

## How Can We Help You?

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## April Birthdays

In astrology, those born between April 1–20 are Aries, the Ram. Rams are adventurous go-getters and full of enthusiasm, charm, and energy. They make dynamic pioneers and adventurers—undeterred when the going gets rough. Those born from April 20–30 have the star sign of the Bull of Taurus. Bulls show steady, dogged persistence in achieving their goals. Once goals are reached, they enjoy being rewarded, especially with beauty and peace at home.

Marlon Brando (actor) – April 3, 1924  
Spencer Tracy (actor) – April 5, 1900  
Walter Winchell (columnist) – April 7, 1897  
Jackie Chan (actor, stuntman) – April 7, 1954  
Charles Wilson Peale (artist) – April 15, 1741  
Paloma Picasso (designer) – April 19, 1949  
Shirley Temple (actress) – April 23, 1928  
Carol Burnett (comedian) – April 26, 1933  
Jerry Seinfeld (comedian) – April 29, 1954

## April Birthdays at OLOV

**3 Jean Newbill**  
**4 Diana Wimmer**  
**12 Joyce “Joy” Kelly**  
**15 David Zachar**  
**17 Elaine Adams**  
**19 Suzanne Hooper**  
**23 Frances Arrington**  
**28 Patricia Williams**  
**28 Brenda Griffin**  
**29 Patsy Spradlin**



# Valley Voices

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



## Celebrating April

**Stress Awareness Month**

**Jazz Appreciation Month**

**Adopt a Greyhound Month**

**Golden Rule Week**

*April 1–7*

**Passover**

*April 12–20*

**Tartan Day**

*April 6*

**Metric System Day**

*April 7*

**International Moment  
of Laughter Day**

*April 14*

**Easter**

*April 20*

**Earth Day**

*April 22*

**DNA Day**

*April 25*

**Hug an Australian Day**

*April 26*

## Last Month at Our Lady of the Valley

To kick off last month, we enjoyed celebrating Mardi Gras! We had Mardi Gras beads and swag, learned about it, and ate some delicious homemade king cake. The following day the Men’s Group went on their monthly dinner outing to Texas Roadhouse! What a treat.

The following week, we had fun with the Master Gardeners making some beautiful and creative St. Patrick’s Day themed arrangement. That evening, we went on an outing to Hidden Valley High School where The Roanoke Valley Community Band presented 50 Years of Broadway! The Roanoke Valley Community Band never disappoints, and we are already looking forward to their next concert.

Next, we had a blast celebrating St. Patrick’s Day! We had entertainment with Leslie Brooks and AI Coffee, Amedisys Hospice joined us to help out, and Care Advantage joined us as well with temporary tattoos that were St. Patrick’s Day themed. In addition to all of that, we had green beer, shamrock shakes, and lucky charm party mix! We sure know how to party.

The Women’s Group enjoyed their monthly dinner outing to Outback Steakhouse. We are already looking forward to our next dinner outing to Cheddar’s.

In-between all of these fun events we enjoyed our monthly musical performances with SammyP, Jane from Allegro Music Therapy, Classic Radio Hour with Josh Urban, Aiden and Blane Jazz Duo, Amy Andrews, and Marc Baskind!

To bring March to a close, we had our monthly Cooking with Kev and Andre! They prepared beef, chicken, and veggie kabobs for us all! Man were they delicious. Next month they plan to bring their cooking outside to the front porch on the grill and we will pair it with some ice-cold beer! Let’s welcome April!

## Pastor's Corner

### Blessed Is The One

While they were eating, Jesus took bread, and when he had given thanks, he broke it and gave it to his disciples, saying, "Take and eat; this is my body." Then he took a cup, and when he had given thanks, he gave it to them, saying, "Drink from it, all of you. <sup>28</sup> This is my blood of the covenant, which is poured out for many for the forgiveness of sins." When they had sung a hymn, they went out to the Mount of Olives.

Matthew 26:28-30.



Jewish tradition reveals that the Passover meal was concluded by singing the *Hallel*. *The Hallel* is comprised of Psalms 113 through 118 which refer to the eventual salvation of the Lord's people brought by the death and resurrection of Christ.

The song praises God for His goodness and protection during Holy Week through Jesus's triumphal entry, on Palm Sunday.

May you be blessed by the one who comes in the name of the Lord (Psalm 118:26)."

Lorie Holter, OLOV Pastoral Counselor

## The Metric Divide

Feet, inches, pounds, miles, teaspoons, and degrees Fahrenheit. What do all these types of measurements have in common? They are part of the U.S. customary measurement system, closely akin to the British imperial units—a standard many say has outlived its usefulness. After all, only three countries in the world—the United States, Myanmar, and Liberia—use this system. The rest of the world has adopted the metric system of measurement. If you're ready to join the rest of the world, then take a stand on April 7, Metric System Day.

The metric system was developed in France during the French Revolution and was officially adopted on April 7, 1795. Nearly every nation in the world has adopted it since. Yet the United States still clings to its own system. Americans still bake using cups, measure height using inches, and fill up gas tanks by the gallon. This persistence is largely due to the time and cost associated with changing the country's infrastructure, as well as pushback from big businesses and citizens reluctant to undergo such a significant transition.

## "Louie Louie" Lives On

Some call "Louie Louie" the most popular party song of all time. Others call it the most incomprehensible. Try your best to decipher the lyrics on April 11, International Louie Louie Day, in honor of composer Richard Berry's birthdate in 1935. It was the music group the Kingsmen who made "Louie Louie" a hit in 1963. A year later, the FBI opened an investigation into the song's mysterious lyrics. One concerned listener believed the song contained obscene language. After months of analysis, the FBI concluded the song was unintelligible. Today we know that it is a simple song about a seafaring man pining for his love.



## Valley Happenings

### Wednesday, April 2<sup>nd</sup>

The Men's Group will go on their monthly dinner outing. The van will load up at 4pm. Please sign up at the front desk.

### Thursday, April 3<sup>rd</sup>

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

### Friday, April 4<sup>th</sup>

Join us in the lobby at 2:30pm for some Friday fun with a Nacho Bar and Margaritas. If the weather is nice enough we will move it to outside.

### Monday, April 7<sup>th</sup>

Join us in the lobby at 2:30pm for Music with SammyP!

### Thursday, April 10<sup>th</sup>

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

### Friday, April 11<sup>th</sup>

Jane with Allegro Music Therapy will be joining us at 2:15pm in the lobby.

### Tuesday, April 12<sup>th</sup>

Come to the lobby for a special visit with the Easter Bunny and enjoy some goodies and more fun at 3pm.

### Wednesday, April 16<sup>th</sup>

Mocha or Lightning will be joining us for pet visits in the lobby at 3pm. Come get your pets in!

Josh Urban will be joining us at 3:30pm for his Classic Radio Hour in the lobby!

### Thursday, April 17<sup>th</sup>

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

Let's gather in the lobby at 3pm for music with The Brother Young! They always put on quite the show!

### Friday, April 18<sup>th</sup>

Join us in the lobby for music with Leslie Brooks at 3pm.

### Monday, April 21<sup>st</sup>

Andre Starks, Director of Dining Services will hold the monthly Food Committee Meeting at 10:45am in the activity room.

### Tuesday, April 22<sup>nd</sup>

Join us in the lobby for music with Amy Andrews at 2:30pm.

### Wednesday, April 23<sup>rd</sup>

Marc Baskind will be here to perform for our monthly birthday party at 6pm in the lobby.

## Recurring Programs

**Rosary Prayer Group** is held every 1<sup>st</sup> and 3<sup>rd</sup> Wednesday of the month at 1pm in the Chapel.

**Emmaus Bible Fellowship and Hymns** is held every 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of the month at 6:30pm in the lobby.

**Bus to the Basilica of Saint Andrew** takes a van over every Sunday at 8:30am for 9am mass.

**Joy Ride** is held every Sunday at 10:30am after everyone is back from mass.

**\*\*\*Attention\*\*\***

**Catholic Mass** will not be held at Our Lady of the Valley on Thursday, April 17<sup>th</sup> and again on Thursday, April 24<sup>th</sup>.

### Thursday, April 24<sup>th</sup>

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

### Monday, April 28<sup>th</sup>

Hannah Porter, Director of Life Enrichment will hold the monthly Resident Council Meeting at 10:45am in the activity room.

There will be a Meet and Greet Social at 3pm in the lobby. Everyone is welcome and especially some of our new residents that have moved in so we can get to know one another!

The Women's Group will go on their monthly dinner outing to Cheddar's. The van will load up at 4pm. Please sign up at the front desk.

### Wednesday, April 30<sup>th</sup>

We will have our monthly Cooking with Kev & Andre at 2pm. This month we will have this on the front porch and they will be using the grill to grill up something yummy for us and we will pair it with an ice cold beer! You won't want to miss this!

