

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

Interim Administrator	Dwight Aalgaard
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

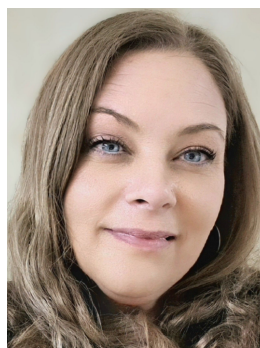


A Football Favorite

On Oct. 7, 1984, Chicago Bears running back Walter Payton gained his 12,313th rushing yard, breaking the record set in 1965 by Jim Brown of the Cleveland Browns. Payton played for the Bears for two more seasons. By the end of his career, he had rushed for 16,726 yards, and he remained the NFL's all-time leading rusher until October 2002, when Dallas Cowboy Emmitt Smith broke the record. Payton, who was nicknamed "Sweetness," was elected to the Pro Football Hall of Fame in 1993.

OCTOBER 2024

Team Member of the Month



Angela hasn't been here that long, but she has been a VERY big help within our community. Angela is a team player and is lovingly dedicated to our residents. She is always looking for things to improve and does her job with dedication and motivating force. Thank you, Angela, for all your help.



OCTOBER 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

- Betty P. 10/5
- Maria M. 10/7
- Aileene C. 10/8
- Ingrid M. 10/27
- Charlene S. 10/15

Stop Noise-Induced Hearing Loss

October is Protect Your Hearing Month. In the U.S., 40 million people between the ages of 20 and 69 have noise-induced hearing loss. To help prevent this, turn down the volume on media devices, wear earplugs or protective earmuffs, and take breaks from noisy environments.

“Listen! The wind is rising, and the air is wild with leaves, We have had our summer evenings, now for October eves!”
—Humbert Wolfe

Activities Subject to Change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <div>6</div>	 <div>7</div>	<div>1</div> <div>9:30 Walking Club</div> <div>10:00 Catholic Communion†</div> <div>1:00 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>2</div> <div>9:30 Walking Club</div> <div>10:00 Scenic Drive</div> <div>10:30 Community Exercise</div> <div>1:00 Pool Noodle Fun</div> <div>3:00 Bingo with Friends</div> <div>6:00 Team Activity</div> <div>6:00 Western Movies</div>	<div>3</div> <div>9:30 Walking Club</div> <div>10:00 Bible Study w/ RussA</div> <div>10:30 Community Exercise</div> <div>1:00 Pretty Nails</div> <div>3:00 Bingo with Friends</div> <div>6:00 Family Favorites </div> <div>6:00 Team Activity</div>	<div>4</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>5</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>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>9:30 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>8</div> <div>9:30 Walking Club</div> <div>10:00 Catholic Communion†</div> <div>10:30 Morning Stretch</div> <div>1:00 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>9</div> <div>9:30 Walking Club</div> <div>10:30 Community Exercise</div> <div>1:00 Pool Noodle Fun</div> <div>2:00 John Nasir w/ ECCS♪</div> <div>3:00 Bingo with Friends</div> <div>6:00 Team Activity</div> <div>6:00 Western Movies</div>	<div>10</div> <div>9:30 Walking Club</div> <div>10:00 Bible Study w/ RussA</div> <div>10:30 Community Exercise</div> <div>3:00 Bingo with Friends</div> <div>6:00 Family Favorites </div> <div>6:00 Team Activity</div>	<div>11</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>12</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>13</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>Columbus Day</div> <div>14</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>15</div> <div>9:30 Walking Club</div> <div>10:00 1 Care Hospice Pumpkin Painting★</div> <div>10:00 Catholic Communion†</div> <div>10:30 Community Exercise</div> <div>1:00 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>16</div> <div>9:30 Walking Club</div> <div>10:00 Scenic Drive</div> <div>10:30 Community Exercise</div> <div>1:00 Pool Noodle Fun</div> <div>3:00 Bingo with Friends</div> <div>6:00 Team Activity</div> <div>6:00 Western Movies</div>	<div>17</div> <div>9:30 Walking Club</div> <div>10:00 Bible Study w/ RussA</div> <div>10:30 Community Exercise</div> <div>3:00 Bingo with Friends</div> <div>6:00 Family Favorites </div> <div>6:00 Team Activity</div>	<div>18</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>Alzheimer's Walk Sparks Marina @ 10am</div> <div>19</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>20</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>21</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>22</div> <div>9:30 Walking Club</div> <div>10:00 Catholic Communion†</div> <div>10:30 Community Exercise</div> <div>1:00 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>23</div> <div>9:30 Walking Club</div> <div>10:30 Community Exercise</div> <div>1:00 Pool Noodle Fun</div> <div>3:00 Bingo with Friends</div> <div>6:00 Team Activity</div> <div>6:00 Western Movies</div>	<div>24</div> <div>9:30 Walking Club</div> <div>10:00 Bible Study w/ RussA</div> <div>10:30 Community Exercise</div> <div>3:00 Bingo with Friends</div> <div>6:00 Family Favorites </div> <div>6:00 Team Activity</div>	<div>25</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>26</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>
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Get Wise About Owls

- An owl can turn its head almost all the way around without moving its body. Unique bones in the bird's neck allow it to twist to the left or the right 270 degrees.
- Owls need this ability because they can't move their large eyes, their most notable trait. Working like binoculars, an owl's eyes are tube-shaped and fixed in place.
- They're known for their hooting calls, but some owls hiss, whistle, growl or bark.
- Owls are zygodactyl, meaning their feet have two toes that face forward and two that face backward. That trait, along with their sharp talons, gives them a powerful grip.
- Why are owls considered wise and used to symbolize knowledge? In Greek mythology, Athena, the goddess of wisdom, was often depicted with owls.



The Queen of Fall Flowers

Chrysanthemums provide a splash of color in fall flowerbeds and centerpieces.

- Native to China, the flower was grown as early as 1400 B.C. and used as an herbal remedy.
- The first chrysanthemums had small yellow blooms, inspiring their name, which comes from the Greek words meaning "gold flower."
- There are 40 wild species of chrysanthemum, with thousands of cultivated varieties.
- Chrysanthemums are treasured in Chinese and Japanese culture. Both countries hold annual festivals honoring the flower, and feature it in their artwork and literature.
- The chrysanthemum is one of the top-selling potted plants in the U.S., and is often called the "queen of fall flowers."
- Mums are air-purifying houseplants. The blooms also contain a substance that can repel certain insects.
- The chrysanthemum is the traditional flower for a 13th wedding anniversary, as well as the birth flower for November.



'Tackle' Is One

How many words can you come up with using the letters in "cozy blanket"?

Recipe: Roasted Pumpkin Seeds

After carving pumpkins this month, save the seeds and roast them for a delicious and healthy snack.

Ingredients:

- 1 to 2 cups seeds from a carved pumpkin
- Cooking spray
- 2 tablespoons olive oil
- 1 to 2 teaspoons salt

Directions:

Preheat oven to 300° F. Separate the seeds from the pumpkin pulp. In a colander, rinse the seeds with cold water. Grease a sheet pan with cooking spray. Spread the seeds on the pan in a single layer and roast for 30 minutes to dry them out. Remove seeds from oven. In a large bowl, toss the seeds with olive oil and salt. Return the seeds to the sheet pan and roast for 20 minutes or until crisp and golden.

Store leftover seeds in an airtight container.

Tip: Instead of salt, try different spices such as cinnamon and sugar for a sweet snack, or chili powder and cumin for a Tex-Mex treat!



Brainteaser

Q: What do an egg, a safe and a whip all have in common?

A: They can each be cracked.