



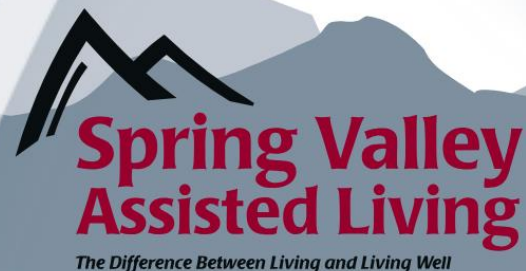
Good Friends Make Good Neighbors Program

From our elegantly appointed interior and beautifully maintained grounds to the exceptional healthcare programs and services provided by our professional staff, residents who introduce Cascade Living Group's Living Well philosophy to their friends or family members could receive credit(s) applied toward their rent.

How It Works

When a resident or family member refers a new potential resident* to a Cascade Living Group community and that person moves in for at least 90 days, the referring resident will receive a \$4,000 credit applied to their base rent.

**In order to qualify as a new potential resident, the person being referred must not already be on our contact list. To make a referral and to ensure you receive proper credit for making the introduction, please provide your name and the name of your friend or family member to our Executive Director or Director of Sales and Marketing prior to the inquiry or tour.*



For more information, please call

541-744-2116

770 Harlow Road | Springfield, OR 97477
www.SpringValleySeniorLiving.com

Assisted Living



SPRING VALLEY NEWSLETTER



July 2024 | Spring Valley AL | 541-744-2116

What's new?



Spring Valley is excited to announce new clubs, activities, and more for the summer. Garden club has taken off! View page 2 to read our published story about Garden Club and the importance of it. Welcome July! Residents, Friends, and family come join us for a summer full of events and activities!

Upcoming Events

JULY 3RD

Independence Day Party!

JULY 10TH

Scenic Drive with Tom!

JULY 17TH

Donut Social at Master Donuts

JULY 24TH

Johnson Brothers Farm Trip!

JULY 31ST

**Coffee Shop Talk at Washburne
Cafe**

July Spirit Days:

JULY 4th:

Red, white, and blue all the way!

July 26th:

Groovy 70's Style!



REMINDERS

If you or a loved one want to join an outing, sign up at the front desk! Sign up sheets are posted the weekend prior to the outing. For questions or more information, please talk to Cyrstan, our LED.



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Spring Valley Fun in June!



HOT NEWS

July 4th

Join us for our firework show at 8pm!!

July 26th

Join us for our sip and sun beverage bar social!

For RSVP details please visit the front desk at Spring Valley!

Coming Soon:

Resident of the month
Employee of the month
Monthly Resident meet and greets!

Meet our Spring Valley Team

Executive Director

Jami Anderson

Resident Services Director

Daniela Trott

Wellness Director

Melissa Jones

Business Office Manager

Lisa Boudreau

Community Relations Director

Brad Garrigus

Dining Services Director

Cameron Rudolph

Maintenance Director

Dave Raush

Housekeeping Director

Monica Cecil

Life Enrichment Director

Cyrstan Lindley

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Our Story

Spring Valley Assisted Living

“Garden Group” by Cyrstan and the team.

Millions of people tend to their gardens every day. Whether its roses, tomatoes, or even weeds. With over 7 billion people in the world, it is hard to find a “unique” experience. But at Spring Valley, our garden group has become more than just a common task. Our residents and staff have gathered weekly and sometimes even daily to talk, laugh, and even cry. We don't consider our garden group just any other activity. We come together and share the memories, good and bad, that we want to. Dena Twite isn't just a room number at Spring Valley. She is a mother, a grandmother, and a quilter who has found her home here. Rodena may live here, but she does more than that. She waters the garden while telling us that her son used to work closely with Irma, another garden group member. She was convinced the blueberries were not going to grow back, but waited to throw away the shrub anyway because we told her to. Now there are fresh blooms, and we laugh about it together. We know that lavender keeps the deer away from the garden because that is what saved Irma's when she lived at her old home. We underestimate our residents; they teach us so much as they've learned from their own experiences. We know that our staff aren't just from Oregon, but as far out as Mississippi, Oklahoma, and Louisiana. These memories don't stop just because garden group is over. We harvest our garden and bake with our harvest. Resident who may not like to garden come to our baking groups and eat with us while sharing stories. It's about more than gardening. It is about coming together as a community. Our resident's plant what they want and watch it grow. They are the seed to our community. They grow with the garden too. Our garden group has brought so many people together. We share these precious memories from our past and make new ones for our future. Spring Valley is full of diverse, lively, and creative people. Not just our residents but also our staff and their family, and our resident's family and friends too. These stories told are what makes our residents feel at home here but not only that, they create a safe space for our staff to talk about the wonderful things in their life too. They keep us going because healthcare is difficult field to work in, but we do it anyways for the people we care about. They keep us going because moving out of your safe space can be scary and hard, but then you meet new people while checking on your herbs in your community garden, and they make you feel at ease.

“Friendships have been built here.” -Dena, a SVAL resident.



July 2024 Spring Valley Newsletter