

Dean Creek Outing Pictures:



November Birthdays

If you were born between November 1–21, your astrological sign is Scorpio. Scorpions are powerful investigators who keep up on the comings and goings of their peers, take control, and lead the way to success. Those born between November 22–30 are Archers of Sagittarius. Archers are exciting and independent. Their positive attitudes, great sense of humor, and kind hearts make them excellent friends. But get ready for an earful—Archers often also speak their minds.

- Sally Field (actress) – Nov. 6, 1946
- Carl Sagan (astronomer) – Nov. 9, 1934
- Grace Kelly (actress, princess) – Nov. 12, 1929
- Margaret Atwood (writer) – Nov. 18, 1939
- Ahmad Rashad (sportscaster) – Nov. 19, 1949
- Andrew Carnegie (banker) – Nov. 25, 1835
- Tina Turner (singer) – Nov. 26, 1939
- Samuel Clemens (Mark Twain) – Nov. 30, 1835

Spring Valley Resident and Staff Birthdays

Resident Birthdays-

- Kathy- 11/1
- Doris-11/10
- Dena-11/17

Staff Birthdays-

- Whitney-11/4
- Makie-11/5
- Katie-11/9
- Savannah-11/15

Spring Valley Times

Spring Valley Assisted Living | 770 Harlow Road Springfield OR, 97478 | 541-744-2116

Your Leadership Team

Resident Services Director  
Daniela Trott

Concierge/Business Office  
Manager  
Sunny Baggins

Plant Operations Director  
Dave Rausch

Wellness Director  
Hailey Smith

Community Relations Director  
Dwight Mandimika

Life Enrichment Director  
Savannah Ankrom

Meet your weekend Concierge:  
Shanie Jorgenson:

Shanie is currently a student at the University of Oregon and works at the reception desk on weekends. She is studying biology and geology and hopes to enter a PhD program next year with a focus on wildlife and ecology conservation. In her free time, she enjoys being outdoors with her fiancé, Daniel, and their dog — whether that be kayaking, camping, or spending a snowy day up the McKenzie. She also loves playing video games.





### A Cozy November Stroll Through Oregon

There's something extra special about Oregon in November — when the mist hangs low in the morning, the trees glow with burnt orange and gold, and the air carries the comforting smell of woodsmoke and rain-soaked pine. It's the time of year for warm sweaters, hot drinks, and slow afternoons spent appreciating the beauty right outside our windows.

From the peaceful Oregon Coast to the snow-dusted Cascades, the whole state begins to quiet down — not sleepy, just thoughtful. Even small towns seem to transform in November. Bakeries start smelling like cinnamon and cloves, neighbors drop off homemade pumpkin treats, and someone inevitably tries to convince everyone that “this year the Christmas lights are going up early.”

Here in our community, fall brings a gentle kind of joy. The crunch of leaves underfoot, cozy conversations indoors, and the return of traditions we look forward to all year. It's a season that invites gratitude — not just for the beauty of Oregon's landscape, but for the people who make this place feel like home.

As we move deeper into the heart of autumn, let's pause to appreciate the simple wonders of November — the warmth of good company, the familiar comfort of routine, and the feeling that, even as the world slows down, there is so much to be thankful for.

Here's to Oregon in the fall — peaceful, colorful, and perfectly cozy.

### Would you rather?

- ...have a **personal doorway** that lets you visit *any moment from your own past* for one hour a day — OR a *secret window* that lets you watch any moment 100 years into the future?
- ...wake up with the ability to **paint anything you imagine** — and it becomes real OR **speak any wish out loud** — but it only lasts until midnight?
- ...live in a peaceful floating city **up in the clouds** OR an enchanting glowing village **under the sea** (you can breathe and walk normally either way)?
- ...be able to **step inside any photograph you've ever taken** — OR **walk into any book or story you've ever read** and explore it like real life?
- ...have a magical journal where **everything you write comes true**, OR a music box that, when you play it, transports you into your happiest memory?
- ...be able to **slow down time whenever something beautiful is happening** — OR **fast-forward through anything boring or annoying**?
- ...have a companion animal that can **speak your language** (cat, dog, bird, you choose) OR a plant in your room that **whispers the future** every morning?
- ...be given the power to **change the ending of any one famous event in history** — OR **see the true ending of your own life story right now** (but not change it)?
- ...be able to **visit any dream again whenever you want** — OR **never forget even the smallest detail of real moments you've lived**?

### NOVEMBER'S UPCOMING EVENTS

Monday November 3<sup>rd</sup>, at 1 there will be the Monthly Health Talk with Tara and then at 3:00, there will be a performance by Mr. E.

On Thursday November 6<sup>th</sup>, we will be making cards for our Veterans in the community at 1:30pm.

On Monday November 10<sup>th</sup>, there will be a piano performance by Baisel Clough at 2pm.

On Tuesday November 11<sup>th</sup>, at 3:30, we will be having a Veterans Day Social in the lounge to celebrate our Vets!

On Thursday November 13<sup>th</sup> at 3:30, we will be having our December Event Planning Meeting in the lounge

On Wednesday November 26<sup>th</sup> at 1, we will be going to the Festival of Trees Event at the Graduate Hotel. Please bring money!

### Hybrid Hijinks

What do you get when you cross a moose with a walrus? If you live in Alaska, you get the mythical hybrid animal known as an alascattalo, which is celebrated in earnest on November 21.

As strange as the alascattalo may seem, it is not the only hybrid animal that draws popular curiosity. The unfortunately named beefalo is a real cross between a cow and a buffalo. The world's largest cat is a liger, a cross between a male lion and a tigress, which can grow to twice the normal size of its parents. (The smaller tigon is the offspring of a lioness and tiger.) Hawaii has its wholphin, a rare mix of dolphin and false killer whale. More akin to the alascattalo is Wyoming's fabulous and impossible jackalope, a mythical jackrabbit with an antelope's antlers.

Most likely, the alascattalo is Alaska's idea of a joke. How do Alaskans celebrate? With the world's shortest parade. The three-minute affair occurs in an alleyway, and a prize is awarded to the smallest and least appealing float.

### Nature's Favorite Sequence



Fibonacci Day is celebrated on November 23 (11/23), a date that matches the start of the famous Fibonacci sequence: 1, 1, 2, 3. Each

number in the sequence is the sum of the two before it. When squares with sides the length of Fibonacci numbers are next to each other, a spiral can be drawn through their corners. This pattern shows up everywhere—from pinecones and sunflowers to galaxies and hurricanes. Named after Italian mathematician Leonardo of Pisa (aka Fibonacci), the sequence dates back to the 1200s but still fascinates math lovers today. On Fibonacci Day, some people bake spiral-shaped pastries or decorate with Fibonacci-themed art. This November 23, give a little nod to numbers—and maybe eat a croissant in a golden spiral.