

Upcoming Spirit Days!:

**Monday May 4th is Decades Day!
Dress up in your favorite decade!**

**Tuesday May 5th Dress like a
Tourist Day! Time to pull out all of
those summer outfits and**

**Wednesday May 6th
Dress like Daniela Day!
Dress up as our favorite RSD or
twin with your buddy!**

**Thursday May 7th is Superhero
Day! Dress as your favorite hero
real or fake!**

**Friday May 8th is Mismatch Day!
Wear two different socks, or two
different shoes! Something
wacky!**



May Birthdays

In astrology, those born May 1–20 are Bulls of Taurus. Bulls show a steady persistence in endeavors both professional and personal, and after working hard, they are not shy about rewarding themselves for a job well done. Those born May 21–31 are Gemini’s Twins. The Twins represent energetic communication and interaction. Curious Geminis love to collect and share information. Witty and intellectual, they attract many friends, mentors, and colleagues.

- Frankie Valli (singer) – May 3, 1934
- Willie Mays (ballplayer) – May 6, 1931
- Florence Nightingale (nurse) – May 12, 1820
- Cher (singer and actress) – May 20, 1946
- Bill Robinson (tap dancer) – May 25, 1878
- Sally Ride (astronaut) – May 26, 1951
- Gladys Knight (singer) – May 28, 1944
- Clint Eastwood (actor) – May 31, 1930
- Brooke Shields – May 31, 1965

Spring Valley Resident and Staff Birthdays:

Residents:

- Mary N- 5/3
- Jim- 5/17
- Grace- 5/18
- Ann- 5/25
- Sharon- 5/26

Staff:

- Tracey- 5/9
- Jessica- 5/11
- Dave- 5/23

Spring Valley Times

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



Your Leadership Team

Executive Director

Tammy Tucker

Concierge/Business Office Manager

Sunny Baggins

Resident Services Director

Daniela Trott

Plant Operations Director

Dave Rausch

Community Relations Director

Cory Gillispie

Life Enrichment Director

Savannah Ankrom

Life at Turtle Speed

Turtles have been moving through Earth’s waters and landscapes for more than 200 million years, quietly outlasting dinosaurs, ice ages, and continents in motion. Each May, World Turtle Day (May 23) invites us to pause and consider what these remarkable animals can teach us about conservation, resilience, and how to live well in a fast-paced world.

Today, turtles need our attention more than ever. Of the world’s roughly 360 turtle and tortoise species, more than half are threatened or endangered. Habitat loss, plastic pollution, climate change, and road traffic all take a toll. Sea turtles often mistake floating plastic for food, while freshwater turtles lose nesting areas to development. Even small actions matter: Slowing down in known crossing areas, reducing plastic use, and supporting conservation organizations can help ensure turtles remain part of our shared future.

Beyond their ecological importance, turtles have long held symbolic meaning across cultures. They are often associated with wisdom, patience, and protection. In many traditions, the turtle carries the world on its back or represents the steady foundation of life itself. Their shells symbolize shelter and perseverance—moving forward while carrying one’s home, history, and strength along the way.

Perhaps the most enduring lesson turtles offer is the familiar phrase “slow and steady.” Turtles remind us that progress doesn’t have to be rushed to be meaningful. In a world that often prizes speed, multitasking, and constant productivity, turtles model a different approach—one rooted in persistence, awareness, and balance. They move at a pace that suits them, conserving energy and paying attention to their surroundings.

As World Turtle Day approaches, it’s a good moment to reflect on both action and attitude. Protecting turtles means caring for the environments we all depend on. Learning from turtles means remembering that steady effort, patience, and respect for natural rhythms can carry us far. Sometimes, slowing down isn’t falling behind—it’s choosing a wiser way forward.

Easter Fun!



The Art of Order

Henry Martyn Robert was born on May 2, 1837, and went on to build a distinguished military career, earning the rank of brigadier general in the American Army's Corps of Engineers. But where Robert really earned his fame was in the writing of the book *Robert's Rules of Order*. This pocket manual was a guide for running and organizing large meetings, especially when the involved parties didn't see eye to eye. His inspiration for the book came from his personal failure at moderating a church meeting. Robert resolved to never lead another meeting until he worked out a fair set of procedures. To this day, alumni organizations, charities, condo associations, school boards, trade unions, sports leagues, corporations, and even family reunions have relied on Robert's Rules to keep things civil.

Game for Life



While May has earned the nickname Tennis Month, tennis has earned the nickname "the sport for a lifetime." Dr. Jack Groppe, health

expert in fitness and nutrition, calls tennis the most healthful sport due to its wide-ranging health benefits for players of all ages.

Tennis not only provides a vigorous physical workout but scientists at the University of Illinois believe that it exercises the brain as well. Tennis requires such a high level of alertness and tactical thinking that, regardless of age, playing the sport prompts our brains to grow new nerve connections. Furthermore, researchers at Southern Connecticut State University have discovered that tennis players score higher in tests measuring vigor, optimism, and self-esteem than athletes playing other sports. There's only one catch: in order to reap these many benefits, you have to start playing tennis now. So this May, grab a racket and a tennis ball, and put your mind and body to work.