

How Can We Help You?

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May Birthdays

Those born between May 1–20 are Bulls of Taurus. Bulls show a steady persistence in both professional and personal endeavors. After working hard, they like to reward themselves for a job well done. If you were born between May 21–31, you are a Twin of Gemini. Geminis make communicative and lively companions. Intellectual and imaginative, they are the ones to sit near at a party.

James Brown (musician) – May 3, 1933
Gary Cooper (actor) – May 7, 1901
Don Rickles (comedian) – May 8, 1926
Joe Louis (boxer) – May 13, 1914
Tori Spelling (actress) – May 16, 1973
Cher (singer) – May 20, 1946
Mary Cassatt (artist) – May 22, 1844
Ian Fleming (writer) – May 28, 1908
Mel Blanc (voice actor) – May 30, 1908
Brooke Shields (model) – May 31, 1965

May Birthdays at OLOV

- 3 Christine “Chris” Yates**
- 3 Armando “Joe” Gonzalez**
- 3 Audrey Page**
- 5 Phyllis Williams**
- 7 Shirley Lumsden**
- 8 Lois Wilson**
- 9 Anne Brantley**
- 11 Gladys Light**
- 12 Helen Powers**
- 14 Judy Grinstein**
- 18 Maria Dudziak**
- 19 Billy Mottesheard**
- 23 Stuart Dillon**
- 31 Ruth Cristy**

Valley Voices

Our Lady of the Valley | 650 North Jefferson Street, Roanoke, VA 24016 | 540.345.5111



Celebrating May

Arthritis Awareness Month

Older Americans Month

Walking Month

Be Kind to Animals Week

May 5–11

Backyard Games Week

May 20–26

International Midwives’ Day

May 5

National Third Shift Workers Day

May 8

Miniature Golf Day

May 11

Mother’s Day

May 12

International Museum Day

May 18

International Tea Day

May 21

Amnesty International Day

May 28

Senior Health and Fitness Day

May 29

Last Month at Our Lady of the Valley

We kicked off last month with some wonderful entertainment by the Cariola Chorus. We always look forward to their visits in the Spring and Fall.

The following week, we started our Monday with learning about the Total Solar Eclipse that was happening that day. When it came time for it to be peak coverage, we put on our special glasses that made it safe to look directly at the eclipse. Unfortunately, it was a pretty cloudy day, but we caught a few glimpses. It was even neat just getting to watch the Total Solar Eclipse around the world virtually.

The very next day, we had our monthly visit from the Master Gardeners. They brought a huge poster with different flower options to be planted in the raised garden beds. They left stickers so that residents could vote on what flowers they would like to plant. We can’t wait for their next visit and to get our hands in some soil!

We also had some fantastic entertainers join us for lots of music. It included Allegro Music Therapy, The Saxy Keys, Classic Radio Hour with Josh Urban, Leslie Brooks, Amy Andrews, and The Brothers Young. So many talented performers.

We celebrated National/Special Days that included PB&J Day, Total Solar Eclipse Day, Soda Fountain Day, National Pet Day, Earth Day, Anniversary of McDonald’s, Look-Alike Day, and Peach Cobbler Day.

To bring March to an end, the Men’s Group went on an outing to dinner and drinks at Mission BBQ. The men always look forward to this!

Finally, we went on an outing to Hidden Valley High School where the Roanoke Valley Community Band presents Nature.

We can’t wait to see what May has in store for us!

Pastor's Corner

John 20:11-18, 21-23

Mary stood outside the tomb, crying. She saw two angels in the tomb who asked, "why are you crying?"

My Lord!

Turning there Jesus stood. Unrecognized in his resurrected body.

He said, "Mary." With great joy she understood.

My Lord!

"Do not cling to me," Christ consoled. Ascending to the Father, to my God and your God.

My Lord!

"Peace be with you!" Jesus breathed, "receive the Holy Spirit."

My Lord!

Savior
Counselor
Comforter
Advocate

May you know the joy of God's presence,

Lorie Holter, OLOV Pastoral Counselor



From Folklore to Fridge

Why does placing a pillow on top of your fridge bring you good luck? While the answer to the question may be lost in time, many people still perform this ritual on May 29, Put a Pillow on Your Fridge Day.

Long ago, people put cloth in their larders, or cool pantries, for good luck and prosperity. With the advent of the refrigerator in 1927, this tradition evolved into putting a pillow on top of your fridge. Loosely speaking, one could put any type of cloth on top of the fridge: blankets, sheets, or towels. Perhaps you should try them all and see which cloth brings the most wealth and happiness. Just don't confuse this holiday with putting a pillow inside the fridge, which some people enjoy doing on very hot days so that they can sleep better at night.

Green Gold

A great use of your time on May 29 is to learn about the many benefits of composting. It is, after all, Learn About Composting Day.



One of the best ways to maintain a healthy garden is to feed it fresh compost. Most soils are sandy, rocky, or compacted—less than perfect in some

way. Adding compost improves a soil's fertility, thanks to a dose of energy-giving nutrients and microorganisms. Plus, you can forego harsh and costly chemical fertilizers.

The trick to a healthy compost pile is a good carbon-to-nitrogen ratio. Different types of matter provide carbon (branches, dead leaves, peels, wood, straw) and nitrogen (food scraps, green grass clippings, green leaves, stems). Rainwater, worms, and other microorganisms in the ground do the rest. Simply turn the compost with a pitchfork once a week, and watch as the perfect soil additive develops before your eyes.

Valley Happenings

Thursday, May 2nd

The van will load up for an outing to Walmart at 1:30pm. Please sign up at the front desk.

Saturday, May 4th

We will be having music with the Rising Glory Gospel Group in the conservatory at 2:30pm.

Monday, May 6th

The van will load up at 5:45pm for an outing to First Evangelical Presbyterian Church where the Roanoke Valley Choral Society presents Spotlight on Broadway at 7pm.

Thursday, May 9th

The van will load up for an outing to Macy's at 1:30pm. Please sign up at the front desk.

At 2:30pm a member from Old Dominion Memorial Gardens is coming to speak to us about arrangements and there will be refreshments in the theater.

Friday, May 10th

Join us in the lobby for Music Therapy with Allegro at 2:15pm.

Tuesday, May 14th

The Master Gardeners will be joining us again at 1pm in the theater. What will they have in store for us this time?

Wednesday, May 15th

Come on down to the theater at 10am for a morning performance by The Star City Cover Girls. You won't want to miss this!

We will have pet visits that afternoon at 2:15pm in the lobby. Come get your pets in.

At 3:30pm Josh Urban is joining us for another Classic Radio Hour in the lobby.

Thursday, May 16th

The van will load up for an outing to Walmart at 1:30pm. Please sign up at the front desk.

Friday, May 17th

Join us in the lobby for music with Leslie Brooks at 3:30pm.

Monday, May 20th

The Men's Group will be going on an outing to Mama Maria's for dinner and drinks at 5pm.

Don't Forget

- Rosary Prayer Group is held every 1st and 3rd Wednesday at 1pm in the Chapel.
- Emmaus Bible Fellowship and Hymns is held every 2nd and 4th Tuesday at 6:30pm in the lobby.
- A Joy Ride is offered every Sunday at 10:30am.
- A Saturday Matinee is offered every Saturday at 1pm in the theater.
- Catholic Mass is held at Valley every Thursday at 10am in the Chapel.
- Knitting Group is offered every Wednesday.
- Sunday Service with Chaplain Lorie is held every Sunday at 1:30pm in the Chapel.
- Bible Studies with Chaplain Lorie is every Monday at 1pm in the Chapel.

Tuesday, May 21st

Come on down to the theater for music with The Saxys Keys at 1:30pm.

Wednesday, May 22nd

It's that time again, time for our monthly birthday party with entertainment by Marc Baskind at 6pm in the lobby. Come and help us celebrate!

Thursday, May 23rd

The van will load up for an outing to Goodwill at 1:30pm. Please sign up at the front desk.

Guest Speakers Bill & Sarah Kohler present their travels all over. This will be a special treat for us! Come on down to the theater at 2:30pm.

Thursday, May 30th

The van will load up for an outing to Walmart at 1:30pm. Please sign up at the front desk.

Friday, May 31st

Join us in our Kickoff for The Walk to End Alzheimer's. It is going to be lots of fun!