

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



Honoring Those Who Serve

On Nov. 11, countries around the world honor their servicemen and servicewomen. Known as Veterans Day in the U.S., the holiday began as Armistice Day, marking the end of fighting in World War I. There are many ways to show veterans you appreciate their service. Here are just a few ideas:

- Display the American flag.
- Bake a veteran a cake or cookies, or send flowers or a card.
- Take a veteran out for a meal.
- Learn about the conflict your veteran was involved in so you can speak with him or her about it.
- Round up the veteran's buddies from the service so they can catch up.
- Visit your local VA hospital. Many patients are alone, with little or no family to visit them.

NOVEMBER 2024

Associate of the Month

Ella Hnizdil



Ella is one of our fabulous cooks and we are so glad she is with us. Her baking skills are the best. We love her treats! Ella has been cooking since a very young age. Ella is a hard worker but that doesn't stop her from taking the time to visit and help with the residents. She has even called Bingo! You will not find a more gentle, sweet staff member.



NOVEMBER
2024

Location Key

DR Dining Room
BA Activities Room
ML Main Living Room
CC Community Courtyard
C Community
PT Physical Therapy
BL Back Living Room
FT Field Trip

Resident &
Staff

Birthdays

- Mary R, 11/1
- Elizabeth B, 11/6
- Ella H, 11/12
- Gladys W, 11/16
- John W, 11/24
- Elvia H, 11/26
- Rachel A, 11/26

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, 1928, when both characters debuted in “Steamboat Willie.”

“Many people will walk in
and out of your life, but only
true friends will leave
footprints in your heart.”
—Eleanor Roosevelt

Activities Subject to Change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
<div>9:30  Walking Club</div> <div>10:30  UNR Heart Association Volunteers</div> <div>11:00  Morning Hymns</div> <div>3:00  <i>Bingo with Friends</i></div> <div>6:00  TCM Movies </div> <div>6:00  <i>Team Activity</i></div> <div>3</div>	<div>9:30  Walking Club</div> <div>10:00  Crafts & Fellowship</div> <div>11:00  Courtyard Games</div> <div>3:00  <i>Bingo with Friends</i></div> <div>6:00  Musical Movie </div> <div>6:00  <i>Team Activity</i></div> <div>4</div>	<div>9:30  Walking Club</div> <div>10:00  <i>Catholic Communion</i>†</div> <div>10:30  Community Exercise</div> <div>1:00  High Or Low Card Game</div> <div>3:00  <i>Bingo with Friends</i></div> <div>6:00  <i>Team Activity</i></div> <div>6:00  Travel Documentary </div> <div>5</div>	<div>9:30  Walking Club</div> <div>10:30  Activities with Hayley DPT</div> <div>1:00  Pool Noodle Fun</div> <div>3:00  <i>Bingo with Friends</i></div> <div>6:00  <i>Team Activity</i></div> <div>6</div>	<div>9:30  Walking Club</div> <div>10:00  Bible Study w/ Russ </div> <div>3:00  <i>Bingo with Friends</i></div> <div>6:00  Family Favorites </div> <div>6:00  <i>Team Activity</i></div> <div>6:00  Western Movies </div> <div>7</div>	<div>9:30  Walking Club</div> <div>10:00  Jane on the Piano </div> <div>1:00  <i>Trivia with Quest</i></div> <div>1:30  Pretty Nails</div> <div>3:00  <i>Bingo with Friends</i></div> <div>6:00  '50s Movies</div> <div>6:00  <i>Team Activity</i></div> <div>8</div>	<div>9:30  Walking Club</div> <div>11:00  Watercolor with Friends</div> <div>1:00  Weight & Stretch Class</div> <div>3:00  <i>Bingo with Friends</i></div> <div>6:00  <i>Team Activity</i></div> <div>6:00  Viewers' Choice </div> <div>9</div>
<div>9:30  Walking Club</div> <div>10:30  UNR Heart Association Volunteers</div> <div>11:00  Morning Hymns</div> <div>3:00  <i>Bingo with Friends</i></div> <div>6:00  TCM Movies </div> <div>6:00  <i>Team Activity</i></div> <div>10</div>	<div>Veterans Day</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  <i>Bingo with Friends</i></div> <div>6:00  Musical Movie </div> <div>6:00  <i>Team Activity</i></div> <div>11</div>	<div>9:30  Walking Club</div> <div>10:00  <i>Catholic Communion</i>†</div> <div>10:30  Community Exercise</div> <div>10:30  Morning Stretch</div> <div>1:00  High Or Low Card Game</div> <div>3:00  <i>Bingo with Friends</i></div> <div>6:00  <i>Team Activity</i></div> <div>6:00  Travel Documentary </div> <div>12</div>	<div>9:30  Walking Club</div> <div>10:30  Activities with Hayley DPT</div> <div>1:00  Pool Noodle Fun</div> <div>2:00  ECCS-Music Dan Palmer </div> <div>3:00  <i>Bingo with Friends</i></div> <div>6:00  <i>Team Activity</i></div> <div>13</div>	<div>9:30  Walking Club</div> <div>10:00  Bible Study w/ Russ </div> <div>11:00  Community Exercise</div> <div>3:00  <i>Bingo with Friends</i></div> <div>6:00  Family Favorites </div> <div>6:00  <i>Team Activity</i></div> <div>6:00  Western Movies </div> <div>14</div>	<div>9:30  Walking Club</div> <div>10:30  Beading</div> <div>1:00  <i>Trivia with Quest</i></div> <div>1:30  Pretty Nails</div> <div>3:00  <i>Bingo with Friends</i></div> <div>6:00  '50s Movies</div> <div>6:00  <i>Team Activity</i></div> <div>15</div>	<div>9:30  Walking Club</div> <div>11:00  Watercolor with Friends</div> <div>1:00  Weight & Stretch Class</div> <div>3:00  <i>Bingo with Friends</i></div> <div>6:00  <i>Team Activity</i></div> <div>6:00  Viewers' Choice </div> <div>16</div>
<div>9:30  Walking Club</div> <div>10:30  UNR Heart Association Volunteers</div> <div>11:00  Morning Hymns</div> <div>3:00  <i>Bingo with Friends</i></div> <div>6:00  TCM Movies </div> <div>6:00  <i>Team Activity</i></div> <div>17</div>	<div>9:30  Walking Club</div> <div>10:00  Crafts & Fellowship</div> <div>11:00  Courtyard Games</div> <div>1:00  Resident Council Meeting★</div> <div>3:00  <i>Bingo with Friends</i></div> <div>6:00  Musical Movie </div> <div>6:00  <i>Team Activity</i></div> <div>18</div>	<div>9:30  Walking Club</div> <div>10:00  <i>Catholic Communion</i>†</div> <div>10:30  Community Exercise</div> <div>1:00  High Or Low Card Game</div> <div>3:00  <i>Bingo with Friends</i></div> <div>6:00  <i>Team Activity</i></div> <div>6:00  Travel Documentary </div> <div>19</div>	<div>9:30  Walking Club</div> <div>10:30  Activities with Hayley DPT</div> <div>1:00  Pool Noodle Fun</div> <div>3:00  <i>Bingo with Friends</i></div> <div>6:00  <i>Team Activity</i></div> <div>20</div>	<div>9:30  Walking Club</div> <div>10:00  Bible Study w/ Russ </div> <div>1:30  Jim Buehler Performance </div> <div>3:00  <i>Bingo with Friends</i></div> <div>6:00  Family Favorites </div> <div>6:00  <i>Team Activity</i></div> <div>6:00  Western Movies </div> <div>21</div>	<div>9:30  Walking Club</div> <div>10:30  Beading</div> <div>1:00  <i>Trivia with Quest</i></div> <div>1:30  Pretty Nails</div> <div>3:00  <i>Bingo with Friends</i></div> <div>6:00  '50s Movies</div> <div>6:00  <i>Team Activity</i></div> <div>22</div>	<div>9:30  Walking Club</div> <div>11:00  Watercolor with Friends</div> <div>1:00  Weight & Stretch Class</div> <div>3:00  <i>Bingo with Friends</i></div> <div>6:00  <i>Team Activity</i></div> <div>6:00  Viewers' Choice </div> <div>23</div>
<div>9:30  Walking Club</div> <div>10:30  UNR Heart Association Volunteers</div> <div>11:00  Morning Hymns</div> <div>3:00  <i>Bingo with Friends</i></div> <div>6:00  TCM Movies </div> <div>6:00  <i>Team Activity</i></div> <div>24</div>	<div>9:30  Walking Club</div> <div>10:00  Crafts & Fellowship</div> <div>11:00  Courtyard Games</div> <div>3:00  <i>Bingo with Friends</i></div> <div>6:00  Musical Movie </div> <div>6:00  <i>Team Activity</i></div> <div>25</div>	<div>9:30  Walking Club</div> <div>10:00  <i>Catholic Communion</i>†</div> <div>10:30  Community Exercise</div> <div>1:00  High Or Low Card Game</div> <div>3:00  <i>Bingo with Friends</i></div> <div>6:00  <i>Team Activity</i></div> <div>6:00  Travel Documentary </div> <div>26</div>	<div>Resident Thanksgiving</div> <div>9:30  Walking Club</div> <div>10:30  Activities with Hayley DPT</div> <div>11:30  Resident Thanksgiving ★</div> <div>12:00  Mrs. Smiley Sings </div> <div>1:00  Pool Noodle Fun</div> <div>3:00  <i>Bingo with Friends</i></div> <div>6:00  <i>Team Activity</i></div> <div>27</div>	<div>Thanksgiving</div> <div>9:30  Walking Club</div> <div>10:00  Bible Study w/ Russ </div> <div>11:00  Community Exercise</div> <div>3:00  <i>Bingo with Friends</i></div> <div>6:00  Family Favorites </div> <div>6:00  <i>Team Activity</i></div> <div>6:00  Western Movies </div> <div>28</div>	<div>9:30  Walking Club</div> <div>10:30  Beading</div> <div>1:00  <i>Trivia with Quest</i></div> <div>1:30  Pretty Nails</div> <div>3:00  <i>Bingo with Friends</i></div> <div>6:00  '50s Movies</div> <div>6:00  <i>Team Activity</i></div> <div>29</div>	<div>9:30  Walking Club</div> <div>11:00  Watercolor with Friends</div> <div>1:00  Weight & Stretch Class</div> <div>3:00  <i>Bingo with Friends</i></div> <div>6:00  <i>Team Activity</i></div> <div>6:00  Viewers' Choice </div> <div>30</div>



Funny Feast Mode

If you think I'm not going back for seconds, then you ain't seen stuffin' yet!

Apple-Cranberry Cobbler

Ingredients:

- Nonstick cooking spray
- 5 apples, peeled, cored and cut into 1/2-inch-thick slices
- 1 1/2 cups fresh or frozen cranberries
- 2 teaspoons lemon juice
- 1 teaspoon vanilla extract
- 1/2 cup granulated sugar
- 2 tablespoons cornstarch
- 1/2 teaspoon ground cinnamon
- 1 container (10.2 ounces) refrigerated homestyle biscuits, quartered
- 2 tablespoons butter, melted
- 2 tablespoons sparkling sugar

Directions:

Heat oven to 375° F.

Prepare pie pan with nonstick cooking spray.

In large bowl, mix apple slices, cranberries, lemon juice and vanilla extract.

In small bowl, whisk sugar, cornstarch and cinnamon. Stir into fruit mixture.

Spoon mixture into prepared pan. Cover with foil. Bake on cookie sheet 40 to 45 minutes. Remove from oven.

Toss biscuits in melted butter. Distribute cut biscuits over fruit. Sprinkle biscuits with sparkling sugar.

Return to oven and bake 18 to 20 minutes. Remove from oven.

Let cool 15 minutes before serving.

Find more recipes at www.Culinary.net.



A Forest of Fall Beauty

For many folks, nature's changing colors are the highlights of the season. But color is only the tip of the festive fall show. While familiar stunners like maple, oak and aspen trees offer brilliant hues, the beauties below add interesting shapes and textures to their pretty palettes:

Bald cypress. This tree's needle-like leaves may have you expecting an evergreen—it even produces round cones—but come fall, the needles turn bronze and drop to the ground, leaving behind bald, ridged trunks that are a striking sight on landscapes.

Ginkgo. Fan-shaped leaves give ginkgo trees a unique elegance, transforming from light green to glowing yellow. It's common for a ginkgo to lose all its leaves overnight, paving the ground below with a golden carpet.

Oakleaf hydrangea. A summertime stunner with its pretty flowers, this shrub changes its leaves in autumn to rich jewel tones of burgundy, bronze and purple.

Sumac. The drooping fronds of this small tree transition to vivid shades of orange and red in the fall. Clumps of scarlet berries stay on the branches throughout the fall and winter, providing a pop of color as well as food for wildlife.

Turpentine bush. The deserts of the American Southwest see fall colors, too, such as the puffy yellow flowers that burst from this shrub's green stems as temperatures dip.