



A monthly
newsletter for
residents, family,
and friends of
Valley Heights.



Valley Voice

Getting to Know You: Poems by Betty Husmann

Valley Heights has a natural spring in the slough behind our building. Improvements have been made recently to make this beautiful spot more accessible for people to enjoy.

The water was an inspiration for resident Betty Husmann, who wrote two lovely poems about the space. Enjoy!

Shining Waters

*There is a place that I can see
Cool and deep, it welcomes me--
Sun-reflecting shimmering lights
It is the pond at Valley Heights.*

Untitled

*Around the pool sweet colors flower
Grateful for the warmth or shower.*

*While one leg up upon his toes
I've seen a graceful heron pose.*

*And evenings I have seen in June
Reflecting stars and early moon.*

*Always, this backyard pond invites
A lovely stay at Valley Heights*

Thank you, Betty, for sharing your beautiful poems with us.

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Senior Network Services

Senior Network Services is a Santa Cruz County community resource agency serving older adults and persons with disabilities with support services essential to their physical and mental well-being. Their focus is on helping people continue to live independent, fulfilling lives by giving them access to necessary information and resources. Visit their website (<http://www.seniornetworkservices.org>) or call them at (831) 462-1433.



“The serene philosophy of the pink rose is steady. Its fragrant, delicate petals open fully and are ready to fall, without regret or disillusion, after only a day in the sun. It is so every summer. One can almost hear their pink, fragrant murmur as they settle down upon the grass: ‘Summer, summer, it will always be summer.’”

~ Rachel Peden

HAPPY INDEPENDENCE DAY TUESDAY, JULY 4, 2017

*We the People of the United States, in Order to form a more perfect Union, establish Justice, insure domestic Tranquility, provide for the common defense, promote the general Welfare, and secure the Blessings of Liberty to ourselves and our Posterity, do ordain and establish this Constitution for the United States of America.
~ The Preamble*



UPCOMING EVENT SPOTLIGHT

Independence Day is on Wednesday, July 4th. Valley Heights will celebrate this special occasion with an “Open Seating” dinner schedule from 2:00 PM to 5:00 PM. Later that evening, we will host a fireworks display in our parking lot, adjacent to our main entrance, at 8:15 PM. Please dress appropriately for this evening event.

WELCOME OUR NEWEST RESIDENTS:

MICHAEL KALICH, AND
LUPE & BILL BERGSTROM

Weekly Entertainment

Valley Heights offers a range of musical performances in our main Living Room twice a week for residents and friends to enjoy.

Whether it's a school group, song and dance show, piano players, or sing-alongs, each Social Hour is unique and enjoyable.

Here is a list of performers scheduled for July:

Chris Ring- 7/3

Lizz Fischer- 7/17

Richard Stauff- 7/6

Mike Noonan- 7/24

Young At Heart- 7/10

Banjoes By The Bay- 7/27

HoAloha- 7/13

Danceland- 7/31

Valley Heights Summer Carnival

Our 14th Annual Valley Heights Summer Carnival is scheduled for Friday, July 20 at 3:30 PM in our Living Room (2nd floor).

Our Activities Department has been working hard to make this year's carnival enjoyable for everyone!

Game stations will be set up in the Living Room for people to play and test their skills. At 4:15 PM, we will randomly pick names from participation tickets to award prizes!

Come play fun games during this special event at Social Hour!

OUR SERVICES

Valley Heights has been a community for many active, independent seniors since opening our doors in 1991.

Owned and managed by two generations, this local family has dedicated their work to helping the needs of seniors.

The Valley Heights staff and management aim to

provide residents with care, compassion, patience, and kindness. We try to treat people like they are part of our own family.

Call (831) 722-4884 to speak with our Marketing Department to learn more about services offered at Valley Heights.

Welcome Back Rebecca Martinez!

Rebecca, our Front Desk Supervisor, has been on maternity leave since late last year. She and her love happily welcomed a bouncing baby boy, Ezra, on December 23.

Rebecca is returning to work, assuming her role helping others at the Front Desk. Stop by to say 'hello' to her anytime Monday through Friday. She will happily share new photos of her son with everyone!

VALLEY HEIGHTS FUN FACTS

Valley Heights is the most sensibly priced independent senior living community in Santa Cruz County.

Residents enjoy a dynamic calendar of events, classes, and trips each month.

Residents can sign up for weekly shopping trips to local stores that stock items for their medical and personal needs.

Valley Heights is wonderful for a single person or a couple because of the spacious 1- or 2-bedroom apartments.

Make **Your** Time Count!

Schedule a friendly tour of Valley Heights today. Call Georgeann Menasco, our Marketing Director, at **(831) 722-4884.**