

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

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	Serenity Williams
Administrative Assistant	Gina Budick
Occupational Therapist	Lauren Huneycutt
Hair Stylist	Charlene Janssen



8 Things to Avoid Saying to Somebody With Dementia

1. Don't try to jog the person's memory: 'Remember when...?'
2. You don't have to correct every mistaken belief: 'Nobody is stealing from you!'
3. Consider whether to remind the person of a death: 'Your brother died 10 years ago.'
4. Try not to let your emotions take over: 'I've just told you that.'
5. Open questions can be hard: 'What did you do this morning?'
6. Some questions may feel like a test: 'Do you recognize me?'
7. Too much information can be overwhelming: 'Let's have a cup of tea now, then after that we can go for nice walk and get lunch and something else to drink in that café you like next to the big church in town.'
8. Try not to talk down to the person: 'I'll just help you use your little spoon there, love?'

SEPTEMBER 2025

Director's Note



By Ben King, Stone Valley Memory Care – Reno, NV

As summer draws to a close, I'm excited to share some wonderful updates from Stone Valley Memory Care. First and foremost, mark your calendars—our **Fall Carnival** is just around the corner! We can't wait to bring together

residents, families, and friends for a day full of games, treats, and community fun.

We also have exciting news within our team. **Serenity Williams**, who many of you remember as our past caregiver /med tech, has stepped into the role of **Activities Director**. Her enthusiasm and creativity are already bringing fresh energy to our programs. Alongside her, we are equally excited for **Cami Batz**, who transitioned from Housekeeping into Activities at the start of summer and continues to share her warmth and uplifting spirit with our residents Friday through Monday.

I'm proud to announce that the team was recognized with an **official "A" grade placard** from the state during our most recent survey—an achievement that reflects their unwavering commitment to quality. Finally, a heartfelt thank-you to everyone who supported our past **Bake Sale** and **Summer Car Wash**. Because of you, we raised over **\$800 each** for the Alzheimer's Foundation—a cause that means so much to our Stone Valley family.

Here's to a joyful September, continued growth, and making every moment count.

—**Ben King**

Executive Director, Stone Valley Memory Care

SEPTEMBER

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

September Birthdays

Dalia T.....9/5
Janice N.....9/10
Cami B.....9/15
Debra C.....9/22
Joan H.....9/24
Linda H.....9/27

The Water Lily Harvest

The Mekong River in Vietnam is known for flooding, but from this comes a beautiful, colorful scene. Every autumn, beginning in September, the water lily harvest begins. The high, dark waters of the “Delta of the Nine Dragons” are dotted with bright white and pink flowers. After harvest, the lilies are fanned out on the water’s surface and cleansed of mud; then, they are bundled and laid on small wooden boats to be taken to market.

“Some people look for a beautiful place. Others make a place beautiful.”
—Hazrat Inayat Khan

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<div>Labor Day1</div> <div>9:00 BL Walking Club🚶🏻‍♂️</div> <div>10:15 AR Coloring Art</div> <div>12:45 AR Movie Matinee</div> <div>3:00 AR Bingo with Friends</div> <div>6:00 ML Disney Favorites📺</div>	<div>2</div> <div>9:00 C Jazzercise 🚶🏻‍♂️</div> <div>10:15 CC Daylight Hours☕</div> <div>12:45 CC Gardening</div> <div>3:00 AR Bingo with Friends</div> <div>6:00 ML Travel Documentary📺</div>	<div>3</div> <div>9:00 BA Chair Yoga🚶🏻‍♂️</div> <div>10:15 AR Sierra Arts🎨</div> <div>12:45 AR High Low Cards</div> <div>3:00 AR Bingo with Friends</div> <div>6:00 ML Family Favorites📺</div>	<div>4</div> <div>9:00 C Travel Videos</div> <div>10:00 CC Courtyard Games🚶🏻‍♂️</div> <div>11:00 ML Bible Study📖</div> <div>12:45 AR Crafting🎨</div> <div>3:00 AR Bingo with Friends</div> <div>6:00 ML Western Movies📺</div>	<div>5</div> <div>9:00 BL Guided Exercise 🚶🏻‍♂️</div> <div>10:15 CC Gardening</div> <div>12:45 AR Serenity Spa☕</div> <div>3:00 AR Bingo with Friends</div> <div>6:00 ML '50s Movies</div>	<div>6</div> <div>9:00 C Ball Toss🚶🏻‍♂️</div> <div>10:15 CC Daylight Hours☕</div> <div>12:45 AR Puzzles</div> <div>3:00 AR Bingo with Friends</div> <div>6:00 ML Viewers’ Choice 📺</div>
<div>7</div> <div>9:00 C Morning Stretches🚶🏻‍♂️</div> <div>10:30 CC Courtyard Games</div> <div>1:00 AR Rock Painting🎨</div> <div>3:00 AR Bingo with Friends</div> <div>6:00 ML TCM Movies 📺</div>	<div>8</div> <div>9:00 BL Walking Club🚶🏻‍♂️</div> <div>10:15 AR Coloring Art</div> <div>12:45 AR Movie Matinee</div> <div>3:00 AR Bingo with Friends</div> <div>6:00 ML Disney Favorites📺</div>	<div>9</div> <div>9:00 C Jazzercise 🚶🏻‍♂️</div> <div>10:15 FT Botanical Garden Walk🚶🏻‍♂️</div> <div>12:45 CC Gardening</div> <div>3:00 AR Bingo with Friends</div> <div>6:00 ML Travel Documentary📺</div>	<div>10</div> <div>9:00 BA Chair Yoga🚶🏻‍♂️</div> <div>10:15 BL Reading & Drinks☕</div> <div>12:45 BA Board Games</div> <div>2:00 DR ECCS Music🎵</div> <div>3:00 AR Bingo with Friends</div> <div>6:00 ML Family Favorites📺</div>	<div>11</div> <div>9:00 C Travel Videos</div> <div>10:00 CC Courtyard Games🚶🏻‍♂️</div> <div>11:00 ML Bible Study📖</div> <div>12:45 BL Karaoke 🎵</div> <div>3:00 AR Bingo with Friends</div> <div>6:00 ML Western Movies📺</div>	<div>12</div> <div>9:00 BL Guided Exercise 🚶🏻‍♂️</div> <div>10:15 CC Gardening</div> <div>12:45 AR Serenity Spa☕</div> <div>3:00 AR Bingo with Friends</div> <div>6:00 ML '50s Movies</div>	<div>13</div> <div>9:00 C Ball Toss🚶🏻‍♂️</div> <div>10:15 CC Daylight Hours☕</div> <div>12:45 AR Chair Soccer</div> <div>3:00 AR Bingo with Friends</div> <div>6:00 ML Viewers’ Choice 📺</div>
<div>14</div> <div>9:00 C Morning Stretches🚶🏻‍♂️</div> <div>10:30 AR Spiritual Eldercare🙏</div> <div>1:00 AR Rock Painting🎨</div> <div>3:00 AR Bingo with Friends</div> <div>6:00 ML TCM Movies 📺</div>	<div>15</div> <div>9:00 BL Walking Club🚶🏻‍♂️</div> <div>10:15 AR Coloring Art</div> <div>12:45 AR Movie Matinee</div> <div>3:00 AR Bingo with Friends</div> <div>6:00 ML Disney Favorites📺</div>	<div>16</div> <div>9:00 C Jazzercise 🚶🏻‍♂️</div> <div>10:15 CC Daylight Hours☕</div> <div>12:45 CC Gardening</div> <div>3:00 AR Bingo with Friends</div> <div>6:00 ML Travel Documentary📺</div>	<div>17</div> <div>9:00 BA Chair Yoga🚶🏻‍♂️</div> <div>10:15 AR Sierra Arts🎨</div> <div>12:45 BA Board Games</div> <div>3:00 AR Bingo with Friends</div> <div>6:00 ML Family Favorites📺</div>	<div>18</div> <div>9:00 C Travel Videos</div> <div>10:00 CC Courtyard Games🚶🏻‍♂️</div> <div>11:00 ML Bible Study📖</div> <div>12:45 AR Crafting🎨</div> <div>3:00 AR Bingo with Friends</div> <div>6:00 ML Western Movies📺</div>	<div>19</div> <div>9:00 BL Guided Exercise 🚶🏻‍♂️</div> <div>10:15 CC Gardening</div> <div>12:45 AR Serenity Spa☕</div> <div>3:00 AR Bingo with Friends</div> <div>6:00 ML '50s Movies</div>	<div>20</div> <div>9:00 C Ball Toss🚶🏻‍♂️</div> <div>10:15 CC Daylight Hours☕</div> <div>12:45 AR Puzzles</div> <div>3:00 AR Bingo with Friends</div> <div>6:00 ML Viewers’ Choice 📺</div>
<div>21</div> <div>9:00 C Morning Stretches🚶🏻‍♂️</div> <div>10:30 CC Courtyard Games</div> <div>1:00 AR Rock Painting🎨</div> <div>3:00 AR Bingo with Friends</div> <div>6:00 ML TCM Movies 📺</div>	<div>22</div> <div>9:00 BL Walking Club🚶🏻‍♂️</div> <div>10:15 AR Coloring Art</div> <div>12:45 AR Movie Matinee</div> <div>3:00 AR Bingo with Friends</div> <div>6:00 ML Disney Favorites📺</div>	<div>23</div> <div>9:00 C Jazzercise 🚶🏻‍♂️</div> <div>10:15 CC Daylight Hours☕</div> <div>12:45 CC Gardening</div> <div>3:00 AR Bingo with Friends</div> <div>6:00 ML Travel Documentary📺</div>	<div>24</div> <div>9:00 BA Chair Yoga🚶🏻‍♂️</div> <div>10:00 AR Coloring</div> <div>12:45 AR High Low Cards</div> <div>3:00 AR Bingo with Friends</div> <div>6:00 ML Family Favorites📺</div>	<div>25</div> <div>9:00 C Travel Videos</div> <div>10:00 CC Courtyard Games🚶🏻‍♂️</div> <div>11:00 ML Bible Study📖</div> <div>12:45 BL Karaoke 🎨</div> <div>3:00 AR Bingo with Friends</div> <div>6:00 ML Western Movies📺</div>	<div>26</div> <div>9:00 BL Guided Exercise 🚶🏻‍♂️</div> <div>10:15 CC Gardening</div> <div>12:45 AR Serenity Spa☕</div> <div>1:15 FT Mini Golf🚶🏻‍♂️</div> <div>3:00 AR Bingo with Friends</div> <div>6:00 ML '50s Movies</div>	<div>27</div> <div>9:00 C Ball Toss🚶🏻‍♂️</div> <div>10:15 CC Daylight Hours☕</div> <div>12:45 AR Chair Soccer</div> <div>3:00 AR Bingo with Friends</div> <div>6:00 ML Viewers’ Choice 📺</div>
<div>28</div> <div>9:00 C Morning Stretches🚶🏻‍♂️</div> <div>10:30 AR Spiritual Eldercare🙏</div> <div>1:00 AR Rock Painting🎨</div> <div>3:00 AR Bingo with Friends</div> <div>6:00 ML TCM Movies 📺</div>	<div>29</div> <div>9:00 BL Walking Club🚶🏻‍♂️</div> <div>10:15 AR Coloring Art</div> <div>12:45 AR Movie Matinee</div> <div>3:00 AR Bingo with Friends</div> <div>6:00 ML Disney Favorites📺</div>	<div>30</div> <div>9:00 C Jazzercise 🚶🏻‍♂️</div> <div>10:15 CC Daylight Hours☕</div> <div>12:45 CC Gardening</div> <div>3:00 AR Bingo with Friends</div> <div>6:00 ML Travel Documentary📺</div>	<div>HAPPY GRAND PARENTS DAY</div>			



Scan the QR Code to donate to our Alzheimer's Walk!

Laugh Lines: A Funny Fall

Q: What is the cutest season?

A: Aww-tumn!

Q: What did one maple leaf say to the other?

A: "I'm falling for you."

Q: How do farmers stay warm in the fall?

A: They wear a har-vest.

Q: Why do leaves fall off the trees?

A: They're trying to get back to their roots.

Q: What do you get when you cross a locomotive with an apple pie?

A: Puff pastry.

Pumpkin Spice and Everything Nice

What do you add to a latte to make it more delicious? Spice, spice, baby!

A well-balanced diet is a pumpkin spice latte in each hand.

You know it's fall when the mechanic starts selling pumpkin spice windshield washer fluid.

I drank too many pumpkin spice lattes. Now I have autumn-y ache.

At this point, my blood type is pumpkin spice.

There will come a day when I tire of pumpkin-spiced everything, but today is not that day.



Wit & Wisdom

"When you are asked if you can do a job, tell 'em, 'Certainly I can!' Then get busy and find out how to do it."

—Theodore Roosevelt

"I don't know that there are any shortcuts to doing a good job."

—Sandra Day O'Connor

"Even though your time on the job is temporary, if you do a good enough job, your work there will last forever."

—Idowu Koyenikan

"America was not built on fear. America was built on courage, on imagination and an unbeatable determination to do the job at hand."

—Harry S. Truman

"Good and productive labor is valuable, and it doesn't mean you have to have a fancy job description. You don't have to become rich. You can be ordinary. Happiness lies there. Do good work, create good work for others."

—Jay Parini

"Nothing is particularly hard if you divide it into small jobs."

—Henry Ford

"I love argument, I love debate. I don't expect anyone just to sit there and agree with me—that's not their job."

—Margaret Thatcher

"Maturity: Be able to stick with a job until it is finished. Be able to bear an injustice without having to get even. Be able to carry money without spending it. Do your duty without being supervised."

—Ann Landers