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September Birthdays

Those born between September 1–22 are Virgos. Virgos are considered shy and sometimes naïve, private, and very tidy. They are also curious explorers who are incredibly loyal and well respected by their friends and colleagues. If you were born between September 23–30, you balance the scales of Libra. Libras are very social, seek harmony through compromise, and have strong powers of critical thinking.

Salma Hayek (actress) – September 2, 1966
Alan Ladd (actor) – September 3, 1913
Beyoncé (entertainer) – September 4, 1981
Bob Newhart (comedian) – September 5, 1929
Grandma Moses (artist) – September 7, 1860
Patsy Cline (singer) – September 8, 1932
O. Henry (writer) – September 11, 1862
B. B. King (musician) – September 16, 1925
Bruce Springsteen (singer) – September 23, 1949
Bryant Gumbel (journalist) – September 29, 1948

September Birthdays at OLOV

- 1 JoAnne Short
- 1 Consuelo “Connie” Guerra
- 3 Ruth Mullins
- 4 Elda Aills
- 12 Gloria Divers
- 15 Barbara Farnam
- 15 Anne Maroney
- 16 Josephine Brown
- 17 Brenda Chambers
- 19 Tony Freeman
- 21 Margaret Stevens
- 24 Joan Devlin
- 26 Margaret Moran
- 27 Edna Spencer
- 28 Nancy Watkins
- 28 Alma “Jean” Marks
- 29 Josephine Ellis
- 30 Wanda Paganelli



Valley Voices

Our Lady of the Valley | 650 North Jefferson Street, Roanoke, VA 24016 | 540.345.5111



Celebrating September

International Self-Awareness Month

World Alzheimer’s Month

National Guide Dog Month

Pollution Prevention Week
September 16–22

World Letter Writing Day
September 1

Day of Charity
September 5

Wonderful Weirdos Day
September 9

Bald Is Beautiful Day
September 13

International Country Music Day
September 17

White Chocolate Day
September 22

Love Note Day
September 26

Good Neighbor Day
September 28

Last Month at Our Lady of the Valley

Well, to say August didn’t go as planned would be an understatement.

We made the best of the situation by still being able to do small group activities outside twice a day while being socially distanced and on the front porch.

We have lots to look forward to in the month of September though! We have our 35th Anniversary Party planned to celebrate 35 years of operation! September is also National Assisted Living Week! We plan to celebrate each day of the week will some fun activities.

Some of the special days we plan to celebrate in September are Labor Day, No Rhyme (Nor Reason) Day, Play Days Begin, Google Day, Popcorn Days, Assisted Living Week, Grandparents Day, Chocolate Milkshake Day, Slogan Saturday, Guacamole Day, Eat an Apple Day (International), Guacamole Day, Autumn Begins, and World Tourism Day!

It’s hard to believe summer is almost coming to an end and the cooler weather will start moving in! September also looks like a very popular month of birthdays we get to celebrate!

We look forward to seeing what all September has to offer to us!



Pastor's Corner

Scripture defines the Fall.

In Romans 5:12, Wherefore, as by one man sin entered into the world, and death by sin; and so death passed upon all men, for that all have sinned.



*1 When Adam by transgression fell,
And conscious, fled his Maker's face,
Linked in clandestine league with hell,
He ruined all his future race:
The seeds of evil once brought in,
Increased and filled the world with sin.*

*2 But lo! the Second Adam came,
The serpent's subtle head to bruise;
He cancels his malicious claim,
And disappoints his devilish views;
Ransoms poor prisoners with his blood,
And brings the sinner back to God.*

*From Christ the Savior of Sinners
Hymnary.org*

1 Corinthians 15:22, For as in Adam all die, even so in Christ shall all be made alive. John 12:24, Truly, truly, I say to you, unless a grain of wheat falls into the earth and dies, it remains alone; but if it dies, it bears much fruit.

May you enjoy the fruit of the Fall,

Lorie Holter, OLOV Pastoral Counselor

From Vienna with Love

Schnitzels are an ever-popular part of German cuisine, but the Wiener schnitzel is something separate and special. This national dish of Austria enjoys its own holiday on September 9. Schnitzels are simply boneless fillets of meat covered with flour, eggs, and breadcrumbs, which are then fried. However, in the capital of Austria, Vienna (called *Wien* in German, hence the term *Wiener*), the schnitzel must be made of veal. In fact, the recipe is protected by law, and restaurants in Austria are forbidden to call the dish *Wiener schnitzel* unless it is made in the traditional fashion with lemon, capers, anchovies, and a side of potatoes.

September Sports Highlights

The American Bowling Congress formed on September 9, 1895.

Baseball season ended early due to World War I on September 1, 1918.

The American Professional Football Association formed on September 17, 1920.

Babe Ruth hit his 60th home run of the season on September 30, 1927.

Arthur Ashe became the first African American to win the U.S. Open Tennis Championship on September 9, 1968.

Gary Muhrcke was the first winner of the New York Marathon, which was held on September 13, 1970.

Mark Spitz, U.S. swimmer, became the first athlete to win seven Olympic gold medals on September 4, 1972.

Billie Jean King beat Bobby Riggs in a "Battle of the Sexes" match on September 20, 1973.

Ethiopian runner Tigst Assefa set a new women's world record on September 24, 2023, at the BMW Berlin Marathon. She completed the race in 2:11:53.

Valley Happenings

Thursday, September 5th

The van will load up at 1:30pm for an outing to Walmart. Please sign up at the front desk.

Friday, September 6th

In celebration of Popcorn Days, we will be having our very own Popcorn Bar on the front porch at 3pm. We will have different types/flavors of popcorn and a variety of toppings to mix in!

Tuesday, September 10th

The Master Gardeners will be joining us again for a fun project at 1pm in the theater.

Thursday, September 12th

The van will load up at 1:30pm for an outing to Goodwill. Please sign up at the front desk.

Tuesday, September 17th

Join us in the theater at 1:30pm for music with The Saxy Keys!

Wednesday, September 18th

Josh Urban will be joining us again for his monthly Classic Radio Hour on the front porch at 3:30pm! Hope to see you there!

Thursday, September 19th

The van will load up at 1:30pm for an outing to Belk. Please sign up at the front desk.

Friday, September 20th

Music with Leslie Brooks in the theater at 3pm.

Tuesday, September 24th

Music with Amy Andrews in the lobby at 3pm.

Wednesday, September 25th

Come on out to celebrate this month's birthdays at 6pm in the lobby for the Birthday Party with Marc Baskind! Refreshments will be served as well!

Thursday, September 26th

The van will load up at 1:30pm for an outing to Ollie's Bargain Outlet. Please sign up at the front desk.

Assisted Living Week

Sunday, September 8th

Let's kick off the start of Assisted Living Week and Grandparents Day with a Movie Under the Stars on the front porch. The movie will start at 7:30pm and we will have great refreshments to go along with it! Be on the lookout for what movie we will be showing!

Monday, September 9th

Join us on the front porch from 11am-1pm for an Assisted Living Week Cookout Kickoff! We will have burgers, all the toppings, sides, and desserts!



Later that day we will be having a Make Your Own Hot Fidge Sundaes on the front porch at 2pm! Mmm! And stop by the photo booth to have your picture taken!

Wednesday, September 11th

Come out to the front porch to have your very own personal caricature drawn by Kyle Edgell and sip on a refreshing cocktail at 2:15pm-4:15pm!

Assisted Living Week Continued

Thursday, September 12th

We will be having our very own Valley's Rock & Roll Diner Social on the front porch at 2:30pm. Anna with Amedisys will be providing chocolate milkshakes. To go with the milkshakes we will have fresh and hot French fries. While you enjoy the refreshments enjoy some 50s and 60s music with the 40 Years After Band!

Friday, September 13th

To bring Assisted Living Week to an end we will be having Music Therapy with Allegro at 2:15pm in the lobby and following that we will enjoy some refreshing Watermelon on the front porch at 3:15pm.

