

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

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



September's Starry Flower

As potted mums hit stores this month, containers of daisy-like asters are often seen displayed with them. September's birth flower, the aster blooms in late summer through autumn, bringing hues of blue, purple, pink and white to the garden. Aster is the Greek word for star, describing the shape of the flower's fanned petals.



Scientific Snicker

Never trust an atom. They make up everything.

SEPTEMBER 2024

Brainteaser

Q: I am a fruit but also a shape. If you had two of me, I would sound just the same. Remove my first letter, and you can still listen; take away the last, and I can still be eaten! What am I?

A: Pear.



Team Member of the Month



Anna is one of our longest standing team members. Her dedication and hard work are highlights of her great personality. She may be quiet but she is mighty in spirit. She loves the residents and is hard-working. Anna does have a silly side and gets the giggles when she eats her dill pickle Lay's chips. Thank you Anna for the love you show our residents and team

members and your loyalty!

SEPTEMBER

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

9/15 Camilla B
9/24 Joan H
9/26 Erick S
9/27 Linda H

‘Sharp’ Is One

How many words can you come up with using the letters in “sapphire”?

A Balanced Life





































































































































































































































“There is virtue in work and there is virtue in rest. Use both and overlook neither.”
—Alan Cohen

Shake It Up

Grab a straw for Chocolate Milkshake Day, Sept. 12.

“The journey between what you once were and who you are now becoming is where the dance of life really takes place.”
—Barbara de Angelis

Activities Subject to Change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>1</div> <div>9:30  Walking Club</div> <div>11:00  Morning Hymns</div> <div>3:00  Bingo with Friends</div> <div>6:00  TCM Movies </div> <div>6:00  Team Activity</div>	<div>2</div> <div>Labor Day</div> <div>9:30  Walking Club</div> <div>10:00  Crafts & Fellowship</div> <div>11:00  Courtyard Games</div> <div>3:00  Bingo with Friends</div> <div>6:00  Musical Movie </div> <div>6:00  Team Activity</div>	<div>3</div> <div>9:30  Walking Club</div> <div>10:00  Catholic Communion </div> <div>11:00  High Or Low Card Game</div> <div>3:00  Bingo with Friends</div> <div>6:00  Team Activity</div> <div>6:00  Travel Documentary </div>	<div>4</div> <div>9:30  Walking Club</div> <div>11:00  Balloon Noodle Fitness</div> <div>11:00  Parachute Ball</div> <div>3:00  Bingo with Friends</div> <div>6:00  Team Activity</div> <div>6:00  Western Movies </div>	<div>5</div> <div>9:30  Walking Club</div> <div>10:00  Bible Study w/ Russ </div> <div>11:00  Balloon Noodle Fitness</div> <div>3:00  Bingo with Friends</div> <div>6:00  Family Favorites </div> <div>6:00  Team Activity</div>	<div>6</div> <div>9:30  Walking Club</div> <div>10:30  Beading</div> <div>1:00  Trivia with Quest</div> <div>1:30  Pretty Nails</div> <div>3:00  Bingo with Friends</div> <div>6:00  '50s Movies</div> <div>6:00  Team Activity</div>	<div>7</div> <div>9:30  Walking Club</div> <div>11:00  Watercolor with Friends</div> <div>1:00  Weight & Stretch Class</div> <div>3:00  Bingo with Friends</div> <div>6:00  Team Activity</div> <div>6:00  Viewers' Choice </div>
<div>8</div> <div>9:30  Walking Club</div> <div>11:00  Morning Hymns</div> <div>3:00  Bingo with Friends</div> <div>6:00  TCM Movies </div> <div>6:00  Team Activity</div>	<div>9</div> <div>9:30  Walking Club</div> <div>10:00  Crafts & Fellowship</div> <div>11:00  Courtyard Games</div> <div>2:00  Support Group Meeting</div> <div>3:00  Bingo with Friends</div> <div>6:00  Musical Movie </div> <div>6:00  Team Activity</div>	<div>10</div> <div>9:30  Walking Club</div> <div>10:00  Catholic Communion </div> <div>10:30  Morning Stretch</div> <div>11:00  High Or Low Card Game</div> <div>3:00  Bingo with Friends</div> <div>6:00  Team Activity</div> <div>6:00  Travel Documentary </div>	<div>11</div> <div>9:30  Walking Club</div> <div>11:00  Balloon Noodle Fitness</div> <div>11:00  Parachute Ball</div> <div>2:00  Erika Paul w/ ECCS </div> <div>3:00  Bingo with Friends</div> <div>6:00  Team Activity</div> <div>6:00  Western Movies </div>	<div>12</div> <div>9:30  Walking Club</div> <div>10:00  1 Care Hospice: Paper Airplane Races</div> <div>10:00  Bible Study w/ Russ </div> <div>11:00  Balloon Noodle Fitness</div> <div>3:00  Bingo with Friends</div> <div>6:00  Family Favorites </div> <div>6:00  Team Activity</div>	<div>13</div> <div>9:30  Walking Club</div> <div>10:30  Beading</div> <div>1:00  Trivia with Quest</div> <div>1:30  Pretty Nails</div> <div>3:00  Bingo with Friends</div> <div>6:00  '50s Movies</div> <div>6:00  Team Activity</div>	<div>14</div> <div>9:30  Walking Club</div> <div>11:00  Watercolor with Friends</div> <div>1:00  Weight & Stretch Class</div> <div>3:00  Bingo with Friends</div> <div>6:00  Team Activity</div> <div>6:00  Viewers' Choice </div>
<div>15</div> <div>9:30  Walking Club</div> <div>11:00  Morning Hymns</div> <div>3:00  Bingo with Friends</div> <div>6:00  TCM Movies </div> <div>6:00  Team Activity</div>	<div>16</div> <div>9:30  Walking Club</div> <div>10:00  Crafts & Fellowship</div> <div>11:00  Courtyard Games</div> <div>3:00  Bingo with Friends</div> <div>6:00  Musical Movie </div> <div>6:00  Team Activity</div>	<div>17</div> <div>9:30  Walking Club</div> <div>10:00  Catholic Communion </div> <div>11:00  High Or Low Card Game</div> <div>3:00  Bingo with Friends</div> <div>6:00  Team Activity</div> <div>6:00  Travel Documentary </div>	<div>18</div> <div>9:30  Walking Club</div> <div>11:00  Balloon Noodle Fitness</div> <div>11:00  Parachute Ball</div> <div>3:00  Bingo with Friends</div> <div>6:00  Team Activity</div> <div>6:00  Western Movies </div>	<div>19</div> <div>9:30  Walking Club</div> <div>10:00  Bible Study w/ Russ </div> <div>11:00  Balloon Noodle Fitness</div> <div>2:00  Healthy Aging Event</div> <div>3:00  Bingo with Friends</div> <div>6:00  Family Favorites </div> <div>6:00  Team Activity</div>	<div>20</div> <div>9:30  Walking Club</div> <div>10:30  Beading</div> <div>1:00  Trivia with Quest</div> <div>1:30  Pretty Nails</div> <div>3:00  Bingo with Friends</div> <div>6:00  '50s Movies</div> <div>6:00  Team Activity</div>	<div>21</div> <div>9:30  Walking Club</div> <div>11:00  Watercolor with Friends</div> <div>1:00  Weight & Stretch Class</div> <div>3:00  Bingo with Friends</div> <div>6:00  Team Activity</div> <div>6:00  Viewers' Choice </div>
<div>22</div> <div>9:30  Walking Club</div> <div>11:00  Morning Hymns</div> <div>3:00  Bingo with Friends</div> <div>6:00  TCM Movies </div> <div>6:00  Team Activity</div>	<div>23</div> <div>9:30  Walking Club</div> <div>10:00  Crafts & Fellowship</div> <div>11:00  Courtyard Games</div> <div>3:00  Bingo with Friends</div> <div>6:00  Musical Movie </div> <div>6:00  Team Activity</div>	<div>24</div> <div>9:30  Walking Club</div> <div>10:00  Animal Ark Field Trip </div> <div>10:00  Catholic Communion </div> <div>11:00  High Or Low Card Game</div> <div>3:00  Bingo with Friends</div> <div>6:00  Team Activity</div> <div>6:00  Travel Documentary </div>	<div>25</div> <div>9:30  Walking Club</div> <div>11:00  Balloon Noodle Fitness</div> <div>11:00  Parachute Ball</div> <div>3:00  Bingo with Friends</div> <div>6:00  Team Activity</div> <div>6:00  Western Movies </div>	<div>26</div> <div>Flu Shot Clinic 10-2pm</div> <div>9:30  Walking Club</div> <div>10:00  Bible Study w/ Russ </div> <div>11:00  Balloon Noodle Fitness</div> <div>1:30  Jim Buehler Music </div> <div>3:00  Bingo with Friends</div> <div>6:00  Family Favorites </div> <div>6:00  Team Activity</div>	<div>27</div> <div>9:30  Walking Club</div> <div>10:30  Beading</div> <div>1:00  Trivia with Quest</div> <div>1:30  Pretty Nails</div> <div>3:00  Bingo with Friends</div> <div>6:00  '50s Movies</div> <div>6:00  Team Activity</div>	<div>28</div> <div>9:30  Walking Club</div> <div>11:00  Watercolor with Friends</div> <div>1:00  Weight & Stretch Class</div> <div>3:00  Bingo with Friends</div> <div>6:00  Team Activity</div> <div>6:00  Viewers' Choice </div>
<div>29</div> <div>9:30  Walking Club</div> <div>11:00  Morning Hymns</div> <div>3:00  Bingo with Friends</div> <div>6:00  TCM Movies </div> <div>6:00  Team Activity</div>	<div>30</div> <div>9:30  Walking Club</div> <div>10:00  Crafts & Fellowship</div> <div>11:00  Courtyard Games</div> <div>3:00  Bingo with Friends</div> <div>6:00  Musical Movie </div> <div>6:00  Team Activity</div>					

Laugh Lines: There's a Fungus Among Us

September is National Mushroom Month! Put the "fun" in "fungus" with these silly jokes.

Q: What do mushrooms eat around a campfire?

A: S'pores!

Q: Why are mushrooms so well-behaved?

A: They don't want to get into truffle.

Q: When do mushrooms retire?

A: When they get mold.

Q: Why was the mushroom so popular?

A: Because he was a fungi!

Q: What furniture goes best in a mushroom house?

A: Toadstools!

Q: Why do mushrooms enjoy reading fables?

A: They like a good morel.



Caramel Crumble Bars

Ingredients:

- 1 box yellow cake mix
- 1/2 cup plus 2 tablespoons butter, softened
- 3/4 cup apple butter, plus 3 tablespoons
- 1 egg
- 1 package (11 ounces) soft caramels, unwrapped
- 2/3 cup walnuts, chopped
- 2/3 cup sweetened coconut flakes
- 2 tablespoons butter, melted

Directions:

Heat oven to 350° F. Grease 13-by-9-inch baking pan.

With electric mixer on low, beat cake mix and 1/2 cup softened butter until mixture is crumbly. Spoon 1 cup of the mixture into medium bowl; set aside.

Add 3/4 cup apple butter and egg to remaining mixture. Beat on medium until smooth and creamy. Spread evenly into pan. Bake 20 minutes.

Place caramels, 2 tablespoons softened butter and remaining 3 tablespoons apple butter in microwave-safe bowl. Microwave in 30-second intervals, stirring every time, until smooth and melted. Pour evenly over baked crust.

Combine walnuts, coconut and 2 tablespoons melted butter with reserved cake mix. Mix until crumbly. Sprinkle over caramel in pan.

Bake 16 to 18 minutes, until topping starts to brown. Let cool; cut into bars.

Find more recipes at Musselmans.com.

Someone Please Make This for Us!!



Age With Confidence

September is Healthy Aging Month, a time dedicated to helping people become aware of their physical and mental health, diet, and social relationships, which are factors that contribute to growing older the best way possible.

Health professionals say these lifestyle choices are key to aging well:

- Exercise regularly to maintain a healthy body and brain.
Take a daily walk with a friend or neighbor; the conversation can give you a mental workout.
- Eat a nutrient-dense diet.
Include a variety of fruits and vegetables, whole-grain foods, lean meats and healthy fats.
- Be positive in what you say and do. Surround yourself with happy people and you'll be happier, too.
- Find various ways to socialize.
Volunteer, play games, and make an effort to develop new friendships and stay in touch with old pals.



Vaccine Clinic September 26th
10am-2pm; Sign Up!