

"Seeing is believing, but sometimes the most real things in the world are the things we can't see." — The Polar Express.



December Birthdays

In astrology, those born December 1–21 are Archers of Sagittarius. Archers are exciting and independent. Their positive attitude, great sense of humor, and kind heart make them excellent friends. But get ready for an earful. Archers often speak their mind. Those born December 22–31 are Goats of Capricorn. Goats are the most stable and sure-footed of astrological signs. Reliable, economical, practical, and organized, they make good multitaskers and politicians.

- Bette Midler (singer) – December 1, 1945
- Eli Wallach (actor) – December 7, 1915
- Rita Moreno (actress) – December 11, 1931
- J. Paul Getty (industrialist) – December 15, 1892
- Ray Romano (comic) – December 21, 1957
- Diane Sawyer (journalist) – December 22, 1945
- Howard Hughes (aviator) – December 24, 1905
- Maggie Smith (actress) – December 28, 1934
- Bo Diddley (musician) – December 30, 1928

Spring Valley Resident and Staff Birthdays!

- Residents:
- Loyal S- 12/1
  - Dottie P-12/13

- Staff:
- LaShonda- 12/11
  - Myles-12/15

Spring Valley Times

Spring Valley Assisted Living | 770 Harlow Road | 541-744-2116



Your Leadership Team  
Interim Executive Director  
Lisa Waisath

Executive Director  
Tammy Tucker

Resident Services Director  
Daniela Trott

Wellness Director  
Hailey Smith

Concierge/Business Office Manager:  
Sunny Baggins

Community Relations Director  
Dwight Mandimika

Plant Operations Director  
Dave Rausch

Dining Services Director  
Louie Miller

Life Enrichment Director  
Savannah Ankrom

Introducing Your New Dining Services Director:  
Louie Miller

Louie is a lifelong Oregonian who has been happily married for 35 years. He is the proud father of two grown children and grandfather of four wonderful grandchildren. Although Louie spent most of his career in sales, he returned to college at age 46, earning his associate’s degree in culinary arts and hospitality management. He has been dedicated to the food industry ever since. Over the years, Louie has gained a wealth of knowledge and experience, and he looks forward to the opportunity to work for you and alongside you.







✧ ✧ *There's something truly magical about Christmas trees — the way they glow and sparkle, the way they gather us together, and the way they make the season feel warm and bright.* ✧ ✧



## TIS THE SEASON!

**Join Savannah on Thursday December 11<sup>th</sup> at 6pm, and Thursday December 18<sup>th</sup> at 6pm, for a fun night going Christmas Light Looking! Grab those coats, mittens, bundle up, and get ready to see all the beautiful decorations! If you have any questions, please ask Savannah!**

## SPIRIT WEEK IS COMING:

**Got any old sweaters that you wear once a year, or do you want an excuse to wear that festive outfit?! Well, now is the time! Spirit Week is Monday December 15<sup>th</sup>-Friday December 19<sup>th</sup>! Be on the lookout for all the festive days, the list will be posted at the front desk!**



## **Quiet Wins the Day**

We live in the Digital Age, where computers allow us access to vast amounts of information and copious social networking. It's a nearly endless amount of distraction. Gloria Mark, University of California professor of informatics (the science of computer data), likens it to a candy store with unlimited offerings. As we know, an endless stream of candy is bad for our health.

What better way to ring in the new year than with No Interruptions Day on December 31? Research conducted by Mark and her colleagues shows that work interruptions cost us hours in productivity each day. But what of those who believe work itself is an interruption? Then you, too, can participate. Take time on the 31st to unplug and spend quality time with someone special—face-to-face, heart-to-heart.

## **Cable Cars That Could**



San Francisco's cable cars are recognized the world over. The modern three-line system debuted on December 22, 1957, when car No. 51 rang its bell, exited the Washington-Mason cable car barn, and pulled onto Washington Street.

But the story of San Francisco's famous cable cars really began when Andrew Smith Hallidie witnessed a horse struggling to carry a horse-drawn tram up a slippery, steep cobblestone street in 1869. Hallidie conceived a system using thick steel cables powered by massive steam engines. The trams would grip cables embedded in the roadway. As the engines moved the cables, the tram would be pulled up and down San Francisco's steep city streets. It's a system that has changed little from its first incarnation in the 1800s. Today, cable cars endure as a symbol of hilly San Francisco and a romantic slice of California history.