



3RD QUARTER 2026

909-635-4124

www.cascadeofempowerment.org

To donate:

Zellecascadegiving@gmail.com

From the desk of:

– Liz McBride,
Founder & CEO, Editor in Chief



What an incredible 6th annual Cascade of Empowerment Day! My heart is full of gratitude for everyone who attended, participated, donated, volunteered, and helped make this year's event one of our very best—with record-breaking attendance!

From the beautiful new room setup and the wonderful performances by our two talented jazz groups, to the hilarious comedian and delicious luncheon buffet, every detail made the day feel truly special. The beautiful gifts donated for our drawings added even more excitement, and our dessert bar, created by Ranisha Brown, certainly did not disappoint! It even gave the delicious lemon bars provided by Red Hill Country Club some serious competition.

We were also honored to recognize two remarkable women. Congratulations to Sharon McWhorter, recipient of the Rita Jones Perseverance Award, and Sharon Thomas, recipient of the Lillian Randolph Heart of Compassion Award. Both honors were incredibly well deserved. Our annual calendar will be released at the beginning of the year, so please mark your calendars and plan to join us for another event to remember!

As we continue serving our community, we need your support to help keep our events affordable and accessible. Please consider becoming a monthly supporter with an automatic donation of \$30. Donations can be arranged through our website or by Zelle. Call me at 909-635-4124, and I will be happy to help you get started. We are also revamping our Care Groups! If you are interested in leading a group or becoming a participant, we would love to hear from you. Please call 909-635-4124 for more information.

Thank you again for believing in our mission and helping us continue to empower, encourage, and care for our community.

- Liz

2026 Event Calendar

- **October 2, 4:30 – 10:30** Medieval times – Bus trip dinner and Celebration of August, September and October birthdays – Fun Trip Details to follow. Please, let us know your interest 909.635.4124
- **December 12th , Saturday** Christmas Bliss Celebration – December 3:00 to 6:30 p.m. Celebration of November & December birthdays – Place to be announced
- **4th Saturday Aug 29 Cascade Zoom Grief Support** – Dr. Nora Neal Daggett, Dr. Frankie Maryland Austin 2:00 pm to 3:15pm
- **Health & Wellness** – Healing Strong Patria Church 3rd Saturday of each month, Church Cafeteria, April 18, May 16 June 20 10:00 – 12:00 p.m. Call Dawn Watson 951.202.4391 to reserve.



3rd Quarter Birthdays

July

Frankie Alston
Cheryl Robinson
Nora Neal Daggett
Kathleen Meyers
Arvee Robinson

August

Cynthia Ellis
Susana Rhoades
Gracie Windom
Sandy Bowen
DaShunda Morris
Stevia Lopez

September

Robbie Mason
Rhonda Davis
Debra Whiteside
Susie Rowan
Mabel Bryant
Sandy Salcedo
Renee Fields
Kathy Nelson Price
Desiree Martinez

A Timely Reminder

From President Dr. Sharon Takaha



My article this month is short and simple, but it addresses something that feels increasingly important. After listening to both younger and older generations, I have been struck by how quickly time seems to be moving. Part of that feeling may come from the many distractions we face each day, including cell phone use, internet browsing, errands, television, YouTube, Facebook, and other demands for our attention. While we still have time on our side, there are a few important matters worth focusing on now.

Gentle suggestion & Important Next Steps

1. Learn About POD Forms

- Request Payable on Death (POD) forms from your bank or banks.
- Ask your financial planner or estate planner to include the POD information in your living trust documents.

2. Stay Informed About Financial Management

- There are important resources for financial management.

3. Share the Information

- Please share important information with your family members and loved ones so they can also benefit from it.

4. Confirm Completion

- Contact me directly for important links and steps to complete this process along with your mailing and email addresses. A blessing is coming your way.

Until next time,

Dr. Sharon T.

Drhsharontakaha@gmail.com, 909.492.0078

Congratulations & Testimony to Dr. Dana Ables

....This month holds deep significance for me as two milestones unexpectedly intersect. July 12, 2026 marked 20 years since the passing of my husband, Rodney. At 27 years old, I became a widowed parent to our two young children, a journey that forever changed the course of my life. This same week, I successfully defended my doctoral comprehensive project and passed my oral defense, bringing me one step closer to earning my Doctor of Social Work degree. These moments are deeply connected. My doctoral work, and the creation of Grace & Gathering, were born from my own lived experience and a desire to help ensure that widowed parents raising dependent children have access to the long-term support, community, and resources that I struggled to find. As I reflect on these two milestones, I am reminded that grief and purpose can exist together. While I would give anything to have Rodney here today, I am grateful that God has used my journey to create something that serves others. This accomplishment is not just an academic milestone; it represents two decades of perseverance, healing, faith, and hope. I am thankful for organizations like Cascade of Empowerment that continue to walk alongside widows, creating spaces where healing, connection, and renewed purpose can flourish. It is an honor to contribute to this shared mission of ensuring no widow has to navigate this journey alone. Thank you..

Dr. Dana LaShawn Williams-Ables
Founder, Grace & Gathering



Care Corner

Please keep the following people in your prayers. We believe in the faithfulness of God's comfort; healing and that He Perfects everything that concerns us.

Bereavement

Bishop & Mrs. Kelvin Simmons
- Loss of daughter
Don McCue & Maria
- Loss of baby brother

New Widows

Elizabeth Thomas
Karen Roberts
Christine Valery
Ericka Cline

Healing

Sarah Jenkins
Sandra McWhorter
Laverne Monette

NOTE: I met Dana over 25 years ago when I sold Rodney & Dana their first home, only to find out @ 20 years ago that Rodney had passed and Dana was a widow with two children and also belonged to the same church. Rodney would be so proud of you and your accomplishments Dana. Congratulationsfrom Liz McBride

Health & Wellness

Colleen Johnson



Red Light Therapy for Pain—Miracle or Mirage?

After seeing more advertisements for red light therapy, I asked my children for a therapy pad for Mother's Day. Red light therapy, also known as photobiomodulation, uses targeted wavelengths of light to stimulate cellular energy, which may help reduce inflammation, support healing, and relieve pain.

It is commonly offered in medical offices, spas, gyms, and wellness studios, and home devices are also available. When choosing a home unit, research the wavelength, power, depth of reach, and whether the device has been FDA-cleared or reviewed.

I used my pad on a painful shoulder that regularly woke me at night. After my first session, I slept through the night and woke with significantly less pain and greater mobility. With consistent use, I have returned to full-strength workouts three times a week. My experience has been extremely positive, and I believe red light therapy may be worth exploring as a non-pharmaceutical option for muscle or joint discomfort. As always, consult your doctor before beginning any new therapy.



Encouragement from

Nora Daggett Neal



WHAT CONCERNS YOU, CONCERNS THE LORD TOO! Trust in the “Lord with all your heart and lean not to your own understanding in all your ways acknowledge Him and He will direct your path. Proverbs 3:5–6. STOP! Take a breath and think about the scripture. It's familiar, you probably know it by heart...so it just rolls off your tongue. However, I want you to embrace what it really means. First, take a moment write it down, read it slowly – what does each verb mean; trust, lean, direct. Because God created each of us, He is concerned about each one of us! Has it ever occurred to you that He knows what concerns you before it forms in your mind and begins to morph into something that you fret and worry about...He already knows it. SO rather than allow the morphing to take root into a thought– Tell HIM what concerns you! It's as simple as, Lord I have a lot on my plate today and I don't know what to do first. Once you have spoken it you have released the concern to the one who says “lean not to your own understanding, acknowledge ME and I will direct your way! This type of intimacy solidifies and enhances your relationship with “the one who sees you. The second step is to ask Jesus– “what concerns YOU? Step behind the curtain– look into the eyes of Jesus and allow Him to share His heart, His concerns write down what you hear Him say, or the images He reveals, Pray about the things He revealed; then you really are walking with Him and talking with Him along life's narrow way, Heart to heart and hand in hand. I challenge you to begin this practice tomorrow. Blessings and love – *Nora*

Jeremiah 33:6

“Nevertheless, I will bring health and healing to it; I will heal my people and will let them enjoy abundant peace and security.”



Welcome to our
6th Annual Cascade of Empowerment Day
REDHILL COUNTRY CLUB
~An Event to Remember~
A Jazz Serenade
~Welcome- Sharon Takaha, President
~Invocation- Gayle Hampton
~Dining - Buffett Lunch. Enjoy our Sunday
Brunch and Dessert Bar
Theme- "What we Do & Why We Do It"
Frankie Alston, Advisory Member
and Elizabeth McBride Founder & CEO

~Awards: Rita Jones- Perseverance Award
Lillian Randolph- Heart of Compassion Award
~Comedian- Renowned Edwanda White with Clean
Comedy
~Jazz Serenade- Plena Vista Entertainment Group,
Jimmy Sims

~Birthday Stroll
Door Prize Raffle, Photobooth, Exciting Gifts
2 tickets for \$5.00
5 tickets for \$20.00

Feel free to dance during our music time
Thanks for your Donations & Making it Happen

Sharon Takaha

