

“May your pockets be heavy and your heart be light, may good luck pursue you each morning and night.”

- Irish Blessing



March Birthdays at OLOV

7 Mary Sboray
15 Thelma Thomas
22 Ocelia Pollard
23 Jo Ann Talbott
23 Edith Hudgins
24 Frankie Cornwell
25 Marian Lawler
30 Sandra Overstreet
31 Betty McDermott

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

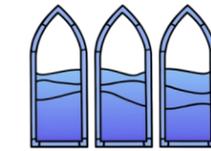


Your birthday's not this month? No worries! What's a birthday party without friends?

Everyone's invited!

Valley Voices

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



Our Lady
OF THE VALLEY
RETIREMENT COMMUNITY

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Last Month at OLOV

Love was in the air last month at Our Lady of the Valley! To start the month off we had one of our popular musical performers come play, Family Ties Bluegrass. Music that makes you want to get up and dance the night away. We had a beautiful Candle Light dinner that was special for residents and their family members. We also celebrated Valentine's Day, the day of love, with a Sweetheart Social. We had music with Stephen Ward, "love potion" to drink, and lots of sweet treats!

And we can't forget about the BIG surprise we had last month! We got a brand new bus! We celebrated by popping some bubbly and checking it out!

In March we can look forward to celebrating Mardi Gras and St. Patrick's Day! Don't forget to wear your green!



March is:

Peanut Month
Women's History Month
Red Cross Month
1: Peanut Butter Lovers' Day
5: Mardi Gras/Fat Tuesday
6: Ash Wednesday
10: Daylight Savings
14: National Pi Day
17: St. Patrick's Day

Did you know?
March was named for the Roman God "Mars"

How May We Help You?

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Pastor's Corner

Living With Limits

Every day at OLOV I walk through the passage between our main building and the Sullivan Center, where our therapy center is located in the corner, near the stairs and elevator. Usually there are one or two residents having physical or occupational therapy in the area just outside the center. I see them rolling (in a wheelchair) or walking (with a walker) in and out of bright orange cones, set up in a row, or working with various items to strengthen their grip or improve their ability to lift and move things while sitting in a chair. Over many weeks these residents grow stronger—slowly but surely—and do amazing things, like learning to walk again, after falling or having a stroke. Their therapists are wonderful encouragers, very skilled at pushing them to their limits, and maybe just a little further, but what really makes the difference is the residents' own determination and persistence! In every therapy session they confront their current limits and decide either to live with them or try to move beyond them.

Ah, but living with other kinds of limits can be even more challenging! How can we know what they truly are, whether they can (or should) be overcome and how to move beyond them? If we are people of faith, how can we live with limits imposed by injury or illness or other circumstances, and still have a real sense of God's presence and love in our lives? I remember the Serenity Prayer, which goes like this:

God, grant me the serenity to accept the things
I cannot change,
Courage to change the things I can,
And wisdom to know the difference.

This prayer reminds us of what is most needed to live faithfully with our potential limits. It might be prayed by any of our residents, as well as their families and anyone else charged with deciding what is best for aging parents and friends. I believe that it is important to realize that this prayer is not a plea to be rescued, but a request for God's help in living with our limitations here and now. As Pastoral Counselor at OLOV, I often help our residents to reflect on the many changes and challenges that come with growing older and consider what kind of support they have (and need) to face them. I ask them how their limitations may affect their relationship with God, or how they practice their faith. I also lead devotions and Bible study, and there are weekly opportunities to worship and pray together. Simply being involved in these activities can help our residents begin to normalize their lives by continuing to practice their faith as they have done for so long, and to grow spiritually in a way that might not have been necessary or possible before. Spirituality is one aspect of our lives that need not be limited, however old we may be!



St. Patrick's Day



Symbols of St. Patrick's Day

The Shamrock— One of the most common symbols of Saint Patrick's Day. This deep green, three-leafed clover plant is native to Ireland, and according to historical accounts, Saint Patrick used the shamrock to illustrate the concept of the Holy Trinity when he was converting Druids to Christianity.

The Color Green— Remember the old school-yard tradition of getting pinched if you didn't wear green on Saint Patrick's Day? While Ireland is often referred to as "the Emerald Isle" because it has so much green pastureland and trees.

Leprechauns— These "wee fairy folk" from Ireland always seem to appear on Saint Patrick's Day. Legend holds that these magical creatures hide their gold in big iron pots at the end of the rainbow. If you catch a leprechaun, he'll trade gold for his freedom.

Saint Patrick's Day Around the World

Ireland— As you might expect, Saint Patrick's Day is a national holiday in Ireland. It has been celebrated as a feast day for almost a thousand years and was made a holy day of obligation for Roman Catholics almost four hundred years ago. The first Saint Patrick's Day parade in Ireland was held in Dublin in 1931. Since then, many other cities, towns, and villages have established Saint Patrick's Day parades and festivities.

Canada— Each year, Montreal, Canada, holds one of the largest Saint Patrick's Day parades in North America. The parade has been held without interruption since 1824. There has been a Saint Patrick's Day parade in Toronto for more than 150 years.

United States— Saint Patrick's Day is celebrated throughout the United States, primarily in recognition of Irish and Irish-American culture. It is celebrated with parades, festivals, Irish food, and dyeing every possible thing green. New York City holds the largest Saint Patrick's Day parade in the world. With over 150,000 participants spread over a mile-and-a-half route along Fifth Avenue in Manhattan, the parade typically lasts five hours and attracts at least a million spectators.

Saint Patrick's Day Food

If you can eat it, you can be sure it will be tinted green for Saint Patrick's Day. Saint Patrick's Day is all about eating. Try classic Irish dishes such as shepherd's pie, Irish stew, corned beef and cabbage, Irish soda bread, potato soup, Irish coffee, and you can't forget about the green beer!