



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

Employee of the Month

November's Employee of the Month



Sandra has been with us for many years in several different roles, and she shines bright in each position! We really appreciate all the times she has stepped in and helped out. Her beautiful voice and wonderful smile are so welcoming to the residents. She comes in every day with a happy heart, and it resonates in her work.

DECEMBER 2024



Associate of the Month

December's Employee of the Month



Tonya's dedication to our residents, her hard work, passion, and initiative show daily. She is always quick to help our team, and her care shows through the smiles of the residents and team member. The moment Tonya walked in to our community, she was an immediate part of our family!

DECEMBER 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

- Melanie 12/6
- Gloria 12/7
- Angela 12/9
- Deborah 12/9
- LaSuntha 12/9
- Tammy 12/14
- Tamara 12/19
- Carol 12/24
- Joan 12/31

Civil Rights Milestone

Rosa Parks Day, on Dec. 1, honors the date in 1955 when the civil rights activist was arrested for refusing to give up her seat to a white passenger on a segregated bus in Montgomery, Ala. This historic event was a turning point in the civil rights movement.

"The more positivity, love and light you reflect, the more light is mirrored your way."
—Suzy Kassem

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:30 C Walking Club 10:30 BA UNR Heart Association Volunteers 11:00 BA Morning Hymns 3:00 BA Bingo with Friends 6:00 ML TCM Movies 📺	2 9:30 C Walking Club 10:00 BA Crafts & Fellowship 11:00 CC Courtyard Games 3:00 BA Bingo with Friends 6:00 ML Musical Movie 📺	3 9:30 C Walking Club 10:00 BL Catholic Communion † 10:30 BL Community Exercise 1:00 BA High Or Low Card Game 3:00 BA Bingo with Friends 6:00 ML Travel Documentary 📺	4 9:30 C Walking Club 10:30 BA Activities with Hayley DPT 1:00 BL Pool Noodle Fun 2:00 BA Holiday Crafts 3:00 BA Bingo with Friends	5 9:30 C Walking Club 10:00 BL Bible Study w/ Russ A 3:00 BA Bingo with Friends 6:00 ML Family Favorites 📺 6:00 ML Western Movies 📺	6 9:30 C Walking Club 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	7 9:30 C Walking Club 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 📺
8 9:30 C Walking Club 10:30 BA UNR Heart Association Volunteers 11:00 BA Morning Hymns 3:00 BA Bingo with Friends 6:00 ML TCM Movies 📺	9 9:30 C Walking Club 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 📺	10 9:30 C Walking Club 10:00 BL Catholic Communion † 10:30 BL Community Exercise 10:30 BA Morning Stretch 1:00 BA High Or Low Card Game 3:00 BA Bingo with Friends 6:00 DR Pack 512 Christmas Caroling 🎵	11 9:30 C Walking Club 10:30 BA Activities with Hayley DPT 11:00 BA Holiday Crafts 1:00 BL Pool Noodle Fun 2:00 DR ECCS Music by John Palmore 🎵 3:00 BA Bingo with Friends	12 9:30 C Walking Club 10:00 BL Bible Study w/ Russ A 3:00 BA Bingo with Friends 6:00 ML Family Favorites 📺 6:00 ML Western Movies 📺	13 9:30 C Walking Club 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	14 9:30 C Walking Club 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 📺
15 9:30 C Walking Club 10:30 BA UNR Heart Association Volunteers 11:00 BA Morning Hymns 3:00 BA Bingo with Friends 6:00 ML TCM Movies 📺	16 9:30 C Walking Club 10:00 BA Crafts & Fellowship 11:00 CC Courtyard Games 3:00 BA Bingo with Friends 6:00 ML Musical Movie 📺	17 9:30 C Walking Club 10:00 BL Catholic Communion † 10:30 BL Community Exercise 1:00 BA High Or Low Card Game 3:00 BA Bingo with Friends 6:00 ML Travel Documentary 📺	18 9:30 C Walking Club 10:30 BA Activities with Hayley DPT 1:00 BL Pool Noodle Fun 2:00 BA Holiday Crafts 3:00 BA Bingo with Friends	19 Resident Christmas Dinner 9:30 C Walking Club 10:00 BL Bible Study w/ Russ A 3:00 BA Bingo with Friends 6:00 ML Family Favorites 📺 6:00 ML Western Movies 📺	20 9:30 C Walking Club 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	21 9:30 C Walking Club 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 📺
22 9:30 C Walking Club 10:30 BA UNR Heart Association Volunteers 11:00 BA Morning Hymns 3:00 BA Bingo with Friends 6:00 ML TCM Movies 📺	23 9:30 C Walking Club 10:00 BA Crafts & Fellowship 11:00 CC Courtyard Games 3:00 BA Bingo with Friends 6:00 ML Musical Movie 📺	24 9:30 C Walking Club 10:00 BL Catholic Communion † 10:30 BL Community Exercise 1:00 BA High Or Low Card Game 3:00 BA Bingo with Friends 6:00 ML Travel Documentary 📺	25 Christmas 9:30 C Walking Club 10:30 BA Activities with Hayley DPT 1:00 BL Pool Noodle Fun 3:00 BA Bingo with Friends	26 9:30 C Walking Club 10:00 BL Bible Study w/ Russ A 3:00 BA Bingo with Friends 6:00 ML Family Favorites 📺 6:00 ML Western Movies 📺	27 9:30 C Walking Club 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	28 9:30 C Walking Club 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 📺
29 9:30 C Walking Club 10:30 BA UNR Heart Association Volunteers 11:00 BA Morning Hymns 3:00 BA Bingo with Friends 6:00 ML TCM Movies 📺	30 9:30 C Walking Club 10:00 BA Crafts & Fellowship 11:00 CC Courtyard Games 3:00 BA Bingo with Friends 6:00 ML Musical Movie 📺	31 NYE Luncheon Party 9:30 C Walking Club 10:00 BL Catholic Communion † 10:30 BL Community Exercise 1:00 BA High Or Low Card Game 3:00 BA Bingo with Friends 6:00 ML Travel Documentary 📺				

Hot Cocoa Four Different Ways

Mexican. This cocoa holds a spicy kick with added cinnamon and cayenne or chili powder.

Unicorn. Made with white chocolate chips and pink food coloring, this pick-me-up is fun for all ages! Garnish with colorful sprinkles to make it a real party.

French. Chocolate lovers will enjoy this thick, rich drink made with heavy cream, powdered sugar and dark chocolate.

Traditional. Try out the recipe below. (Makes four servings.)

Ingredients:

- 1/2 cup sugar
- 1/4 cup unsweetened cocoa powder
- Dash of salt
- 1/3 cup hot water
- 4 cups milk of choice
- 1 teaspoon vanilla extract

Directions:

Combine sugar, cocoa, salt and water in a saucepan. Bring to a simmer, stirring constantly. Whisk in the milk, and warm to serving temperature. Remove from heat and add in vanilla.

Pour into mugs and garnish with marshmallows, whipped cream, ground cinnamon or a peppermint stick.

happy new year



Polar Opposites

- At both poles, it takes the sun three months to reach a high point in the sky and another three months to reach the horizon again—meaning there are six months of daylight and six months of night.
- The North Pole is a sheet of ice floating in the middle of the Arctic Ocean, but the South Pole is located on land on the continent of Antarctica.
- The South Pole is much colder, having never reached temperatures above zero. Mountains on the land cause higher and chillier elevations.
- The same year that man first walked on the moon was also the first year man walked to the North Pole—1969!
- Monitoring wind speeds over the North Pole helps meteorologists make their weekly forecast.
- Don't get lost, wandering traveler; if you're ever visiting the South Pole, know that every direction is north.
- You won't spot polar bears and penguins in the same wintry scene. Along with walrus and arctic foxes, polar bears can be found at the North Pole and surrounding Arctic areas. Animals at home in Antarctica include emperor penguins, leopard seals and orcas.



Phone a Friend

Dial a pal on Dec. 28, National Call a Friend Day.



NORTH & SOUTH POLES

