

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



MEET OUR 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

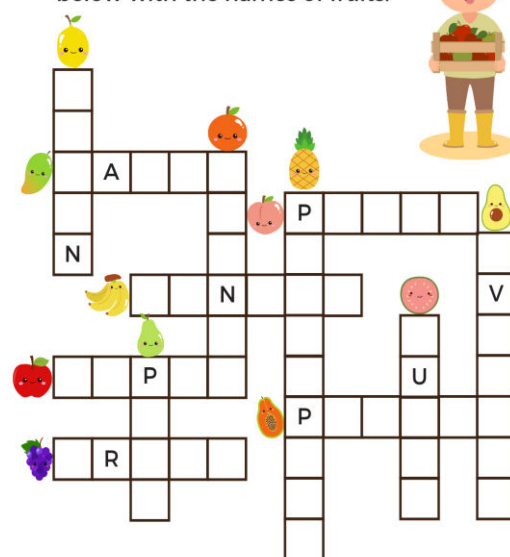
Stephanie Parker
Life Enrichment Director

Nicole Westervelt
Business Office Manager

First resident who completes
the puzzle wins a prize!

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 96945 | 530-272-8002



Panda Express
May 1

Churro Bar
May 5

Mother's Day Tea Party
May 7

Mother's Day Lunch
May 10

Evolution of Deception
May 11

**Letter of Gratitude
& Nurse Appreciation Day**
May 12

Nevada City Train Museum
May 15

**Resident Council
& Activity Committee**
May 21

Memorial Day BBQ
May 25

Cinnamon Rolls w/L.E.D
May 26



Aid Without Borders



World Red Cross Day, observed each year on May 8, honors one of the world's largest and most enduring humanitarian networks—and the people who keep it running when it matters most. The date marks the birthday of Henry Dunant, founder of the International Committee of the Red Cross and the first recipient of the Nobel Peace Prize.

Today, the Red Cross and Red Crescent Movement operate in nearly every country, responding to crises that range from armed conflict and natural disasters to public health emergencies and everyday community needs. In a world shaped by climate extremes, migration, and ongoing conflict, the organization's role is more relevant than ever.

In recent years, Red Cross workers and volunteers have been on the front lines of wildfires, floods, earthquakes, and hurricanes, often arriving within hours to provide shelter, food, medical care, and family reunification services. Beyond disaster response, the Red Cross plays a critical role in blood donation services, emergency preparedness training, and support for military families.

World Red Cross Day is also a reminder that humanitarian work is guided by core principles, like humanity, neutrality, and voluntary service. These principles allow Red Cross teams to work across borders and political divisions, focusing solely on human need.

This year's observance highlights the importance of local volunteers, who make up the majority of the movement's workforce. Trained community members often serve as first responders, using local knowledge to deliver aid quickly and effectively. Their efforts show that humanitarian action doesn't always start with large operations—it often begins with neighbors helping neighbors. World Red Cross Day is not just a celebration of an organization but of the shared belief that helping others, quickly and humanely, can change lives.



May BIRTHDay's

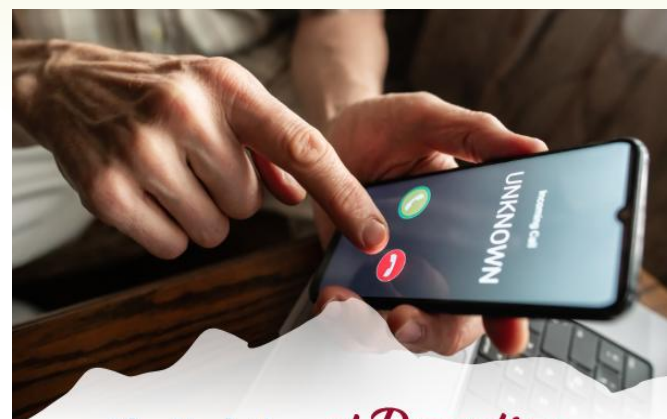
In astrology, those born May 1–20 are Bulls of Taurus. Bulls show a steady persistence in endeavors both professional and personal and after working hard, they are not shy about rewarding themselves for a job well done. Those born May 21–31 are Gemini's Twins. The Twins represent energetic communication and interaction. Curious Geminis love to collect and share information. Witty and intellectual, they attract many friends, mentors and colleagues.

Residents

Alice 5/06
Henry 5/07
Lucy 5/07

Staff

Casey 5/06
Haley P. 5/15



The Evolution of Deception

Scams have shifted from simply hacking a computer to more sophisticated psychological warfare. Today's predators are hacking human nature to get \$10 billion out of people annually.

Because these sinister tactics are designed to exploit our emotions and trust, anyone can become a target. By learning to identify modern red flags and understanding the mechanics of these traps, you can stay one step ahead and protect yourself from becoming the next victim. Join us to learn how.



Stop the Scam
Monday, May 11 | 3 p.m.

Presented by Melissa Hannebrink
from Quietech

415 Sierra College Drive | Grass Valley
Light snacks will be provided.



Contact Angela to RSVP by May 8.
530-272-8002

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

License #297005395



Garden to Table

Most people agree that a salad is a healthy meal choice. What better way to get a daily dose of raw and delicious food abundant in vitamins and

minerals into your diet? It may be difficult to believe, but building a healthy salad is harder than it looks. This May, Salad Month, expert nutrition consultant and certified sports dietitian Cynthia Sass helps us mix the perfect salad.

The first salad mistake that Sass often notices is that people use too many veggies and not enough protein. Well-balanced salads require protein, because bodies require protein for tissue maintenance and healing. Lean meats like chicken or fish are good additions, but plant-based proteins like lentils or beans, and dairy proteins like cheeses or hard-boiled eggs are excellent choices. Yes, even salads need fat. Like protein, fat is an important building block for our bodies, aiding our skin, brains, and cell membranes. Healthy fats include things like nuts, olives, and avocados. Also, including olive oil in salad dressing is an easy way to add a dose of healthy fat.

The most important part of any salad is vegetables. The most important rule of adding veggies to a salad is variety, and the easiest way to create variety is to add many different colors! Field greens, red tomatoes, purple cabbage, orange carrots, yellow peppers... a colorful palette of veggies will boost your intake of essential nutrients.

Those with a green thumb can grow many vegetables right in their home gardens. Leaf lettuce is very easy to grow, and so are cucumbers and radishes. Tomatoes are another garden favorite. Gardens aren't only for veggies, though—for a larger variety of goodies to toss into your salad, grow melons, herbs, and corn, too. This way, you can enjoy a complete, farm-fresh salad from your own backyard.

NATIONAL NURSES WEEK

Residents

Diane H. RN
Sharon G. RN

Staff

Haley ED, LVN
Kristen WD, LVN
Michale, LVN
Reanna LVN
Kesleigh LVN
Hydie LVN

Thank you to
all our nurses!

EMPLOYEE SPOTLIGHT



Megan Alemania

Megan is our med tech and care associate who has been with Cascades of Grass Valley for almost 8 years. With her positive attitude, she is hard-working and dedicated to making sure her