a part of our community for a little over 3 years, has a little dog named Lily and has a deep love for the Lord.

Employee Spotlight



Chef Alex!

Thank you, Alex, for showing up every day and all the wonderful meals you prepare for our community. We appreciate you!