

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

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

Tips To Prevent Falls

The cooler months provide a refreshing break to get out and about, but fallen leaves, wet surfaces and other hazards can raise the risk of falling. These tips can help you stay safe.

Wear appropriate shoes. Properly fitting, sturdy footwear with nonskid soles will provide good traction in all types of weather.

Dress warmly. When you are cold, your muscles tense up, which can affect your balance. Wearing warm layers during cool weather can relax your muscles, keeping you steady.

Pay attention. When walking, focus on the path ahead and look for any obstacles or slippery surfaces. Scan the surroundings using your eyes only; moving your head to look down or around may throw off your balance.

Use assistive devices. Handrails, walkers and canes are designed to keep you safe, so use them whenever possible.

Keep your hands free. Carrying bags or packages can cause unsteadiness. Try to keep your load light, or ask for assistance.

Take care around vehicles. When getting in and out of a car or bus, take it slow and make sure your footing is secure before moving. Hold on to the vehicle for extra support.

Wipe your feet. Leaves, mud, ice and snow can stick to the bottoms of your shoes and get tracked indoors. Wipe your feet at the door to clean the soles and prevent slipping inside your home.

Director's Note



By Ben King, Stone Valley Memory Care – Reno, NV
Happy fall season! Our **Fall Carnival** is finally here. We can't wait to bring together residents, families, and friends for a day full of games, treats, and community fun.

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, please visit our booth at the **2025 Walk to End Alzheimer's – Norther Nevada**. This event is our most important event we are involved with for the year.

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

—**Ben King**

Executive Director, Stone Valley Memory Care



OCTOBER 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

October Birthday

Aileene C. 10/8

Five Fun Facts About Black Cats

1. Sailors and fishermen used to keep black cats on their ships for good luck.

2. After spending time in the sun, a black cat’s fur can turn a reddish-brown color. Like a suntan, the color will fade after a while.

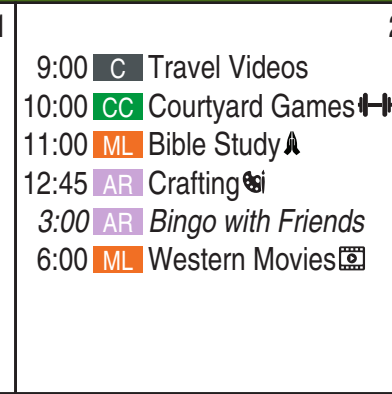
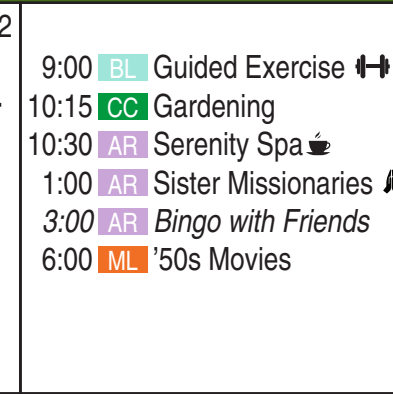
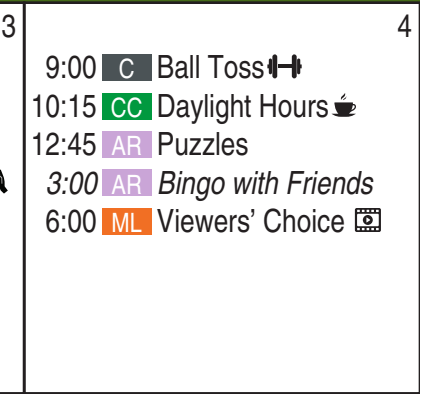
3. Popular names for black cats include Shadow, Smokey, Boo and Midnight.

4. Often, black cats have golden yellow eyes.

5. Scientists have discovered that black cats can fight off certain diseases better than other colors of cats. How lucky!

“To me, every hour of the day and night is an unspeakably perfect miracle.”

—Walt Whitman

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
5 9:00 C Morning Stretches 10:30 CC Courtyard Games 10:30 ML UNR Heart Club 1:00 AR Rock Painting 3:00 AR <i>Bingo with Friends</i> 6:00 ML TCM Movies	6 9:00 BL Walking Club 10:00 FT Park Picnic 12:45 AR Movie Matinee 3:00 AR <i>Bingo with Friends</i> 6:00 ML Disney Favorites	7 9:00 C Jazzercise 10:15 CC Daylight Hours 12:00 DR Piano Paul 12:45 CC Gardening 3:00 AR <i>Bingo with Friends</i> 6:00 ML Travel Documentary	8 9:00 BA Chair Yoga 10:15 BL Reading & Drinks 12:00 AR Sensory Crafts 12:45 BA Board Games 2:00 DR ECCS Music 3:00 AR <i>Bingo with Friends</i> 6:00 ML Family Favorites	9 9:00 C Travel Videos 10:00 CC Courtyard Games 11:00 ML Bible Study 12:45 AR Crafting 3:00 AR <i>Bingo with Friends</i> 3:00 C Fall Festival ★ 6:00 ML Western Movies	10 9:00 BL Guided Exercise 10:15 CC Gardening 10:30 AR Serenity Spa 1:00 AR Sister Missionaries 3:00 AR <i>Bingo with Friends</i> 6:00 ML '50s Movies	11 9:00 C Ball Toss 10:15 CC Daylight Hours 12:45 AR Puzzles 3:00 AR <i>Bingo with Friends</i> 6:00 ML Viewers' Choice
12 9:00 C Morning Stretches 10:30 CC Courtyard Games 10:30 ML UNR Heart Club 1:00 AR Rock Painting 3:00 AR <i>Bingo with Friends</i> 6:00 ML TCM Movies	13 Columbus Day 9:00 BL Walking Club 12:45 AR Movie Matinee 3:00 AR <i>Bingo with Friends</i> 6:00 ML Disney Favorites	14 9:00 C Jazzercise 10:15 CC Daylight Hours 12:45 CC Gardening 3:00 AR <i>Bingo with Friends</i> 6:00 ML Travel Documentary	15 9:00 BA Chair Yoga 10:15 AR Sierra Arts 12:00 AR Sensory Crafts 12:45 BA Board Games 3:00 AR <i>Bingo with Friends</i> 6:00 ML Family Favorites	16 9:00 C Travel Videos 10:00 CC Courtyard Games 11:00 ML Bible Study 12:45 AR Crafting 1:00 C <i>All Team Meeting</i> 3:00 AR <i>Bingo with Friends</i> 6:00 ML Western Movies	17 9:00 BL Guided Exercise 10:15 CC Gardening 10:30 AR Serenity Spa 1:00 AR Sister Missionaries 3:00 AR <i>Bingo with Friends</i> 6:00 ML '50s Movies	18 Alzheimer's Walk 9:00 C Ball Toss 10:15 CC Daylight Hours 12:45 AR Puzzles 3:00 AR <i>Bingo with Friends</i> 6:00 ML Viewers' Choice
19 9:00 C Morning Stretches 10:30 CC Courtyard Games 10:30 ML UNR Heart Club 1:00 AR Rock Painting 3:00 AR <i>Bingo with Friends</i> 6:00 ML TCM Movies	20 9:00 BL Walking Club 12:45 AR Movie Matinee 3:00 AR <i>Bingo with Friends</i> 6:00 ML Disney Favorites	21 9:00 C Jazzercise 10:15 CC Daylight Hours 12:45 CC Gardening 3:00 AR <i>Bingo with Friends</i> 6:00 ML Travel Documentary	22 9:00 BA Chair Yoga 12:00 AR Sensory Crafts 12:45 BA Board Games 3:00 AR <i>Bingo with Friends</i> 6:00 ML Family Favorites	23 9:00 C Travel Videos 10:00 CC Courtyard Games 11:00 ML Bible Study 12:45 AR Crafting 3:00 AR <i>Bingo with Friends</i> 6:00 ML Western Movies	24 9:00 BL Guided Exercise 10:00 FT Bowling Field Trip 10:15 CC Gardening 10:30 AR Serenity Spa 1:00 AR Sister Missionaries 3:00 AR <i>Bingo with Friends</i> 6:00 ML '50s Movies	25 9:00 C Ball Toss 10:15 CC Daylight Hours 12:45 AR Puzzles 3:00 AR <i>Bingo with Friends</i> 6:00 ML Viewers' Choice
26 9:00 C Morning Stretches 10:30 CC Courtyard Games 10:30 ML UNR Heart Club 1:00 AR Rock Painting 3:00 AR <i>Bingo with Friends</i> 6:00 ML TCM Movies	27 9:00 BL Walking Club 12:45 AR Movie Matinee 3:00 AR <i>Bingo with Friends</i> 6:00 ML Disney Favorites	28 9:00 C Jazzercise 10:15 CC Daylight Hours 12:45 CC Gardening 3:00 AR <i>Bingo with Friends</i> 6:00 ML Travel Documentary	29 9:00 BA Chair Yoga 12:00 AR Sensory Crafts 12:45 BA Board Games 3:00 AR <i>Bingo with Friends</i> 6:00 ML Family Favorites	30 9:00 C Travel Videos 10:00 CC Courtyard Games 11:00 ML Bible Study 12:45 AR Crafting 3:00 AR <i>Bingo with Friends</i> 6:00 ML Western Movies	31 Happy Halloween! 9:00 BL Guided Exercise 10:15 CC Gardening 10:30 AR Serenity Spa 1:00 AR Sister Missionaries 3:00 AR <i>Bingo with Friends</i> 6:00 ML '50s Movies	



Upcoming Events!

- **Halloween Fright for the Fight Carnival** —October 9th 3pm-6pm a fun-filled community event benefiting the Alzheimer's Association! Come join us for fun, food, and games!
- **Alzheimer's Walk -October 18th, All Day Event**
Come support our team and community by joining us for a walk in our fight against Alzheimer's. Or donate to our team using the QR code above!
- **Bowling Field Trip-October 24th** Stone Valley will be visiting the High Sierra Lanes! RSVP your loved one by the 21st. \$10 per resident.
To RSVP or if you have any questions, comments, or concerns please reach out to Serenity in Activities or Gina at the Front Desk.



Silly, Spooky Snacks

No tricks, just treats! Celebrate the spooky season with these fun recipes:

Freaky flapjacks. Prepare pancake batter from a box or your own recipe, then pour into a gallon-size zip-close food storage bag. Seal the bag, then snip off a bottom corner. On a hot griddle or skillet, add 1 teaspoon oil, then squeeze the batter from the bag and make a spiderweb shape. Cook 1 to 2 minutes, then flip and cook another minute. Repeat with rest of batter.

Monster smiles. Slice an apple, any variety, into wedges. Spread nut butter on one side of each wedge. On one wedge, with nut butter side up, arrange mini marshmallows in a row to look like teeth. Place another wedge on top, nut butter side down. Repeat with remaining slices.

Yummy mummies. Roll out refrigerated pizza dough and cut dough into strips. Wrap strips around hot dogs. Place wrapped hot dogs on a greased cookie sheet and bake for 15 minutes at 350° F. Remove from oven and let cool, then dot on eyes with mustard, ketchup or pizza sauce. Serve with additional sauce or condiments for dipping.

Batty bites. Unwrap a peanut butter cup and place in front of you. Separate a chocolate sandwich cookie and break one of the wafers in half to create two wing shapes. Use a dab of peanut butter to attach the wings to the cup, curved sides up. Then use more peanut butter to attach two chocolate chips to the center of the bat to look like eyes.