

Staff Spotlight: Misty Marshall

Misty is August's staff spotlight because she goes above and beyond with picking up shifts, helping wherever is needed, and always making our residents feel seen and heard. She always has a smile on her face and her laugh bellows through the halls, making anyone smile! Misty has been a part of the Spring Valley crew for nearly a year!



August Birthdays

In astrology, those born between August 1 and 22 are Leo's Lions. Mixing strength, ambition, creativity, and a flair for the dramatic, it is no wonder that the king of the jungle is Leo's mascot. Whether it's in Hollywood or in the home, Leos accomplish their goals. Those born between August 23 and 31 are Virgos. Virginal Virgos are considered shy, pure of spirit, and self-sufficient. They take incredible pride in their work, show diligent habits, and are well respected in their circles.

Herman Melville (novelist) – August 1, 1819
Barack Obama (president) – August 4, 1961
Lucille Ball (comedienne) – August 6, 1911
Dustin Hoffman (actor) – August 8, 1937
Danielle Steel (novelist) – August 14, 1947
Roberto Clemente (athlete) – August 18, 1934
Gene Kelly (actor) – August 23, 1912
Mother Teresa (saint) – August 26, 1910
Ingrid Bergman (actress) – August 29, 1915

Spring Valley Resident and Staff Birthdays:

HAPPY BIRTHDAY

Residents: Michael 8/25

Spring Valley Times

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



Your Leadership Team

Executive Director

Tammy Tucker

Resident Services Director

Daniela Trott

Concierge/BOM

Sunny Baggins

Plant Operations Director

Dave Rausch

Wellness Director

Jessica Williams

Community Relations Director

Cory Gillispie

Life Enrichment Director

Savannah Ankrom

Introducing a new entertainer: Sara Scofield

Sara Scofield is a local independent singer who also sings in her band called Sara and the Hurricanes. She has been a performer for over 30 years and travels all over the state of Oregon performing at different assisted living communities and performing at local restaurants and bars, and wineries. She sings all sorts of different types of music, including 50's-80's, adding her own special twist to it! **Join us on Thursday August 13th at 3:30pm in the lounge for a performance by Sara Scofield!**



Travel Destinations



X	G	L	O	N	D	O	N	W	O	G	Y	L	T	A	L	S	I	R	E
E	L	E	H	C	I	R	U	Z	X	Z	N	U	C	N	A	C	V	E	P
Y	K	W	C	H	G	R	I	Z	N	Q	O	S	O	H	W	Z	B	W	E
M	E	N	Q	R	Q	V	W	Q	W	D	I	R	D	A	M	Z	Y	A	B
E	W	O	W	A	L	U	B	N	A	T	S	I	R	T	O	O	R	G	Q
D	Z	B	G	M	V	Z	K	M	S	U	V	W	A	D	D	E	C	C	Z
I	J	S	B	S	T	N	D	A	E	S	W	N	O	G	V	U	J	G	U
N	E	I	A	T	R	D	T	T	H	O	J	D	S	U	P	A	R	I	S
B	U	L	N	E	D	Z	V	H	U	E	G	Q	O	D	O	I	X	V	T
U	G	P	G	R	I	C	S	E	U	I	S	C	T	I	E	V	J	Z	Q
R	A	A	K	D	M	D	I	N	N	V	N	N	A	E	C	I	Q	R	E
G	R	J	O	A	B	C	B	S	B	A	P	B	O	E	N	E	U	U	M
H	P	N	K	M	C	B	S	F	V	A	U	W	Z	X	E	N	E	A	O
I	N	I	R	O	T	N	A	S	C	D	R	T	F	B	R	N	B	X	R
V	M	I	N	I	L	R	E	B	I	Q	W	C	H	Q	O	A	E	N	O
I	I	K	N	E	O	J	I	U	A	M	D	K	E	B	L	V	C	G	D
O	Y	K	O	T	I	A	T	U	R	Z	V	V	C	L	F	Y	U	J	B
C	A	I	R	O	R	A	S	P	W	Z	I	X	V	A	O	Q	A	P	A
C	H	O	N	O	L	U	L	U	B	A	L	I	J	V	B	N	W	F	B
I	L	G	X	B	Y	E	N	D	Y	S	K	H	Q	T	X	V	A	N	M

Word list:

AMSTERDAM	CANCUN	LONDON	ROME
ATHENS	DUBAI	MADRID	SANTORINI
BALI	EDINBURGH	MAUI	SYDNEY
BANGKOK	FLORENCE	PARIS	TOKYO
BARCELONA	HONOLULU	PRAGUE	VANCOUVER
BERLIN	ISTANBUL	QUEBEC	VIENNA
CAIRO	LISBON	RIO	ZURICH



August Upcoming Events:

**Friday August 7th at 11:30- Lunch
Outing to Busy Bee Café**

**Thursday August 13th at 3:30-
Performance by Sara Scofield**

**Friday August 14th at 10:30-
Outing to Wildlife Safari**

**Wednesday August 19th at 9:30-
Summer Flowers Festival**

**Friday August 21st at 9:30- Outing
to the Evergreen Air Museum**

**Wednesday August 26th at 9:15-
Shopping Outing at Thistledown
Farms**

**Friday August 28th from 1-5pm-
End of Summer Carnival**



The Great Chicken Dash

It's that time of year again. Every August, plucky competitors converge at the Barley Mow Inn in Bonsall in Derbyshire, England, for the World Hen Racing Championship. While the race in Bonsall has been a community mainstay for 35 years, hen racing as a festive and lighthearted competition between local villages has endured for over a century.

Bonsall hosts a 22-yard track. Hens are given three minutes to cross the finish line. Dozens of hens compete in various heats. Don't have a hen? Rentals are available for those who want to join in the fun. The more serious types are known to train their chickens. These days, organizers typically discourage anything that could stress the hens. The event leans more toward gentle encouragement, like calling the birds or using food, rather than loud, chaotic tactics, like banging pots and pans. These strategies have proven effective, and close finishes are not uncommon in modern races. Organizers proudly note the event's enduring popularity.

Rolling Through History



One of the more striking holidays in August is Bowling Day, which falls on the second Saturday of the month. It's easy to see why more than

60 million people go bowling each year—it appeals to all ages and genders, and evidence suggests that it has been played for thousands of years. British anthropologist Sir Flinders Petrie, upon excavating a tomb in Egypt, discovered a set of children's toys that dates to 3200 BC and looks like a bowling set. A form of bowling was so popular in 14th-century England that King Edward III outlawed the game so that troops would better focus on training. Bowling even debuted as a demonstration sport during the 1988 Olympics in Seoul, South Korea, though it has not yet been included in the Olympic program.