

## How Can We Help You?

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## April Birthdays

If you were born between April 1–19, you are Aries, the Ram. These independent adventurers like to strike out on their own and are natural leaders. Their enthusiasm and confidence give them big, outgoing personalities. Those born between April 20–30 are Bulls of Taurus. Bulls show a steady persistence in endeavors both professional and personal, and after working hard, they like to reward themselves for a job well done.

Emmylou Harris (musician) – April 2, 1947  
Marlon Brando (actor) – April 3, 1924  
James D. Watson (scientist) – April 6, 1928  
Jackie Chan (actor) – April 7, 1954  
Beverly Cleary (author) – April 12, 1916  
Queen Elizabeth II (royalty) – April 21, 1926  
Barbra Streisand (entertainer) – April 24, 1942  
Kelly Clarkson (singer) – April 24, 1982  
Jay Leno (comedian) – April 28, 1950  
Duke Ellington (pianist) – April 29, 1899

## April Birthdays at OLOV

- 3 Jean Newbill
- 4 Dianne Wimmer
- 12 Joyce “Joy” Kelly
- 15 David Zachar
- 17 Elaine Adams
- 19 Ann Renick
- 19 Suzanne Hooper
- 23 Frances Arrington
- 28 Brenda Griffin
- 28 Patricia “Pat” Williams



# Valley Voices

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

## Celebrating April

**Lawn and Garden Month**

**Humor Month**

**Welding Month**

**Laugh at Work Week**

*April 1–7*

**National Volunteer Week**

*April 21–27*

**Peanut Butter and Jelly Day**

*April 2*

**World Rat Day**

*April 4*

**Teflon Day**

*April 6*

**National Gardening Day**

*April 14*

**Take a Wild Guess Day**

*April 15*

**Earth Day**

*April 22*

**Talk Like Shakespeare Day**

*April 23*

**International Jazz Day**

*April 30*

## Last Month at Our Lady of the Valley

We kicked off last month with a visit from our local Master Gardeners, where they brought a huge selection of flowers and fillers to create spring flower arrangements. They all turned out so cute! We finished out the week celebrating St. Patrick’s Day with entertainment by Leslie Brooks and Al Coffee and some delicious refreshments. Everyone was sporting their green and no one got pinched.

The following week we had two different entertainers join us, The Saxy Keys and Josh Urban’s Classic Radio Hour. Josh sure knows how to get everyone jamming out. We even enjoyed a visit from Mocha with volunteers from the RSPCA.

The last week of the month, leading up to Easter, we celebrated Holy Week with different programs throughout the week. Programs such as a Virtual Pilgrimage into Jerusalem, what each day in Holy Week represents, reflecting on the Easter message in art, poetry, and music, and finally the reflection of *The Last Supper*, Holy Week traditions, and Seder meal.

The Men’s Group went on their monthly outing for dinner and drinks to Mexican at El Toreo. It’s always a guaranteed good time! We even had 4 of our male staff members join the guys.

In March, we welcomed Lorie Holter, our new Pastoral Counselor. She has been out and about getting to meet and know each of you all. She will start her normal scheduled services and bible studies in April.

With the weather getting warmer, we are looking forward to seeing what April has in store for us!



## Pastor's Corner

Hello!

As spring approaches let us all acknowledge the Blessings of the Lord, "He has showered kindness by giving you rain from heaven and crops in their seasons; He provides you with plenty of food and fills your hearts with joy." Acts 14:17

I joined the OLOV family on March 5<sup>th</sup> as Pastoral Counselor. I have enjoyed meeting many of you in the last couple of weeks. My office is on the 3<sup>rd</sup> floor of the Assisted Living Building next to the Chapel. I am available: Sunday/Wednesday afternoons and Monday/Thursday mornings.

Nondenominational Service will be Sundays at 1:30PM in the Chapel. Bible Studies begin in April - check for day/time/place on the calendar.

I look forward to meeting you!

May you know the joy of God's presence,

Lorie Holter, OLOV Pastoral Counselor

## Honesty and Deception

You may find that April 4 goes against your moral code, for it's Tell a Lie Day. Many ethical people live by the credo "Always tell the truth." But do we? Researchers have discovered that most people tell occasional lies for several reasons. Sometimes we lie to gain other people's respect or to cover up for making mistakes. The good news is that most people lie to spare someone else's feelings from being hurt. If people choose to always be honest regardless of the consequences, that honesty could lead to injury or harm. Compassion may sometimes override honesty.

Lucky, then, that April 30 is Honesty Day. Honesty can certainly hurt sometimes, but it also takes courage and maturity to be honest in difficult situations. Furthermore, staying honest attracts other honest people to you. When you are surrounded by the truth, you can be your authentic self. The freedom that comes with honesty is worth celebrating!

## Unraveling the Art of Tatting



While a handkerchief, table runner, doily, or collar made of intricate knotted lace appears nearly impossible to construct, the art of tatting is easy to learn. All you need to start tatting is thread, a shuttle (a small device that helps guide a silk thread through loops into knots), and your two hands. Give it a try on April 1, International Tatting Day.

This decorative art form may have grown from the netting and ropework handmade by sailors and fishermen of olden times. Tatting became fashionable in the 1800s and enjoyed a surge in popularity during the 1950s and 1960s. Technology has usurped the handiwork required to make tatted lace, which means that handmade tatting is more precious than ever.

## Valley Happenings

### Tuesday, April 2<sup>nd</sup>

Come on down to the theater at 3pm for a Food Combo Challenge and PB&J Sampling. We will try different types of peanut butter and jelly.

### Wednesday, April 3<sup>rd</sup>

Join us in the conservatory for music with the Cariola Chorus at 2:30pm.

### Thursday, April 4<sup>th</sup>

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

### Monday, April 8<sup>th</sup>

Come to the lobby at 2:30pm for the wonderful pianist Tom Floyd, where he will perform Broadway Showtunes!

### Tuesday, April 9<sup>th</sup>

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

### Thursday, April 11<sup>th</sup>

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

### Friday, April 12<sup>th</sup>

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

### Tuesday, April 16<sup>th</sup>

We will have Music with The Saxy Keys at 1:30pm in the theater.

Today we celebrate Wear Your Pajamas to Word Day! Join the staff in wearing appropriate pajamas for the day! We will even have a pajama party at 3:15pm in the lobby!

### Wednesday, April 17<sup>th</sup>

At 2:15pm in the lobby either Lightning or Mocha the dog will join us for pet visits! Come get your pets in.

At 3:30pm we will have our monthly Classic Radio Hour with Josh Urban in the lobby! Come jam out with Josh!

## Welcome Lorie, Pastoral Counselor

Lorie Holter joined us as our new Pastoral Counselor. She is going to be a great addition! Her office is located on the 3<sup>rd</sup> floor outside of the Chapel. She will hold Sunday Service on Sunday's at 1:30pm in the Chapel. She will also be holding weekly bible studies every Monday at 1pm in the Chapel. Lorie has already been going around introducing herself and meeting you all. If you see her out be sure to say hello. Lorie has some new ideas for additional programs and we are so excited!

### Thursday, April 18<sup>th</sup>

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

### Friday, April 19<sup>th</sup>

Today we celebrate Look-Alike Day! Pair up with a friend, other resident, or staff member to dress alike! We will have a pageant at 1:30pm in the assisted living dining room!

Leslie Brooks will be joining us again at 3pm in the lobby.

### Monday, April 22<sup>nd</sup>

The Men's Group will be taking their monthly outing for dinner and drinks at Chili's. The bus will load up at 5pm. Please sign up at the front desk.

### Tuesday, April 23<sup>rd</sup>

Join us in the theater at 2:30pm for music with Amy Andrews!

### Wednesday, April 23<sup>rd</sup>

Let's gather in the lobby at 6pm for our monthly birthday party with entertainment by Marc Baskind!

### Thursday, April 25<sup>th</sup>

Join us in the theater at 3pm for the cutest duo! The Brother Young will be joining us for some entertainment and even a few jokes!

### Tuesday, April 30<sup>th</sup>

The van will load up at 6pm for an outing to Hidden Valley High School where the Roanoke Valley Community Band presents Nature at 7pm. Please sign up at the front desk.