



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

MARCH 2024

Meet the Team

Executive Director	Amanda Jenkins
Memory Care Director	Aileene Cargill
Director of Sales & Marketing	Becka Thompson
Activities Director	Deborah Hall
Executive Chef	Erick Seevers
Maintenance Director	Jerry Swearingen



Employee of the month

Sandra's infectious smile and calming personality is contagious. She is a shower whisperer, and we know she can get it done and rely on her. She is caring, kind and knowledgeable of her job and the needs of others. Thank you, Sandra, for all you do; we appreciate your dedication and the love you pour out to our residents and our team.



MARCH 2024

Resident & Staff Birthdays

2nd: Cindy M.
3rd: Abby L.
4th: Sandra A.
9th: Tess B.
17th: Latavia M.

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

Wearing of the Green

It's hard to imagine a color other than green dominating St. Patrick's Day celebrations, but for centuries, blue was associated with Ireland. One reason for the color switch was the Irish Rebellion of 1798, an uprising against British rule in which Irish soldiers wore green uniforms. As made famous by the lyrics of the ballad "The Wearing of the Green," people began displaying the color as an expression of national pride.

"Life is a painting, and you are the artist. You have on your palette all the colors in the spectrum."
—Paul J. Meyer

Activities Subject to Change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
3 9:30 C Walking Club 10:30 AR UNR-Volunteer Activity 11:00 PD Morning Hymns 2:30 DR Hot Cocoa & Snack 3:00 PD Bingo Fun 6:00 ML TCM Movies 📺	4 9:30 C Walking Club 10:00 PD Hot Cocoa & Fellowship 11:00 PD Craft Corner 1:30 BL Drumming Class 3:00 PD Bingo Fun 6:00 ML Musical Movie 📺	5 9:30 C Walking Club 10:00 BL Catholic Communion † 11:00 PD High Or Low Card Game 3:00 PD Bingo Fun 6:00 ML Travel Documentary 📺	6 9:30 C Walking Club 10:30 PD High Or Low Card Game 11:00 BL Parachute Ball 1:30 BL Drumming Class 3:00 PD Bingo Fun 6:00 ML Western Movies 📺	7 9:30 C Walking Club 10:30 PD High Or Low Card Game 11:00 PD Craft Corner 1:00 AR Pretty Nails 3:00 PD Bingo Fun 6:00 ML Family Favorites 📺	8 9:30 C Walking Club 10:00 PD Spiritual with Toni 10:30 BL Chair Yoga † 1:30 BL Drumming Class 3:00 PD Bingo Fun 6:00 ML '50s Movies	9 9:30 C Walking Club 11:00 PD Watercolor 1:00 BL Weight & Stretch Class 3:00 PD Bingo Fun 6:00 ML Viewer's Choice 📺
10 9:30 C Walking Club 10:30 AR UNR-Volunteer Activity 11:00 PD Morning Hymns 2:30 DR Hot Cocoa & Snack 3:00 PD Bingo Fun 6:00 ML TCM Movies 📺	11 9:30 C Walking Club 10:00 PD Hot Cocoa & Fellowship 11:00 PD Craft Corner 1:30 BL Drumming Class 3:00 PD Bingo Fun 6:00 ML Musical Movie 📺	12 9:30 C Walking Club 10:00 BL Catholic Communion † 10:30 PD Morning Stretch 11:00 PD High Or Low Card Game 3:00 PD Bingo Fun 6:00 ML Travel Documentary 📺	13 9:30 C Walking Club 10:30 PD High Or Low Card Game 11:00 BL Parachute Ball 1:30 BL Drumming Class 2:00 DR ECCS-Music 3:00 PD Bingo Fun 6:00 ML Western Movies 📺	14 9:30 C Walking Club 11:00 PD Craft Corner 12:00 DR St. Patrick's Day Luncheon Jane on the Piano 1:00 AR Pretty Nails 3:00 PD Bingo Fun 6:00 ML Family Favorites 📺	15 9:30 C Walking Club 10:00 PD Spiritual with Toni 10:30 BL Chair Yoga † 1:30 BL Drumming Class 3:00 PD Bingo Fun 6:00 ML '50s Movies	16 9:30 C Walking Club 11:00 PD Watercolor 1:00 BL Weight & Stretch Class 3:00 PD Bingo Fun 6:00 ML Viewer's Choice 📺
17 9:30 C Walking Club 10:30 AR UNR-Volunteer Activity 11:00 PD Morning Hymns 2:30 DR Hot Cocoa & Snack 3:00 PD Bingo Fun 6:00 ML TCM Movies 📺	18 9:30 C Walking Club 10:00 PD Hot Cocoa & Fellowship 11:00 PD Craft Corner 1:30 BL Drumming Class 3:00 PD Bingo Fun 6:00 ML Musical Movie 📺	19 9:30 C Walking Club 10:00 BL Catholic Communion † 11:00 PD High Or Low Card Game 3:00 PD Bingo Fun 6:00 ML Travel Documentary 📺	20 9:30 C Walking Club 10:30 PD High Or Low Card Game 11:00 BL Parachute Ball 1:30 BL Drumming Class 3:00 PD Bingo Fun 6:00 ML Western Movies 📺	21 9:30 C Walking Club 10:30 PD High Or Low Card Game 11:00 PD Craft Corner 1:00 AR Pretty Nails 2:00 DR Jim Buehler Music 3:00 PD Bingo Fun 6:00 ML Family Favorites 📺	22 9:30 C Walking Club 10:00 PD Spiritual with Toni 10:30 BL Chair Yoga † 1:30 BL Drumming Class 3:00 PD Bingo Fun 6:00 ML '50s Movies	23 9:30 C Walking Club 11:00 PD Watercolor 1:00 BL Weight & Stretch Class 3:00 PD Bingo Fun 6:00 ML Viewer's Choice 📺
24 9:30 C Walking Club 10:30 AR UNR-Volunteer Activity 11:00 PD Morning Hymns 2:30 DR Hot Cocoa & Snack 3:00 PD Bingo Fun 6:00 ML TCM Movies 📺	25 9:30 C Walking Club 10:00 PD Hot Cocoa & Fellowship 11:00 PD Craft Corner 1:30 BL Drumming Class 3:00 PD Bingo Fun 6:00 ML Musical Movie 📺	26 9:30 C Walking Club 10:00 BL Catholic Communion † 11:00 PD High Or Low Card Game 3:00 PD Bingo Fun 6:00 ML Travel Documentary 📺	27 9:30 C Walking Club 10:30 PD High Or Low Card Game 11:00 BL Parachute Ball 1:30 BL Drumming Class 3:00 PD Bingo Fun 6:00 ML Western Movies 📺	28 9:30 C Walking Club 11:00 PD Craft Corner 12:00 DR Easter Party Luncheon Jane on the Piano 2:00 AR Easter Egg Hunt 6:00 ML Family Favorites 📺	29 9:30 C Walking Club 10:00 PD Spiritual with Toni 10:30 BL Chair Yoga † 1:30 BL Drumming Class 3:00 PD Bingo Fun 6:00 ML '50s Movies	30 9:30 C Walking Club 11:00 PD Watercolor 1:00 BL Weight & Stretch Class 3:00 PD Bingo Fun 6:00 ML Viewer's Choice 📺
31 9:30 C Walking Club 10:30 AR UNR-Volunteer Activity 11:00 PD Morning Hymns 2:30 DR Hot Cocoa & Snack 3:00 PD Bingo Fun 6:00 ML TCM Movies 📺						

Go Green on March 17

St. Patrick's Day on March 17 is a time when many people claim kinship with the Emerald Isle and hope for the luck of the Irish. No matter your ancestry, you may be interested in the following facts and figures.

- The first New York City St. Patrick's Day parade occurred in 1762. The current parade lasts five to six hours and is attended by nearly 2 million spectators every year.
- In addition to a parade, Chicago celebrates St. Paddy's Day by turning the Chicago River green. It takes 45 pounds of powdered dye to accomplish the festive feat.
- About 55 percent of people in the U.S. celebrate St. Patrick's Day in some way, spending a total of \$5 billion on the holiday.
- An estimated 34 million Americans have Irish ancestry. That's more than seven times the population of Ireland.
- Towns that seem especially suited to celebrate the holiday include Shamrock, Texas; St. Patrick, Mo.; Dublin, Ohio; Ireland, W.Va.; Emerald Isle, N.C.; and Irishtown, Ill.
- Over 650,000 babies born in the U.S. in the last century have been named Patrick. The name means "nobleman."
- Your odds of finding a four-leaf clover are about 1 in 10,000.
- According to legend, when they aren't guarding their pots of gold, leprechauns spend their days making and mending shoes.



Memorable Melody: 'When Irish Eyes Are Smiling'

This beloved musical tribute to the Emerald Isle was written by three Americans in 1912, at a time when Irish ballads were enormously popular in the U.S. Chauncey Olcott, George Graff Jr. and Ernest Ball wrote the song for the Broadway play "The Isle O' Dreams," and its lighthearted lyrics and catchy melody appealed to audiences. Along with becoming a St. Patrick's Day standard, the tune has been featured in dozens of Irish-themed films and TV shows.



Memorable Melody: 'I'm Looking Over a Four-Leaf Clover'

This lively tune became a chart-topping hit in 1948, when bandleader Art Mooney and his orchestra revived the 1927 song. You also may have heard Bugs Bunny, Daffy Duck and Tweety sing various renditions in several Merrie Melodies cartoon shorts. The song's lyrics, written by Mort Dixon and Harry M. Woods, describe what each leaf of a lucky four-leaf clover signifies: sunshine, rain, roses and "somebody I adore."

Bunny Basics

Rabbits can be found living in city parks, suburban yards and country meadows. These cute critters are often seen as a symbol of spring. As the weather warms and the grass turns green, hop on in to these fun facts about rabbits.

- Although baby rabbits are called bunnies, they are actually kits or kittens. A female rabbit is a doe and a male rabbit is a buck.
- Carrot-crunching rabbits are often shown in cartoons, but the herbivores mainly eat grass, weeds, clover and other plants.
- When rabbits are happy, they jump in the air, twist and kick, an athletic leap known as a binky.
- Strong hind legs give rabbits their speed and jumping ability. Eastern cottontails, the most common rabbit in North America, can run up to 18 mph.
- Like cats, rabbits groom themselves by licking their fur and paws. They also purr when they are content and relaxed.
- Some types of rabbits dig underground burrows called warrens; others make nests above ground under dense cover.
- A rabbit can see behind, above and to the sides without turning its head.
- Their long, sensitive ears can detect sounds up to 2 miles away. The large surface area of the ears releases body heat, helping the animals stay cool.
- The largest rabbit is the Flemish giant, a domesticated breed that weighs up to 20 pounds and grows 2.5 feet long.