





STONE VALLEY
SENIOR LIVING AT EASE

Like Us!  

THE Stone Valley Lifestyle

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
Director of Sales & Marketing	Sofia Villagas
Memory Care Director	Aileene Cargill
Maintenance Director	Jerry Swearingen
Executive Chef	Erick Seevers
Resident Care Coordinator	Megan Gresham
Administrative Assistant	Kristene Farley
Life Enrichment Coordinator	AJ Codazzi



We Heart Caregivers!

To honor the health care professionals, family members and friends who provide needed help and support, we celebrate National Caregivers Day on the third Friday of February. We salute our all-star care team here at Stone Valley!!!

FEBRUARY 2025

Executive Director Benjamin King



"It's so great to be here at Stone Valley! My background includes hospitality, customer service, and finance. Despite being at companies like Marriott, and Quiksilver, and despite working in cohesive teams; I had always felt something was missing. About 7 years ago I started

volunteering as a Hospice Companion and my eyes were opened to the world of healthcare where that career void was filled. After getting the perspective and advice from 57 administrators, I received an opportunity to be an Administrator-in-Training for a Skilled Nursing Facility. Once my 1000 hours of training were completed, I took and passed my State and Federal exam to become the Administrator at the facility I was trained in.

Two years ago, I became the Executive Director for an Assisted Living Facility here in Reno and in October I received the opportunity to move into Memory Care at Stone Valley. What I love most at Stone Valley is our amazing leaders, med techs, caregivers, cooks, and housekeepers and learning about each of our residents and their life stories. In my free time I enjoy being with my family, fly fishing, hiking, camping, and surfing."



FEBRUARY 2025

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 Birthdays & Staff

- 2.04 Jerry S
- 2.07 Sofia V
- 2.13 Erna K
- 2.16 Donna M
- 2.16 Randy M
- 2.28 Benjamin K

Purple Power

Amethyst, February's birthstone, is a purple variety of quartz. In ancient times, people believed this gemstone could provide mental clarity, intelligence and pleasant dreams.

February's Flowers

February may be the shortest month, but it has three birth flowers: the violet, the primrose and the iris.

"While it is February, one can taste the full joys of anticipation. Spring stands at the gate with her finger on the latch."
—Patience Strong

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
2 9:30 C Morning Walk ⇄ 10:30 BA UNR Heart Association Volunteers 11:00 BA Morning Hymns 3:00 BA Bingo with Friends 6:00 ML TCM Movies 	3 9:00 C Morning Walk ⇄ 10:00 BA Crafts & Fellowship 11:00 CC Courtyard Games 3:00 BA Bingo with Friends 6:00 ML Musical Movie 	4 10:00 BL Catholic Communion † 10:30 BL Community Exercise 3:00 BA Bingo with Friends 6:00 ML Travel Documentary 	5 9:30 BL Chair Yoga ⇄ 10:30 BA Activities with AJ & Hayley DPT 1:00 BL Pool Noodle Fun 3:00 BA Bingo with Friends 6:00 ML Family Favorites 	6 9:30 C Morning Walk ⇄ 11:00 BL Bible Study w/ Russ A 2:00 BL Drumming Circle ♪ 3:00 BA Bingo with Friends 6:00 ML Western Movies 	7 10:30 BA Beading 1:00 BA Trivia with Quest 1:30 BA Pretty Nails 3:00 BA Bingo with Friends 6:00 ML '50s Movies	8 10:00 BA Tea Party & Goodies  11:00 BA Watercolor with Friends 1:00 BL Weight & Stretch Class 3:00 BA Bingo with Friends 6:00 ML Viewers' Choice 
9 Super Bowl Bash With AJ 9:30 C Morning Walk ⇄ 10:30 BA UNR Heart Association Volunteers 11:00 BA Morning Hymns 3:00 BA Bingo with Friends 6:00 ML TCM Movies 	10 9:00 C Morning Walk ⇄ 10:00 BA Crafts & Fellowship 11:00 CC Courtyard Games 2:00 BA Support Group Meeting 3:00 BA Bingo with Friends 6:00 ML Musical Movie 	11 10:00 BL Catholic Communion † 10:30 BL Community Exercise 10:30 BA Morning Stretch 3:00 BA Bingo with Friends 6:00 ML Travel Documentary 	12 9:30 BL Chair Yoga ⇄ 10:30 BA Activities with AJ & Hayley DPT 1:00 BL Pool Noodle Fun 2:00 DR ECCS Music by Van Vinkow ♪ 3:00 BA Bingo with Friends 6:00 ML Family Favorites 	13 Couples Valentines Luncheon 9:30 C Morning Walk ⇄ 11:00 BL Bible Study w/ Russ A 12:00 BA Couples Valentines Luncheon 2:00 BL Drumming Circle ♪ 3:00 BA Bingo with Friends 6:00 ML Western Movies 	14 10:30 BA Beading 1:00 BA Trivia with Quest 1:30 BA Pretty Nails 3:00 BA Bingo with Friends 6:00 ML '50s Movies	15 10:00 BA Tea Party & Goodies  11:00 BA Watercolor with Friends 1:00 BL Weight & Stretch Class 3:00 BA Bingo with Friends 6:00 ML Viewers' Choice 
16 9:30 C Morning Walk ⇄ 10:30 BA UNR Heart Association Volunteers 11:00 BA Morning Hymns 3:00 BA Bingo with Friends 6:00 ML TCM Movies 	17 Presidents Day 9:00 C Morning Walk ⇄ 10:00 BA Crafts & Fellowship 11:00 CC Courtyard Games 3:00 BA Bingo with Friends 6:00 ML Musical Movie 	18 9:30 BA Vet Art with Compassion Care 10:00 BL Catholic Communion † 10:30 BL Community Exercise 1:00 BL Resident & Family Council ★ 3:00 BA Bingo with Friends 6:00 ML Travel Documentary 	19 9:30 BL Chair Yoga ⇄ 10:30 BA Activities with AJ & Hayley DPT 1:00 BL Pool Noodle Fun 1:30 DR Jim Buehler Music ♪ 3:00 BA Bingo with Friends 6:00 ML Family Favorites 	20 9:30 C Morning Walk ⇄ 11:00 BL Bible Study w/ Russ A 3:00 BA Bingo with Friends 6:00 ML Western Movies 	21 10:30 BA Beading 1:00 BA Trivia with Quest 1:30 DR Harpist Mary Law Performance ♪ 3:00 BA Bingo with Friends 6:00 ML '50s Movies	22 10:00 BA Tea Party & Goodies  11:00 BA Watercolor with Friends 1:00 BL Weight & Stretch Class 3:00 BA Bingo with Friends 6:00 ML Viewers' Choice 
23 9:30 C Morning Walk ⇄ 10:30 BA UNR Heart Association Volunteers 11:00 BA Morning Hymns 3:00 BA Bingo with Friends 6:00 ML TCM Movies 	24 9:00 C Morning Walk ⇄ 10:00 BA Crafts & Fellowship 11:00 CC Courtyard Games 3:00 BA Bingo with Friends 6:00 ML Musical Movie 	25 10:00 BL Catholic Communion † 10:30 BL Community Exercise 3:00 BA Bingo with Friends 6:00 ML Travel Documentary 	26 9:30 BL Chair Yoga ⇄ 10:30 BA Activities with AJ & Hayley DPT 1:00 BL Pool Noodle Fun 3:00 BA Bingo with Friends 6:00 ML Family Favorites 	27 9:30 C Morning Walk ⇄ 11:00 BL Bible Study w/ Russ A 2:00 BL Drumming Circle ♪ 3:00 BA Bingo with Friends 6:00 ML Western Movies 	28 10:30 BA Beading 1:00 BA Trivia with Quest 1:30 BA Pretty Nails 3:00 BA Bingo with Friends 6:00 ML '50s Movies	



Heart-Smart Snacks

Give your heart some love this month by choosing healthy snacks. **Blueberries**, dark chocolate, nuts and popcorn may seem indulgent, but they contain antioxidants and other nutrients that are good for your ticker.

Love Around the World

Valentine's Day is celebrated across the globe, and many countries have unique holiday traditions.

Germany. Heart-shaped gingerbread cookies with romantic messages written in icing are popular valentine gifts among German couples.

South Korea. Women give chocolate to men on Valentine's Day, then the gesture is returned on White Day, March 14, when men are the gift-givers. Single friends get together on Black Day, April 14, and dine on bowls of noodles covered with a black bean sauce.

Mexico. The holiday is known as the Day of Love and Friendship in this country, where friends as well as romantic partners gift each other candy, flowers, balloons and stuffed animals.

South Africa. The expression "wear your heart on your sleeve" is fitting for South African women, who pin the name of their love interest to their shirtsleeve for the day.

Peru. Orchids are the flower of choice for valentines here, since they are native to this South American nation.

Philippines. Hundreds of couples in this Asian country tie the knot in mass wedding ceremonies on Feb. 14.

Wales. The Welsh honor their patron saint of love on Jan. 25, St. Dwynwen's Day, and couples often exchange decorative wooden "love spoons," utensils that are ornately carved with symbols of affection.



Rosy Words

The flower of love, the rose is admired for its beauty and pleasing fragrance, and has grown to be part of our everyday language. Take your pick of these familiar phrases: *Stop and smell the roses.* This popular proverb is a descriptive way of telling someone to relax, slow down and enjoy life. The expression gained ground in the 1960s after pro golfer Walter Hagen was quoted as saying, "Don't hurry. Don't worry. And be sure to smell the flowers along the way."

Everything's coming up roses. Lyricist Stephen Sondheim made these words famous when he wrote a song with that title for the 1959 Broadway musical "Gypsy," and its star, Ethel Merman, made it a show-stopping number. Sondheim was likely inspired by the similar saying "come up smelling like a rose," already in use, to convey that things are going well.

A rose by any other name (would smell as sweet). From William Shakespeare's play "Romeo and Juliet," this expression is said with or without the second part of the line. It means that what something is called doesn't change what it is.

Rose-colored glasses. An optimistic person is often described as wearing rose-colored glasses, implying that they only see the beauty and goodness in situations and overlook the negative. The concept dates back to at least the 1840s.

