



Notable Quotable

“The only way to survive is to have a sense of humor.”

~ Bob Newhart (born September 5, 1929)

September Birthdays

- 9/1 Patty H.
- 9/3 Glenda P.
- 9/4 Diane W.
- 9/9 Gael W., Ronnie V., and Katelyn P.
- 9/10 Lexi W.
- 9/11 Roy F.
- 9/12 Maureen B. and Taytem L.
- 9/14 John L.
- 9/15 Ray H. and Marjorie H.
- 9/19 Gail C.
- 9/20 Margie G.
- 9/28 Barbara F.
- 9/29 Ray H.

School Days Flashback *(cont. from pg. 1)*

cloth or paper, were brought from home—no cafeteria pizzas or chocolate milk here!

Getting to school was an adventure in itself. School buses were a rarity, so many children walked long distances, rain or shine. This daily trek often built a strong sense of community, as

families and neighbors connected through their local school.

Reflecting on these memories, it's clear that while much has changed, the joy of learning, making friends, and community spirit remains timeless. Here's to celebrating the wonderful memories of school days past!

Cascades Leadership Team

- Executive Director- Chris Gardner**
- Associate Executive Director- Ardith Peper**
- Business Office Manager- Julie Leach**
- Senior Director of Sales and Marketing- Jessica Helgren**
- Community Relations Directors- Donna Bennett and Amber Leighton**
- Wellness Director of Assisted Living- Marie House, RN**
- Lodge Coordinator- Michelle Petie**
- Plant Operations Director- Ron Bedera**
- Dining Director- Heidi Rockburn**
- Executive Chef- David Frank**
- Life Enrichment Director- Jennifer Perkins**
- EverFit Director- Alan Thomas**

Cascades of the Sierra

September 2024

Cascades of the Sierra | 275 Neighborhood Way
Sparks, NV 89441 | (775) 424-5400 |



Celebrating September

World Alzheimer's Month

National Guide Dog Month

National Assisted Living Week
Sept. 8 – Sept. 14

Day of Charity
September 5

Grandparent's Day
September 8

Wonderful WeirDOS Day
September 9

Love Note Day
September 26

Good Neighbor Day
September 28

School Days Flashback

As September approaches, the sight of children heading back to school brings a wave of nostalgia, reminding us of how schools used to be.

Back in the day, many schools were one-room schoolhouses, especially in rural areas. Imagine one teacher managing students of all ages and grades in a single room. Discipline was strict—getting the occasional rap on the knuckles with a ruler was not unheard of!

Technology in the classroom was a far cry from today's tablets and

smartboards. The trusty chalkboard was the centerpiece of the room, and students wrote on slates with chalk. Desks were often bolted in neat rows, and flexible seating was just a dream. Instead of Googling answers, students flipped through well-worn textbooks and took meticulous handwritten notes.

School supplies were prized possessions. Pencils and paper were often shared among siblings, and ink wells and nib pens were part of the daily routine. Lunches, wrapped in

(cont. on pg. 4)

New Activities for September

There are several new activities on the September calendar for everyone to join. Friday, September 6th is National Read a Book Day, so we are starting a book club that meets every other Friday at 11am in the Great Room. If you like to play Bridge, we are working to get a Bridge group together to play weekly. The start up is on Monday, September 9th at 2pm in the Great room. Another game we have added is Bunco, which starts on Friday, September 13th at 11am in the Fireside Club.

Our Crochet club is meeting every Thursday at 2pm in the Great room, so come crochet with us. We've also added a couple other card games, such as UNO and Skip-Bo to the calendar. With the renovation of our cinema, we will soon be streaming new movies and programs weekly, so please let the Life Enrichment team know what you like to watch by completing our Life Enrichment Survey available throughout the community and turn it in to the concierge desk or the Life Enrichment team.

September Entertainment Highlights

Wednesday, September 4th at 7pm-
The Biggest Little Big Band- LS
Saturday, September 7th at 2pm- Music w/ Sandee- FC
Sunday, September 8th at 11am-
Grandparent's Day Celebration
Wednesday, September 11th at 2pm-
Dave Mensing on Guitar- FC
Friday, September 13th at 2pm-
Bill Papa & His Ukulele Group- LS
Wednesday, September 18th at 7pm-
The Biggest Little Big Band- LS
Friday, September 20th at 2pm- Music w/ John Rand- FC
Saturday, September 21st at 2pm-
The Bluegrass Association- FC
Wednesday, September 25th at 2pm-
September Birthday Bash & Sing Along w/ Jacques- FC
Saturday, September 28th at 2pm- Music w/ DD James- FC



No matter what you do, believe in yourself.

Enthusiasm Unleashed

Sometimes keeping a positive attitude is easier said than done. How do we stay positive? The ancient Greeks believed that "enthusiasts" were those possessed and inspired by the gods. Children may be some of our best models of enthusiasm. Everything is new to them, and they often greet the world with boundless enthusiasm.

During International Enthusiasm Week, September 1–7, welcome a bit of naïveté into your life and enjoy being mystified and dazzled. Enthusiasm, in some respects, requires a little bit of magic and dreams, freedom, and possibility. For the first week in September, walk around starry-eyed, and see if your enthusiasm becomes contagious.



Fruit helps increase the intake of key vitamins and minerals.

Sweet Cravings

Why is it that after a big meal we still crave something more? Not another helping of meat and potatoes. Not salad. Something sweet. Dessert!

Some scientists say that it's simply a matter of conditioning—that we've been trained to eat dessert after dinner since childhood. Others believe that it's a matter of brain chemistry. Eating sugar enables the absorption of amino acids, and

these amino acids increase serotonin, which is a powerful chemical in our brains that makes us feel happy. What is worse, depriving ourselves of dessert only makes us want it more. You won't need to deprive yourself on September 4, Eat an Extra Dessert Day. Remember, desserts eaten in moderation can be part of a healthy diet. Or, instead of unhealthy sweets like cookies and cake, opt for fruits, which contain natural sugars.



Resident Spotlight- Roxanne

This month's resident spotlight is on Roxanne. She has been a resident of Cascades for a little over three months and is happy she moved to this community. Roxanne was born in California, in the Silver Lake region of Los Angeles. Her fondest childhood memories are those she shared with her twin sister, like going to the beach and getting rides to school in her father's police car. When she was a young, she loved horseback riding, archery and working as a stage crew. Nowadays, she enjoys quilting and watching good movies. She has four children, eight grandchildren and one great grandchild. Her favorite part of living here is her beautiful balcony, but she also loves the swimming pool, the parties, the music and all the staff. Her words of advice, "Live one day at a time, stay optimistic and be friendly!" We can't agree with her more!