

“Christmas is not a time nor a season, but a state of mind. To cherish peace and goodwill, to be plenteous in mercy, is to have the real spirit of Christmas.”

- Calvin Coolidge,
U.S. President



December Birthdays at OLOV

1: June Lovern
3: CJ Witt
10: Doris King
10: Sandy Elliot
16: Grover Flint
17: Judy Heck
18: Carol Collett-White
19: Emma Jean Lowry
21: Margaret Foss
23: Eloise Dunagan
24: Bob Jensen
24: Jean Via
26: Helen Craft
26: Delores Gamber
26: Patricia LeDoux
26: Eleanor Stacey
27: Merle Prillaman
30: William Whitaker

This month the Birthday Party will be on the **last Wednesday** in November. Check your calendars and come on down!



Your birthday's not this month? No worries! What's a birthday party without friends?

Everyone's invited!

Valley Voices

A publication for the residents, families and friends of
Our Lady of the Valley.



650 N. Jefferson Street
Roanoke, Virginia 24016
(540) 345-5111

Last Month at OLOV

We spent the month of November feeling grateful for all of the things we've received. We started off the month listening to our favorite local bluegrass music group! Then we went and exercised our right to vote. See our picture from our day of voting on the inside of the newsletter! That evening, we hosted a Friendsgiving Feast in the Conservatory! Residents were encouraged to invite their friends for a meal catered from the dietary department. We had a wonderful time enjoying the company of our friends the whole evening long! On November 9, we celebrated Veteran's Day with a pinning ceremony to tell our veterans thank you for all of their service. We also enjoyed a dinner at the Peaks of Otter Lodge in Bedford, VA. We always enjoy the drive on the Blue Ridge Parkway. We have so much to celebrate and be thankful for. We look forward to all that December brings us!



December is:

- 2: First Sunday of Advent
- 4: National Cookie Day
- 5: Walt Disney Day
- 9: Christmas Card Day
- 17: Ebenezer Scrooge's Birthday
- 20: Gift Wrapping Day
- 21: First Day of Winter
- 24: Christmas Eve
- 25: Christmas Day
- 26: National Thank You Note Day
- 30: Have a Cup of Coffee Day
- 31: New Year's Eve

How May We Help You?

Mary Lynn Yengst—Ext. 101
Administrator
myengst@ourladyofthevalley.com
Katie Hart—Ext. 126
Assistant Administrator
khart@ourladyofthevalley.com
Michele Crigger—Ext. 121
Director of Admissions & Resident Relations
mcrigger@ourladyofthevalley.com
Karen Jones—Ext. 102
Director of Admissions & Marketing
kjones@ourladyofthevalley.com
Ashleigh Nichols—ext. 114
Director of Environmental Services
anichols@ourladyofthevalley.com
Sallye West—Ext. 108
Payroll Coordinator
swest@ourladyofthevalley.com
Ellery Armes—Ext. 111
Director of Life Enrichment
earmes@ourladyofthevalley.com
Jessica Dowdy—Ext. 113
Director of Social Services
jdowdy@ourladyofthevalley.com
Maiya Ashby—ext. 135
Director of Talent Development
mashby@ourladyofthevalley.com

Buddy Hinkle—ext. 114
Maintenance Director
bhinkle@ourladyofthevalley.com
Lauren Ware—Ext. 106
Community Relations Coordinator
lware@ourladyofthevalley.com
Allen Woodie—Ext. 113
Pastoral Counselor
awoodie@ourladyofthevalley.com
Rose Ann Haas—Ext. 128
Registered Dietician
rhaas@ourladyofthevalley.com
Flo Hawkins-Lincicome—ext. 119
Dining Services Director
fhawkins@ourladyofthevalley.com
Amanda Ranson—ext. 109
Business Office Manager
aranson@ourladyofthevalley.com
Jasmine Stone—Ext. 118
Director of Nursing Assisted Living
jstone@ourladyofthevalley.com
Susan Pringle—Ext. 105
Interim Director of Nursing
springle@ourladyofthevalley.com
Renee Thayer—Ext. 100
Administrative Assistant
rthayer@ourladyofthevalley.com

Pastor's Corner

As we enter the month of December, and the Advent season, I like many of you have made it my "Favorite Time of the Year". The brisk night air prompts an opportunity of time spent with family and friends around a warming fire. The sounds of a Yule log popping and crackling, the taste of hot cocoa (with or without miniature marshmallows.) J However for some there is a stark contrast of emotions, with the approach of winter. Many people see the images of barren trees, dormant pastures and dry fields as a reason for thoughts of the past, that create within a longing for the "Good Ol' Days."

We can all become a bit melancholy at times, but we must remember the wonder of those barren trees, and fields once they have received a fresh covering and blanket of winter snow. The sounds of distant church bells and the beauty of God's creation have long been a cure for the soul in despair. Henry Wadsworth Longfellow had lost his beloved Fanny (Frances Appleton Longfellow) in a tragic accident when her dress was set on fire from hot wax while sealing an envelope. He then became Mother and Father to their children and due to the severe burns he encountered trying to extinguish the flame, grew the trademark beard we remember in his later portraits.

Christmas had long been a favorite family time for both Henry & Fanny. That year Henry's journal entry for December 25th read: "A Merry Christmas say the children, but that is no more for me". The following year December 25th 1863 had no entry. Henry continued to write and raise the children. As the adage of "Time healing Wounds"... Christmas Day 1864, as Henry watched the children play in a winter wonderland and listened to the church bells ring out; he penned the now most famous lines...

"I heard the Bells on Christmas Day, their old familiar carols play" ...

My Challenge to you this Advent...to see what Longfellow did. "The Heavens are telling of the Glory of God; and their expanse is declaring the work of His hands." Psalm 19: 1 (NASB)

Merry Christmas!
Pastor Al



Upcoming Events

December 2: Piano Music with Roma



Join us in the Conservatory on Sunday afternoon at 3:00pm for a wonderful piano recital! Roma was here with her students last year and they did a phenomenal job! Come on down to hear all of the hard work the students have put in this year.

December 3: Christmas Dance Recital from Roanoke Catholic School

You won't want to miss this! The students from Roanoke Catholic School will be here to put on their Christmas Dance Recital. It is one of the cutest dances you will ever see! Join us at 3:30 in the Conservatory!



December 7: Christmas Dance Recital from Floyd Ward School of Dance

Head down to the Conservatory on Friday night at 7:00pm to see another Christmas dance recital from the very talented ladies at Floyd Ward School of Dance! They do ballet, tap, and jazz dances. Their talents at such a young age are so fun to watch!

December 12: Holiday Light Tour



We'll be leaving Our Lady of the Valley at 5:30pm for the Holiday Light Tour. We will start here in Roanoke driving through a few neighborhoods and then will drive out to Bedford to see the lights at Liberty Lake Park and the Elk's Home. This is a trip you won't want to miss!

December 14: Fashions of Evergreens at Hotel Roanoke

We're going back to the Hotel Roanoke to see the decorated Christmas trees! If you've never been, this is one of the most fun trips of the season! The hotel is ready for Christmas! We'll walk around the hotel and look at all of the trees, taking rest breaks when needed.



December 20: Dinner at the Homeplace Restaurant



The Homeplace Restaurant is a local favorite in Catawba, VA. We'll enjoy home cooked foods family style. The meal will cost \$13 before tip and dessert. Be sure to bring a little extra with you! We'll be leaving Our Lady of the Valley at 4:30pm.

December 21: Christmas Party

Join the activities department and Stephen Ward for our annual Christmas Party at 6:30pm in the Conservatory! Depending on how good you've been, you might get a visit from a special guest as well!

