





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	Megan Gresham
Director of Sales & Marketing	Susana Ruybalid
Activities Director	Deborah Hall
Executive Chef	Erick Seevers
Maintenance Director	Jerry Swearingen

Will Be Having Two Pinning Ceremonies: NVDS May 7th @2:30p & Compassion Care Hospice May 29th @2:30p



Honoring Our Veterans

- William Dobson/ Dorothy Dobson- Coast Guard- 39yrs- Master Chief E9- the highest you can go. Dorothy, his wife, is an E7!
- William Seline/widowed- Army 82nd Airborne- private first class
- Edwin Geiger/Carol Geiger- Air Force- C-141 Captain
- Guy Thul/divorced- Army- 2yrs- private first class
- Michael Hamilton/Tina Hamilton- Army- 3yrs- private first class
- John Wheaton/single-Air Force

MAY 2024

Team Member of the Month



Melanie Young is our Sous Chef, and we are pleased to have such a dedicated and hard worker. We so appreciate her ability to make scrumptious meals for everyone. She has a tremendous amount of integrity and always makes sure everyone is well cared for. She has made quick friends with her team and has such a big heart and soft touch for all

the residents. Melanie is a true asset to the Stone Valley Community.



May Flower

Lily of the valley is the birth flower for May. The fragrant flower symbolizes sweetness, humility and happiness.

MAY 2024

Resident & Staff Birthdays

Jill S. 4th
Barbara L. 6th
Kristene F. 25th
Sandy J. 29th



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.

"Wherever you go, no matter what the weather, always bring your own sunshine."
—Anthony J. D'Angelo

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>CINCO DE MAYO Fiesta</p>	 <p>HAPPY MOTHER'S DAY</p>		<p>9:30 C Walking Club 10:30 PD Balloon Noodle Fitness 11:00 BL Parachute Ball 3:00 PD Bingo with Friends 6:00 C Team Activity 6:00 ML Western Movies 📺</p>	<p>9:30 C Walking Club 10:30 PD Balloon Noodle Fitness 1:00 AR Pretty Nails 3:00 PD Bingo with Friends 6:00 ML Family Favorites 📺 6:00 C Team Activity</p>	<p>9:30 C Walking Club 10:00 PD Spiritual with Toni 10:30 BL Chair Yoga †† 1:30 AR Trivia with quest 3:00 PD Bingo with Friends 6:00 ML '50s Movies 6:00 C Team Activity</p>	<p>9:30 C Walking Club 11:00 PD Watercolor with Friends 1:00 BL Weight & Stretch Class 3:00 PD Bingo with Friends 6:00 C Team Activity 6:00 ML Viewer's Choice 📺</p>
<p>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 with Friends 6:00 ML TCM Movies 📺 6:00 C Team Activity</p>	<p>9:30 C Walking Club 10:00 PD Hot Cocoa & Fellowship 11:00 CC Courtyard Games 3:00 PD Bingo with Friends 6:00 ML Musical Movie 📺 6:00 C Team Activity</p>	<p>NVDS Pinning Ceremony 2:30p 9:30 C Walking Club 10:00 BL Catholic Communion † 10:30 BL Chair Yoga †† 3:00 PD Bingo with Friends 6:00 C Team Activity 6:00 ML Travel Documentary 📺</p>	<p>9:30 C Walking Club 10:30 PD Balloon Noodle Fitness 11:00 BL Parachute Ball 2:00 DR ECCS-Music John Palmore 🎵 3:00 PD Bingo with Friends 6:00 C Team Activity 6:00 ML Western Movies 📺</p>	<p>Mother's Day Luncheon Noon 9:30 C Walking Club 10:00 BL Mother's Day Photo Shoot 12:00 DR Jim Buehler Music 🎵 1:00 AR Pretty Nails 3:00 PD Bingo with Friends 6:00 ML Family Favorites 📺 6:00 C Team Activity</p>	<p>9:30 C Walking Club 10:00 PD Spiritual with Toni 10:30 BL Chair Yoga †† 1:30 AR Trivia with quest 3:00 PD Bingo with Friends 6:00 ML '50s Movies 6:00 C Team Activity</p>	<p>9:30 C Walking Club 11:00 PD Watercolor with Friends 1:00 BL Weight & Stretch Class 3:00 PD Bingo with Friends 6:00 C Team Activity 6:00 ML Viewer's Choice 📺</p>
<p>Mother's Day 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 with Friends 6:00 ML TCM Movies 📺 6:00 C Team Activity</p>	<p>9:30 C Walking Club 10:00 PD Hot Cocoa & Fellowship 11:00 CC Courtyard Games 3:00 PD Bingo with Friends 6:00 ML Musical Movie 📺 6:00 C Team Activity</p>	<p>Scenic Drive Outing @ 10am 9:30 C Walking Club 10:00 BL Catholic Communion † 3:00 PD Bingo with Friends 6:00 C Team Activity 6:00 ML Travel Documentary 📺</p>	<p>9:30 C Walking Club 10:30 PD Balloon Noodle Fitness 11:00 BL Parachute Ball 3:00 PD Bingo with Friends 6:00 C Team Activity 6:00 ML Western Movies 📺</p>	<p>9:30 C Walking Club 10:30 PD Balloon Noodle Fitness 1:00 AR Pretty Nails 3:00 PD Bingo with Friends 6:00 ML Family Favorites 📺 6:00 C Team Activity</p>	<p>9:30 C Walking Club 10:00 PD Spiritual with Toni 10:30 BL Chair Yoga †† 1:30 AR Trivia with quest 3:00 PD Bingo with Friends 6:00 ML '50s Movies 6:00 C Team Activity</p>	<p>9:30 C Walking Club 11:00 PD Watercolor with Friends 1:00 BL Weight & Stretch Class 3:00 PD Bingo with Friends 6:00 C Team Activity 6:00 ML Viewer's Choice 📺</p>
<p>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 with Friends 6:00 ML TCM Movies 📺 6:00 C Team Activity</p>	<p>9:30 C Walking Club 10:00 PD Gardening & Fellowship 11:00 CC Courtyard Games 1:00 AR Resident & Family Council 3:00 PD Bingo with Friends 6:00 ML Musical Movie 📺 6:00 C Team Activity</p>	<p>9:30 C Walking Club 10:00 BL Catholic Communion † 10:30 BL Chair Yoga †† 11:00 PD High Or Low Card Game 3:00 PD Bingo with Friends 6:00 C Team Activity 6:00 ML Travel Documentary 📺</p>	<p>9:30 C Walking Club 10:30 AR Vet to Vet Cafe with Bob 11:00 BL Parachute Ball 12:00 DR Jane on the Piano 🎵 3:00 PD Bingo with Friends 6:00 C Team Activity</p>	<p>9:30 C Walking Club 10:30 PD Balloon Noodle Fitness 1:00 AR Pretty Nails 3:00 PD Bingo with Friends 6:00 ML Family Favorites 📺 6:00 C Team Activity</p>	<p>9:30 C Walking Club 10:00 PD Spiritual with Toni 10:30 BL Chair Yoga †† 1:30 AR Trivia with quest 3:00 PD Bingo with Friends 6:00 ML '50s Movies 6:00 C Team Activity</p>	<p>9:30 C Walking Club 11:00 PD Watercolor with Friends 1:00 BL Weight & Stretch Class 3:00 PD Bingo with Friends 6:00 C Team Activity 6:00 ML Viewer's Choice 📺</p>
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Words We Got From the Military

Military Appreciation Month, held every May, celebrates the members of the armed forces who have given so much to our nation. Among the military's contributions through the years is a registry of words and phrases that wouldn't exist without them. Here's a small sample:

Hotshot. This term for a talented, successful person likely came from the use of heated cannonballs, aka hot shots, to ignite enemy ships or buildings. Handling the volatile ammo was risky and required a lot of skill.

With flying colors. A naval ship returning home after a victory proudly displays their flags, called colors, from the masthead. The tradition of "coming through with flying colors" is now a metaphor for a victory such as acing a test or exceeding at a task.

Peacoat. The name of this stylish outerwear has nothing to do with a little green vegetable. Originally worn by Dutch sailors, it was adopted by both the British and U.S. Navy. The jacket's warm, rough fabric was known as *pij* in Dutch and pilot-cloth in English, leading to the nicknames "p-cloth," "p-coat," and eventually "peacoat."

Avant-garde. Describing someone or something that is new and unusual, typically referring to the arts, this comes from the French word for vanguard, or advance guard: a small group of soldiers who lead armed forces into battle.

Murphy's law. Pessimists are familiar with this philosophy of "If something can go wrong, it will." Capt. Edward A. Murphy gave this age-old concept a name while working on a project at Edwards Air Force Base in 1949. His fellow engineers credited the law for motivating them to find ways to avoid negative outcomes, making their project a success.

Sweet Tweets

"My favorite weather is bird-chirping weather." —Terri Guillemets

Remember, Honor, Celebrate

Memorial Day pays tribute to those who have made the ultimate sacrifice while serving in the armed forces. There are many ways you can take part in honoring these heroes.

Explore their stories. Read a military memoir or watch a movie or documentary. You can listen to recordings of veterans' firsthand accounts online at StoryCorps.org.

Tune in to a TV tradition. On the night before Memorial Day, PBS stations broadcast the National Memorial Day Concert, an annual event that honors the fallen and their families with musical performances and personal stories.

Learn about your family's military heritage. Talk to family members who were in the military about their experiences. Ask about stories of past relatives who served.

Post a tribute. If you have a loved one who is a fallen hero, post a photo and story about them on social media.

Send a letter. Express your thanks in a note to currently deployed troops. Search online for one of many nonprofit groups that gather and distribute letters to men and women serving overseas.

Visit a memorial. Spend time at a local military monument or museum, or pay your respects at a veterans cemetery. You can also make virtual visits to many war memorials.

Pause at 3 p.m. Stop and reflect during the National Moment of Remembrance, a one-minute pause observed at 3 p.m. local time on Memorial Day.

Memorial Day

A day to remember the sacrifice of the country's fallen service members has been observed since the Civil War. Known as Decoration Day for a century, the holiday was renamed Memorial Day by federal law in 1967.

Spring Fever

The days are getting longer, temperatures are warming and plants are blooming. Take a break and share your memories of spring.

- What were your favorite springtime activities when you were a child? What about as an adult?
- Did you get a spring break from school? If so, how did you spend the time off?
- Spring is known for its budding flowers and trees. What are your favorite seasonal plants?
- Was planting a garden an annual practice in your family? What did you grow?
- Did you spend time doing yardwork or home improvement projects? How did you feel about those activities?
- What types of warm-weather outings do you enjoy?
- Did you ever play or watch spring sports, such as baseball, tennis or track and field?
- How do you feel about rainy spring days? Talk about some things you like to do when it's wet outside.
- From bunnies to butterflies to birds, many animals become more active at this time of year. Which ones do you enjoy seeing?
- What is your idea of a perfect spring day?

