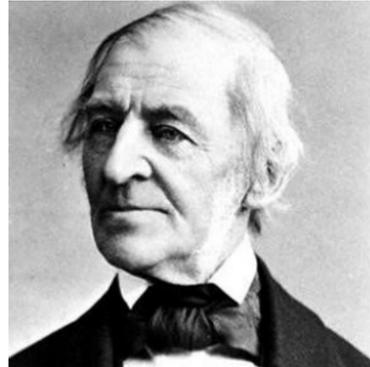


“Write it on your heart that every day is the best day in the year.”

- Ralph Waldo Emerson



January Birthdays at OLOV

- 1 Martha Kessler
- 5 Carolyn Hines
- 5 Phyllis Diffendal
- 10 Babs Booker
- 10 Marie Overstreet
- 15 Carin Korba
- 16 Lois Law
- 23 Kathryn Lloyd
- 24 Betty Furrow

This month the Birthday Party will be on the **fourth Wednesday** in January. 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!

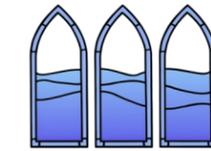
How May We Help You?

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
Hannah Sitze—Ext. 111
Director of Life Enrichment
hsitze@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

Valley Voices

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



Our Lady
OF THE VALLEY
RETIREMENT COMMUNITY

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

Last Month at OLOV

December is always a fun month at Our Lady of the Valley! We started off the month with the cutest dance recital! The students from Roanoke Catholic School came over for their annual Christmas recital. They were adorable! Later that week, the dancers from Floyd Ward School of Dance had a Christmas recital. It was so fun to watch their many styles of dance! Then we drove up Catawba Mountain to eat dinner at the Homeplace Restaurant. We had a good meal with good friends! Later in the month, we got back on the bus and drove down to Bedford to see the Christmas lights at the Elks Home and at Liberty Lake Park. That is always one of our favorite trips of the year. We ended out the month with our Christmas Party. Stephen Ward sang the night away as we indulged on sweets, chocolate, and punch. A good time was had by all! We're excited to see what happens in the new year here at Our Lady of the Valley!



January is:

- Bowling Month
- Creativity Month
- Snowman Month
- 1: New Years Day
- 3: Chocolate Covered Cherry Day
- 8: Elvis' Birthday
- 12: National Hot Tea Day
- 15: Strawberry Ice Cream Day
- 20-26: Activity Professionals Week
- 23: National Pie Day
- 30: National Croissant Day

Pastor's Corner

Like Sand Through an Hourglass, so are the Days of Our Lives

You may read that phrase and be reminded of the popular day time show. Although it has brought much attention to the adage, I would like to share with you those lines from another source. A Poem written by: Champs Ulysses Cabinatan.

Our life like the sands in an Hourglass
Continue to pass through the small hole
With the passage of time.
Our life like the flowers, it grows it blooms
Open to the air of learning and discovery
Unmindful of time that it will wither away
Our life like the Sun it rises and sets
Sharing its light and keeping others warm

As I grow older, there seems to be less time each day to accomplish the things that I have deemed important, leaving me with no choice but to "carry over" those tasks to the next day. Each new day, usually brings ample opportunity to get the work completed.

I'm reminded of a scripture from the Old Testament book of Lamentations. Jeremiah has been crying out, pining away for the house of Israel and the City of Jerusalem. Then in Chapter 3:22-23, writes "The Faithful Love of the Lord never ceases; His mercies never come to an end. They are new every morning; great is Thy Faithfulness!" (ESV)

Often time's people fail to consider the brevity of life. Some of us believe that it is too morbid to discuss, so it becomes a subject Taboo on the list of many. I on the other hand believe our lives are as described in Champs Ulysses Cabinatan's poem; worthy of self-examination, having the ability to share the Light of the Gospel of Christ, and by doing so keeping others warm each new day.

As we celebrate the New Year, I encourage you to Pledge along with me, that no matter how busy we get in 2019; we tell others of His Mercy and His Great Faithfulness.

Happy New Year! Pastor Al



New Years Traditions

Many cultures and countries have their particular "lucky" foods, and the Southern US is no exception. Greens, black-eyed peas, cowpeas, or beans, pork, and cornbread are some of the typical symbolic foods served on New Year's Day.

Here is the perfect New Year's Day Dinner menu: skillet cornbread, easily seasoned mustard greens, spicy black-eyed peas, hot cooked rice and a fabulous peach upside-down cake.

What to Eat on New Year's Day

According to popular folklore, if these foods are eaten on New Year's Day, they guarantee good luck throughout the year.



- Peas or beans symbolize coins or wealth. Choose traditional black-eyed peas, lentils or beans to make a dish seasoned with pork, ham or sausage.
- Greens resemble money, specifically folding money. Make dishes using boiled cabbage or sauerkraut, collard greens, kale, chard, mustard greens, turnip greens or other green, leafy vegetables to ensure good fortune for the coming year.
- Pork is considered a sign of prosperity in some cultures because pigs root forward. This is probably the reason many Southern New Year's Day dishes contain pork or ham.
- Cornbread might symbolize gold, and besides, it is essential with black-eyed peas and greens.
- In other cultures, fish, grapes, and ring-shaped cakes or doughnuts or cakes with special treats inside symbolize luck.

What NOT to Eat on New Year's Day

- Some believe that lobster could cause bad luck in the coming year because it moves in a backward direction and could mean setbacks in the year ahead.
- For the same reason, chickens could be bad luck. They scratch backward, plus they are winged so your luck could fly away.

Regardless of what you choose to eat on January 1st, I hope you have a happy and healthy new year!