

Homestead of Sun Valley Assisted Living
Sun Valley at the Meadows Assisted Living
Ridge Overlook Assisted Living
Sun Valley Assisted Living



Newsletter – February 2026

Celebrating our Centenarians

Not many people can say they have lived 100 years. Our resident, Catherine, sure can ...and then some! On her last birthday, she turned 104! I had the pleasure of talking to her this month. Catherine Poole Gorsuch grew up on a farm in Sykesville/Westminster area. She had two sisters and two brothers. She graduated from Sykesville High School. Everyday, she had to walk 2 miles to get the bus to school. Cate's nickname growing up was "Tom". She has no idea where it came from! Her favorite childhood memory was going chinkapin hunting with her friend Anna Myers. She would also go to one of the other farms and pick beans for 1 penny per 1 pound. Her mother was a talented seamstress. She made Catherine's high school graduation dress; of which her sister borrowed to get married in!



Catherine married her husband, Albert on Christmas Eve in 1939. They grew up together, both children of farmers. They have two children, one son and one daughter. They have three grandchildren. Catherine loved to cook. She would cook for Deer Park United Methodist Church Lions Club meetings. She also loved to dance, read romance and biography books and sewing. For a short while, Catherine taught other women how to sew at Misty Harbor clothing. She made clothing and then later did alterations at her home.

Today, after settling in at Sun Valley at the Meadows, she enjoys her puzzles and a good BINGO game. She said the staff and residents are nice, the food is good and everything is clean!

Catherine's advice for living a long life...enjoy the simple things and remember to take care of yourself because no one can do it for you!

Happy Birthday to:



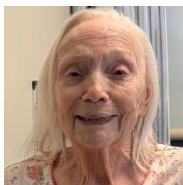
Lorraine S. 2/1, Annette R. 2/9, Paul W. 2/12,
Gloria V. 2/13, Honey R. 2/14, Dorothy S. 2/17

Welcome to Sun Valley Communities...

Ernie Z., Ruthanna B., Charles K.



Remembering those we lost...



Senior Olympics at Ridge Overlook

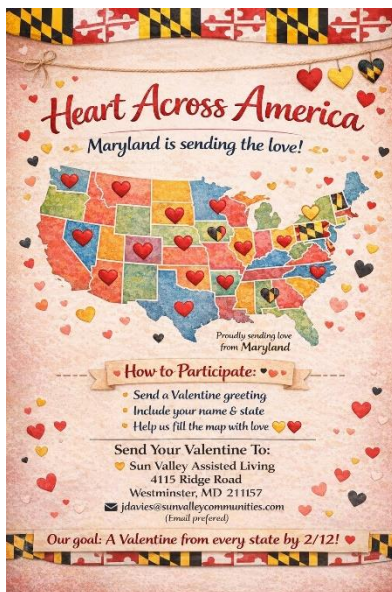
Shirley won the Gold Medal in Cup Sculpture

Diane won the Gold Medal in Senior Pong

Val, Shirley and Dot won Gold Medals in USA Math team



Happy Valentine's
Day from
Homestead



Sun Valley Assisted Living participated in Heart Across America for the first time this year. We exchanged Valentine cards with 20 other assisted living facilities in the United States. Sun Valley received 22 cards in return! Great job Sun Valley!