

Village at Valley View

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Memorial Day

A day to remember the sacrifice of the country's fallen service members has been observed since the Civil War. Known as Decoration Day for a century, the holiday was renamed Memorial Day by federal law in 1967.

A Rose Garland by Any Other Name

Twenty racehorses run for the roses each year at the annual Kentucky Derby. Take a trot down memory lane with these Derby champs' memorable monikers:

Spend A Buck followed the money after winning the Derby in 1985, earning \$2 million in another race.

Forward Pass raced faster than a speeding football in the 1968 race.

Twenty Grand more than doubled his name with the 1931 purse of nearly \$50,000.

A troublemaker turned history-maker, Behave Yourself won the rose garland in 1921.

Gamblers in 1915 could count on Regret, the first filly to win the Kentucky Derby.

Ease Aches With Avocado

Feel free to indulge in guacamole during your Cinco de Mayo celebrations, especially if you suffer from stiff or achy joints. The avocado in the dip contains anti-inflammatory omega-3 fatty acids and vitamin E, which can help repair damaged cartilage.

A Queso the Giggles

Q. What do you call a tortilla chip that lifts weights?

A. A macho nacho.

May 2026



A Splendid Gift

"Live life when you have it. Life is a splendid gift—there is nothing small about it." —Florence Nightingale

Celebrating Moms

Greeting cards, flowers and special outings are the top three most popular purchases for Mother's Day gifts. According to the National Retail Federation, U.S. consumers spend more than \$34 billion celebrating the moms in their lives.

Walk It Off

May is Osteoporosis Awareness and Prevention Month, American Stroke Month and Better Hearing Month. Research links regular walking to reduced risk for all three of these conditions. Talk to your health care provider about what works best for you.

Employee Spotlight: Star Cortes



This month, we are proud to highlight Star Cortes, one of our compassionate caregivers. Star considers Southern Oregon her home, where she spent most of her childhood and grew into the person she is today. Family is very important to Star, especially her close bond with her mom and younger brothers. She also values her small circle of friends and the joy they bring to her life. In her free time, Star enjoys the outdoors. Whether she's hiking scenic trails or enjoying a refreshing swim in the lakes during the summer, she finds peace and happiness in nature. She also loves trying new restaurants and sharing those experiences with her boyfriend and family.

Star was introduced to memory care through family, but it was her own connection with residents that sparked her passion. She finds fulfillment in providing care with love and dedication each day.

We are grateful to have Star on our team!



Friends and family are warmly invited to join us for a special Mother's Day Luncheon as we celebrate the incredible mothers and mother figures in our lives.

Join us for a lovely afternoon filled with good food, laughter, and meaningful moments as we honor the love, strength, and care these women have given throughout the years. This is a wonderful opportunity to spend quality time together, share stories, and create new memories with your loved ones.

We will have a beautifully prepared meal, a warm and welcoming atmosphere, and a few special touches to make the day feel extra meaningful for our residents and their families.

Date: May 9th
Time: Noon
Please RSVP by May 5th to
Crista or Hollie.

We truly hope you can join us in celebrating this special day!

Facts Behind the Force

"May the 4th be with you" is the punny greeting for "Star Wars" Day, May 4, which celebrates the iconic film franchise and its signature catchphrase, "May the Force be with you." Both would-be Jedis and never-seen-it Sith Lords can enjoy these behind-the-scenes facts about sound effects.

The "Star Wars" feature films have collected several Oscar wins and nominations for sound. The gargled bellow of Chewbacca, Han Solo's Wookiee copilot and best friend, is a combination of the roars of a badger, lion, seal and walrus. Beloved droid R2-D2's robotic beeps are the coos of a baby processed to sound electronic.

Lightsabers, the space-age swords invented by the franchise, are so well-known for their unique hum that actor Ewan McGregor, who played the young Obi-Wan Kenobi, couldn't help but make the sound when filming fight scenes, which was edited out in production. The lightsaber sound effect is made from a movie projector sample combined with static from an old TV to produce electromagnetic feedback.



Honoring Memorial Day

Memorial Day is a time of reflection, gratitude, and remembrance. Observed on the last Monday of May, this important day is dedicated to honoring the brave men and women who gave their lives in service to our country. While many recognize Memorial Day as the unofficial start of summer, its true meaning runs much deeper. It is a day to pause and remember those who made the ultimate sacrifice to protect the freedoms we enjoy today. For many of our residents, this day may hold personal significance—memories of loved ones, friends, or their own time in service.

There are many meaningful ways we can honor Memorial Day together: Take a moment of silence to reflect and remember those who served, Display the American flag as a symbol of respect and remembrance, or Share stories and memories of military service with one another.

Memorial Day is not only about looking back, but also about coming together as a community to appreciate the sacrifices that have shaped our nation. It is a time to honor, to remember, and to express gratitude. As we observe this day, may we carry forward a spirit of respect, reflection, and thankfulness.

Older Americans Month

In honor of Older Americans Month, consider the hard-earned advice these famous Americans encouraged people of all ages to live by.

“Hope for the best. Expect the worst. The world’s a stage. We’re unrehearsed,” advised filmmaker and comedian Mel Brooks, who turns 100 next month. This wisdom combines a few classic adages to encourage people to be prepared and gracious optimists.

“Be nice to people and kind,” now 92-year-old actress Shirley MacLaine counseled to once-upon-a-time set-mate Elvis Presley, and that wise guidance holds true today. Practicing daily

acts of kindness not only helps the recipient of that kindness, but studies show that it improves health and happiness for those practicing kindness.

“You have to be brave,” encouraged award-winning singer, dancer and actress Rita Moreno, now 94, who has accomplished a rare “EGOT,” earning Emmy, Grammy, Oscar and Tony awards throughout her career.



Activity Spotlight: Bingo Tuesdays

Join us every Tuesday at 1:30 PM for one of our favorite weekly activities, Bingo! Residents, families, and friends are all invited to come be part of the fun. Whether you’re a seasoned player or just joining in for the first time, Bingo is a great way to relax, enjoy some friendly competition, and spend quality time together. We offer a variety of prizes for our winners, adding a little extra excitement to each round and plenty of reasons to cheer each other on!

Bingo is not only a fun and familiar game, but it also provides meaningful benefits for those in memory care. Playing helps encourage focus, number recognition, and listening skills, all of which support cognitive engagement. The structure and repetition of the game can be comforting, while the social aspect encourages conversation, laughter, and connection among residents, staff, and visitors.

Beyond the game itself, Bingo creates a sense of accomplishment and joy. Celebrating wins, big or small, helps boost confidence and mood, while simply participating helps residents feel included and engaged. It’s a wonderful opportunity to create positive moments and lasting memories together. We hope you’ll join us each Tuesday for an afternoon full of fun, connection, and community!

Staff Directory



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"This Month In History" MAY

1914: Woodrow Wilson issues a presidential proclamation officially establishing the Mother's Day holiday in America.

1926: Ford Motor Co. adopts a five-day, 40-hour week for its automotive factory workers. Other companies would follow Ford's lead.

1935: Under the glow of 600 lights, Crosley Field, the original home of the Cincinnati Reds, hosts Major League Baseball's first night game.

1959: Perry Como, Ella Fitzgerald, Henry Mancini and the Kingston Trio are among the winners at the first Grammy Awards ceremony.

1963: Jim Whittaker becomes the first American to reach the summit of Mount Everest, the world's tallest mountain.

1977: With the opening words "A long time ago in a galaxy far, far away ..." the space odyssey film "Star Wars" premieres in U.S. theaters.

1986: At age 54, Bill Shoemaker crosses the finish line as the oldest jockey to win the Kentucky Derby. He was riding Ferdinand, a colt who was considered a long shot.

1998: An estimated 76 million viewers tune in to watch the finale of the hit TV sitcom "Seinfeld."

2003: Bob Hope Day is declared in 35 states as the man known as "Mr. Entertainment" celebrates his 100th birthday.

2014: TV journalist and talk show host Barbara Walters retires after more than 50 years in front of the camera.

2021: Pro golfer Phil Mickelson wins the PGA Championship at 50 years old, becoming the oldest golfer to win a major championship