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August by the Numbers

12. The number of lighthouses in the United States in 1776. Aug. 7 is National Lighthouse Day, when many of the approximately 700 lighthouses standing today are open for tours.

135. Chapters in "Moby-Dick," the epic novel by Herman Melville, who was born Aug. 1, 1819.

Arthritis Relief With Coconut Oil

Using coconut oil as a lotion can soothe dry skin, and it may also help relieve joint pain related to arthritis. Coconut oil contains anti-inflammatory properties, and some research shows that massaging the oil into the skin can increase circulation to the area.

Games Are Good for Your Gray Matter

Research shows that these classic games support specific cognitive functions.

One player. Playing cards, including one-player games like solitaire, is linked to better focus and memory, according to research. Winning, even against yourself, triggers a small release of dopamine, a natural mood-boosting brain chemical.

Two players. Studies indicate that playing two-person strategy board games like chess and checkers improves problem solving and empathy, since these games require planning moves and anticipating an opponent's moves.

Three to four players. Games like mahjong and dominoes exercise both pattern recognition and memory; they also can be played with three or four players.

August 2026



Spread Sunshine

"Those who bring sunshine into the lives of others cannot keep it from themselves."

—James Matthew Barrie

A Spider's Lesson

Many attribute the old adage, "If at first you don't succeed, try, try and try again," to the first Scottish king, Robert the Bruce. After being defeated in battle fighting for Scotland's independence in the 14th century, Bruce hid in a cave, where he witnessed a spider trying, failing and trying again at making a web until it had just one silk thread to build from. The experience became a powerful analogy Bruce used to rally troops and secure a victory despite being outnumbered nearly two to one.

Written records of the famous proverb came more than 300 years later in British poet William Edward Hickson's "The Singing Master" and American educator T.H. Palmer's teacher's manual.



Anniversary Spotlight: Caren Soils Lopez

This month, we are proud to celebrate Caren Lopez and her 8-year anniversary with Village at Valley View!

For the past eight years, Caren has been a valued member of our team, providing compassionate care, kindness, and support to our residents and their families. Her dedication and commitment have helped create the warm, welcoming environment that makes Village at Valley View such a special place to call home.

Working in memory care requires patience, understanding, and a caring heart, and Caren demonstrates these qualities every day. Her willingness to help others and her positive presence have made a lasting impact on both residents and coworkers alike.

We are incredibly grateful for Caren's years of service and the difference she continues to make in our community. Thank you, Caren, for your hard work, dedication, and the care you provide each day.

Congratulations on 8 wonderful years with Village at Valley View!



End-of-Summer Luau BBQ

Join us Friday, August 28th as we celebrate the end of summer with a festive Luau BBQ! Residents, families, and friends are invited to enjoy an afternoon filled with delicious Hawaiian-inspired cuisine, great company, and island-themed fun.

Our menu will feature Kalua Pork, Hawaiian Chicken, Mac Salad, Steamed Rice, Hawaiian Rolls, Coleslaw, Tropical Fruit Salad, Macadamia Nut Cookies, and a refreshing Fruit Punch Spritzer. It's the perfect opportunity to gather together, enjoy a wonderful meal, and make lasting memories with friends and loved ones.

The afternoon will be filled with a relaxed tropical atmosphere, great conversation, and plenty of smiles as we celebrate another wonderful summer together. We hope this special event brings everyone together to enjoy good food, laughter, and the spirit of aloha.

We look forward to ending the summer season with our Village at Valley View family and creating another memorable day for our residents and guests. We hope you'll join us for this special celebration!

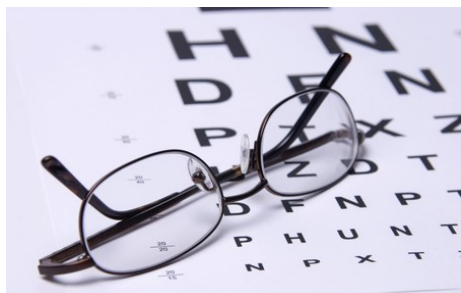
Help Us Build Our Library

Our residents love staying engaged through books and meaningful activities, and we're always grateful for the generosity of our families and friends. If you're looking for a simple way to support our Life Enrichment program, we'd greatly appreciate donations of gently used books.

We're especially looking for picture books, bird and wildlife books, car books, history books (non-war), and cookbooks. These types of books encourage conversation, spark memories, and provide enjoyable opportunities for residents to read independently or with staff and volunteers.

If you have books you'd like to donate, please drop them off at the front desk. Every donation helps us create meaningful moments and enrich the lives of our residents. Thank you for your kindness and continued support of our Village at Valley View community!





The Eyes Have It

Have the foresight to get your routine eye exam. Doctors recommend that adults 65 and older get annual eye exams because early detection of eye diseases can prevent up to 90% of vision loss, according to the American Academy of Ophthalmology.

You may be familiar with the Snellen eye chart to test visual acuity, which eye doctors have

been using since the late 19th century, when the chart with the big E was first designed by Dutch ophthalmologist Hermann Snellen.

Routine eye exams often include several additional tests: eye pressure checks to screen for glaucoma, retinal health exams to inspect the optic nerve and circulation, and refraction tests to evaluate the correct prescription for glasses or contacts.

Good eye care benefits the whole body. Having the right prescription can prevent fatigue, strain and headaches. Talk to your doctor about making sure you're taking the best possible care of your peepers.

Breaking the Bank

Ever wonder why piggy banks came to be shaped like swine?

Historically, pigs were valuable resources to rural families desperate for the meat or money from the pig's sale. The German expression "schwein gabt" translates literally to "got pig," denoting that someone got a lucky break during hard times.

Around the turn of the 20th century, novelty pig-shaped banks hit the market, featuring a stopper-less design. The only way to access the coins inside was to smash the bank, which kept the coins safe for true need.

Today, piggy banks have removable stoppers to make

accessing the stashed cash easier than ever. To move away from a "breaking the bank" habit, financial experts recommend putting savings in accounts that are more difficult to empty: using high-yield savings accounts, a savings account at a separate bank from checking accounts, and restricted retirement accounts like 401(k) plans.



Activity Spotlight: Gardening

Our garden is blooming, thanks to the helping hands of our wonderful residents!

Watering the garden is more than just caring for plants, it provides a meaningful sense of purpose while encouraging gentle exercise, fresh air, and time in the sunshine.

Gardening also creates opportunities for conversation and reminiscing as residents share memories of gardens they once tended and flowers they loved to grow. Spending time outdoors can help reduce stress, boost mood, and promote a sense of calm and well-being. Watching the plants flourish through their care brings a sense of accomplishment and pride that carries throughout the day.

Whether watering flowers, admiring new blooms, or simply enjoying the beauty of nature, our gardening program continues to brighten days, encourage meaningful engagement, and help our residents bloom right alongside the garden.



Staff Directory



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"This Month In History" AUGUST

1926: 19-year-old Gertrude Ederle becomes the first woman to successfully swim the English Channel. Her time of 14 hours and 31 minutes beat the existing men's world record by nearly two hours.

1938: Hollywood dance duo Fred Astaire and Ginger Rogers are featured on the cover of Life magazine.

1964: "A Hard Day's Night," the Beatles first feature movie, debuts in the U.S.

1962: Little Eva travels to the top of the pop music chart with the hit song "Loco-Motion" and inspires a dance craze.

1975: The first nighttime match is played under lights at the U.S. Open tennis tournament in New York City.

1990: The largest and best-preserved Tyrannosaurus rex skeleton ever found is discovered in South Dakota. The 65 million-year-old dinosaur specimen is on display at Chicago's Field Museum.

2015: Facebook hits a milestone, reporting that 1 billion people logged on to the social networking website in a single day. As of August 2025, more than 2 billion people use Facebook daily.