



Shepherd Living

YOUR GUIDE TO LIFE AT SHEPHERD OF THE VALLEY

ISSUE 1, JULY 2026

Shepherd
of the valley
Lutheran Retirement Services, Inc.



Spiritual Advice FROM OUR CORPORATE CHAPLAINS

Sometimes the best way to solve our problems is to change "our look". Take time to look up and as you do remind yourself your God above is watching over you and holding you in the palm of his hands. Rest assured you are seen, known, and loved so deeply it can't be measured with the human mind. Place your hope in his word from Zephaniah, "The Lord your God is in your midst, a mighty one who will save; he will rejoice over you with gladness; he will quiet you by his love; he will exult over you with loud singing."



Since 1994, Shepherd's Foundation has raised funds to enhance the lives of residents across our communities, supporting resident programs, benevolent and end-of-life care, capital improvements, and the continued growth and development of our care teams.



We are excited to welcome back our Director of Donor Engagement,
Tony Perrone



YOUR HOME, *Our Care*

At Home with Shepherd is a premium provider of physician-ordered home health care and post-operative orthopedic care. We offer comprehensive and customized home health services to our residents and patients in Mahoning, Trumbull, and Columbiana counties.

Residents may sign-up for FREE Wellness Checks & Home Safety Assessments!

Please call: 330-530-4041



at Home
WITH SHEPHERD

Message from Rich Limongi, CEO



As we continue to look toward the future of Shepherd of the Valley, one of our top priorities is ensuring that our Independent Living communities continue to reflect the lifestyle, comfort, and experiences that matter most to you. As part of our strategic growth efforts, we are taking a thoughtful look at the amenities and services offered across our campuses. The expectations of today's residents - and tomorrow's - are evolving, and it is important that we evolve with them. In the coming weeks, we will be developing and sharing a brief questionnaire with you. This will give you the opportunity to provide valuable input on the types of amenities, services, and experiences you would like to see enhanced or introduced within our communities. Your voice plays a critical role in shaping our future. We want to continue creating environments that promote independence, engagement, and quality of life- while staying true to our mission of serving you with excellence.

- Rich Limongi

Special

ANNOUNCEMENTS



Memory Care Services

POLAND COMMUNITY

In April 2026, we opened our Memory Care unit at our Poland Community. This secured unit offers 21 private rooms with personalized care plans to best meet our resident's needs. When designing this unit, it was important for us to focus on the "little things" that really make a difference. From the color-coded hallways and textured walls to the enclosed patio, sensory rooms, and of course a wide variety of activities...we want residents to feel right at home.

To learn more, please contact
Patty Haman at 330.726.7110 ext. 2318

Salem Community

PROGRESS UPDATE

Since last summer, we have been making great strides with our newest Shepherd of the Valley community in beautiful Salem, Ohio. With 12 villas now under roof, we are getting excited to welcome our Salem residents to our community very shortly. We still have villas available in phase 1 and reservations for phase 2 will be opening soon. The clubhouse is expected to be completed by the end of the year, and the Assisted Living building is expected to be ready by Spring 2027.

We are looking forward to being part of the Salem community as they have graciously welcomed us to what is commonly referred to as, the "little big city."

To learn more, please contact
Lisa Slipkovich at 330.530.4038 ext. 2072



Resident Recipes

"Kepta Višta" (ROAST CHICKEN)

**FROM THE KITCHEN OF:
JEAN MURPHY, POLAND CAMPUS**

*"Growing up, Sunday dinners kept us close.
Kepta Višta, or roasted chicken was always
a favorite of mine." - Jean Murphy*

4-6
YIELD

20 MIN
PREP TIME

1 HR 35 MIN
TOTAL TIME

Ingredients:

- Whole Chicken (3-4lbs) or 6 Thighs
- 2 tbsp Butter or Oil
- 4 Cloves Garlic, Minced
- 1 tsp Salt
- 1 tsp Black Pepper
- 1 tsp Paprika
- 1 tsp Dried Marjoram or Dill
- 1 Onion, Sliced
- 4-6 Potatoes, peeled and quartered
- 1 cup sour cream (optional, common in Lithuanian Cooking)
- Fresh Dill for garnish

Instructions:

- Preheat oven to 375°F (190°C)
- Rub Chicken with butter/oil, garlic, salt, pepper, paprika, and marjoram
- Place onion and potatoes around the chicken in a roasting pan
- Roast for about 1 ½ hours (or 45-55 mins for thighs), until the chicken reaches 165°F internally.
- Optional: during the last 15 mins, brush lightly with sour cream for a richer traditional flavor.
- Garnish with fresh dill and serve with rye bread, cucumbers, or beet salad.

WANT TO SUBMIT A RECIPE?
SEE YOUR ACTIVITY DIRECTOR

TIME TO PLAY...



WHO AM I?

Guess the Resident!

Can you tell who this is?

HINT:

She lives at our Liberty community.

She is originally from Meadville, PA and she was a bank teller for over 40 years.

She has 6 grandchildren and 5 great grandchildren.

ANSWER:

Beth Perrone

To submit a photo, see your activity director.

INTRODUCING SOME OF OUR

Resident

AMBASSADORS



Pictured Left to right: Bonnie Babyak, Cee Varsho, Nancy Mohr, Ginny Shanabarger, and Janet Vestal. (Not Pictured: Karen Kitelinger)

Commonly referred to as the campus "Welcome Wagon," our Resident Ambassadors at our Poland Community take pride in helping new residents feel right at home. Whether stopping by for a friendly visit, answering questions, sharing helpful tips, or introducing newcomers to neighbors and activities, our ambassadors play an important role in creating a warm and welcoming community. Their kindness, encouragement, and firsthand experiences help new residents build connections, feel comfortable, and quickly become part of the Shepherd family.

**Thank you to all our Resident Ambassadors for their generosity and hospitality.*

LIFE ACROSS



"PAL-ENTINES DAY"
AT HOWLAND



DANCING SCHOOL
PERFORMANCE AT LIBERTY



MOTHER'S DAY BRUNCH
AT POLAND



PLAYING BOCCIE
AT HOWLAND



NOODLE HOCKEY
AT LIBERTY

THE VALLEY



MOON DANCE EVENT
AT POLAND



BIRTHDAY PARTY PICNIC
AT POLAND



OPERATION LOVE BASKETS
AT LIBERTY



EASTER CELEBRATION
AT LIBERTY

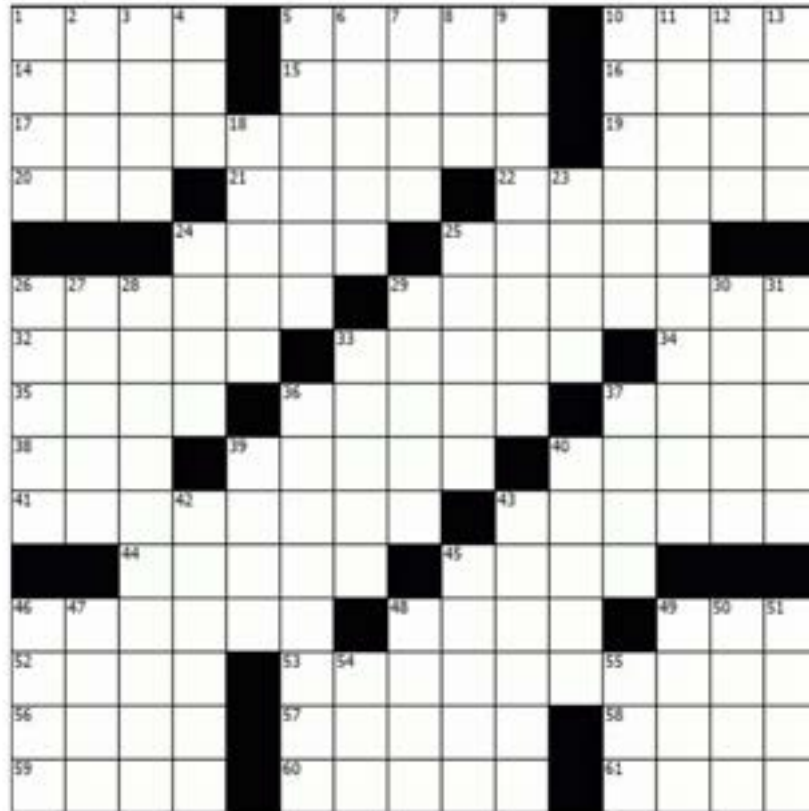


DIRT CAKE SOCIAL
AT HOWLAND

Crossword P U Z Z L E

Across

1. Musical conclusion
5. "Fantasia" dancer
10. Caledonian
14. Presage
15. You need this for a two-run homer
16. Salutation, somewhere
17. Indonesian skirmish?
19. It's a long story
20. Greek nickname
21. Cork locale
22. Tempest locale
24. Curing agent
25. Tom or Thomas
26. Spanish island group
29. Judgment time
32. Set straight
33. Manacles
34. Org. of 11 Southern states
35. "Beauty's Punishment" author
36. Oil state
37. Equine offspring
38. Brit. award for Lester Pearson
39. Bones up
40. Long-tailed songbird
41. Fat cats
43. Band leader?
44. It's not in the library often
45. Edinburgh miss
46. Pugs' milieux
48. Man Friday
49. Musician's tapper
52. Street in a Sinclair Lewis title
53. Censored rockers?
56. It follows what
57. Double quartet
58. Play start
59. Word with empty or mare's
60. Levelers in rivers
61. Word with beer or cellar



Down

1. Cook thriller
2. Torrijos or Bradley
3. Sub station?
4. Santa trailer
5. Sermon
6. Powerless to act
7. Soccer superstar
8. "The Cask of Amontillado" author
9. Score requiring overtime
10. Bundles up
11. Kidnapped Egyptian?
12. Haphazard collection
13. Diplomat's skill
18. Pine
23. Trees in an O'Neill title
24. Mahatma
25. Through here to grandmother's house?
26. Chocolate substitute
27. Cover story?
28. Good-natured stone?
29. Tom-toms and timbales, e.g.
30. Light ___ (ethereal)
31. Historic conference site
33. Fit to be tied
36. Weapon similar to an arbalest
37. Fishy controls?
39. Pet with green "hair"
40. Presented, as a problem
42. Shelley's "Ozymandias," e.g.
43. Budding officers
45. Word with one or ocean
46. Grace period?
47. Respiratory rattle
48. Opposed
49. Filled tortilla
50. Fully aware of
51. Chop copy
54. Something up your sleeve, perhaps
55. Salad or sushi

READY

SET...

Riddle!

RIDDLE #1

What's always found on the floor, but never gets dirty?

RIDDLE #2

You throw away the outside and cook the inside, then eat the outside and throw away the inside. What is it?

RIDDLE #3

What five-letter word becomes shorter when you add two letters to it?

ANSWERS:

#1: A Shadow. #2: Corn on the cob. #3 Short.

Sudoku #1615 (Medium)

			2					
	3	7						5
4		8			9		6	
3	6	2	5			1		
				8		3		
	1		9				2	
7		5	6	2				
			3	4			8	
				9				

Answer: https://www.puzzles.ca/sudoku_puzzles/sudoku_medium_1615_solution.html

Remember when...

TRIVIA TIME!

Take a stroll down memory lane as we revisit some fun facts from the...

1

9

5

0's



1 MOVIE

The #1 film at the U.S. box office was "Father of the Bride," starring Doris Day and James Stewart.

1 SONG

The #1 song on the Billboard charts was "Mona Lisa" by Nat King Cole, for the week ending July 15, 1950



FASHION TRENDS

Fashion in the 1950's was all about elegance, structure, and looking polished. Including full skirts and cinched waists, and of course the infamous poodle skirt.

PRICE OF MILK

In July 1950, the average retail price for a gallon of whole milk in the United States was about \$0.82



Mark Your Calendar!

UPCOMING EVENTS

Mah Jongg & Mingle

SECOND & FOURTH WEDNESDAYS
OF EACH MONTH

10:00 A.M. – 1:00 P.M.

SHEPHERD OF THE VALLEY POLAND
301 W. WESTERN RESERVE ROAD, POLAND, OH 44514



Monthly Card Parties

SECOND TUESDAY OF EACH MONTH

12:00 P.M. – 4:00 P.M.

SHEPHERD OF THE VALLEY HOWLAND
4100 NORTH RIVER ROAD NE,
WARREN, OH 44484



Shepherd of the Valley

SUPPORT GROUP

SECOND TUESDAY OF EACH MONTH

4:30 P.M. – 5:30 P.M.

SHEPHERD OF THE VALLEY LIBERTY
1501 TIBBETTS WICK ROAD
GIRARD, OH 44420



HAVE AN IDEA?

DO YOU HAVE A SUGGESTION FOR THE NEXT
ISSUE? PLEASE SEE YOUR ACTIVITY DIRECTOR
OR EMAIL

MARKETING@SHEPHERDOFTHEVALLEY.COM

Learn more at shepherdofthevalley.com/events

Campus Directory

Boardman
330.726.9061

Howland
330.856.9232

Liberty
330.544.0771

Poland
330.726.7110

Salem
330.530.4038

Corporate
330.530.4038



330.530.4041



330.530.4038