

Village at Valley View

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Honoring Old Glory

In 1916, President Woodrow Wilson officially established June 14 as Flag Day. It honors the day in 1777 when the first version of the flag, featuring 13 stars and 13 stripes, was adopted as the nation's official flag.

Take a Meditation Break

You can't take years off your age, but you may be able to take years off your brain age. What's the secret? Some say it's practicing meditation. One research study showed that the physical appearance of meditators' brains appeared to be about seven years younger than those who didn't meditate. Scientists have observed that small bouts of consistent meditation, 10-15 minutes a day, can improve cognitive abilities.

Man-go for It

This summer, treat your taste buds to a mango. Called the king of fruits, one mango contains more than 20 different vitamins and minerals, including high levels of vitamins A and C, fiber and folate.

Fifty Years of Fever

In 1976, journalist Nik Cohn published an article about the teenage New Yorkers who ditched their blue-collar daily worries for weekly disco dance-offs. Cohn's piece was a hit, and it inspired the classic film "Saturday Night Fever" (1977) just a year later, which Cohn helped write. In the 1990s, Cohn admitted that he made up much of the article, in no small part because magazine journalism of the day blurred the lines between fact and fiction.

June 2026



Father's Day Is June 21

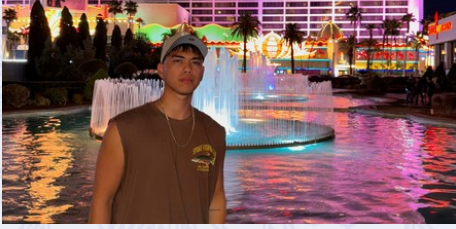
The third Sunday in June is Father's Day. Show your gratitude for the dads in your life with a card, gift, visit or phone call.

Playgrounds Made for Seniors

Playgrounds aren't just for kids anymore. Multigenerational play spaces are becoming more common, giving older adults a place to work out, walk, swing and simply have fun. Already popular in Asia and Europe, the trend is spreading across the U.S. with several companies building the outdoor facilities, which are designed with low-impact exercise equipment that promotes flexibility, balance and coordination. The fitness parks also serve as social hubs for seniors.

Summer Solstice

Sunday, June 21, is the summer solstice, the longest day of the year.



Employee Spotlight: Cris Nico Ortega

This month, we are excited to feature Cris Nico Ortega! Cris was born in Cagayan De Oro City in the Philippines, where he spent the first 14 years of his life before moving to the United States in 2014. After living in Oklahoma for four years, he made Southern Oregon home in 2018. Family is very important to Cris. His mom works as a med tech at Asante Hospital, and his dad is a chemical engineer at a wastewater treatment facility. He also enjoys spending time with friends making music and attending concerts together.

In his free time, Cris loves going to rave festivals, creating music, and staying active at the gym. He says working out helps balance his love for good food—especially brownies!

Cris became interested in memory care after the passing of his grandmother in August 2025, which inspired him to help seniors and make a difference in their lives. He also hopes to pursue his goal of becoming an EMT in the future.

We are grateful to have Cris as part of our team and appreciate the compassion and positivity he brings each day!



Celebrating Freedom

When President Abraham Lincoln's Emancipation Proclamation went into effect on Jan. 1, 1863, it signaled the end of slavery in the United States. Then why is Freedom Day or Emancipation Day, commonly known as Juneteenth, celebrated as a federal holiday on June 19 instead?

After Confederate Gen. Robert E. Lee surrendered on April 9, 1865, news of the war's end took time to reach every state. On June 19, 1865, Union soldiers, led by Gen. Gordon Granger, arrived in Galveston, Texas — the western-most state at the time — and announced that the war was over and slavery was abolished.

Combining June and 19, the day was named Juneteenth and sparked numerous celebrations among African American communities. Knowledge of the unofficial holiday faded as many former slaves moved north, but it regained popularity during the civil rights movement in the 1960s.

Juneteenth has been called the country's "second Independence Day" and is marked by a variety of joyous and solemn celebrations.

Father's Day Luncheon

Please join us as we celebrate the wonderful fathers and father figures in our community at our annual Father's Day Luncheon! Residents, families, and loved ones are invited to enjoy a special afternoon filled with delicious food, laughter, and meaningful time together.

Father's Day is a time to honor the strength, wisdom, kindness, and love that so many fathers and father figures have shared throughout their lives. Many of our residents have wonderful stories, memories, and life experiences that deserve to be celebrated and appreciated. This luncheon gives us the opportunity to gather together, enjoy one another's company, and recognize the important role these men have played in the lives of their families and friends. Events like these are especially meaningful in our community, bringing residents and families together to create joyful memories and special moments. Social gatherings help encourage connection, conversation, and engagement while creating a warm and welcoming atmosphere for everyone involved.

We look forward to celebrating with everyone and showing appreciation for the incredible men in our Village family!



Thank a Nursing Assistant

They lend a helping hand all day, every day to men and women across the nation. In June, we get the opportunity to recognize the nursing assistants and certified nursing assistants who provide hands-on, direct care on a daily basis.

Supervised by a nurse, nursing assistants interact frequently with the people in their care, assisting them with tasks such as feeding, bathing, dressing and grooming.

Community Shoutout: Bugs-R-Us

We would like to give a special shoutout and thank you to John from Bugs-R-Us for the wonderful educational programs he brings to Village at Valley View each month. John shares engaging presentations with our residents on a wide variety of fascinating topics. From insects and spiders to local trees, wildlife, and even dinosaurs, every visit brings something new to learn and enjoy.

John's fun personality, humor, and talent for storytelling make each class both entertaining and educational. He has a wonderful way of connecting with our residents

Because they spend the majority of their time providing hands-on care, nursing assistants often form a close relationship with the people they serve. Their role requires compassion, patience and dedication, qualities that enable them to be a source of emotional support, as well as a vital advocate for quality health care.

From June 11-17, we're given the opportunity to thank these dedicated professionals for their hard work and care. The first day of the commemorative week is always observed as Career Nursing Assistants Day, a nod to nursing assistants who have worked in the field long-term.

and making learning exciting and accessible for everyone. His visits often spark curiosity, conversation, laughter, and meaningful engagement throughout our community.

We are truly grateful for John's time, kindness, and continued friendship with Village at Valley View. Thank you, John, for sharing your knowledge and bringing so much joy and enrichment to our residents each month!



Activity Spotlight: Live Entertainment

At Village at Valley View, we are fortunate to have a wonderful variety of community entertainers and educators who bring joy, music, movement, and laughter to our residents each month. From Chair Yoga with Ginny Dean to live guitar performances by P.K. Hallinan, Landon Strine, and Tracy Davy, our residents enjoy meaningful opportunities to connect through music and activity. We also welcome Richard's lively accordion music, educational presentations from John with Bugs-R-Us, fiddle performances by Opal and the Swallowtails, and special visits from the Extend Circle Group every few months, who always bring fun energy, music, and laughter.

Live entertainment is especially beneficial for memory care residents because music and social engagement can spark memories, improve mood, reduce anxiety, and encourage participation. Familiar songs, movement, humor, and interactive performances help residents stay connected, stimulated, and engaged while creating moments of joy and community. Come join us for a performance!

We are incredibly grateful to each of our talented visitors for sharing their time and gifts with our Village!

Staff Directory



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"This Month In History" JUNE

1917: U.S. Army troops arrive in France to fight in World War I.

1937: Pennsylvania is the first state to celebrate Flag Day as a state holiday. Today, it is the only state to recognize June 14 as a legal holiday.

1949: Hank Williams Sr. makes his Grand Ole Opry debut, singing his first No. 1 hit, "Lovesick Blues." Williams was called back to the stage for six encores.

1963: Soviet cosmonaut Valentina Tereshkova becomes the first woman to travel into space. Her solo mission lasted just under three days.

1973: A U.S. patent is granted for the automated teller machine, or ATM.

1990: Comedian and popular late-night talk show host Arsenio Hall is named "TV Person of the Year" by TV Guide magazine.

2002: Brazil sets a soccer record when it wins its fifth World Cup title. The team defeated Germany 2–0 at the tournament finals in Japan.

2019: Ali Stroker makes history as the first performer in a wheelchair to win a Tony Award. She earned the best featured actress prize for her role in the musical "Oklahoma!"