EXECUTIVE DIRECTOR

Farewell!

By the time you are reading this, I will be moved and in a new state. As of the end of July, I will no longer be working at Valley View Estates Health and Rehabilitation as the Executive Director. I have accepted a transfer to a different facility recently acquired by The Goodman Group in Flagstaff, Arizona.

While the last couple of months have been a strain on us all due to Covid-19, I do want to thank everyone for your patience, understanding and utmost attention to the regulations and precautions we are taking to help protect our residents.

It has been an absolute pleasure working with the staff members, families, and residents over almost three years now. At the moment, no decisions on a replacement as the Executive Director has been made, but in the interim, Paul Teagle, Regional Director of Operations for The Goodman Group will be filling in.

Keith Dorris
Executive Director

LOVING LIFE

Hello all!

Here we are already in August and hoping everyone had a fun and safe 4th of July!

We are seeing more and more virtual visits via the iPad and window visits with family and friends here at Valley View Estates, which is wonderful! It is so important to stay in contact with loved ones the best that we can during these times. We are still waiting for more iPads to arrive, so I apologize for any hiccups in scheduling for virtual visits. As soon as they arrive we will let everyone know.

We had a wonderful surprise window visit for our Valiant Veterans® last month! It was so good to see support for our veterans continue through these difficult times. This just goes to show that we as a Community can stand tall to work together and stay strong by supporting each other.

Have a wonderful August!

REMEMBERING V-J DAY

The happy news came on Aug. 14, 1945. Calling it “the day we have been waiting for since Pearl Harbor,” U.S. President Harry S. Truman announced to crowds gathered outside the White House that Japan had surrendered unconditionally to the Allies. World War II was finally over.

Three months earlier, fighting had ended in Europe with Germany’s surrender. Now relief and jubilation erupted at word that the battle in the Pacific had been won. In the U.S., millions of people flooded city streets to hold impromptu parades, complete with marching bands, confetti and fireworks.

In New York City’s Times Square, sailors climbed lampposts and waved American flags, while strangers cheered and embraced. One celebratory moment, of a sailor excitedly kissing a woman in a white dress, was captured by photographer Alfred Eisenstaedt and printed a week later in Life magazine. The iconic image is an enduring symbol of Victory Over Japan Day, or V-J Day.

Allied nations also broke out in festivities, which continued through Aug. 15, the date the United Kingdom declared as V-J Day. Japan’s formal surrender took place a few weeks later on Sept. 2.
UNFOLDING THE HISTORY OF ROAD MAPS

These days, a road trip usually involves using a GPS device or smartphone. But before such technology existed, travelers in need of directions relied on paper road maps.

Some of the first road maps are scrolls from A.D. 350 that depict the network of Roman roads. America’s first road atlas came centuries later, when the “Survey of the Roads of the United States of America” was printed in 1789.

Throughout the 1800s, most people who traveled long distances did so by train, so the next major road map didn’t arrive until 1901, with the “Official Automobile Blue Book.” Along with showing notable landmarks, the guide also included locations of service stations. Spurred by the success of the Ford Model T, other publishers soon began producing maps for automobile travelers.

The Federal Highway Act of 1921, which created the country’s interstate road system, as well as the post-World War II baby boom years led to an increase in driving, and therefore, road maps. Many were giveaways from businesses such as oil companies, hotels and auto clubs, wanting to advertise their services. These early guides often featured original artwork that offered sightseeing tips, encouraging travelers to discover America.

Most paper road maps are now distributed by state tourism departments.

SNIPPS FROM SOCIAL SERVICES

Covid-19 social distancing will likely continue through August. Valley View will continue serving all meals to our residents in their rooms, activities will continue to be conducted one-on-one with each resident in their room. All care conferences will be conducted by phone. Families can still communicate by phone, cards, mail and Skype, Google Duo, and FaceTime. Please contact Amanda Athearm in the Life Enrichment Department to reserve a time for use with the iPad. Everyone has adjusted well to these changes, life still goes on. Special treats and a favorite meal can also be delivered. Please call ahead so staff can meet you outside our main entrance. Everyone be safe and wear your mask.

Sincerely,
Doug Simmons
Social Service Director

SOARING: SUPPORTING THE SOUL

Jesus loved to tell stories, but any listener will discover more than a lovely tale. The Bible calls these stories “parables,” an earthly story with a heavenly meaning. Or in worldly terms, an earthly story with a heavy meaning. Either way, Jesus speaks important words to the hearts of people. One of his shortest parables is called “The Pearl of Great Price.” It is about a merchant who is in search of valuable pearls, and finds the most beautiful one he has ever seen. It is so lovely he determines he cannot live without it.

People are constantly searching for things — lovely, beautiful, and valuable things. In fact, they are even willing to go into debt in order to possess their prize. But when you ask folks to rank what is most treasured in life their list usually revolves around these things — family, friends and faith. In other words, things like a new car, or an expensive vacation soon lose their luster, and even rust away.

But relationships seem to transcend the fickle pursuits of the human heart, bringing joy and satisfaction to the soul.

What is also true about deep, meaningful relationships is they neither cost money nor put you into debt. Oh yes, they demand effort and investment of both time and commitment, but investing in a healthy, loving relationship often brings lasting fulfillment. Jesus is telling us that a relationship with God is most valuable, satisfying the soul, and given freely to all who seek after it. Listen to how the prophet Isaiah describes it:

Come, everyone who thirsts, come to the waters, and he who has no money, come, buy wine and milk without money and without price. Why do you spend your money for that which is not bread? . . . .

I hope all will seek this priceless gift from God.

NURSING

Catch up on Clean Beauty

Natural, nontoxic, pure and clean — those are just some of the buzzwords generated by the growing trend of “clean beauty.” Much like checking the ingredients on food labels, many people are turning that same attention to the products used in their hygiene and beauty routines.

Due to this consumer demand, a growing number of companies are making personal care products that are free of chemicals such as parabens, sulfates and silicones. Store shelves are now full of soaps, toothpastes, shampoos, deodorants and cosmetics with “clean” formulations. Typically, these products have no artificial dyes or fragrances and often have ingredients that come from nature.

There’s also a “green” factor, meaning an item is eco-friendly, with minimal packaging that can be recycled or is biodegradable. Some brands offer refillable bottles and jars. Products are also being sold in new configurations, including shampoos in solid bar form and waterless mouthwash in tablets.

Since there’s no regulated definition of what a “clean” product is, buyers should look beyond advertising claims and closely check labels. If you’d like to try the trend, look at the health and beauty products you use daily and sample a “clean” version to see if it gives you good results and fits your budget and lifestyle.

EMPLOYEE SPOTLIGHT

Congratulations to our July Employee of the Month! Dan Anderson is our Maintenance Director and is a pleasure to work with. Dan always has a smile on his face, no matter how difficult the task at hand. Dan will stop whatever project he is in the middle of to help our residents. That’s what we like to call Platinum Service®!

Thank you, Dan, from your fellow staff and the residents! We appreciate you!

Platinum Standard No. 7:

I never say “no” to an opportunity to serve our residents and to improve their living experience.

AT THE BEACH

The combination of sand and surf creates scenic coastlines around the world. Relax, unwind and find out what makes some beaches fascinating and fantastic.

- Beaches became popular destinations during the 1700s. Doctors often prescribed a visit to the seashore to improve a person’s health.
- Most beach sand is tan or white in color, but there are beaches with sand that’s black, green, pink, purple and red.
- Brazil is home to the world’s longest beach, Casino Beach, which stretches 150 miles long.
- You’ll find the “shark tooth capital of the world” at Venice Beach in Florida. Every year, hundreds of fossilized teeth from prehistoric sharks wash ashore there.
- At 58 feet high, the world’s tallest sandcastle was built on a German beach in 2019.
- Tides have turned California’s Glass Beach from trash to treasure. Its shore is covered with polished pebbles of colorful sea glass, made from garbage tossed into the ocean long ago.
- A day at the beach or the spa? You can have both at New Zealand’s Hot Water Beach, where the water underneath the beach heats up to 150 degrees. Beachgoers dig holes in the sand to soak in their own hot tubs.

A day at the beach or the spa? Y
DINING SERVICES

Taste of the Tropics

Grown in warm, lush locales around the world, tropical fruits are famous for their bright colors and refreshingly sweet flavors. Be on the lookout for these varieties you may find on summer menus.

**Mango** — This fruit’s thick skin, often a rosy blend of red, yellow and green, is peeled away to reveal tender yellow-orange flesh. Sweet and versatile, mangoes are delightful as a snack or dessert ingredient, but also shine in savory dishes such as salads, stir-fries and salsas.

**Papaya** — The pear-shaped papaya’s soft, orange interior is rich in antioxidants. It’s often enjoyed fresh, like melons, or roasted, like squash, and its black seeds can be dried and used as peppercorns.

**Guava** — Varieties of this fruit have green or yellow skin with pink, yellow or white flesh. Guava is entirely edible, from the rind to the seeds, and featured in jams, candies and thirst-quenching Latin American fruit drinks called aguas frescas.

**Passion fruit** — The common types of passion fruit are about the size and shape of a plum, and purple or yellow in color. Beyond the tough outer peel is a yellow, pulpy center filled with tart seeds, which can be eaten with a spoon or added to recipes.

**Lychee** — Round and bumpy like a golf ball, this unique fruit is also known as the alligator strawberry. Peeling away its red husk exposes translucent white flesh that covers an inedible brown seed. The lychee’s flavor is described as light and floral, with hints of strawberry, watermelon and grape.