

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

happy new



# Make Someone's Day

Jan. 24 is National Compliment Day.



#### **JANUARY 2024**



### **Jasmine Sanchez**



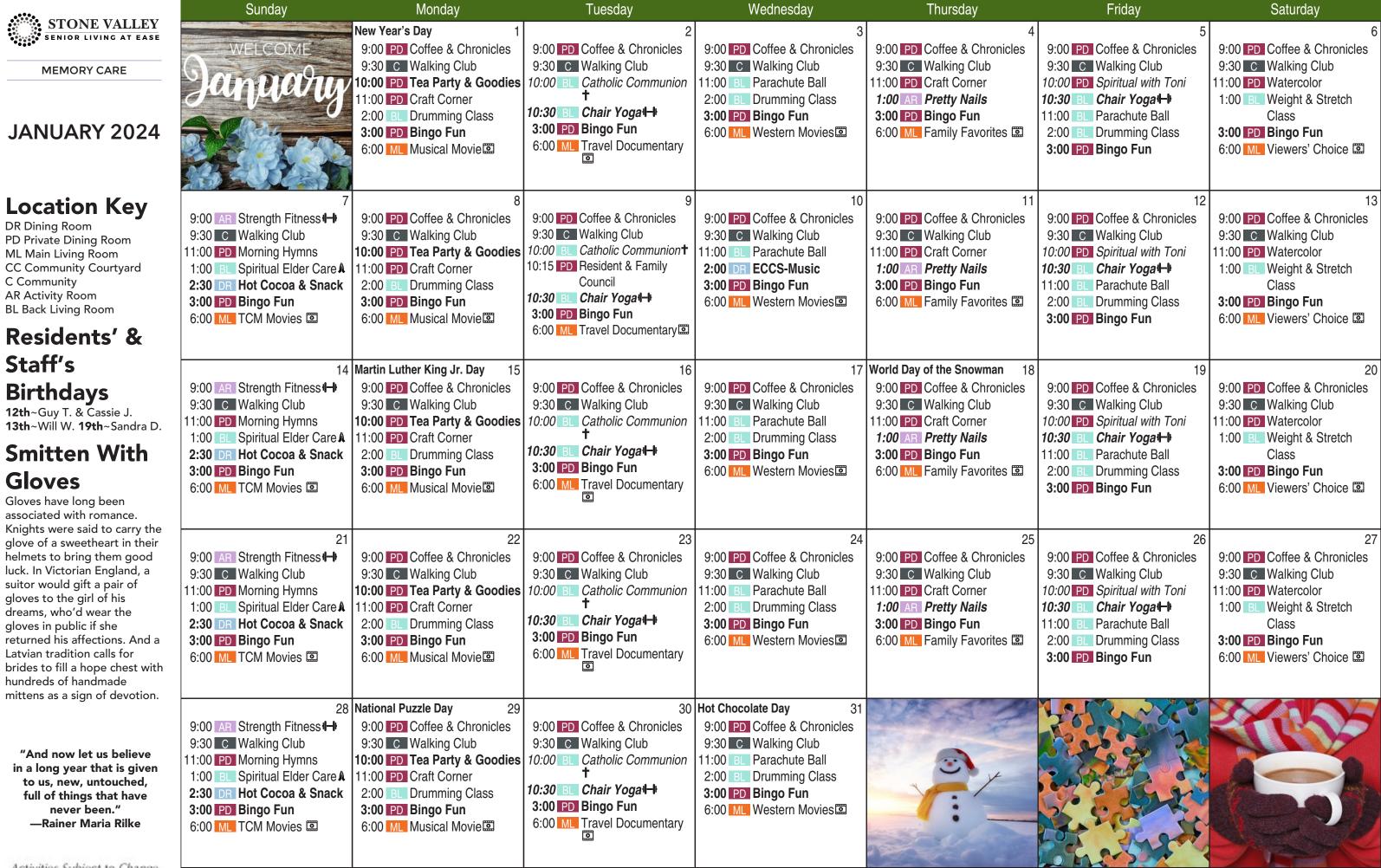
It takes a **special** type of person to be a caregiver, and **Jasmine** is one of the rare people. She is very selfless and her positive attitude changes the atmosphere around her. She is the first one you will see rise to the occasion. Watching her care for our residents is amazing and the love and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

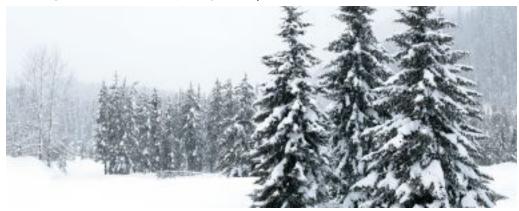




	Friday	Saturday
4	5 9:00 PD Coffee & Chronicles 9:30 C Walking Club 10:00 PD Spiritual with Toni 10:30 BL Chair Yogat 1 11:00 BL Parachute Ball 2:00 BL Drumming Class 3:00 PD Bingo Fun	6 9:00 PD Coffee & Chronicles 9:30 C Walking Club 11:00 PD Watercolor 1:00 BL Weight & Stretch Class <b>3:00 PD Bingo Fun</b> 6:00 ML Viewers' Choice
11	12 9:00 PD Coffee & Chronicles 9:30 C Walking Club 10:00 PD Spiritual with Toni 10:30 BL Chair Yogat 1 11:00 BL Parachute Ball 2:00 BL Drumming Class 3:00 PD Bingo Fun	13 9:00 PD Coffee & Chronicles 9:30 C Walking Club 11:00 PD Watercolor 1:00 BL Weight & Stretch Class <b>3:00 PD Bingo Fun</b> 6:00 ML Viewers' Choice
18	19 9:00 PD Coffee & Chronicles 9:30 C Walking Club 10:00 PD Spiritual with Toni 10:30 BL Chair Yogat-It 11:00 BL Parachute Ball 2:00 BL Drumming Class 3:00 PD Bingo Fun	20 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
25	26 9:00 PD Coffee & Chronicles 9:30 C Walking Club 10:00 PD Spiritual with Toni 10:30 BL Chair Yogat + 11:00 BL Parachute Ball 2:00 BL Drumming Class 3:00 PD Bingo Fun	27 9:00 PD Coffee & Chronicles 9:30 C Walking Club 11:00 PD Watercolor 1:00 BL Weight & Stretch Class <b>3:00 PD Bingo Fun</b> 6:00 ML Viewers' Choice

# 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.



### **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.



