

THE Stone Valley Lifestyle



STONE VALLEY
SENIOR LIVING AT EASE

Like Us!  

MEMORY CARE COMMUNITY

6155 Stone Valley Dr. • Reno, NV 89523 • (775) 746-2200 • www.stonevalleyassistedliving.com

JULY 2025

Staff Directory

Executive Director	Benjamin King
Director of Sales & Marketing	Sofia Villagas
Memory Care Director	Aileene Cargill
Executive Chef	Melanie Young
Maintenance Director	Jerry Swearingen
Resident Care Coordinator	Megan Gresham
Activities Coordinator	Kristene Farley
Activities Assistant	Cami Batz
Administrative Assistant	Gina Budick

Historic Battle of July

During the American Civil War, Confederate General Robert E. Lee, in an attempt to take the north, attacked the Union Army in Gettysburg, Pa., on July 1, 1863. For three days, the Battle of Gettysburg waged on, with both sides suffering losses. The Union victory was later viewed as the turning point of the war. Four months after the battle, President Lincoln gave the historic Gettysburg Address when dedicating the cemetery there.



Spread Sunshine

"A compliment is verbal sunshine." —Robert Orben

Executive Director's Newsletter July 2025

Dear Residents, Families, and Friends,
As we welcome the month of July, our hearts are filled with gratitude—for our country, our veterans, and the freedom we are so fortunate to enjoy. This is a time to reflect on the strength and resilience of those who have served and those who continue to serve, and we are especially thankful for the veterans within our very own community.

This month, we are proud to share some exciting news: **Stone Valley recently completed our annual state survey** with outstanding results. **Seven state inspectors** conducted a thorough and comprehensive review of our operations, and their feedback was a glowing confirmation of the exceptional care and service we provide. Please take a moment to congratulate our dedicated staff—this achievement is a direct result of their compassion, professionalism, and daily commitment to excellence.

In our continued efforts to enhance the experience of everyone at Stone Valley, we've also **increased lighting in our entryway** to make our community even more welcoming and safe.

To our **residents—both new and longtime**—thank you for choosing Stone Valley as your home. And to our **families and loved ones**, thank you for entrusting us with the care of those most dear to you. We are honored to walk this journey with you.

Wishing you all a safe and joyful Independence Day!
Warm regards,

Benjamin King

Executive Director

Stone Valley Memory Care

JULY 2025

Location Key

DR Dining Room
BA Back Activities Room
ML Main Living Room
CC Community Courtyard
C Community
BL Back Living Room
FT Field Trip

BIRTHDAYS

Anna D 7/9
Mary H 7/10
Megan G 7/18
Sue E 7/24
Jasmine S 7/26

America's
First Zoo




The first zoo in the United States opened July 1, 1874, in Philadelphia. Although the charter establishing the Zoological Society of Philadelphia had been signed 15 years prior, the Civil War prevented the zoo from opening sooner. Price of admission on opening day was 25 cents for adults and 10 cents for children.

Mickey Finds
a Home

Disneyland opened 70 years ago this month on July 17, 1955.

“You cannot swim for new horizons until you have courage to lose sight of the shore.” —William Faulkner

Activities Subject to Change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9:00 C Weights Class👤 10:00 C Catholic Communion† 10:15 AR Vet Art with Compassion Care Hospice👤 12:45 CC Gardening 3:00 AR Bingo with Friends 6:00 ML Travel Documentary📺	2 9:00 C Morning Stretches👤 10:15 AR Sierra Arts👤 12:45 AR Coloring & Puzzles 3:00 AR Bingo with Friends 6:00 ML Family Favorites📺	3 9:00 C Balloon Toss👤 10:15 AR Reading/Pretty Nails 11:00 ML Bible Study👤 12:00 CC July 4th Celebration & Paul on Piano★ 3:00 AR Bingo with Friends 6:00 ML Western Movies📺	4 Independence Day 9:00 BL Elastic Band Class👤 10:15 AR High Low Cards 12:30 DR Ukulele Performance🎵 3:00 AR Bingo with Friends 6:00 ML '50s Movies	5 9:00 AR Balance Class👤 10:15 AR Painting with Friends👤 12:45 AR Chair Soccer 3:00 AR Bingo with Friends 6:00 ML Viewers' Choice📺
6 9:00 BA Chair Yoga👤 10:30 CC Courtyard Games 1:00 AR Crafting👤 3:00 AR Bingo with Friends 6:00 ML TCM Movies📺	7 9:00 BL Walking Club👤 10:15 AR Coloring Art 12:45 BL Parachute Fun 3:00 AR Bingo with Friends 6:00 ML Disney Favorites📺	8 9:00 C Weights Class👤 10:00 C Catholic Communion† 12:45 CC Gardening 3:00 AR Bingo with Friends 6:00 ML Travel Documentary📺	9 9:00 C Morning Stretches👤 10:15 BL Reading & Drinks 12:45 AR Coloring & Puzzles 2:00 DR ECCS Music🎵 3:00 AR Bingo with Friends 6:00 ML Family Favorites📺	10 9:00 C Balloon Toss👤 9:30 FT Hula Dance Performance🚗 11:00 ML Bible Study👤 12:45 AR Crafting👤 3:00 AR Bingo with Friends 6:00 ML Western Movies📺	11 9:00 BL Elastic Band Class👤 10:15 AR High Low Cards 12:45 CC Gardening 3:00 AR Bingo with Friends 6:00 ML '50s Movies	12 9:00 AR Balance Class👤 10:15 AR Painting with Friends👤 12:45 AR Chair Soccer 3:00 AR Bingo with Friends 6:00 ML Viewers' Choice📺
13 9:00 BA Chair Yoga👤 10:30 CC Courtyard Games 1:00 AR Rock Painting👤 3:00 AR Bingo with Friends 6:00 ML TCM Movies📺	14 9:00 BL Walking Club👤 10:15 AR Coloring Art 12:45 BL Parachute Fun 2:00 BA Support Group Meeting 3:00 AR Bingo with Friends 6:00 ML Disney Favorites📺	15 9:00 C Weights Class👤 10:00 C Catholic Communion† 12:45 CC Gardening 3:00 AR Bingo with Friends 6:00 ML Travel Documentary📺	16 9:00 C Morning Stretches👤 10:15 AR Sierra Arts👤 1:30 DR Jim Buehler Music🎵 3:00 AR Bingo with Friends 6:00 ML Family Favorites📺	17 9:00 C Balloon Toss👤 10:15 AR Reading/Pretty Nails 11:00 ML Bible Study👤 12:45 AR Crafting👤 3:00 AR Bingo with Friends 6:00 ML Western Movies📺	18 9:00 BL Elastic Band Class👤 10:15 AR High Low Cards 12:45 CC Gardening 3:00 AR Bingo with Friends 6:00 ML '50s Movies	19 9:00 AR Balance Class👤 10:15 AR Painting with Friends👤 12:45 AR Chair Soccer 3:00 AR Bingo with Friends 6:00 ML Viewers' Choice📺
20 9:00 BA Chair Yoga👤 10:30 CC Courtyard Games 1:00 AR Rock Painting👤 3:00 AR Bingo with Friends 6:00 ML TCM Movies📺	21 9:00 BL Walking Club👤 10:15 AR Coloring Art 12:45 BL Parachute Fun 3:00 AR Bingo with Friends 6:00 ML Disney Favorites📺	22 9:00 C Weights Class👤 10:00 FT Auto Museum🚗 10:00 C Catholic Communion† 12:45 CC Gardening 3:00 AR Bingo with Friends 6:00 ML Travel Documentary📺	23 9:00 C Morning Stretches👤 10:15 CC Lawn Games 12:45 AR Coloring & Puzzles 3:00 AR Bingo with Friends 6:00 ML Family Favorites📺	24 9:00 C Balloon Toss👤 10:15 AR Reading/Pretty Nails 11:00 ML Bible Study👤 12:45 AR Crafting👤 3:00 AR Bingo with Friends 6:00 ML Western Movies📺	25 9:00 BL Elastic Band Class👤 10:15 AR High Low Cards 12:45 CC Gardening 3:00 AR Bingo with Friends 6:00 ML '50s Movies	26 CAR WASH FUNDRAISER 9:00 AR Balance Class👤 10:15 AR Painting with Friends👤 12:45 AR Chair Soccer 3:00 AR Bingo with Friends 6:00 ML Viewers' Choice📺
27 9:00 BA Chair Yoga👤 10:30 CC Courtyard Games 1:00 AR Rock Painting👤 3:00 AR Bingo with Friends 6:00 ML TCM Movies📺	28 9:00 BL Walking Club👤 10:15 AR Coloring Art 12:45 BL Parachute Fun 3:00 AR Bingo with Friends 6:00 ML Disney Favorites📺	29 9:00 C Weights Class👤 10:00 C Catholic Communion† 10:15 AR Painting👤 12:45 CC Gardening 3:00 AR Bingo with Friends 6:00 ML Travel Documentary📺	30 9:00 C Morning Stretches👤 10:15 CC Lawn Games 12:45 AR Coloring & Puzzles 3:00 AR Bingo with Friends 6:00 ML Family Favorites📺	31 9:00 C Balloon Toss👤 10:15 AR Reading/Pretty Nails 11:00 ML Bible Study👤 12:45 AR Crafting👤 3:00 AR Bingo with Friends 6:00 ML Western Movies📺		



Ooey-Gooley and Delicious

With melty chocolate, a perfectly toasted marshmallow and graham cracker crunch, s'mores are a beloved snack. Bite into these fun facts!

- The famous dessert has cycled through many names, starting with "Graham Cracker Sandwich" in the 1920s, followed by "Some More" in a 1927 Girl Scouts cookbook, and finally settling on "s'more" in the '30s.
- The residents of Grand Rapids, Mich., eat the most s'mores.
- The world's largest s'more, made in Vermont in 2019, was 342 pounds!
- The marsh mallow plant, otherwise known as *Althaea officinalis*, was used in early marshmallow recipes. The sap of the plant soothes sore throats, so the confection was used as medicine.
- Nowadays, gelatin is used to give marshmallows their squishy texture.
- 87% of Americans have eaten a s'more.
- The s'more's flavor is so adored that you can find it in many other products—such as Pop-Tarts, cereal, ice cream, beverages and trail mix, to name a few.
- When roasting marshmallows outdoors, use a metal skewer instead of wood to cook them faster. Turning the treat over the coals, rather than an open flame, results in a more uniform toast.
- S'mores are also a great indoor treat! Toast your marshmallow in an oven, microwave or air fryer. Make sure to keep an eye on the sticky stuff to prevent scorching.



Help Berries Stay Fresh

Summer is peak season for blueberries, blackberries and raspberries. To prolong berries' shelf life, make sure they are completely dry after washing. Then, store them in a single layer in a container in the refrigerator.



Protect Your Pets From the Heat

When temperatures soar, keep your pet safe with these summertime tips:

Cool and comfortable. Keep your pet indoors, and be sure to provide plenty of fresh, cool water. Add an ice cube or two to their water bowl for a refreshing treat.

Car caution. Never leave your pet in a vehicle unattended. Even with a window rolled down, the temperature inside a car can rise well over 100 degrees within just 10 minutes on an 85-degree day.

Paw protection. If you can't comfortably place the back of your hand on the ground, it's too hot for your pet's sensitive paws. Try to walk your dog in the morning and evening, when it's cooler outside. Grassy areas are safer than sidewalks or pavement, and stick to shaded areas when possible.

Symptom check. Dogs and cats do not tolerate heat as well as humans do. Know the signs of heatstroke, which include excessive panting, vomiting, a racing heart, and intense lethargy or sluggishness. Keep an eye on your pet and call your vet if you have any questions or concerns about their behavior.