

# Village at Valley View

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

## Two-Finger Method for Sunscreen Application

On average, people use only half of the sunscreen they need. Try the two-finger method to apply the right amount. Simply squeeze a line of sunscreen up the length of two fingers and apply that amount to each of these 11 listed body parts, repeating until all sun-exposed areas are covered: (1) head, face and neck; (2) left arm; (3) right arm; (4) upper back; (5) lower back; (6) upper torso; (7) lower torso; (8); right thigh; (9) left thigh; (10) right lower leg and foot; (11) left lower leg and foot.

## An Extra Layer of Protection

Planning some fun in the sun? Along with sunscreen, wear red or blue clothing. Scientists have found that these shades offer better protection from ultraviolet rays than lighter colors like yellow or white.

## Benefits of Nostalgia

Research shows that a trip down memory lane may actually improve health in the present moment.

A 2018 study found that older adults who discussed nostalgia-inducing scents experienced fewer symptoms of depression and anxiety compared to the control group.

Scientists have also found that when people with dementia engaged in positive nostalgic activities like watching old films, they experienced physiological benefits like decreased heart rate and inflammation.

Individual approaches to healthy aging should be discussed with health care providers.

## July 2026



## Service and Sacrifice

"To ease another's heartache is to forget one's own."  
—Abraham Lincoln

## Independence Day by the Numbers

*150 million.* Hot dogs eaten on the Fourth of July.

*56.* Signers of the Declaration of Independence.

*2.5 million.* Approximate population of the U.S. in July 1776.

*342 million.* Approximate population of the U.S. today.

## Celebrating Our Semiquincentennial

This 18-letter mouthful is the name for the 250th anniversary of the signing of the Declaration of Independence on Saturday, July 4. Many buildings will be closed on Friday, July 3, in observance of the country's birthday.



### **Employee Spotlight: Maricela Cortes**

This month, we are proud to spotlight Maricela Cortes! Originally from Mexico, Maricela moved to Oregon at the age of 14 and has called it home ever since.

Maricela is the proud mother of four daughters, a loving grandmother, and is grateful to have a supportive partner by her side. She enjoys spending time with her family and making memories on family trips.

Maricela began working in memory care 14 years ago after a friend suggested the field to her. Since then, she has found great fulfillment in caring for others and supporting those who need it most.

This month, Maricela celebrates 8 years with Village at Valley View! We are grateful for her dedication, compassion, and the wonderful care she provides to our residents each day.

Congratulations on your 8-year anniversary, Maricela, and thank you for being part of the Village at Valley View family!



### **The Ground Zero Gunboat**

In July 2010, construction workers building the new World Trade Center, where the Twin Towers stood before 9/11, found something unexpected: a shipwreck.

The vessel, nicknamed Ground Zero Gunboat, was quickly extracted, studied and preserved as best as possible. Experts determined that the ship was built during the American Revolution era in Philadelphia, maybe even from the same white oak trees used to build Independence Hall, where the Declaration of Independence and Constitution were signed.

Historians and scientists believe the boat was made to patrol shallow waters but may have traveled as far as the Caribbean. In spite of extensive study, it's still a mystery as to how the boat ended up in Lower Manhattan.

The Ground Zero Gunboat now permanently resides at the New York State Museum, where visitors were invited to watch the preservationists reconstruct the ship in 2025. The ship is a much-anticipated piece of the museum's celebration of America's 250th anniversary.

**Village at Valley View**

### **STEADY AND STRONG:**

#### **STEPS TO PREVENT FALLS**

Join us to discuss practical tips and exercises to help prevent falls and protect your independence.

**July 16th, 2026 @ 4pm**  
1071 W. Jackson Rd.,  
Ashland, OR 97520

**RSVP TO CRISTA OR HOLLIE:**

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### **Steady and Strong**

Falls are one of the most common health concerns for older adults, but there are many simple steps that can help reduce the risk and maintain independence. We invite community members, residents, families, and friends to join us for "Steady and Strong: Steps to Prevent Falls" on July 16, 2026, at 4:00 PM. This informative presentation will cover practical fall prevention tips, exercises to improve balance and strength, and ways to create a safer daily environment. Whether you're looking for helpful information for yourself or a loved one, this event offers valuable tools to support safety, confidence, and overall well-being. We hope you'll join us for this educational discussion and learn simple steps toward a safer tomorrow. Please RSVP to Crista or Hollie to reserve your spot.

## 4th of July BBQ Celebration

We are excited to invite residents, families, and friends to join us for our 4th of July celebration! In honor of Independence Day, Village at Valley View will be hosting a festive BBQ on Friday, July 3rd, at 12:00 PM (noon), serving lunch for all who attend.

Enjoy a classic summer cookout with delicious BBQ favorites, refreshing drinks, and sweet treats, along with great company and a cheerful holiday atmosphere. This is a wonderful opportunity for residents to spend meaningful time with loved ones while celebrating together.

We will have a relaxed, welcoming environment with plenty of seating so everyone can enjoy the day comfortably. Feel free to wear your favorite red, white, and blue to add to the festive spirit.

Friends and family are warmly welcome! Bring your smiles and your appetite as we gather for food, fun, and community.



## Our Bodies' Water Ways

It's important to stay hydrated throughout the year, but it's especially important during warm weather. Water is essential for many of the body's organs and functions. Here's a rundown of all the ways water keeps your body working well:

**Heart.** Staying hydrated promotes proper circulation by allowing the heart to more easily pump blood, which carries oxygen throughout the body. Drinking water can also help with maintaining a healthy weight and regulating blood pressure, both of which reduce

stress on the heart.

**Brain.** Multiple studies show that even mild dehydration can impair memory and concentration. Drinking enough water can improve cognition, focus and mood, as well as help prevent fatigue and headaches.

**Digestion.** Water helps break down food so that the body can absorb nutrients, making it crucial to a healthy digestive system.



## Activity of the Month: Book Club

This month we are highlighting one of our favorite ongoing activities, Book Club! Our Book Club brings residents together in a relaxed setting to listen to stories, enjoy discussion, and share in the simple joy of reading. Reading and listening activities are very important for seniors, as they help keep the mind active and engaged. Following along with a story supports memory, attention, and language skills. Even for those who may not read as often on their own, being read to still provides valuable cognitive stimulation in a comforting and enjoyable way.

Book Club also encourages connection through storytelling. Residents often relate parts of the story to their own life experiences, sparking conversation, laughter, and shared memories. It creates a sense of community while keeping minds active and engaged. More than just reading, Book Club is a time to relax, listen, and connect through the power of storytelling. We look forward to sharing many more stories together!

## Staff Directory



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## "This Month In History"

### JULY

**1904:** The ice cream cone debuts at the World's Fair in St. Louis.

**1913:** Alfred Carlton Gilbert is granted a patent for the Erector Set. His invention became one of the most popular toys of all time.

**1922:** A new sport is invented on a lake in Minnesota when 18-year-old Ralph Samuelson skis on water using two planks of wood.

**1930:** Congress creates the Veterans Administration.

**1946:** The new flag of the Philippines is raised over Manila after the U.S. grants the Asian nation full independence.

**1957:** John Glenn, then a major in the U.S. Marines, sets a new transcontinental speed record, flying a jet from California to New York in 3 hours, 23 minutes. The record was broken in March 1990 with a flight from Los Angeles to Washington, D.C., that took 1 hour and 4 minutes.

**1963:** To help speed up mail delivery, the Postal Service begins implementing the ZIP code system.

**1976:** Bicentennial celebrations are held all over the U.S. to celebrate the 200th anniversary

of the signing of the Declaration of Independence.

**1981:** President Ronald Reagan announces he will nominate Sandra Day O'Connor to be the new associate justice of the U.S. Supreme Court. She was the first woman to serve on the court.

**1999:** The U.S. women's soccer team wins the World Cup, defeating China in front of a record crowd at the Rose Bowl in California.

**2005:** NASA's space probe Deep Impact slams into a comet as part of a mission to learn more about the solar system.