

How Can We Help You?

Meagan Seale—Ext. 1701
Executive Director

MSeale@ourladyofthevalley.com

Michael Davis—Ext. 1717
Assistant Administrator

MDavis@ourladyofthevalley.com

Jason Fellows

Director of Maintenance

jfellows@ourladyofthevalley.com

Kayla Meador—Ext. 1702

Director of Admissions & Marketing

KMeador@ourladyofthevalley.com

Hannah Porter—Ext. 1710

Director of Life Enrichment

hporter@ourladyofthevalley.com

Cherokee Padgett—Ext. 1712

Director of Social Services

CPadgett@ourladyofthevalley.com

Romell Barbes—Ext. 1719

Director of Talent Development

RBarbes@ourladyofthevalley.com

Brandy Fralin—Ext. 1706

Director of Admissions (AL & MC)

BFralin@ourladyofthevalley.com

Andre Starks—Ext. 1715

Dining Services Director

AStarks@ourladyofthevalley.com

Jamie Hardy—Ext. 1709

Business Office Manager

JHardy@ourladyofthevalley.com

Danci Laprade—Ext. 1703

Director of Nursing – Nursing & Rehab

DLaprade@ourladyofthevalley.com

Rhonda Witt—Ext. 1714

Director of Nursing – Assisted Living/Memory Care

RWitt@ourladyofthevalley.com

Asia Kirtley—Ext. 1700

Administrative Assistant

akirtley@ourladyofthevalley.com

Kristen Hill—Ext. 1700

Weekend Receptionist

KHill@ourladyofthevalley.com

Karen Wilbourne

Life Enrichment Coordinator

KWilbourne@ourladyofthevalley.com

Angie Fellows—Ext. 1711

Housekeeping and Laundry Supervisor

AFellows@ourladyofthevalley.com

Nahzha Jones—Ext. 1708

Payroll Coordinator

njones@ourladyofthevalley.com

April Yost—Ext. 1724

Director of Community Relations

AYost@ourladyofthevalley.com

November Birthdays

Those born between November 1–21 are passionate Scorpios, considered the most intense sign in the zodiac. While on the outside Scorpios are calm and composed, inside they are forceful, emotional, determined, and ambitious. If you were born between November 22–30, you are Sagittarius, the Archer. Archers are optimistic, energetic, generous, and honest. They enjoy exploration and keep an open mind during new encounters.

Joni Mitchell (musician) – Nov. 7, 1943
Carl Sagan (scientist) – Nov. 9, 1934
Whoopi Goldberg (comedian) – Nov. 13, 1955
Rock Hudson (actor) – Nov. 17, 1925
Robert F. Kennedy (politician) – Nov. 20, 1925
Ken Griffey Jr. (athlete) – Nov. 21, 1969
Joe DiMaggio (ballplayer) – Nov. 25, 1914
C. S. Lewis (writer) – Nov. 29, 1898

November Birthdays at OLOV

3 Leonard Martin

4 Charles Grant

5 Nancy “Tolley” Alexander

5 Carole Forbes

6 Vivian Johnson

10 Therese Gomes

10 Betty Jane Patterson

13 Christobelle Heinemann

14 Lona “Gail” Shields

18 Rita Sylvester

24 Bobbie Lavender

26 Margaret Haley

27 Barbara Wright

28 Sandra Bowyer



Valley Voices

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

Celebrating November

Historic Bridge Awareness Month

Family Stories Month

National Novel Writing Month

World Communication Week

November 1–7

Extra Mile Day

November 1

Traffic Directors Day

November 4

National Love Your

Red Hair Day

November 5

Origami Day

November 11

National Take a Hike Day

November 17

Doctor Who Day

November 23

National Jukebox Day

November 27

Thanksgiving Day

November 28

Last Month at Our Lady of the Valley

We kicked off last month by celebrating Taco Day with some delicious walking tacos! Walking tacos included Fritos, chili, sour cream, shredded lettuce, and cheese.

A highlight from October was Valley's third annual Fall Festival! Everyone enjoyed music with SammyP, a fall photo booth, seasonal beer, hot apple cider, hot chocolate, apple crisp, soft pretzels with cheese, and Chris's Coffee and Custard seasonal flavors of espresso and pumpkin. In addition to all of that we even had a car show to go along with it! Everyone loved looking at the cars and reminiscing. We can't wait for next year's festival!

The monthly calendar is always filled with lots of musical entertainment such as music therapy with Jane from Allegro, music with The Saxy Keys, Classic Radio Hour with Josh Urban, music with Amy Andrews, Birthday Party with Marc Baskind, and music with The Brothers Young. We even had a special guest entertainer; Pianist Tom Floyd joined us to present Big Band Music. It is always such a treat to have him!

Both the Men's Group and the Women's group enjoyed a lovely dinner outing to Olive Garden. A great time was had by all! Next month the Men's Group will be going to Burger in the Square for dinner and the Women's Group will be going to the Brambleton Deli for dinner. Don't forget to sign up at the front desk.

We ended the month with celebrating Halloween! A day filled with lots of fun. We started off the morning with trick-or-treaters from Roanoke Catholic School, TAP Preschool, and NorthStar Childcare coming in their costumes throughout the building. Later that afternoon we enjoyed a Halloween Costume Contest and judging the Pumpkin Decorating Contest staff participated in. We ended the day with a Halloween Bash with Leslie Brooks and AI Coffee!

November is looking like a fun and busy month for everyone!

Pastor's Corner

Blessedness

The Beatitudes (*/biˈætɪtʃudz/*) are blessings recounted by [Jesus](#) in Matthew 5:3-10 within the [Sermon on the Mount](#) in the [Gospel of Matthew](#). In the Latin [Vulgate](#), each of these blessings begins with the word *beātī*, which translates to 'blessed' (plural adjective). The corresponding word in the original Greek is μακάριοι (*makarioi*), with the same meaning. Thus "Blessed are the poor in spirit" appears in [Latin](#) as *beātī pauperēs spīritū*. Subsequently, the word was [anglicized](#) to *beatitudes* in the [Great Bible of 1540](#),^[7] and has, over time, taken on a preferred spelling of *beatitudes*.

³Blessed are the poor in spirit,
for theirs is the Kingdom of Heaven.

⁴Blessed are those who mourn,
for they will be comforted.

⁵Blessed are the meek,
for they will inherit the Earth.

⁶Blessed are those who hunger and thirst for
righteousness for they will be satisfied.

⁷Blessed are the merciful,
for they will be shown mercy.

⁸Blessed are the pure in heart,
for they will see God.

⁹Blessed are the peacemakers,
for they will be called the Sons of God.

¹⁰Blessed are those who are persecuted because
of
righteousness for theirs is the Kingdom of Heaven.

¹¹Blessed are you when people insult you,
persecute you and falsely say
all kinds of evil against you because of Me.

¹²Rejoice and be glad, because great is your
reward in heaven, for in the same way
they persecuted the prophets who were before
you...

Matthew 5:3-10

O give thanks unto the LORD; for he is good: For
his mercy endures forever. Psalm 136:1

Lorie Holter, OLOV Pastoral Counselor

Pun Fun Day

November 8 is a day to turn our groans and guffaws into laughter: it's Aid and Abet Punsters Day. Why would we want to encourage punsters to make their dreadful jokes? Because a good pun is a masterful, intelligent, and playful use of language, unlike these examples:

Becoming a vegetarian is a huge missed steak.

I couldn't figure out how to use my seat belt, but then it clicked.

The person who invented the door knocker won the "No Bell" Prize.

Did you hear the one about the broken pencil? Forget it. It's pointless.

Celebrating November Special Days

Sunday, November 3rd
Have a Good Morning

Tuesday, November 5th
Election Day

Wednesday, November 6th
Hoops Day

Sunday, November 10th
Pursue Trivia Day

Monday, November 11th
Veterans Day

Saturday, November 16th
Sing a Song Saturday

Tuesday, November 19th
Let's Talk Turkey Tuesday

Thursday, November 21st
World "Hello" Day

Sunday, November 24th
Better Conversation Week Begins

Thursday, November 28th
Thanksgiving Day

Friday, November 29th
Treasures from the Attic Day

Valley Happenings

Friday, November 1st

The bus will load up at 11:30am to the Basilica of Saint Andrew for All Saints Day.

Thursday, November 7th

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

Monday, November 11th

In honor of Veterans Day, we will be having a Veterans Day Pinning Ceremony at 3pm in the theater. Join us in remembering and thanking our Veterans!

The bus will load up at 5pm for a Men's Outing to Dinner at Burger in the Square. Please sign up at the front desk.

Thursday, November 14th

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

Monday, November 18th

Food Committee Meeting at 10:45am in the activity room. This meeting is run by Andre Starks, Director of Dining Services. All residents are welcome to come express their thoughts/likes/dislikes concerning the food.

Join us in the theater at 2:30pm for a Violin Recital with Benedict Goodfriend!

The bus will load up at 5pm for a Women's Outing to Dinner at the Brambleton Deli. Please sign up at the front desk.

Thursday, November 21st

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

Monday, November 25th

Resident Council Meeting at 10:45am in the activity room. This meeting is run by Hannah Porter, Director of Life Enrichment. All residents are welcome to join. We talk about Laundry/Housekeeping, Maintenance, Activities, and Nursing.

New Additions

Every Wednesday at 2pm join Hannah Porter, Director of Life Enrichment and Karen Wilbourne, Life Enrichment Coordinator, in the theater for a Crafty Creation.



Every Thursday at 1pm in the lobby we will have Adult Coloring for anyone to join in on.



Entertainment/Volunteers

Every 1st and 3rd Wednesday of the month Rosary Prayer Group is held in the Chapel at 1pm.

Every 2nd and 4th Tuesday of the month Emmaus Bible Fellowship and Hymns is held in the lobby at 6pm.

Friday, November 8th

Music Therapy with Jane from Allegro at 2:15pm in the lobby.

Tuesday, November 12th

Master Gardeners at 1pm in the theater.

Friday, November 15th

Music with Leslie Brooks at 3pm in the lobby.

Wednesday, November 20th

Pet Visits at 2:15pm in the lobby.

Classic Radio Hour with Josh Urban in the lobby at 3:30pm.

Thursday, November 21st

Music with Aiden & Blane Jazz Duo at 3pm in the theater.

Tuesday, November 26th

Music with Amy Andrews in the lobby at 3pm.

Wednesday, November 27th

Birthday Party with Marc Baskind at 6pm in the lobby. Let's celebrate!