

**To Request Transportation:**

Tuesdays & Thursdays  
by appointment

Please Email Haley at  
HaleyP@Cascadeliving.com



**Dementia  
Caregiver Connections**

If you have a loved one leaving 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



# The Cascade Times

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



**Celebrating June**

**Armchair Travel to Paris**  
June 3<sup>rd</sup>

**Walking Club at  
Condon Park**  
June 5<sup>th</sup>

**Thrift Store Outing**  
June 7<sup>th</sup>

**Lunch Outing:  
Maria's Mexican Restaurant**  
June 12<sup>th</sup>

**Legends Lunch &  
Rock'n Bingo!**  
June 13<sup>th</sup>

**Resident Council**  
June 18<sup>th</sup>

**South Yuba River**  
June 19<sup>th</sup>

**Father's Day Lunch**  
June 21<sup>st</sup>

**Terrarium Craft**  
June 25<sup>th</sup>

**Lunch Outing:  
Asian Gardens**  
June 26<sup>th</sup>

**Harmonic Convergence  
Quartet**  
June 28<sup>th</sup>



**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

**Nicole Westervelt**  
Business Office Manager

**OCEAN ANIMALS  
WORD SEARCH**

Find and circle the names of the ocean animals hidden in the grid below.

CLAM	SQUID	WHALE	ORCA
SEA LION	MANATEE	STINGRAY	WALRUS
SEA TURTLE	LOBSTER	SEA OTTER	MANTA RAY
ANGLERFISH	SEA URCHIN	HARP SEAL	BLUE TANG

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



## Strike a Pose



There is an ancient Greek myth that tells of a man named Narcissus. He was so beautiful that even the fairest beings of all, the woodland nymphs, fell in love with him. Narcissus,

though, was not interested in the nymphs. Instead, he fell in love with himself after catching sight of his face reflected in a pool of water. So strong was his attraction to his own face that he admired himself day after day until he died. From this Greek myth we get the word *narcissist*, meaning someone who is self-involved and vain. This old Greek story offers a word of warning to those celebrating Selfie Day on June 21.

Selfies, those arm-length photos we take of ourselves with our smartphones, are not elegant self-portraits. The selfie, hastily snapped and shared on social media, becomes a means through which both friends and strangers eavesdrop on your intimate moments and mundane tasks. Some believe that the fixation with selfies has reached epidemic proportions. A culture obsessed with snapping selfies must be narcissistic.

Groundbreaking psychoanalyst Heinz Kohut might have argued that a more self-focused culture isn't necessarily a bad thing. Unlike poor Narcissus, who loved himself to death, Kohut believed in the idea of "healthy narcissism." In his view, a measured degree of self-regard fosters confidence, resilience, and vitality. After all, learning to value oneself is a prerequisite for forming healthy relationships with others.

How fitting, then, that "Selfie Day" now feels almost redundant. Miss Selfie Day on June 21? The third Wednesday in January each year is Museum Selfie Day, encouraging photos taken alongside art or dinosaur bones. In practice, every day is selfie day. Recent research suggests that young adults continue to spend significant time curating and sharing self-images across platforms—part of everyday communication rather than novelty. At least, unlike Narcissus, they still pause long enough to eat, work, and bathe.



## June Birthdays

In astrology, those born between June 1–21 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. Those born between June 22–30 are Crabs of Cancer. Kind and protective, Crabs love to nurture others. While they may be emotional, they are never soft. Cancers are tenacious in their pursuit of domestic harmony.

### Residents

**Dorothea M. 6/18**  
**Sandra F. 6/20**  
**Claudia M. 6/21**

### Staff

**Sheila S. 6.01**  
**Alex C. 6/05**  
**Megan A. 6/09**  
**Lillian H. 6/23**  
**Julia H. 6/26**

## Legends Lunch



Trade in the standard bingo cage for the electric sounds of the classics! We're turning up the volume for a Rock & Roll Music Bingo event that's sure to strike a chord.

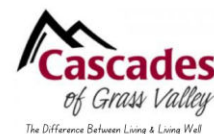
Whether you're a resident, a family member, or a friend curious about life at Cascades of Grass Valley, we invite you to join us for an afternoon of nostalgia and rhythm. We'll start the festivities with a delicious lunch, followed by a high-energy bingo game where old-time rock and roll hits replace the typical numbers.

**Contact Angela to RSVP**  
**By June 12<sup>th</sup> | 530-272-8002**



### Rock'n Roll Music Bingo

Saturday, June 13 | 12 p.m.  
 415 Sierra College Drive | Grass Valley



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

## Seasoned Living



June 10 is National Herbs and Spices Day, celebrating the plants that quietly shape how we cook, heal, and even garden. Long before refrigeration or modern medicine, herbs and spices were prized for their ability to preserve food, enhance flavor, and support health.

Take turmeric, for example. Its active compound, curcumin, has well-documented anti-inflammatory properties and is often studied for its potential role in easing joint pain and supporting cardiovascular health. Cinnamon has been shown to help regulate blood sugar levels, making it a staple not just in baking but also in traditional wellness practices. Garlic, another everyday powerhouse, contains sulfur compounds that support immune function and may help lower blood pressure. Even common herbs like rosemary and thyme are rich in antioxidants and have antimicrobial qualities.

Historically, herbs and spices were valuable commodities. In places like ancient Egypt, spices were used in embalming and medicine, while medieval Europe relied on imported pepper, nutmeg, and cloves as both status symbols and practical tools for food preservation. These plants helped shape trade routes, agriculture, and cuisine across continents.

Today, one of the simplest ways to connect with that history is through a windowsill garden. Many herbs thrive indoors with minimal effort. Basil, chives, parsley, and mint need little more than sunlight, regular watering, and good drainage. Growing your own ensures freshness and makes cooking more intuitive—you're more likely to use herbs when they're within arm's reach.

National Herbs and Spices Day is a reminder that these small plants punch far above their weight. They add flavor without excess salt or sugar and invite a hands-on relationship with food that starts right at the window.

## RESIDENT SPOTLIGHT



**FUSAKO "FU" WASLEY**

Fusako "Fu" was born on March 31st, 1929, Yamaguchi, Japan. Raised by her mother Yuki Nakamoto and her father who worked as farmer, Fu had 9 siblings, 2 brothers and 7 sisters. She attended elementary, junior high and high school. She learned flower arrangement, participated in a tea ceremony and gained her U.S citizenship. Married her husband Edgar Monroe Wesley and they were married for almost 50 years! They met during WWII and came over to America by boat. Her and her husband had two children together, Robert & Betty and has 7 grandchildren and 3 great grandchildren. She has lived in Monterey and Rocklin California and even Rhode Island. She is most proud of her two children, living comfortably and being honest. Fu enjoys road trips, camping and trips to Reno. Her daily routine consists of exercise, group activities, music and social activities. Fu's hot buttons are being rushed and not letting her do it Fu's way! Fresh air and holding hands bring her comfort. Talking and sitting brings her joy. Her favorite snacks are milkshakes, sparkling cider and ginger ale.

