

September 2024

Cascades Of Sugarland

Cascades Of Sugarland Ridge | 1551 Sugarland Drive, Sheridan, WY, 82801 | 307-674-5575



Upcoming events in September

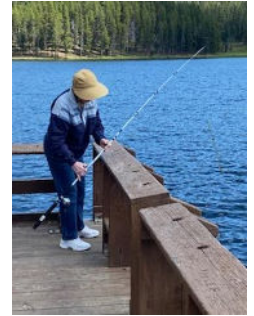
Cascades will be doing a monthly family dinner night the 3rd Wednesday of each month starting September 11th at 5pm. Dinners will be \$5 per person and kids 10 & under will be free. September's dinner will be spaghetti. We look forward to seeing everyone!

Please RSVP with number of guests to Jenniferq@cascadeliving.com

We will be hosting a Health Fair on Friday September 27th from 2-4pm.



What do you do when it's too hot in Sheridan? Go up the mountain to Lake Sibley where it's cool & fish. Arlene H. & Lois S. are just taking in the beautiful views.



Ruth M. is getting her pole ready. Matt D. is helping Bobbi F. get a worm on her hook. Reta O. is relaxing. We had a nice lunch on the dock. Judy S. is caught doing some word searches with her husband Dean S.

We always look forward to fishing trips!





A HUGE thank you to JT & Elizabeth Craft "The Craft Family" for coming down and singing for us for Family Fun Day! Fun for all ages included inflatable waterslides, bouncy house, sumo suits, fish toss, games & smiles all around.



Shirley H., Jane T. & her niece are just relaxing in the shade.
Joan G. and her family pose for a picture.



Shirley J. and her family are excited to get to come to Cascades and enjoy the day all together.



Nancy B. is trying out the walk-thru sprinkler that was made for our walker wash.
Patty C., her son Jim, his wife Megan, their son Carl all smile big for their family picture together.



Susan G., Sherry K., Jennifer G., Joyce E. & Stephanie G. all huddled in for picture.



Margaret M. showing off her hat and her wonderful smile for us.





George H., Gerhard M., & Jane T. are getting their steps in for the day indoors since it's too hot to walk outside.

Peggy D. & Nancy B. were the lucky winners in our game "What's in the bag?". In this game, you must remember what was in the bag. Whatever items they remembered they were able to wear.

Fancy!



We loaded up and went to Whitney Commons, why? Because picnics in the park is always a great idea. Billie J. & Don S. smile big for the camera. We also caught the whole group having good food with even better company.



The Photocopy Pioneer

The next time you make a photocopy, be sure to give thanks to Chester Carlson. He invented the first commercial photocopier, the Xerox 914. His invention was introduced to the public on September 16, 1959, in the Sherry-Netherland Hotel in New York. Its debut was far from perfect, however, with one of the two models catching fire. Despite this mishap, it stunned audiences with its ability to make 100,000 photocopies per month, or one copy every 26.4 seconds.

Carlson invented a copying process called *xerography* as early as 1937. This process, first called *electrophotography*, is based on the natural phenomena whereby materials of opposite electrical charges attract and some materials become better conductors of electricity when exposed to light. Using these principles, Carlson developed a six-step process that created copies much faster than a mimeograph machine and much more cheaply than a photograph. After IBM turned Carlson down, he found support from the Haloid Company. Carlson's invention proved so successful that Haloid changed its name in 1961 to the Xerox Corporation.

Enthusiasm Unleashed



Sometimes keeping a positive attitude is easier said than done. How do we stay positive? 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 little bit of naïveté into your life and enjoy being mystified and dazzled. Enthusiasm, in some respects, requires a 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.



Patty C. & Jeannie E. are “Hydro-dipping” Are you wondering what “Hydro-dipping” is? Well, you select your desired colors of spray paint, spray each color into water, then you dip your item in the painted water. And Voila, it gives your item a marbled finished look.

Judy S. is spraying a clear coat on her Hydro-dipped tray she made.



Audrey F. is showing off her nails after getting them painted.



Kirk & his wife, Becky came to surprise their mom (Jeanne R.) on her birthday. We all look forward to their visits because Becky plays the piano beautifully for our enjoyment.



September Birthdays

Those born between September 1–22 are Virgos. Virgos are considered shy and sometimes naïve, private, and very tidy. They are also curious explorers who are incredibly loyal and well respected by their friends and colleagues. If you were born between September 23–30, you balance the scales of Libra. Libras are very social, seek harmony through compromise, and have strong powers of critical thinking.

Vanessa W. (E.D) 9/1
 Tina R. (Cook) 9/3
 Danya S. (C.N.A) 9/11
 Brandon B. (C.N.A) 9/19
 Lucy L. (R.N) 9/29
 Laura L. (C.N.A) 9/30
 Amy M. (L.P.N) 9/30

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 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. Depriving ourselves of dessert only makes us want it more. Luckily, 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.