





STONE VALLEY
SENIOR LIVING AT EASE

Like Us!  

THE Stone Valley Lifestyle

MEMORY CARE COMMUNITY
6155 Stone Valley Dr. · Reno, NV 89523 · (775) 746-2200 · www.stonevalleyassistedliving.com

Meet the Team

Executive Director	Amanda Jenkins
Memory Care Director	Aileene Cargill
Resident Care Director	Nicole O'Connell
Director of Sales & Marketing	Becka Thompson
Activities Director	Deborah Hall
Executive Chef	Erick Seevers

JANUARY 2024

Associate of the Month



Jasmine Sanchez



It takes a **special** type of person to be a caregiver, and **Jasmine** is one of the rare people. She is very selfless and her positive attitude changes the atmosphere around her. She is the first one you will see rise to the occasion. Watching her care for our residents is amazing and the love and compassion she puts into her work warms our hearts.

Jasmine, thank you so much for being dedicated to our residents and community. You are truly an amazing person. We appreciate all that you do!

Be Thankful

Start your year off with kindness and appreciation—January is National Thank You Month. Often people are critical instead of thankful, and an honest “thank you” can mean the world to someone. This month, focus on expressing gratitude and doing nice deeds for others.

happy new year



Make Someone's Day

Jan. 24 is National Compliment Day.



JANUARY 2024

Location Key

- DR Dining Room
- PD Private Dining Room
- ML Main Living Room
- CC Community Courtyard
- C Community
- AR Activity Room
- BL Back Living Room





Residents' & Staff's Birthdays

12th~Guy T. & Cassie J.
13th~Will W. **19th**~Sandra D.

Smitten With Gloves

Gloves have long been associated with romance. Knights were said to carry the glove of a sweetheart in their helmets to bring them good luck. In Victorian England, a suitor would gift a pair of gloves to the girl of his dreams, who'd wear the gloves in public if she returned his affections. And a Latvian tradition calls for brides to fill a hope chest with hundreds of handmade mittens as a sign of devotion.

**"And now let us believe in a long year that is given to us, new, untouched, full of things that have never been."
—Rainer Maria Rilke**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>New Year's Day 1</p> <p>9:00 PD Coffee & Chronicles 9:30 C Walking Club 10:00 PD Tea Party & Goodies 11:00 PD Craft Corner 2:00 BL Drumming Class 3:00 PD Bingo Fun 6:00 ML Musical Movie</p>	<p>2</p> <p>9:00 PD Coffee & Chronicles 9:30 C Walking Club 10:00 BL Catholic Communion † 10:30 BL Chair Yoga †† 3:00 PD Bingo Fun 6:00 ML Travel Documentary</p>	<p>3</p> <p>9:00 PD Coffee & Chronicles 9:30 C Walking Club 11:00 BL Parachute Ball 2:00 BL Drumming Class 3:00 PD Bingo Fun 6:00 ML Western Movies</p>	<p>4</p> <p>9:00 PD Coffee & Chronicles 9:30 C Walking Club 11:00 PD Craft Corner 1:00 AR Pretty Nails 3:00 PD Bingo Fun 6:00 ML Family Favorites</p>	<p>5</p> <p>9:00 PD Coffee & Chronicles 9:30 C Walking Club 10:00 PD Spiritual with Toni 10:30 BL Chair Yoga †† 11:00 BL Parachute Ball 2:00 BL Drumming Class 3:00 PD Bingo Fun</p>	<p>6</p> <p>9:00 PD Coffee & Chronicles 9:30 C Walking Club 11:00 PD Watercolor 1:00 BL Weight & Stretch Class 3:00 PD Bingo Fun 6:00 ML Viewers' Choice</p>	
<p>7</p> <p>9:00 AR Strength Fitness †† 9:30 C Walking Club 11:00 PD Morning Hymns 1:00 BL Spiritual Elder Care † 2:30 DR Hot Cocoa & Snack 3:00 PD Bingo Fun 6:00 ML TCM Movies</p>	<p>8</p> <p>9:00 PD Coffee & Chronicles 9:30 C Walking Club 10:00 PD Tea Party & Goodies 11:00 PD Craft Corner 2:00 BL Drumming Class 3:00 PD Bingo Fun 6:00 ML Musical Movie</p>	<p>9</p> <p>9:00 PD Coffee & Chronicles 9:30 C Walking Club 10:00 BL Catholic Communion † 10:15 PD Resident & Family Council 10:30 BL Chair Yoga †† 3:00 PD Bingo Fun 6:00 ML Travel Documentary</p>	<p>10</p> <p>9:00 PD Coffee & Chronicles 9:30 C Walking Club 11:00 BL Parachute Ball 2:00 DR ECCS-Music 3:00 PD Bingo Fun 6:00 ML Western Movies</p>	<p>11</p> <p>9:00 PD Coffee & Chronicles 9:30 C Walking Club 11:00 PD Craft Corner 1:00 AR Pretty Nails 3:00 PD Bingo Fun 6:00 ML Family Favorites</p>	<p>12</p> <p>9:00 PD Coffee & Chronicles 9:30 C Walking Club 10:00 PD Spiritual with Toni 10:30 BL Chair Yoga †† 11:00 BL Parachute Ball 2:00 BL Drumming Class 3:00 PD Bingo Fun</p>	
<p>14</p> <p>9:00 AR Strength Fitness †† 9:30 C Walking Club 11:00 PD Morning Hymns 1:00 BL Spiritual Elder Care † 2:30 DR Hot Cocoa & Snack 3:00 PD Bingo Fun 6:00 ML TCM Movies</p>	<p>Martin Luther King Jr. Day 15</p> <p>9:00 PD Coffee & Chronicles 9:30 C Walking Club 10:00 PD Tea Party & Goodies 11:00 PD Craft Corner 2:00 BL Drumming Class 3:00 PD Bingo Fun 6:00 ML Musical Movie</p>	<p>16</p> <p>9:00 PD Coffee & Chronicles 9:30 C Walking Club 10:00 BL Catholic Communion † 10:30 BL Chair Yoga †† 3:00 PD Bingo Fun 6:00 ML Travel Documentary</p>	<p>17</p> <p>9:00 PD Coffee & Chronicles 9:30 C Walking Club 11:00 BL Parachute Ball 2:00 BL Drumming Class 3:00 PD Bingo Fun 6:00 ML Western Movies</p>	<p>World Day of the Snowman 18</p> <p>9:00 PD Coffee & Chronicles 9:30 C Walking Club 11:00 PD Craft Corner 1:00 AR Pretty Nails 3:00 PD Bingo Fun 6:00 ML Family Favorites</p>	<p>19</p> <p>9:00 PD Coffee & Chronicles 9:30 C Walking Club 10:00 PD Spiritual with Toni 10:30 BL Chair Yoga †† 11:00 BL Parachute Ball 2:00 BL Drumming Class 3:00 PD Bingo Fun</p>	
<p>21</p> <p>9:00 AR Strength Fitness †† 9:30 C Walking Club 11:00 PD Morning Hymns 1:00 BL Spiritual Elder Care † 2:30 DR Hot Cocoa & Snack 3:00 PD Bingo Fun 6:00 ML TCM Movies</p>	<p>22</p> <p>9:00 PD Coffee & Chronicles 9:30 C Walking Club 10:00 PD Tea Party & Goodies 11:00 PD Craft Corner 2:00 BL Drumming Class 3:00 PD Bingo Fun 6:00 ML Musical Movie</p>	<p>23</p> <p>9:00 PD Coffee & Chronicles 9:30 C Walking Club 10:00 BL Catholic Communion † 10:30 BL Chair Yoga †† 3:00 PD Bingo Fun 6:00 ML Travel Documentary</p>	<p>24</p> <p>9:00 PD Coffee & Chronicles 9:30 C Walking Club 11:00 BL Parachute Ball 2:00 BL Drumming Class 3:00 PD Bingo Fun 6:00 ML Western Movies</p>	<p>25</p> <p>9:00 PD Coffee & Chronicles 9:30 C Walking Club 11:00 PD Craft Corner 1:00 AR Pretty Nails 3:00 PD Bingo Fun 6:00 ML Family Favorites</p>	<p>26</p> <p>9:00 PD Coffee & Chronicles 9:30 C Walking Club 10:00 PD Spiritual with Toni 10:30 BL Chair Yoga †† 11:00 BL Parachute Ball 2:00 BL Drumming Class 3:00 PD Bingo Fun</p>	
<p>28</p> <p>9:00 AR Strength Fitness †† 9:30 C Walking Club 11:00 PD Morning Hymns 1:00 BL Spiritual Elder Care † 2:30 DR Hot Cocoa & Snack 3:00 PD Bingo Fun 6:00 ML TCM Movies</p>	<p>National Puzzle Day 29</p> <p>9:00 PD Coffee & Chronicles 9:30 C Walking Club 10:00 PD Tea Party & Goodies 11:00 PD Craft Corner 2:00 BL Drumming Class 3:00 PD Bingo Fun 6:00 ML Musical Movie</p>	<p>30</p> <p>9:00 PD Coffee & Chronicles 9:30 C Walking Club 10:00 BL Catholic Communion † 10:30 BL Chair Yoga †† 3:00 PD Bingo Fun 6:00 ML Travel Documentary</p>	<p>Hot Chocolate Day 31</p> <p>9:00 PD Coffee & Chronicles 9:30 C Walking Club 11:00 BL Parachute Ball 2:00 BL Drumming Class 3:00 PD Bingo Fun 6:00 ML Western Movies</p>			

Self-Care Corner: It's OK To Say 'No'

It's impossible to do everything or be everywhere—and even if we could, we shouldn't! Rest is important for both mental and physical health. Remember that it's OK to say "no" to things that you don't have the time or energy to handle. Furthermore, "no" is a complete sentence. You do not need to give a reason for declining an invitation or request; just be polite.



Celebrating MLK Jr. Day

The country pays tribute to Martin Luther King Jr. every year on the third Monday in January. In 2024, the holiday falls on King's actual date of birth, Jan. 15. This year also marks a major milestone, as the date would have been the civil rights leader's 95th birthday.

Houseplant Appreciation Day

Feeling blue after taking down your holiday decorations? Cheer up on Jan. 10 with Houseplant Appreciation Day! Appreciate your houseplants by adding some fertilizer, dusting their leaves, replanting them in new pots or simply by talking to them—you might feel silly, but research shows that if you talk to your plants, they can grow better and live longer. Don't have a houseplant? This is your chance to get one! They purify the air, have calming effects and produce fresh oxygen.



Knock-Knock, New Year

January gets its name from the Latin word for door, since it opens the new year.

JANUARY



NFL Fun Facts

This time of year, NFL fans are all about the grit and glory on the gridiron. Here are a few fun football facts to kick around:

- The NFL was founded in 1920 in Canton, Ohio, which is now home to the Pro Football Hall of Fame.
- In 1933, the league stopped using the Collegiate Rules Book and began to develop its own rules.
- As a rookie in 1934, Beattie Feathers became the first player to rush for 1,000 yards in a season.
- A 1939 matchup between the Philadelphia Eagles and the Brooklyn Dodgers was the first televised football game.
- NFL players were not required to wear helmets until 1943.
- The 1972 Miami Dolphins became the first NFL team to have a perfect season. Their 17–0 record culminated with a win at Super Bowl VII.
- Deion Sanders is the only athlete who has played in both a Super Bowl and a World Series.
- In 2015, the league hired its first full-time female referee, Sarah Thomas.

