

Village at Valley View

1071 W Jackson Road • Ashland, OR 97520 • (541) 482-0888

Supersized Spending

A 30-second TV commercial cost about \$40,000 during the first Super Bowl in 1967, compared to about \$8 million in recent years.

Age Is Just a Number

"You're only as old as you feel!" New research says there's some truth to this classic adage. Studies have linked subjective age—how young or old you feel, not your actual number of years—to a longer lifespan. Ways to feel younger will vary from person to person, but doctors suggest finding hobbies and activities that are important to you, such as spending time outdoors or playing a game from your childhood. Using assistive devices to boost independence, such as a walker or hearing aids, also affects subjective age in a positive way.

Be Mindful of Missed Calls

If you notice a missed call from an unknown phone number, resist the urge to satisfy your curiosity and call back. Scammers can spoof numbers that look similar to ones you regularly call in the hopes you'll answer. When you return the call, it verifies that a person is assigned to your phone number, prompting the scammer to try again another time.

Make Passwords Hack-Proof

Create a hard-to-crack password by using a phrase, such as a random combination of four or more words. Or string together the first letters in the words from a line in your favorite song. Tech experts say short passwords are easier to hack.

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Love and Be Loved

"How you love yourself is how you teach others to love you." —Rupi Kaur

Smitten With Gloves

Gloves have long been associated with romance. Knights were said to carry the glove of a sweetheart in their helmets to bring them good luck. In Victorian England, a suitor would gift a pair of gloves to the girl of his dreams, who'd wear the gloves in public if she returned his affections. And a Latvian tradition calls for brides to fill a hope chest with hundreds of handmade mittens as a sign of devotion.

Layered in Warmth

Older adults are more sensitive to cold weather yet may not notice their body temperature dropping. The best way to stay warm is to dress in layers, even when indoors.



Employee Spotlight: Teresa Lehman

This month, we are proud to feature Teresa Lehman, our LPN and Wellness Director. Born and raised in Ashland and the Coleson Valley, Teresa is a fourth-generation Southern Oregonian who attended Ashland schools and completed nursing school in Redding, California. Her strong local roots and love for the community shine through in her work. Teresa is especially close to her sister, Nicole, as well as her niece and nephew. Outside of work, she enjoys camping, fishing, riding ATVs, and spending time with family. Her passion for memory care began as a CNA at Ashland Hospital, where she discovered her love for listening to residents' stories and providing compassionate care. We are grateful for Teresa's dedication and leadership at Village at Valley View.



Super Bowl Sunday!

Super Bowl Sunday is a special time for our community to come together, enjoy tasty snacks, and share in the excitement of a well-loved tradition. The familiar sights, sounds, and energy of the game often bring back happy memories of family gatherings, friendly rivalries, and cozy afternoons spent watching football. Even for residents who may not follow the score, the music, cheering, and colorful atmosphere can spark smiles, laughter, and meaningful moments of connection. For those living with dementia, events like the Super Bowl provide wonderful emotional and social benefits. Shared activities help stimulate memories, encourage conversation, and create a sense of belonging and comfort. We warmly invite everyone to join us for this fun and festive day as we cheer, relax, and enjoy being together, creating new joyful memories while celebrating a tradition that brings people closer.

Valentine's Day

Valentine's Day is a special time to celebrate love, friendship, and all the meaningful connections that bring comfort and joy to our residents. At Village at Valley View, we are reminded every day how powerful a smile, a gentle touch, and a kind word can be. This holiday gives us a chance to reflect on the relationships that have shaped our lives and to surround our residents with warmth, laughter, and heartfelt moments that truly make them feel cherished. We warmly invite friends and family to join us for a Valentine's Day lunch here at Village at Valley View, with the date and time to be announced soon. Sharing a meal together creates a wonderful opportunity to reconnect, reminisce, and make new memories. Your presence means so much to our residents and helps fill our home with love, happiness, and a strong sense of community as we celebrate this beautiful day together.



Groundhog Day

Groundhog Day is a lighthearted tradition that brings smiles, laughter, and a little touch of fun to the winter season. Every year, people gather to see if the groundhog sees his shadow, helping us guess whether spring might arrive early or if winter will stay a bit longer. For many of our residents, this familiar event brings back memories of listening to the radio, watching the news, or talking about it with family and friends, making it a joyful and comforting tradition. For those living with dementia, simple and familiar traditions like Groundhog Day can be especially meaningful.

Talking about the weather, animals, and changing seasons encourages conversation, memory, and connection. Celebrating together gives residents something to look forward to and helps create a warm, cheerful atmosphere throughout our home, reminding us that even small moments can bring happiness and brighten the day.



Activities for Heart Month

American Heart Month has been observed every February since 1964, encouraging people to learn more about heart disease and ways to practice heart-healthy habits. These ideas can help you take charge of your health as well as raise awareness in your community.

Wear red. Sport some crimson clothing on National Wear Red Day, the first Friday in February, to show your support for Heart Month. Consider wearing a red ribbon all month long to spark conversations about heart health.

Know your numbers. Take advantage of blood pressure

checks and cholesterol screenings in the community. Record your numbers and work with your doctor to make any needed changes.

Get fit with a friend. Exercise is one of the best ways to help your heart, and it's often more fun with another person. Invite a friend to join you for a walk or to try a new exercise class.

Give back. Participate in health fundraisers and events, such as a 5K or blood drive.



Celebrating Black History Month

Each February, the United States observes Black History Month to honor the achievements of African Americans throughout history. Learn more about the man who pushed so hard for this month of recognition, a coal miner turned Harvard-educated historian.

In 1875, Carter G. Woodson was born to two survivors of slavery in Virginia. As a teen, Woodson worked in the local coal mines to help support his family. When he was 20, he started high school, and two years later, he graduated and started teaching high school himself, later earning multiple college degrees, including a doctorate from Harvard.

Woodson wanted the contributions of the heroic Black men and women who helped shape the nation and its culture to be recognized and celebrated. In 1926, he created an event to promote Black history during the second week in February because it included the birthdays of abolitionist Frederick Douglass and President Abraham Lincoln.

Fifty years later, after decades of support, the event expanded to Black History Month, a national observance, as part of the country's bicentennial. For his efforts, Woodson has been called the father of Black history.

Staff Directory



Josh Hamik, Executive Director
josh.hamik@agingways.com

Jackie Greico, Business Office Manager
jackie.greico@agingways.com

Crista Snyder, Community Relations Assistant
crista.snyder@agingways.com

Tina Duncan, Resident Care Coordinator
tina.duncan@agingways.com

Tony Efstratiadis, Executive Chef
tony.efstratiadis@agingways.com

Josh Parker, Maintenance Director
josh.parker@agingways.com

Hollie Mosley, Life Enrichment Director
hollie.mosley@agingways.com

"This Month In History" FEBRUARY

1887: The first official Groundhog Day is celebrated in Punxsutawney, Pa., starting a tradition of the town's groundhog, named Phil, forecasting spring's arrival.

1913: Imposing a federal income tax, the 16th Amendment to the U.S. Constitution takes effect.

1936: With the mission of conservation, the National Wildlife Federation is formed.

1940: College basketball is televised for the first time.

A New York station broadcast the Pittsburgh vs. Fordham game from Madison Square Garden.

1955: "Sincerely" by the McGuire Sisters tops the pop music chart.

1963: Julia Child's pioneering cooking show "The French Chef" premieres on PBS.

1971: Wanting to do something special during the Apollo 14 mission to the moon, astronaut Alan Shepard hits two golf balls on the lunar surface.

1986: Pulitzer Prize winner Robert Penn Warren is named the first U.S. poet laureate.

1994: At the Winter Olympics in Norway, 13-year-old South Korean Kim Yun-Mi won the gold medal in the 3,000 meter speed-skating relay.

2011: Celebrated author Maya Angelou is awarded the Presidential Medal of Freedom, the nation's highest civilian honor.

2018: The Philadelphia Eagles win their first Super Bowl title after defeating the New England Patriots 41–33.

2022: Queen Elizabeth II celebrated her Platinum Jubilee, marking 70 years as queen. She passed away seven months later at the age of 96.