





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](http://www.stonevalleyassistedliving.com)

## MARCH 2025

### Staff Directory

Executive Director .....	Benjamin King
Business Office Director .....	Deborah Hall
Director of Sales & Marketing .....	Sofia Villagas
Memory Care Director .....	Aileene Cargill
Executive Chef .....	Melanie Young
Maintenance Director .....	Jerry Swearingen
Resident Care Coordinator .....	Megan Gresham
Administrative Assistant .....	Gina Budick
Activities Coordinator .....	Kristene Farley

### Exciting Updates at Stone Valley!



Because of you our community is thriving, and we are nearly at full capacity! We currently have only two private rooms and one shared room available—thank you for making our home your home! We are excited to welcome Melanie Young as our new Dining Director.

She brings fresh ideas and a passion for delicious, nutritious meals. Kristene, formerly our concierge/Administrative Assistant, has transitioned to become our full-time Activities Coordinator! She is already introducing creative and engaging programs to enrich the lives of our residents. A big congratulations to Aileene, our Memory Care Director, on the birth of her baby boy! While she is on leave, Megan has been doing a fantastic job ensuring that our Memory Care program continues to run smoothly. We are also thrilled to share that our caregiver team is fully staffed, ensuring that your loved ones receive the best possible care. We recently came across a beautiful quote from Abraham Lincoln: *"We can complain because rose bushes have thorns or rejoice because thorn bushes have roses."* Here at Stone Valley, we choose to rejoice in the beauty, joy, and connections we share each day. Thank you for trusting us with your loved ones. We have quickly grown to love them, too!

Warmly,  
Benjamin King  
Executive Director



### March Greetings

Hello, there! March is upon us, and with it comes the welcome arrival of spring. We are all looking forward to warmer weather and more outings. Thaw out from winter hibernation as we get ready for a fun-filled season. We have a lot of activities planned this month, and we encourage everyone to join us!



**MARCH 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 & Staff Birthdays**

- 3.1 Yvonne B
- 3.2 Bill S
- 3.3 Cindy T
- 3.3 Haley L
- 3.4 Sutton M
- 3.5 Sandra A
- 3.8 Veronika G
- 3.9 Tess B
- 3.11 Alvida F
- 3.11 Shawna S
- 3.13 Dorothy J
- 3.26 Deborah K
- 3.27 Ronnie T
- 3.28 Louise O

**Lucky Celebration**

St. Patrick's Day Luncheon 3/20/25. Join us for food and fun, and don't forget to wear green for luck!

**"Flowers don't worry about how they're going to bloom. They just open up and turn toward the light and that makes them beautiful."**  
—Jim Carrey

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<p>10:00 <b>C</b> Morning Walk 11:00 <b>BA</b> Watercolor with Friends 1:00 <b>BL</b> Weight &amp; Stretch Class 3:00 <b>BA</b> Bingo with Friends 6:00 <b>ML</b> Viewers' Choice 📺</p>
<p>2</p> <p>9:00 <b>C</b> Exercise ⇄ 10:30 <b>BA</b> UNR Heart Association Volunteers 11:00 <b>BA</b> Morning Hymns 3:00 <b>BA</b> Bingo with Friends 6:00 <b>ML</b> TCM Movies 📺</p>	<p>3</p> <p>9:00 <b>C</b> Exercise ⇄ 10:15 <b>BA</b> Baking 11:30 <b>DR</b> Lunch 1:15 <b>BA</b> Gardening 3:00 <b>BA</b> Bingo with Friends 6:00 <b>ML</b> Disney Favorites 📺</p>	<p>4</p> <p>Mardi Gras: Wear-Purple, green, gold 9:00 <b>C</b> Exercise ⇄ 10:00 <b>C</b> Catholic Communion † 10:15 <b>BL</b> Chair Soccer 11:30 <b>DR</b> Lunch 1:15 <b>BA</b> Beading 3:00 <b>BA</b> Bingo with Friends 6:00 <b>ML</b> Travel Documentary 📺</p>	<p>5</p> <p>9:00 <b>C</b> Exercise ⇄ 10:15 <b>BL</b> Karaoke 11:30 <b>DR</b> Lunch 1:15 <b>BA</b> Activity: Animal Therapy 3:00 <b>BA</b> Bingo with Friends 6:00 <b>ML</b> Family Favorites 📺</p>	<p>6</p> <p>9:00 <b>C</b> Exercise ⇄ 10:15 <b>BA</b> Fabric Run 11:00 <b>BL</b> Bible Study w/ Compassion Care Hospice A 11:30 <b>DR</b> Lunch 1:15 <b>C</b> Balloon Toss 3:00 <b>BA</b> Bingo with Friends 6:00 <b>ML</b> Western Movies 📺</p>	<p>7</p> <p>9:00 <b>C</b> Exercise ⇄ 10:15 <b>C</b> Spray Flowers 11:30 <b>DR</b> Lunch 1:15 <b>C</b> Bubbles 3:00 <b>BA</b> Bingo with Friends 6:00 <b>ML</b> '50s Movies</p>	<p>8</p> <p>10:00 <b>C</b> Morning Walk 11:00 <b>BA</b> Watercolor with Friends 11:30 <b>DR</b> Lunch 1:00 <b>BL</b> Weight &amp; Stretch Class 3:00 <b>BA</b> Bingo with Friends 6:00 <b>ML</b> Viewers' Choice 📺</p>
<p>9</p> <p>9:00 <b>C</b> Exercise ⇄ 10:30 <b>BA</b> UNR Heart Association Volunteers 11:00 <b>BA</b> Morning Hymns 11:30 <b>DR</b> Lunch 3:00 <b>BA</b> Bingo with Friends 6:00 <b>ML</b> TCM Movies 📺</p>	<p>10</p> <p>9:00 <b>C</b> Exercise ⇄ 10:15 <b>BA</b> Crafts 🧶 11:30 <b>DR</b> Lunch 1:15 <b>BL</b> Tea &amp; Reading ☕ 2:00 <b>BA</b> Support Group Meeting 3:00 <b>BA</b> Bingo with Friends 6:00 <b>ML</b> Disney Favorites 📺</p>	<p>11</p> <p>9:00 <b>C</b> Exercise ⇄ 10:00 <b>C</b> Catholic Communion † 10:15 <b>BA</b> Pretty Nails 11:30 <b>DR</b> Lunch 1:15 <b>BL</b> Drumming 3:00 <b>BA</b> Bingo with Friends 6:00 <b>ML</b> Travel Documentary 📺</p>	<p>12</p> <p>9:00 <b>C</b> Exercise ⇄ 10:00 <b>FT</b> Wilbur D. May Museum 🏛️ 11:30 <b>DR</b> Lunch 2:00 <b>DR</b> ECCS Music by Joel Ackerson 🎵 3:00 <b>BA</b> Bingo with Friends 6:00 <b>ML</b> Family Favorites 📺</p>	<p>13</p> <p>Happy Purim 9:00 <b>C</b> Exercise ⇄ 10:15 <b>BA</b> Painting 11:00 <b>BL</b> Bible Study w/ Compassion Care Hospice A 11:30 <b>DR</b> Lunch 1:15 <b>BA</b> Pool Noodle Fun 3:00 <b>BA</b> Bingo with Friends 6:00 <b>ML</b> Western Movies 📺</p>	<p>14</p> <p>9:00 <b>C</b> Exercise ⇄ 10:15 <b>C</b> Bean Bag Toss 11:30 <b>DR</b> Lunch 1:15 <b>BA</b> Spa Day 3:00 <b>BA</b> Bingo with Friends 6:00 <b>ML</b> '50s Movies</p>	<p>15</p> <p>10:00 <b>C</b> Morning Walk 11:00 <b>BA</b> Watercolor with Friends 11:30 <b>DR</b> Lunch 1:00 <b>BL</b> Weight &amp; Stretch Class 3:00 <b>BA</b> Bingo with Friends 6:00 <b>ML</b> Viewers' Choice 📺</p>
<p>16</p> <p>March Madness 9:00 <b>C</b> Exercise ⇄ 10:30 <b>BA</b> UNR Heart Association Volunteers 11:00 <b>BA</b> Morning Hymns 11:30 <b>DR</b> Lunch 3:00 <b>BA</b> Bingo with Friends 6:00 <b>ML</b> TCM Movies 📺</p>	<p>17</p> <p>St. Patrick's Day: Wear Green 9:00 <b>C</b> Exercise ⇄ 10:30 <b>BA</b> Hat Making w/ Summit View Hospice 11:30 <b>DR</b> Lunch 1:15 <b>BA</b> Gardening 3:00 <b>BA</b> Bingo with Friends 6:00 <b>ML</b> Disney Favorites 📺</p>	<p>18</p> <p>9:30 <b>BA</b> Vet Art with Compassion Care 10:00 <b>C</b> Catholic Communion † 11:30 <b>DR</b> Lunch 1:15 <b>BA</b> Beading 3:00 <b>BA</b> Bingo with Friends 6:00 <b>ML</b> Travel Documentary 📺</p>	<p>19</p> <p>9:00 <b>C</b> Exercise ⇄ 10:15 <b>BL</b> Karaoke 11:30 <b>DR</b> Lunch 12:30 <b>BA</b> 1Care Hospice: St Patty's Craft 1:30 <b>DR</b> Jim Buehler Music 🎵 3:00 <b>BA</b> Bingo with Friends 6:00 <b>ML</b> Family Favorites 📺</p>	<p>20</p> <p>9:00 <b>C</b> Exercise ⇄ 10:15 <b>BA</b> Fabric Run 11:00 <b>BL</b> Bible Study w/ Compassion Care Hospice A 11:30 <b>DR</b> Saint Patrick's Lunch 12:00 Silver Strings Performance 🎵 1:15 <b>C</b> Balloon Toss 3:00 <b>BA</b> Bingo with Friends</p>	<p>21</p> <p>9:00 <b>C</b> Exercise ⇄ 10:15 <b>C</b> Spray Flowers 11:30 <b>DR</b> Lunch 1:15 <b>C</b> Bubbles 3:00 <b>BA</b> Bingo with Friends 6:00 <b>ML</b> '50s Movies</p>	<p>22</p> <p>10:00 <b>C</b> Morning Walk 11:00 <b>BA</b> Watercolor with Friends 11:30 <b>DR</b> Lunch 1:00 <b>BL</b> Weight &amp; Stretch Class 3:00 <b>BA</b> Bingo with Friends 6:00 <b>ML</b> Viewers' Choice 📺</p>
<p>23</p> <p>9:00 <b>C</b> Exercise ⇄ 10:30 <b>BA</b> UNR Heart Association Volunteers 11:00 <b>BA</b> Morning Hymns 11:30 <b>DR</b> Lunch 3:00 <b>BA</b> Bingo with Friends 6:00 <b>ML</b> TCM Movies 📺</p>	<p>24</p> <p>9:00 <b>C</b> Exercise ⇄ 10:15 <b>BA</b> Crafts 🧶 11:30 <b>DR</b> Lunch 1:15 <b>BL</b> Tea &amp; Reading ☕ 3:00 <b>BA</b> Bingo with Friends 6:00 <b>ML</b> Disney Favorites 📺</p>	<p>25</p> <p>9:00 <b>C</b> Exercise ⇄ 10:00 <b>C</b> Catholic Communion † 10:00 <b>FT</b> Movies: Snow White 🏰 11:30 <b>DR</b> Lunch 1:15 <b>BL</b> Drumming 3:00 <b>BA</b> Bingo with Friends 6:00 <b>ML</b> Travel Documentary 📺</p>	<p>26</p> <p>9:00 <b>C</b> Exercise ⇄ 10:30 <b>BA</b> Compassion Care: Sing-A-Long 🎵 11:30 <b>DR</b> Lunch 1:15 <b>C</b> Tic-Tac-Toe 3:00 <b>BA</b> Bingo with Friends 6:00 <b>ML</b> Family Favorites 📺</p>	<p>27</p> <p>9:00 <b>C</b> Exercise ⇄ 10:15 <b>BA</b> Activity: Painting 11:00 <b>BL</b> Bible Study w/ Compassion Care Hospice A 11:30 <b>DR</b> Lunch 1:15 <b>BA</b> Pool Noodle Fun 3:00 <b>BA</b> Bingo with Friends 6:00 <b>ML</b> Western Movies 📺</p>	<p>28</p> <p>9:00 <b>C</b> Exercise ⇄ 10:15 <b>C</b> Bean Bag Toss 11:30 <b>DR</b> Lunch 1:15 <b>BA</b> Activity: Spa Day 3:00 <b>BA</b> Bingo with Friends 6:00 <b>ML</b> '50s Movies</p>	<p>29</p> <p>10:00 <b>C</b> Morning Walk 11:00 <b>BA</b> Watercolor with Friends 11:30 <b>DR</b> Lunch 1:00 <b>BL</b> Weight &amp; Stretch Class 3:00 <b>BA</b> Bingo with Friends 6:00 <b>ML</b> Viewers' Choice 📺</p>
<p>30</p> <p>9:00 <b>C</b> Exercise ⇄ 10:30 <b>BA</b> UNR Heart Association Volunteers 11:00 <b>BA</b> Morning Hymns 11:30 <b>DR</b> Lunch 3:00 <b>BA</b> Bingo with Friends 6:00 <b>ML</b> TCM Movies 📺</p>	<p>31</p> <p>9:00 <b>C</b> Exercise ⇄ 10:15 <b>BA</b> Baking 11:30 <b>DR</b> Lunch 1:15 <b>BA</b> Gardening 3:00 <b>BA</b> Bingo with Friends 6:00 <b>ML</b> Disney Favorites 📺</p>					





## Spring's Favorite Bird

The red-breasted robin is a familiar sign that spring is coming. Welcome the new season with these rockin' robin facts:

- As the weather warms, you'll see many robins returning from their winter homes, but not all robins migrate. They're just harder to see in winter, since they mostly stay nestled in the trees.
- American robins are the largest members of the thrush family of birds, which includes bluebirds and nightingales. Males and females are almost identical, but males tend to be more brightly colored.
- The idiom "the early bird gets the worm" definitely applies to robins. They're often spotted eating earthworms out of the ground during the morning hours. The birds also love berries, and at feeders, they prefer suet and meal worms to birdseed.
- Robins build their nests on tree branches and on the ground. Their pale blue eggs are so recognizable that there is a trademarked color called "robin's egg blue."
- The birds are very social and will roost in large groups. In some areas, a single flock can consist of a quarter million robins!
- The American robin is the state bird of Connecticut, Michigan and Wisconsin.
- Native Americans see the robin as a sign of peace.



## Field Trips Are Returning!

We are starting up our field trips for the season! We will try to have 2 trips every month.

Families are responsible for paying for any entrance fees and making sure you RSVP 2 days before the event and/or until the bus is full. Families are always welcome to bring your own car and follow us, with your resident, if the bus is full. This month will be the **Wilbur D May Museum on March 12th**: leaving here at 10am. The second outing will be a movie: **Snow White on March 25th** time TBD. Look for flyers or call the front office for more information when the outings get closer.  
775-746-2200.



## Gardening at Stone Valley

A signal of spring's arrival is the annual appearance of tulips, one of the most popular flowers. We will be implementing Gardening into our weekly routine. Please consider donating some flowers for us to plant!