

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

Staff Directory

Memory Care Director	Aileene Cargill
Resident Care Coordinator	Megan Gresham
Director of Sales & Marketing	Susana Ruybalid
Business Office Director	Deborah Hall
Executive Chef	Erick Seevers
Maintenance Director	Jerry Swearingen
Kristene Farley	Administrative Assistant

A Tall Flower

Bright yellow sunflowers are a cheerful sight in summer. While most varieties are 5 to 8 feet tall, a world-record specimen grew to a whopping 30 feet.



Refreshing Fruit Spritzer

Transform the leftover juice or syrup from canned fruits into a refreshing summer beverage by mixing it with sparkling water, seltzer or club soda. Try this budget-friendly trick with canned peaches, pineapple, mangoes or mandarin oranges.

AUGUST 2024

Team Member of the Month

August's Employee of the Month



Seraina has shown she has leadership material by stepping up when needed and problem solving. She personalizes each resident's care and connects with them. I love how respectful and professional she conducts herself. Raina has the tricks and tips to help with residents.

Her funny personality is a joy to work with and we look forward to working with her. Even when things get tough, she always keeps a genuine smile on her face and a happy heart.



AUGUST 2024

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
FT Field Trip

Resident & Staff

Birthdays

8/1 Nellie B
8/17 Mike M
8/31 Shirley W

Brainteaser








































































































































































































































Q: What is bought by the yard but worn by the foot?
A: A carpet.

A Grape Solution

Stuck with a bunch of mushy grapes? Turn them into a sweet summertime snack. Pull the fruits off the stem, wash and dry them, then place in a zip-top bag and freeze them overnight. Enjoy them as a refreshing treat or use them as flavorful ice cubes in a drink.

“It’s never too late in life to have a genuine adventure.”
—Robert Kurson

Activities Subject to Change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div></div>	<div></div>	<div></div>	<div></div>	<div><div>1</div><div>9:30  Walking Club 10:30  Balloon Noodle Fitness 1:00  Pretty Nails 3:00  Bingo with Friends 6:00  Family Favorites  6:00  Team Activity</div></div>	<div><div>2</div><div>9:30  Walking Club 10:00  <i>Spiritual with Toni</i> 1:30  Trivia with Quest 3:00  Bingo with Friends 6:00  '50s Movies 6:00  Team Activity</div></div>	<div><div>3</div><div>9:30  Walking Club 11:00  Watercolor with Friends 1:00  Weight & Stretch Class 3:00  Bingo with Friends 6:00  Team Activity 6:00  Viewers' Choice </div></div>
<div><div>4</div><div>9:30  Walking Club 11:00  Morning Hymns 3:00  Bingo with Friends 6:00  TCM Movies  6:00  Team Activity</div></div>	<div><div>5</div><div>9:30  Walking Club 10:00  Crafts & Fellowship 11:00  Courtyard Games 3:00  Bingo with Friends 6:00  Musical Movie 6:00  Team Activity</div></div>	<div><div>6</div><div>9:30  Walking Club 10:00  Catholic Communion  11:00  High Or Low Card Game 3:00  Bingo with Friends 6:00  Team Activity 6:00  Travel Documentary </div></div>	<div><div>7</div><div>9:30  Walking Club 10:30  Balloon Noodle Fitness 11:00  Parachute Ball 3:00  Bingo with Friends 6:00  Team Activity 6:00  Western Movies</div></div>	<div><div>8</div><div>9:30  Walking Club 10:30  Balloon Noodle Fitness 1:00  Pretty Nails 2:00  Hot August Auto Event 3:00  Bingo with Friends 6:00  Family Favorites  6:00  Team Activity</div></div>	<div><div>9</div><div>9:30  Walking Club 10:00  <i>Spiritual with Toni</i> 1:30  Trivia with Quest 3:00  Bingo with Friends 6:00  '50s Movies 6:00  Team Activity</div></div>	<div><div>10</div><div>9:30  Walking Club 11:00  Watercolor with Friends 1:00  Weight & Stretch Class 3:00  Bingo with Friends 6:00  Team Activity 6:00  Viewers' Choice </div></div>
<div><div>11</div><div>9:30  Walking Club 11:00  Morning Hymns 3:00  Bingo with Friends 6:00  TCM Movies  6:00  Team Activity</div></div>	<div><div>12</div><div>9:30  Walking Club 10:00  Crafts & Fellowship 11:00  Courtyard Games 2:00  Support Group Meeting 3:00  Bingo with Friends 6:00  Musical Movie 6:00  Team Activity</div></div>	<div><div>13</div><div>9:30  Walking Club 10:00  Catholic Communion 10:00  GSR Bowling 10:30  Morning Stretch 11:00  High Or Low Card Game 3:00  Bingo with Friends 6:00  Team Activity 6:00  Travel Documentary</div></div>	<div><div>14</div><div>9:30  Walking Club 10:30  Balloon Noodle Fitness 11:00  Parachute Ball 12:00  Jane on the Piano 3:00  Bingo with Friends 6:00  Team Activity 6:00  Western Movies</div></div>	<div><div>15</div><div>9:30  Walking Club 10:30  Balloon Noodle Fitness 1:00  Pretty Nails 2:00 Jim Buehler Music 3:00  Bingo with Friends 6:00  Family Favorites  6:00  Team Activity</div></div>	<div><div>16</div><div>9:30  Walking Club 10:00  <i>Spiritual with Toni</i> 1:30  Trivia with Quest 3:00  Bingo with Friends 6:00  '50s Movies 6:00  Team Activity</div></div>	<div><div>17</div><div>9:30  Walking Club 11:00  Watercolor with Friends 1:00  Weight & Stretch Class 3:00  Bingo with Friends 6:00  Team Activity 6:00  Viewers' Choice </div></div>
<div><div>18</div><div>9:30  Walking Club 11:00  Morning Hymns 3:00  Bingo with Friends 6:00  TCM Movies  6:00  Team Activity</div></div>	<div><div>19</div><div>9:30  Walking Club 10:00  Crafts & Fellowship 11:00  Courtyard Games 1:00  Resident Council Meeting 3:00  Bingo with Friends 6:00  Musical Movie 6:00  Team Activity</div></div>	<div><div>20</div><div>9:30  Walking Club 10:00  Catholic Communion 11:00  High Or Low Card Game 2:00  1 Care Hospice Mocktail Party 3:00  Bingo with Friends 6:00  Team Activity 6:00  Travel Documentary</div></div>	<div><div>21</div><div>9:30  Walking Club 10:30  Balloon Noodle Fitness 11:00  Parachute Ball 3:00  Bingo with Friends 6:00  Team Activity 6:00  Western Movies</div></div>	<div><div>22</div><div>9:30  Walking Club 10:00  Bake Sale-Alzheimer's Fundraiser 10:30  Balloon Noodle Fitness 1:00  Pretty Nails 3:00  Bingo with Friends 6:00  Family Favorites  6:00  Team Activity</div></div>	<div><div>23</div><div>9:30  Walking Club 10:00  <i>Spiritual with Toni</i> 1:30  Trivia with Quest 3:00  Bingo with Friends 6:00  '50s Movies 6:00  Team Activity</div></div>	<div><div>24</div><div>9:30  Walking Club 11:00  Watercolor with Friends 1:00  Weight & Stretch Class 3:00  Bingo with Friends 6:00  Team Activity 6:00  Viewers' Choice </div></div>
<div><div>25</div><div>9:30  Walking Club 11:00  Morning Hymns 3:00  Bingo with Friends 6:00  TCM Movies  6:00  Team Activity</div></div>	<div><div>26</div><div>9:30  Walking Club 10:00  Crafts & Fellowship 11:00  Courtyard Games 3:00  Bingo with Friends 6:00  Musical Movie 6:00  Team Activity</div></div>	<div><div>27</div><div>9:30  Summit Movie Theater TBD 9:30  Walking Club 10:00  Catholic Communion 11:00  High Or Low Card Game 3:00  Bingo with Friends 6:00  Team Activity 6:00  Travel Documentary</div></div>	<div><div>28</div><div>9:30  Walking Club 10:30  Balloon Noodle Fitness 11:00  Parachute Ball 12:00  Jane on the Piano 3:00  Bingo with Friends 6:00  Team Activity 6:00  Western Movies</div></div>	<div><div>29</div><div>9:30  Walking Club 10:30  Balloon Noodle Fitness 1:00  Pretty Nails 3:00  Bingo with Friends 6:00  Family Favorites  6:00  Team Activity</div></div>	<div><div>30</div><div>9:30  Walking Club 10:00  <i>Spiritual with Toni</i> 1:30  Trivia with Quest 3:00  Bingo with Friends 6:00  '50s Movies 6:00  Team Activity</div></div>	<div><div>31</div><div>9:30  Walking Club 11:00  Watercolor with Friends 1:00  Weight & Stretch Class 3:00  Bingo with Friends 6:00  Team Activity 6:00  Viewers' Choice </div></div>

'Oz' Turns 85

It's been 85 years since movie audiences first followed the yellow brick road, but viewers of all ages are still enchanted by "The Wizard of Oz." The film's charming storyline, sentimental songs and groundbreaking special effects have contributed to its widespread status as one of the greatest movies of all time as well as a pop culture icon.

'Ballet' Is One

How many words can you come up with using the letters in "water balloon"?



Laugh Lines: Feeling the Heat

"The month of August had turned into a griddle where the days just lay there and sizzled." —Sue Monk Kidd

"What dreadful hot weather we have! It keeps one in a continual state of inelegance." —Jane Austen

"Forget about frying an egg on the sidewalk; this kind of heat would fry an egg inside the chicken." —Rachel Caine

"Iced coffee, on a hot day, can perform miracles." —Lish McBride

Q: What do bees say during a heat wave?

A: Wow, it's swarm!

Q: What do you call a librarian with a sunburn?

A: Well red.

Q: What's the worst tea to drink in summertime?

A: Humidity!

My roommate keeps turning off the air conditioning. Not cool!

It was so hot during my trip to Paris that I jumped in the river. My friends said I was in Seine!

I didn't get hired at the sunscreen factory, but after two hours, they told me I should reapply.



Fresh Berry Salad With Poppy Seed Dressing

Dressing Ingredients:

- 3/4 cup apple cider vinegar
- 3/4 cup lemon juice
- 1/4 cup Dijon mustard
- 1/2 cup sugar
- 1 teaspoon kosher salt
- 1/2 teaspoon black pepper
- 1 tablespoon poppy seeds
- 1 2/3 cups canola oil

Salad Ingredients:

- 6 cups spinach
- 2 cups romaine lettuce
- 3/4 cup sliced fresh strawberries
- 1/3 cup fresh blueberries
- 1/3 cup feta cheese
- 1/3 cup walnuts
- 2 tablespoons chopped scallions
- 1/3 cup canned mandarin oranges, drained
- 1/2 avocado, diced

Directions:

In blender, combine apple cider vinegar, lemon juice, Dijon mustard, sugar, salt, pepper and poppy seeds. Blend 1 minute, or until smooth. Slowly add in canola oil and continue to blend until oil is fully emulsified.

In large bowl, combine all salad ingredients with dressing. Toss thoroughly.

Find more recipes at
Culinary.net.

