

Village at Valley View

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Stop the Sneezes

Those who suffer from seasonal allergies should keep windows closed, avoid being outdoors between 5 and 10 a.m. when pollen counts are at their highest and stay away from freshly cut grass.

Chocolate Bunny Bonanza

More than 90 million chocolate bunnies are sold in the U.S. each year.

The Power of Pecans

Celebrate National Pecan Month in April with a handful of these nutritious nuts. Rich in antioxidants and more than 19 vitamins and minerals, pecans are an excellent heart-healthy snack. Studies show that pecans may also help lower the risk for age-related diseases such as Alzheimer's, Parkinson's and Lou Gehrig's disease.

Free Tax Advice

The Tax Counseling for the Elderly Program provides free tax help to people 60 and older. For details, visit [irs.gov](https://www.irs.gov). AARP also offers free help to qualifying taxpayers. Call (888) 227-7669.

Sprinkle Speeds

Scientific measurements show that raindrops fall through the atmosphere at speeds of 5 to 20 mph.

Protecting the Environment

The overwhelming public support for the first Earth Day in 1970 led to the creation of the Environmental Protection Agency. Earth Day is celebrated on April 22.

April 2026



A Little Rain Must Fall

"The way I see it, if you want the rainbow, you gotta put up with the rain." —Dolly Parton

Green Spaces Linked to Longevity

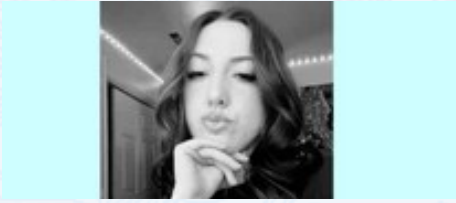
Recent studies indicate that access to green space may contribute to longer life expectancy. The presence of trees, gardens and houseplants can reduce air pollution and improve mental well-being, leading to increased health and happiness.

Thank a Tree

Breathe easy on National Arbor Day, the last Friday in April: One large tree provides a day's supply of oxygen for up to four people.

Good With Chimps

Anthropologist and conservationist Jane Goodall, well-known for her intensive study of chimpanzees, was born in London, England, on April 3, 1934, and passed away in October 2025 at the age of 91. Her formal title was Dame Jane Morris Goodall, though she preferred to be called Jane.



Employee Spotlight: Madison Allen

This month, we are excited to highlight Madison Allen. Madison was born and raised in Medford, Oregon, and has called Southern Oregon home her entire life. Although she has traveled to a few states, including Georgia and Nebraska where her sister lives, this area will always hold a special place in her heart. Family is very important to Madison. She lives with her mom and her boyfriend, whom she considers her best friends, along with their four beloved kitties. In her free time, she enjoys relaxing with loved ones, going on walks, and taking peaceful drives to the woods where she can enjoy the quiet and clear her mind. Madison's passion for memory care comes from a very personal place. Her Nana, Joy, lived with dementia, and losing both her Nana and grandmother at a young age inspired her to pursue a career caring for seniors. She plans to continue her education by attending nursing school to become an LPN and eventually an RN specializing in memory care. Her compassion and dedication make her a valued member of the Village at Valley View team.



Easter Celebration & Egg Hunt!

We are excited to invite our residents, families, and friends to join us for a fun Easter Celebration and Egg Hunt on April 4th, 2026, beginning at 1:00 PM. The egg hunt will continue until all the eggs have been found, so be sure to come ready for a joyful afternoon filled with excitement and laughter. Children are welcome to participate in the egg hunt, where they will search for colorful eggs hidden throughout the area. Be on the lookout for special golden eggs, which will contain fun prizes for the lucky finders! We will also have snacks and drinks available for everyone to enjoy while visiting, relaxing, and spending time together. This event is a wonderful opportunity for residents to enjoy time with loved ones and for families to connect with our community in a festive and welcoming atmosphere. Friends and family are encouraged to bring their kids so they can join in the Easter fun and help make the day extra special. To help us plan for food, drinks, and activities, RSVP is required for planning purposes. We look forward to celebrating Easter together and creating joyful memories with our Village at Valley View community.

All That Jazz

April is Jazz Appreciation Month. Celebrate with a look at some of the legendary talents who helped make the genre a musical mainstay.

Louis Armstrong. Affectionately called "Satchmo," Armstrong, like jazz itself, was born in New Orleans and taught himself to play cornet as a boy. He is considered to be the founding father of jazz, pioneering improvised solos and scat singing. The charismatic trumpet virtuoso was so popular, he served as a worldwide ambassador for the new sound.

Charlie Parker. Growing up in Kansas City, Mo.—another cradle of jazz—Parker got his first taste of music while playing in his high school band. Famously known as "Bird," the saxophone great invented the style of jazz called bebop with trumpeter Dizzy Gillespie.

Billie Holiday. "Lady Day" got her start as a Baltimore teen singing along with records in after-hours clubs. After moving to New York City, Holiday became a fixture of the Harlem jazz scene. Despite a lack of formal music training, Holiday's soulful, sultry voice earned her a celebrated place in jazz history.



Cups & Corks – April 30th at 4:00 PM

Resident families and friends are warmly invited to join us for Cups & Corks, a relaxed gathering where great drinks meet great conversation. Guests can enjoy a variety of beverages including coffee, tea, wine, mocktails, and other non-alcoholic options while spending time together in a comfortable and welcoming space. We will also have light snacks to enjoy and a fun door prize drawing for those who attend. Cups & Corks is a wonderful opportunity to connect with other families, visit with your loved ones, and spend time getting to know members

of our community. Events like this help create a warm, supportive environment where friendships can grow and meaningful moments can be shared. We hope you'll join us for a cozy afternoon of conversation, connection, and community. We look forward to seeing you there!



Laugh Out Loud

Is laughter really the best medicine? Many medical experts report that laughing produces major health benefits.

Easy exercise. Laughing is like a mild workout, burning up to 50 calories in just 10 minutes.

A happy heart. In addition to aerobic benefits, laughing heartily can improve circulation and help balance blood pressure levels, boosting heart health.

A stress-free smile. While some stress is good, too much can cause both mental and physical health problems. Laughter relieves stress by reducing stress hormones and releasing endorphins, the feel-good chemicals in the body. People

usually feel more relaxed and happier after laughing, even during trying situations.

Rest and relief. Laughter is considered a natural pain reliever, since the action releases endorphins and provides a temporary distraction from physical or emotional pain. Watching a comedy before bedtime can ease aches and relax your muscles and your mind so that sleep comes easier.



Laugh Lines: Bird Puns to Crow About

Here are some corny bird puns that are so funny, you won't be able to stop raven about them! Don't egret missing these!

- Someone has been robin banks lately. The police need help to quack the case.
- Did you hear about the woodpecker who found some really firm bark? It was im-peck-able.
- A restaurant tried adding pelican burgers to its menu, but the meal's big bill ruffled some feathers.
- My friend was keeping a sick bird in his house, but then he was told that it was ill eagle.
- Turkeys are terrible batters. They always hit fowl balls and get tagged out at first baste.
- The neighbors asked me to watch their pet parrot while they were on vacation, but it was too much of a bird-en.
- Her favorite dance is the chicken dance. It's poultry in motion.
- Watching chicks hatch is so egg-sighting!

Toucan play at this game!
Can you think of any bird puns?

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"This Month In History" APRIL

1912: Considered the first movie palace, the Strand Theatre opens in New York City. The lavish building could seat nearly 3,000 people.

1924: The first book of crossword puzzles is published.

1935: Congress votes to establish the Works Progress Administration. The WPA created jobs for out-of-work Americans during the Great Depression.

1947: A two-lane bowling alley built inside the White House is unveiled. It was an early birthday present for President Harry S. Truman.

1956: World heavyweight champion Rocky Marciano retires from boxing undefeated.

1969: At the 41st Academy Awards ceremony, Katharine Hepburn and Barbra Streisand tie for best actress. Hepburn won for "The Lion in Winter" and Streisand for "Funny Girl."

1976: Barbara Walters is named the first female coanchor of a network evening news program. She teamed with Harry Reasoner on ABC.

1983: Alice Walker wins the Pulitzer Prize for her novel "The Color Purple."

1993: The U.S. Holocaust Memorial Museum is dedicated in Washington, D.C.

2008: Pop star Beyoncé Knowles weds rapper Jay-Z in New York City.

2011: In the largest outbreak ever recorded, more than 300 tornadoes hit a third of the states in the U.S. over four days.

2018: Prince Louis, the third child of England's Prince William and his wife, Catherine, is born in London.