



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](http://www.stonevalleyassistedliving.com)

APRIL 2024

## Team Member of the Month

### Meet the Team

Executive Director .....	Amanda Jenkins
Memory Care Director .....	Aileene Cargill
Resident Care Director .....	Megan Gresham
Activities Director .....	Deborah Hall
Executive Chef .....	Erick Seevers
Maintenance Director .....	Jerry Swearingen



Jona always has a smile on her face no matter the situation, and she leads by example. She takes charge without hesitation. She is a leader in the making and strives to learn more. The love she pours out for the residents shows through her actions and tones. She also spreads her love to the team members through food and her actions. She is small but mighty. Thank you, Jona, for your dedication and all that you do for our residents and team. You brighten up the environment with your presence. WE LOVE YOU!!

APRIL 2024



**Resident & Staff Birthdays**

Will S. 2nd  
Dorothy J. & Yadira B. 13th  
Carmela G. 14th  
Joanne D. & Deborah K. 26th

**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

**Dig Into Gardening for Brain Health**

Getting outdoors and working in a garden is not only good for your physical health, but also for your mental well-being. Gardening has been shown to improve mood and self-esteem and reduce tension. Working on specific tasks, such as digging or weeding, can be meditative, which can train your brain to focus better.

**"Tomorrow morning, when the sun shines through your window, choose to make it a happy day."**  
—Lynda Resnick

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>7</p> <p>9:30 <b>C</b> Walking Club 10:30 <b>AR</b> UNR-Volunteer Activity 11:00 <b>PD</b> Morning Hymns 2:30 <b>DR</b> Hot Cocoa &amp; Snack 3:00 <b>PD</b> Bingo Fun 6:00 <b>C</b> Evening Exercise <b>↔</b> 6:00 <b>ML</b> TCM Movies <b>📺</b></p>	<p>8</p> <p>9:30 <b>C</b> Walking Club 10:00 <b>PD</b> Hot Cocoa &amp; Fellowship 11:00 <b>PD</b> Craft Corner 3:00 <b>PD</b> Bingo Fun 6:00 <b>C</b> Evening Exercise <b>↔</b> 6:00 <b>ML</b> Musical Movie <b>📺</b></p>	<p>9</p> <p>9:30 <b>C</b> Walking Club 10:00 <b>BL</b> Catholic Communion† 10:30 <b>BL</b> Chair Yoga<b>↔</b> 10:30 <b>PD</b> Morning Stretch 11:00 <b>PD</b> High Or Low Card Game 3:00 <b>PD</b> Bingo Fun 6:00 <b>C</b> Evening Exercise <b>↔</b> 6:00 <b>ML</b> Travel Documentary <b>📺</b></p>	<p>10</p> <p>9:30 <b>C</b> Walking Club 10:30 <b>PD</b> High Or Low Card Game 11:00 <b>BL</b> Parachute Ball 2:00 <b>DR</b> ECCS-Music Erika Paul 3:00 <b>PD</b> Bingo Fun 6:00 <b>C</b> Evening Exercise <b>↔</b> 6:00 <b>ML</b> Western Movies <b>📺</b></p>	<p>11</p> <p>9:30 <b>C</b> Walking Club 10:30 <b>PD</b> High Or Low Card Game 11:00 <b>PD</b> Craft Corner 1:00 <b>AR</b> Pretty Nails 3:00 <b>PD</b> Bingo Fun 6:00 <b>C</b> Evening Exercise <b>↔</b> 6:00 <b>ML</b> Family Favorites <b>📺</b></p>	<p>12</p> <p>9:30 <b>C</b> Walking Club 10:00 <b>PD</b> Spiritual with Toni 10:30 <b>BL</b> Chair Yoga<b>↔</b> 1:30 <b>AR</b> Craft Corner 3:00 <b>PD</b> Bingo Fun 6:00 <b>ML</b> '50s Movies 6:00 <b>C</b> Evening Exercise <b>↔</b></p>	<p>13</p> <p>9:30 <b>C</b> Walking Club 11:00 <b>PD</b> Watercolor 1:00 <b>BL</b> Weight &amp; Stretch Class 3:00 <b>PD</b> Bingo Fun 6:00 <b>C</b> Evening Exercise <b>↔</b> 6:00 <b>ML</b> Viewer's Choice <b>📺</b></p>	
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## A Special Stone

People born in April have as their birthstone the planet's hardest natural substance, diamonds.

- Diamonds are composed of a single element: carbon. The diamonds we find today were formed billions of years ago under immense heat and pressure many miles below Earth's surface. The minerals were carried to the surface by volcanic eruptions.
- Diamonds have been valued for thousands of years. They were traded in India as early as the fourth century B.C.
- The early Romans and Greeks believed diamonds were splinters from falling stars.
- The word diamond comes from the Greek *adamas*, which means invincible.
- The United States does not produce diamonds for commercial consumption, but Americans buy more than 40 percent of the world's gem-quality diamonds.
- Although most people think of diamonds as colorless, the jewels can be blue, green, orange, red, yellow, pink, brown or black.
- At Crater of Diamonds State Park in Arkansas, anyone can hunt for diamonds and keep what they find.
- The largest diamond ever discovered was mined in 1905 in South Africa. Named the Cullinan diamond, it weighed 3,106 carats. The stone was given to England's King Edward VII and later cut into nine large diamonds and about 100 smaller ones. The two largest gems are part of the British crown jewels.

## Happy April Fools' Day

Did you know we prank one another on April 1?

Yes, I'm fool-y aware.



## Time for Tulips

A signal of spring's arrival is the annual appearance of tulips, one of the most popular flowers. After bulbs are planted in the fall and spend the winter being dormant, their perfectly shaped petals, atop long green stems, emerge as showstopping blooms.



## 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.