

May 2026

Cascades of the Sierra

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



Celebrating May

May Day
May 1

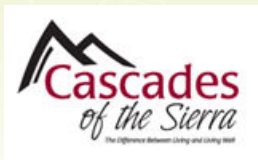
Cinco de Mayo
May 5

Mother's Day
May 10

**International
Nurses Day**
May 12

Armed Forces Day
May 16

Memorial Day
May 25



Sound Sense

Many of us might not like to admit that we are constantly turning up the TV volume. However, over a lifetime of listening, our hearing begins to deteriorate. As we age, the tiny hairs in our inner ears that pick up sound vibrations begin to break down. The louder the noise, the more violent the assault on these hair cells and the more severe the degradation. On May 31, turn down the television, radio, or headphones playing music from your smartphone—it is Save Your Hearing Day.

How loud is too loud? The World Health Organization says that listening to sounds around 80 decibels can be safe if your total exposure stays below about 40 hours a week, but as levels go above that, safe listening time drops quickly. For example, at 90 decibels, the recommended weekly listening time falls to roughly four hours, and at 100 decibels, it's only about 20 minutes per week. So you can still enjoy loud music or TV, but the louder it is, the shorter the safe listening time to protect your hearing.

Experts think that one of the best ways to save our hearing is to protect our ears. Professions that require the use of loud equipment often require the use of earplugs. The same advice applies to those engaging in loud recreational activities, such as riding a motorcycle or hunting. For those who find themselves in loud places, noise-cancelling headphones often help make the loud environment more comfortable.

It turns out that the best medicine for our ears is to give them a rest. Limit exposure to very loud sounds, such as a 100-decibel rock concert, and follow them with extended periods of quiet to reduce ear strain. Perhaps the best way to celebrate Save Your Hearing Day is to hit the mute button.

May Events

Tuesday, May 5th at 3:30pm- Put on your sombreros and join us at the Fireside Club for a complimentary margarita and nachos at our Fiesta Happy Hour!

Thursday, May 7th at 1:30pm- National Day of Prayer celebration in the Sundance Cinema.

Saturday, May 9th from 11:30am to 2pm- We're celebrating all the moms in our community with a nice brunch followed by a special "Purses and Perfumes" event and piano music at 2:30pm.

Thursday, May 14th at 10am- Sparks Methodist Senior Chorus performance in the South Living Room.

Thursday, May 21st at 2pm- Cascades Chorus Memorial Day performance.

Monday, May 25th at 3:30pm- The Sierra High Notes Chorus will be here to perform in the South living Room.

Tuesday, May 26th at 9am- Outing to the RTC office in Reno to sign-up for Uber/Lift senior discounts and Flex Ride services.

Cascades of the Sierra's
Mother's Day Brunch
Saturday, May 9th from 11:30am to 2:00pm

Join us as we celebrate all the moms in our community with a special plated brunch menu. Starting with scones and Shrimp Cocktail, plus a choice of either traditional Eggs Benedict, "Marry Me" style Salmon or Cold Chicken Quinoa Salad. A choice of potatoes, vegetable or berries as the sides. Strawberry Shortcake and a gluten-free dessert will be served, plus a complimentary Pineapple Champagne Mimosa! Guest prices: \$27 for adults \$15 for children (10 & under) Please make your reservation at the concierge desk (775) 424-5400. Don't forget to join us for our 2nd annual "Perfumes and Purses" event immediately following the brunch.

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MEMORIAL DAY

Remember and Honor

Resident Spotlight- Sharon B.

Sharon has been a resident at COS for ten months. She was born in Van Nuys, CA and her fondest childhood memories are when she visited the historical missions in California. She is widowed with two children and two grandchildren, Colton and Holly. Sharon's favorite food is chicken, and she loves it prepared anyway as long as it's gluten-free. She used to play piano and card games as a hobby, but nowadays she likes to crochet. Sharon currently runs our weekly Sight Loss Support Group and our Erev Shabbat Services. Her favorite part about living here is the staff and their openness to new ideas. Sharon's words of advice, "Live life to the fullest, be true to yourself, and don't let anyone tell you who you are." Thank you, Sharon for all you do!



Fun Photos from April



A group of our wonderful servers performing a song together at Karaoke one Friday afternoon.



This group went to the Rock Church to see the musical, "The Girl who Spoke with Animals."

HAPPY
Mother's
 DAY

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

Postage
Information

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



**“May is the month of
expectation, the
month of wishes, the
month of hope.”-
Emily Bronte**

Cascades Leadership Team

Executive Director- Chris Gardner

Associate Executive Director-

Ardith Peper

Business Office Manager- Julie Leach

Director of Sales & Marketing-

Jessica Helgren

Community Relations Directors-

Amber Leighton and Traci Williams

Wellness Director- Marie House, R.N.

Memory Care Director-

Ronnie Kulak- Erdle

Plant Operations Director- Julio Estrada

Dining Services Director- Heidi Rockburn

Executive Chef- David Frank

Life Enrichment Director- Jennifer Perkins

Everfit Director- Alan Thomas