



September 2020 Newsletter

BIRTHSTONE: Sapphire
FLOWER: Aster
ZODIAC SIGN: 1-22 Virgo
23-30 Libra



Resident Birthdays

Litton H. 9/3, Peggy C. 9/27,
Dorothy F. 9/11, Ruth P. 9/21,
Evelyn W. 9/24, Sara C. 9/16,
Betty S. 9/21,

Staff Birthdays

Jane C. 9/3, Chrissy K. 9/26, Gigi P. 9/29

Enjoying the Sunshine around Sun Valley



**Congratulations Tiffany as you
celebrate 10 years of service with
Sun Valley Communities! Thank you
for your dedication to our residents!**



The Homestead

Sun Valley at the Meadows

Ridge Overlook

Sun Valley Assisted Living

The Woods

Butternut Squash Soup

Ingredients

- 2 tablespoons butter
- 1 small onion, chopped
- 1 stalk celery, chopped
- 1 medium carrot, chopped
- 2 medium potatoes, cubed
- 1 medium butternut squash – peeled, seeded, and cubed
- 1 (32 fluid ounce) container chicken stock
- salt and freshly ground black pepper to taste

Directions:

Step 1

Melt the butter in a large pot, and cook the onion, celery, carrot, potatoes, and squash 5 minutes, or until lightly browned. Pour in enough of the chicken stock to cover vegetables. Bring to a boil. Reduce heat to low, cover pot, and simmer 40 minutes, or until all vegetables are tender.

Step 2

Transfer the soup to a blender, and blend until smooth. Return to pot, and mix in any remaining stock to attain desired consistency. Season with salt and pepper.



Sun Valley residents model their own handmade tie-dyed masks!



Staff at Woods celebrated Frank's birthday with cupcakes!

Remembering those who have passed away...



Ruth M.
The Woods



Charles N.
Sun Valley



Shirlee S.
Ridge Overlook