

February Upcoming Events:

On Monday February 2nd at 1pm, Tara from Cascade Health will be here to do her Monthly Health Talk. This month's topic is Heart Health.

Pani will be here on Thursday February 5th at 1:30pm in the lounge.

We will be having a Superbowl Party in the lounge on Sunday February 8th at 3:30pm. **THERE WILL BE ALCOHOL SERVED.**

Our Friends and Family Dinner is Thursday February 12th, from 4:30-6:00pm.

We will be having a Valentines Day party in the lounge on Friday the 13th at 3:00pm.

We will be holding a Town Hall meeting on Tuesday February 17th at 1:30. If you have questions, please ask Savannah or Tammy

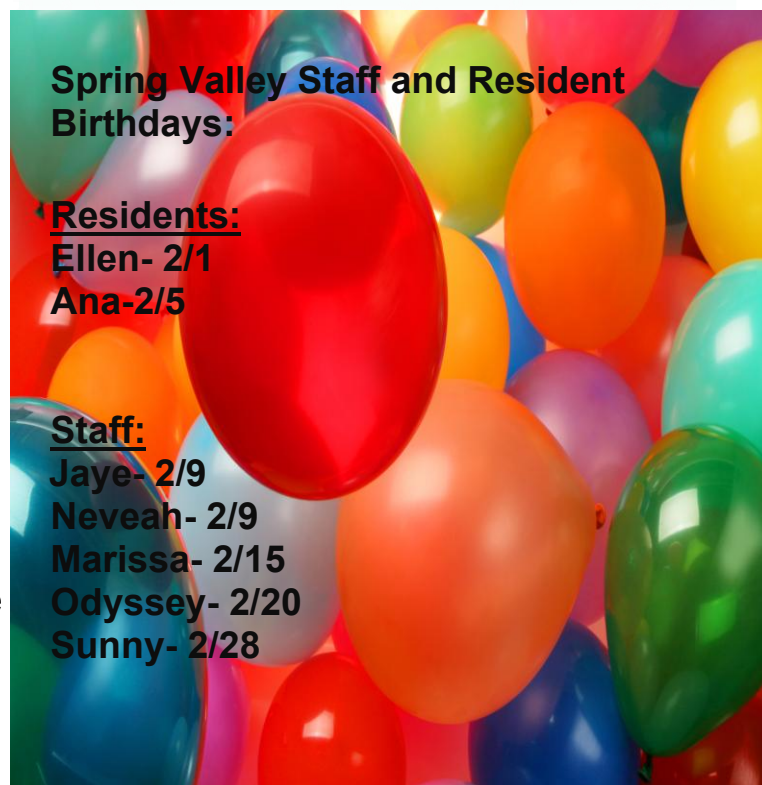
Our Resident Store will be Friday February 20th at 10:30am

On Thursday February 26th at 1:30pm, we will be having our Resident Council Meeting at 1:30. This will be resident led!

February Birthdays

In astrology, those born February 1–18 are Aquarian Water Bearers. Aquarians have attractive personalities, vivid imaginations, strong intuition, and a thirst for knowledge. They also share a strong desire to help humanity and create unity. Those born between February 19–29 are Pisces. These Fish are spiritual types who feel comfortable in their introspective natures. As passionate, romantic, creative dreamers, they are charitable helpers who go with the flow.

- Tommy Smothers (comedian) – Feb. 2, 1937
- Hank Aaron (ballplayer) – Feb. 5, 1934
- Lana Turner (actress) – Feb. 8, 1921
- Susan B. Anthony (activist) – Feb. 15, 1820
- Sidney Poitier (actor) – Feb. 20, 1927
- Steve Jobs (tech guru) – Feb. 24, 1955
- Jimmy Dorsey (band leader) – Feb. 29, 1904
- Dinah Shore (singer) – Feb. 29, 1916



Spring Valley Staff and Resident Birthdays:

Residents:

- Ellen- 2/1
- Ana-2/5

Staff:

- Jaye- 2/9
- Neveah- 2/9
- Marissa- 2/15
- Odyssey- 2/20
- Sunny- 2/28

Spring Valley Times

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



Celebrating February

Your Leadership Team:

Executive Director

Tammy Tucker

Resident Services Director

Daniela Trott

Wellness Director

Hailey Smith

Plant Operations Director

Dave Rausch

Concierge/BOM

Sunny Baggins

Community Relations Director

Dwight Mandimika

Life Enrichment Director

Savannah Ankrom

Dining Services Director

Louie Miller

Community Bus Driver

John Schriener

Meet our Resident Ambassadors:

The Resident Ambassador program is back up and running at Spring Valley! The Spring Valley Resident Ambassador Program connects prospective and new residents with friendly neighbors who know our community best. Our ambassadors assist with tours and create a welcoming, personal experience—helping prospects feel seen, heard, and truly at home from the very first visit. When it's time to move in, resident ambassadors are there to offer guidance, answer questions, and ensure every new resident feels warmly welcomed into the Spring Valley community.

Our current Resident Ambassadors are:

- George
- Wanda
- Roseann
- Dena
- Mary H.

If you have any questions, please reach out to Dwight or Savannah

Good Friends Make Good Neighbors

We want to spread the word about Spring Valley,

and now you can benefit by helping us

tell your friends about us! You could receive a

\$4,000 credit toward your rent just by

referring a friend or family member to

Spring Valley if they move in for at least 90

days. To qualify, the name of the person

making the referral and the name of the

prospective resident must be turned into the

Executive Director or the Community Relations

Director (Dwight) prior to the inquiry or tour.

The referred person must be new to Spring Valley

(i.e. not already in our contact list). The

referred person must move in and reside at

Spring Valley for a minimum of 90 days

before the credit is given. If you have any

questions, please reach out to the Executive

Director or Community Relations Director

(Dwight).

Guardians of the Arctic

You don't have to live in the Arctic to celebrate International Polar Bear Day on February 27.

The polar bear is one of nature's most awesome beasts and is the world's biggest hunter. Polar bears spend much of their time lying in wait outside holes cut in the ice by ringed seals, which must return to the surface for air every five to 15 minutes. A seal's survival depends on maintaining its series of breathing holes.

That same survival instinct is what eventually provides the polar bear with its next meal. As the Arctic warms and ice recedes, polar and brown bear habitats have begun to overlap, and hybrid polar-brown bear offspring have appeared.

Dubbed *nanulaks* by Canadian wildlife officials, the hybrid bears are whitish brown with long claws and a humped back. Offspring of a male polar bear and a female grizzly are called *pizzlies*; reverse the parentage and it's a *grolar bear*. However, as long as there is ice to roam and there are seals to hunt, a polar bear's home will always be the Arctic.

Resident Led Activities-

As you may notice, there are a few resident led activities on the calendar. We are incorporating these to help you guys get to know your neighbor, but to also help with residents who are new! If you have any questions, please ask Savannah and if you would like to suggest a resident led activity, please let Savannah know as well!

February Aloha

For those dwelling in the northern hemisphere, February brings a chill to both the air and the spirit. Spring is just a month away, but who can think of spring when the snow's still falling? Drive away the chill on February 1 with Hula in the Coola Day.



Hula dancing is an integral part of Hawaii's Polynesian history and culture. The dance is far more than swaying the hips in a grass skirt; it's a ritual way to explain Hawaiian gods and goddesses, the history of the people, and the mysteries of natural phenomena through chanting, singing, and dancing. Hula has been

performed during religious rituals, rites of passage, social gatherings, and even football games. So if you're looking to warm your spirit this February 1 with a little *aloha*, find a real *kumu hula* teacher. Ditch the grass skirt for one made of *kapa*, a traditional fabric handcrafted from the bark of the paper mulberry tree.

Since hula is Hawaii's iconic dance, the ukulele must be Hawaii's iconic instrument. In the 1900s, the ukulele became part of the musical backdrop to hula dances, so it stands to reason that World Ukulele Day falls on February 2, the day after Hula in the Coola. Famed Hawaiian musician Samuel Kamaka explained that the ukulele was first played in the islands in 1879 by João Fernandes, an immigrant from Portugal. His fingers rapidly strummed a four-stringed *braguinha*, which the native Hawaiians nicknamed *ukulele*, a word meaning "jumping fleas."

Perhaps no ukulele musician was as beloved as Israel "IZ" Kamakawiwo'ole. Raised in a musical family from Honolulu (his uncle was Moe Keale), he was exposed to entertainers like Don Ho and Palani Vaughan. His version of "Over the Rainbow" may rival Judy Garland's. It will, no doubt, be strummed the world over on World Ukulele Day.

Engineering a Solution

The fields of science, technology, engineering, and mathematics, known collectively as STEM, are considered some of the most critical when it comes to industry and the economy. Research conducted by the American Association of University Women found that in many STEM fields, men outnumber women—a fact they say threatens to stifle both wage equality and creative thinking. That's why February 26 is Introduce a Girl to Engineering Day. Dr. Maria Klawe, former president of Harvey Mudd College, says the solution is to encourage collaborative and creative problem solving in computer science fields. The lonely engineer toiling away in a dark basement may be no more. The future of STEM is unintimidating, social, bright, and equal parts female.

Trekkies Rejoice



This year, *Star Trek* celebrates an incredible milestone: 60 years of exploring strange new worlds. Since its first broadcast in 1966, the franchise has captivated audiences of all ages with its stories of courage, friendship, and hope for a better future.

For longtime fans, the anniversary is a chance to reconnect with cherished memories. Special events are planned across the country, including fan conventions, commemorative exhibits, and even themed museum displays showcasing classic costumes and props. Streaming services will highlight favorite episodes and launch new series like *Star Trek: Starfleet Academy*.

A themed cruise from February 20–27 offers a fun way to join fellow fans, but the celebrations extend far beyond the ocean. Whether revisiting the adventures of Captains Kirk and Jean-Luc Picard or discovering new stories, the 60th anniversary is a joyful reminder of the optimism and imagination that *Star Trek* has inspired for six decades.