



THE Stone Valley Lifestyle

MEMORY CARE COMMUNITY
6155 Stone Valley Dr. · Reno, NV 89523 · (775) 746-2200 · www.stonevalleyassistedliving.com

Meet the Team

Executive Director	Amanda Jenkins
Memory Care Director	Aileene Cargill
Resident Care Director	Nicole O'Connell
Director of Sales & Marketing	Becka Thompson
Activities Director	Deborah Hall
Executive Chef	Erick Seavers
Maintenance Director	Maxx Fritts



Veterans Pinning Ceremony Nov 10th @ 2pm

OUR VETERANS

- Edwin G.~Air Force- C-141 Captain
- Guy T.~Army-2yrs- private first class
- Michael H.~Army- 3yrs- private first class
- William D.~Coast Guard- 39yrs- Master Chief E9
- William S.~ Army 82nd Airborne- private first class

Self-Care Corner: Swap 'Sorry' for 'Thank You'

Sincere apologies are important for good relationships and communication. But saying "I'm sorry" too often, especially when there's really nothing to apologize for, can do more harm than good. Chronic over-apologizers may begin to feel guilty all the time and appear less confident to others. Furthermore, unnecessary apologies usually don't make either party feel better. Psychologists recommend saying "thank you" instead—for example, rather than "Sorry I'm late!" or "Sorry for talking your ear off," say "Thank you for waiting" or "Thanks for being such a good listener." These expressions of gratitude create positive feelings during an interaction while giving more meaning to honest apologies.

NOVEMBER 2023

Fine Feathers

Among the many supplies carried by arts and crafts stores are bags of feathers, occasionally dyed bright colors. Some of these feathers actually come from turkeys! You can recognize a turkey feather by the square tip. Another fun fact: Feathers are formed of keratin, the same as our fingernails!

Popular Pages: 'Dune'

One of the best sci-fi works of all time, "Dune" by Frank Herbert was published in 1965. The lengthy novel is set on the desert planet Arrakis, ruled by the Atreides family, which is home to a highly coveted resource that extends life, enhances mental abilities and allows for space navigation. Unfortunately, many factions want to take control of Arrakis and its valuable lands. In 1966, the novel tied for the Hugo Award and won the Nebula Award for Best Novel, two prestigious science fiction literary prizes. Among the many film and television adaptations are 2021's "Dune" and the upcoming "Dune: Part Two" (2024), starring Timothée Chalamet and Zendaya.

A Famous Flub

It's one of the most famous newspaper headlines in history: "DEWEY DEFEATS TRUMAN." Printed on the front page of the Chicago Daily Tribune on Nov. 3, 1948, that headline also famously got it wrong. The presidential election held the previous day actually resulted in a victory of incumbent Harry Truman over New York governor Thomas Dewey. Multiple photos of Truman holding up the paper with the false prediction, a triumphant grin on his face, have ensured the error stays etched in America's history books.

NOVEMBER 2023

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

Resident & Staff Birthdays

1st Randy M.

- 6th Elizabeth B.
- 19th Aili D.
- 24th Doris C.
- 26th Elvia & Rachel Ann
- 29th Allen D.

Happy Birthday, Minnie Mouse!

She rocks a red-and-white polka-dot dress, high heels and a hair bow. Mickey Mouse's girlfriend, Minnie, shares his birthday, Nov. 18. On that day in 1928, both characters debuted in the Disney cartoon "Steamboat Willie."

"Savor the day and be good to yourself, love yourself, and then you can be good to others and be of service to others."
—Charlotte Rae

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>FALL BACK SET YOUR CLOCKS BACK AN HOUR</p>	 <p>THANK YOU VETERANS</p>	 <p>Wishing you a wonderful THANKSGIVING DAY</p>	<p>Happy "74" Birthday Randy M. 1</p> <p>9:00 PD Coffee & Chronicles 9:30 C Walking Club 11:00 BL Parachute Ball 2:00 BL Drumming Class 3:00 PD Bingo Fun 6:00 ML Western Movies 📺</p>	<p>2</p> <p>9:00 PD Coffee & Chronicles 9:30 C Walking Club 10:00 AR Meet & Greet Bunny & Goat Andelin Farms 11:00 PD Craft Corner 1:00 AR Pretty Nails 3:00 PD Bingo Fun 6:00 ML Family Favorites 📺</p>	<p>3</p> <p>9:00 PD Coffee & Chronicles 9:30 C Walking Club 10:30 BL Chair Yoga👤👤 11:00 BL Parachute Ball 2:00 BL Drumming Class 3:00 PD Bingo Fun</p>	<p>4</p> <p>9:00 PD Coffee & Chronicles 9:30 C Walking Club 10:30 CC Watering Plants 11:00 PD Watercolor 1:00 BL Weight & Stretch Class 3:00 PD Bingo Fun 6:00 ML Viewer's Choice 📺</p>
<p>5</p> <p>9:00 AR Strength Fitness👤👤 9:30 C Walking Club 10:00 PD UNR-Volunteer Activity 🎵 11:00 PD Morning Hymns 1:00 BL Spiritual Elder Care👤 2:30 DR Sundaes On Sunday 3:00 PD Bingo Fun 6:00 ML TCM Movies 📺</p>	<p>6</p> <p>9:00 PD Coffee & Chronicles 9:30 C Walking Club 10:00 PD Tea Party & Goodies 11:00 PD Craft Corner 2:00 BL Drumming Class 3:00 PD Bingo Fun 6:00 ML Musical Movie📺</p>	<p>Happy "80" Birthday Elizabeth B. 7</p> <p>9:00 PD Coffee & Chronicles 9:30 C Walking Club 10:00 BL Catholic Communion 🙏 10:30 BL Chair Yoga👤👤 3:00 PD Bingo Fun 6:00 ML Travel Documentary 📺</p>	<p>8</p> <p>9:00 PD Coffee & Chronicles 9:30 C Walking Club 11:00 BL Parachute Ball 2:00 BL Drumming Class 3:00 PD Bingo Fun 6:00 ML Western Movies📺</p>	<p>9</p> <p>9:00 PD Coffee & Chronicles 9:30 C Walking Club 11:00 PD Craft Corner 1:00 AR Pretty Nails 3:00 PD Bingo Fun 6:00 ML Family Favorites 📺</p>	<p>Veterans Day (Observed) 10</p> <p>9:00 PD Coffee & Chronicles 9:30 C Walking Club 10:30 BL Chair Yoga👤👤 11:00 BL Parachute Ball 2:00 BL Veterans Pinning Ceremony 3:00 PD Bingo Fun</p>	<p>Veterans Day 11</p> <p>9:00 PD Coffee & Chronicles 9:30 C Walking Club 10:30 CC Watering Plants 11:00 PD Watercolor 1:00 BL Weight & Stretch Class 3:00 PD Bingo Fun 6:00 ML Viewer's Choice 📺</p>
<p>12</p> <p>9:00 AR Strength Fitness👤👤 9:30 C Walking Club 11:00 PD Morning Hymns 1:00 BL Spiritual Elder Care👤 2:30 DR Sundaes On Sunday 3:00 PD Bingo Fun 6:00 ML TCM Movies 📺</p>	<p>13</p> <p>9:00 PD Coffee & Chronicles 9:30 C Walking Club 10:00 PD Tea Party & Goodies 11:00 PD Craft Corner 2:00 BL Drumming Class 3:00 PD Bingo Fun 6:00 ML Musical Movie📺</p>	<p>14</p> <p>9:00 PD Coffee & Chronicles 9:30 C Walking Club 10:00 BL Catholic Communion🙏 10:00 AR Family & Resident Council Meeting 10:30 BL Chair Yoga👤👤 12:00 PD Resident & Family Council 3:00 PD Bingo Fun 6:00 ML Travel Documentary📺</p>	<p>15</p> <p>9:00 PD Coffee & Chronicles 9:30 C Walking Club 11:00 BL Parachute Ball 2:00 BL Drumming Class 3:00 PD Bingo Fun 6:00 ML Western Movies📺</p>	<p>16</p> <p>9:00 PD Coffee & Chronicles 9:30 C Walking Club 11:00 PD Craft Corner 1:00 AR Pretty Nails 3:00 PD Bingo Fun 6:00 ML Family Favorites 📺</p>	<p>17</p> <p>9:00 PD Coffee & Chronicles 9:30 C Walking Club 10:30 BL Chair Yoga👤👤 11:00 BL Parachute Ball 2:00 BL Drumming Class 3:00 PD Bingo Fun</p>	<p>18</p> <p>9:00 PD Coffee & Chronicles 9:30 C Walking Club 10:30 CC Watering Plants 11:00 PD Watercolor 1:00 BL Weight & Stretch Class 3:00 PD Bingo Fun 6:00 ML Viewer's Choice 📺</p>
<p>Happy "84" Birthday Aili D. 19</p> <p>9:00 AR Strength Fitness👤👤 9:30 C Walking Club 11:00 PD Morning Hymns 1:00 BL Spiritual Elder Care👤 2:30 DR Sundaes On Sunday 3:00 PD Bingo Fun 6:00 ML TCM Movies 📺</p>	<p>20</p> <p>9:00 PD Coffee & Chronicles 9:30 C Walking Club 10:00 PD Tea Party & Goodies 11:00 PD Craft Corner 2:00 BL Drumming Class 3:00 PD Bingo Fun 6:00 ML Musical Movie📺</p>	<p>21</p> <p>9:00 PD Coffee & Chronicles 9:30 C Walking Club 10:00 BL Catholic Communion🙏 10:30 BL Chair Yoga👤👤 3:00 PD Bingo Fun 6:00 ML Travel Documentary📺</p>	<p>22</p> <p>9:00 PD Coffee & Chronicles 9:30 C Walking Club 11:00 BL Parachute Ball 2:00 BL Drumming Class 3:00 PD Bingo Fun 6:00 ML Western Movies📺</p>	<p>Happy Thanksgiving 23</p> <p>9:00 PD Coffee & Chronicles 9:30 C Walking Club 11:00 PD Craft Corner 1:00 AR Pretty Nails 3:00 PD Bingo Fun 5:00 DR Thanksgiving Family Dinner 6:00 ML Family Favorites 📺</p>	<p>Happy "95" Birthday Doris C. 24</p> <p>9:00 PD Coffee & Chronicles 9:30 C Walking Club 10:30 BL Chair Yoga👤👤 11:00 BL Parachute Ball 2:00 BL Drumming Class 3:00 PD Bingo Fun</p>	<p>25</p> <p>9:00 PD Coffee & Chronicles 9:30 C Walking Club 10:30 CC Watering Plants 11:00 PD Watercolor 1:00 BL Weight & Stretch Class 3:00 PD Bingo Fun 6:00 ML Viewer's Choice 📺</p>
<p>26</p> <p>9:00 AR Strength Fitness👤👤 9:30 C Walking Club 11:00 PD Morning Hymns 1:00 BL Spiritual Elder Care👤 2:30 DR Sundaes On Sunday 3:00 PD Bingo Fun 6:00 ML TCM Movies 📺</p>	<p>27</p> <p>9:00 PD Coffee & Chronicles 9:30 C Walking Club 10:00 PD Tea Party & Goodies 11:00 PD Craft Corner 2:00 BL Drumming Class 3:00 PD Bingo Fun 6:00 ML Musical Movie📺</p>	<p>28</p> <p>9:00 PD Coffee & Chronicles 9:30 C Walking Club 10:00 BL Catholic Communion🙏 10:30 BL Chair Yoga👤👤 3:00 PD Bingo Fun 6:00 ML Travel Documentary📺</p>	<p>Happy "89" Birthday Allen D. 29</p> <p>9:00 PD Coffee & Chronicles 9:30 C Walking Club 11:00 BL Parachute Ball 2:00 BL Drumming Class 3:00 PD Bingo Fun 6:00 ML Western Movies📺</p>	<p>30</p> <p>9:00 PD Coffee & Chronicles 9:30 C Walking Club 11:00 PD Craft Corner 1:00 AR Pretty Nails 3:00 PD Bingo Fun 6:00 ML Family Favorites 📺</p>		

Our Nation's Veterans

Veterans Day on Nov. 11 is your chance to recognize and thank those who have served our country. Veterans live all over the U.S., but Alaska, Virginia and Wyoming are the states with the highest percentage of veterans within their borders.

Think Deep Thoughts

From Aristotle and Lao Tzu to Bertrand Russell and Simone de Beauvoir, pay tribute to history's deep thinkers on World Philosophy Day, the third Thursday of November.

Journal Prompt: A Creative Memory

Reminisce on some of your grandest or most heartwarming adventures with this month's journal prompt: Write a poem about a childhood memory. Reflect on why the memory has stuck with you and how it has influenced your life.



Favorite Fall Flower

A Chinese philosopher advised, "If you would be happy for a lifetime, grow chrysanthemums." The flower of November has brought delight since it was first introduced to America in Colonial times, becoming the nation's favorite fall flower and among the most widely grown potted plants. Popular for their wide variety of colors and blooms, mums are a familiar seasonal decoration and often used as homecoming corsages.



Popcorn Pick: 'The Quiet Man'

"The Quiet Man" is considered director John Ford's sentimental ode to his homeland of Ireland. The 1952 romantic comedy stars John Wayne as Irish-American boxer Sean Thornton. Retired from the ring, he moves to Ireland to settle on his family's homestead and falls in love with local fiery redhead Mary Kate Danaher (Maureen O'Hara). Their wedded bliss is cut short when Mary Kate's brother won't give up her dowry. Filmed on location, Ireland itself is also a star of the film, which features lush scenes of the countryside and Irish extras, music and language. The film earned Ford a Best Director Oscar, as well as the award for Best Cinematography.

Odd Socks Sure Rock

Celebrate your uniqueness with Odd Socks Day on Nov. 13. Whether hidden inside your shoe or on display loud and proud, throw on the silliest socks you have and feel the freedom they provide.

A Scrumptious Season

"Food is better in November than any other time of the year."
—Cynthia Rylant

Brainteaser

Question: Where is the only place today comes before yesterday?
Answer: The dictionary.

'Tackle' Is One

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

An Artful Age

"Youth is the gift of nature, but age is a work of art." —Stanislaw Jerzy Lec

Autumn Nuptials

What's the most popular season to get married? For decades, the answer was summer, but now autumn holds the top spot. Cooler weather, pretty foliage and warm colors are some of the reasons couples are choosing fall wedding dates.

