

Arbor Rose Senior Care
6033 E. Arbor Ave.
Mesa, AZ 85206

Postage
Information

October Newsletter



Arbor
Rose

6033 E. Arbor Ave. Mesa, AZ 85206 * (480) 654-8200 * (480) 981-9379 * www.arborroseseniorecare.com

The Animal Inside You: Birthday Critters

October 1–15: Monkey

Your social nature ensures that you are always the center of attention. Though you like to live life to the fullest, you can sometimes become impatient with others who can't keep up with you. You tend to have very strong intuition; whatever your gut is telling you, it's probably right.

October 16–26: Turtle

People around you are frequently blown away by your kindness. You are a generous person, and you like to give your loved ones little gifts every now and then to remind them of how much you care about them. You can sometimes be a bit of an introvert, but your many friends can usually bring you out of your shell.

October 27–31: Panther

You tend to be a calm person who is not fazed by stressful situations. In fact, you work better when you are under pressure. You strive to be the best person you can be, and your friends and family know they can always count on you to help them out if they have any problems.



Celebrating October

Emotional Wellness Month

Roller Skating Month

Mystery Series Week

October 1–7

Harvest Moon

October 5

Guardian Angels Day

October 2

Columbus Day (U.S.) & Thanksgiving (Canada)

October 9

Face Your Fears Day

October 10

Simchat Torah Begins at Sundown

October 12

Boss's Day

October 16

Mulligan Day

October 17

Chemistry Week

October 22–28

World Pasta Day

October 25

All Hallows Eve

October 31

What's Lucky in October?

Lucky Colors: Orange and Burgundy

Lucky Days: Monday and Tuesday

Lucky Numbers: 1 and 3

Lucky Letters: O and R

Lucky Plant: Pumpkin

Flower of the Month – Calendula

The calendula is a member of the marigold family and is sometimes called the "pot marigold." They are easy to grow and typically bloom quickly (in under two months from seed to bloom) in bright yellows, reds, and oranges throughout the summer and well into the fall.

The flower petals of the calendula plant are edible and have been used for medicinal purposes since at least the 12th century. The Romans used it mixed with vinegar to season meat and salad dishes.

An ancient beverage made from a mixture of calendula blossoms in wine was said to soothe indigestion. The petals were used in ointments that cured skin irritations, jaundice, sore eyes, and toothaches. Today, most health food stores carry calendula petals, soaps, oils, lotions, salves, and creams.

Arbor Announcements

Customizing Your Space

Moving to a senior living community may be the right decision, but it can also be a stressful one. It takes time to meet new neighbors, learn how to sleep in a new bedroom and understand the ins and outs of the community. We will do everything we can to ease each resident's transition to his or her new home.

We encourage you to express your personal taste and style by bringing your own furniture and decorating your new apartment—right down to the paint color.

When you move into your Arbor Rose suite, we want to make sure you feel as comfortable as possible. Your private space is yours to decorate as you please: bring your own furniture, mementos, artwork, even your pet. We are available to help you get situated, and it's our job to make sure you feel at home as quickly as possible.

~ **Shannon Thomas Executive Director.**

Activities with Mary

Interacting with a loved one who has Alzheimer's can be challenging in some cases, especially as the condition evolves over time. Activities that were once fun and comprehensible for your loved one may become confusing and uninteresting a few months later. It can become harder to hold a conversation as Alzheimer's progresses into its later stages, where word recall and comprehension diminish significantly.

Activities that may help

While there is no cure for Alzheimer's, some activities may help make the people living with the condition more alert and engaged. Puzzles and games that require people to think and focus can help hold their attention. This can help spark memories or keep them more present in conversations with their loved ones. Doing activities with people who have Alzheimer's will also help them feel connected with you, which can improve their moods.

We are in the process of developing Memory lap baskets for the Memory Support Unit.

Each basket contains:

- An interactive activity appropriate for the person's stage. These may include puzzles, games or conversation cards.
- A colorful, illustrated book with fun photos.
- A CD with calming music to help with memory recollection and soothing your loved one.

The goal with these materials is to make it easier for family members to interact with their loved ones with memory loss, keeping them engaged and comfortable while providing valuable stimulation that can help slow the effects of the disease.

If you are interested in helping with these baskets contact Mary Weaver in the Memory Support neighborhood.

~ **Mary Weaver Memory Support Director**

Dates to Remember:

- **October 10th & 24** – Tai Chi Easy w/ Roxanne. Open to all!
- **October 11th** – Day Club Park Outing! Please bring hat, light jacket, & sunscreen.
- **October 17th** – Caregiver Support Group 5pm – 6pm in Day Club Café
- **October 18th** – Adopt-A-Shelter Dog Month! Please watch for more information coming for donations and adoptions.
- **October 31st** – Sr. Fall Carnival from 1pm – 4pm in the Day Club

OUTINGS:

- October 6th – Shopping Outing – Dollar Store
- October 10th – Restaurant Outing – John's Villa Restaurant - \$15
- October 19th – Young Adults Outing – Spirits Halloween Store
- October 26th – Casino Outing – Ft. McDowell Casino

October is Adopt-A-Shelter Dog Month!

We will be accepting donations all month long to donate to our local shelter.

DONATE YOUR PETS' GENTLY-USED ITEMS

Shelters can always use some extra supplies. Just be sure to clean any supplies before you donate them. Often a shelter's wish list will include:

- Water and food bowls
- Toys
- Leashes and collars
- Brushes/grooming tools
- Pet beds

Donation Box located at front desk, near gate to café.

We will send out more information regarding the adoption event being held in our courtyard once plans are finalized.



October 2017 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 Garden Green Salad Butter Crumb Chicken Lemon Rice Capri Blend Oreo Cheesecake	3 Green Salad Herb Flavored Steak Seasoned Mushroom Rice Seasoned Cauliflower Mississippi Mud Cake	4 Garden Green Salad Roast Pork with Ginger Glaze Steamed Red Potatoes California Normandy Blend Baked Cinnamon Apples	5 Green Salad Hamburger Steak with Onions Mashed Potatoes and Gravy Mixed Vegetables Coconut Cream Pie	6 Apple Spinach Salad Buttermilk Breaded Catfish Roasted Yams Steamed Broccoli Angel Food Cake
9 BLT Pasta Salad Honey Roasted Chicken Thigh White and Wild Rice Pilaf Lemon Buttered Broccoli Mixed Berry Crisp	10 Green Salad Grilled Pork Outlet Baked Yams Baked Seasoned Squash Spiced Pear Cake	11 Cottage Cheese and Fruit Steak with Bordelaise Sauce Lyonnais Potatoes Oven Roasted Cauliflower Autumn Apple Tart	12 Green Salad Chicken with Dijon Sauce Roasted Potato Medley Spinach Pudding Tart	13 Creamy Coleslaw Filet of Fish Meuniere Parsley Rice Garlic Parmesan Green Beans Pecan Pie
16 Ambrosia Jello Salad Oven Roasted Pork Glazed Sweet Potatoes Yellow Squash with Onions Oreo Delight	17 Green Salad Classic Beef Stroganoff Broccoli Garlic Bread Graham Streusel Cake	18 Simple Apple Salad Rosemary Roasted Turkey Homemade Stuffing Buttery Carrots Peach Cobbler	19 Black Bean Pepper Salad Ham with Raisin Sauce Creamy AuGratin Potatoes Green Beans Buttermilk Pie	20 Creamy Coleslaw Honey Glazed Meatballs Brown Rice Snap Pea Vegetable Blend Boston Cream Cake
23 Cottage Cheese with Fruit Swiss Bacon Meatloaf Risotto Baked Seasoned Squash Chocolate Marshmallow Cake	24 Green Salad Cranberry Stuffed Chicken Baked Macaroni Cheese Herbed Corn Fruit Crisp	25 Orange-Kiwi Salad Sour Cream Cheddar Rockfish Roasted Rosemary Potatoes Greens Coconut Cream Pie	26 Cranberry Applesauce Salisbury Steak with Gravy Mashed Potatoes Baby Carrots Bread Pudding & Vanilla Sauce	27 Coleslaw Garlic Parmesan Chicken Mashed Yams Sautéed Yellow Squash Cherry Pudding Cake
30 Pineapple Cucumber Salad Honey Curry Chicken Breast Seasoned Brown Rice Seasoned Pea Pods Apple Cobbler	31 Green Salad Pork Chops and Gravy Mashed Yams Scandinavian Vegetables White Almond Cake			



Arbor Announcements (cont.)

Heart Health with Amy

The risk of heart disease increases as you age, but the good news is that heart disease is one area where lifestyle really makes a big difference. If you aren't affected by heart disease now, you may not be in the future, either. Ask your health care professional about tests you should have to check on your heart's health. If you have one or more forms of heart disease now, there are many things you can do, in addition to using medication that's likely been recommended for you, to improve your health. Either way, be sure to eat well (choosing food from a variety of groups, high in fiber and low in saturated fat and cholesterol) and get plenty of exercise. Exercise does not have to be strenuous—a regular habit of brisk walking most days of the week for 30 to 60 minutes, and ideally, once a day, is all you need to do to reduce your risk of heart problems.

~ **Amy Hobbs Health and Wellness director**

Avocado and Coconut Refresher Smoothie



With three ingredients in three minutes, you'll be sipping a silky smooth snack or breakfast drink that's full of fruit and fiber.

- 2 small avocados
 - 3 cups unsweetened almond-coconut milk
 - 3 cups of frozen Mango cubes
- Blend all ingredients in a food processor or blender until smooth.


Come and enjoy these delicious heart healthy smoothies at our next taste and tell event in the Memory support neighborhood.

~**Leon Johnson Dining service director.**



October 2017

Independent Living Lifestyle & Leisure

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Day Club Closed 1	9:30 Hello October! 10:00 Peanut Gallery 10:30 Bingo 1:00 Who am I? 2:00 CE Heimlich Hero w/ Nurse Amy! 3:30 Patio Poetry	9:30 Finish the Line 10:30 Name that Tunes 11:00 LL Bingo 1:00 CC Ent. Billy Pepper 2:00 Animal Tales and Crackers Social 3:30 Puppy Craft	10:45 SS Church w/ Ginny 11:30 Leave it to Beaver 1:00 10-4 Good Buddy 2:00 PE Music and Movement 3:30 Space Race Trivia	9:30 Think Positive Thursday 10:30 AE Scrapbooking Club 11:00 Bond or Bust 1:00 World Teacher's Day Craft 2:00 Exercise Bands 3:30 Chicken Soup for Teacher's Soul	Shopping - Dollar Store 9:30 Poker Face Off 10:30 Left Brain vs Right Brain 10:45 Bible Study 1:00 Ada B Memorial 2:30 World Smile Day 3:30 Fresh Air	Day Club Closed 7	
Day Club Closed 8	Columbus Day 9:30 Cooking Club 10:00 CE Great Mysteries of the World 10:30 Bingo 1:00 Sit and Stretch 1:30 Who am I? 2:00 Cheese and Crackers Social	Restaurant Outing 9:30 Phobophobia Trivia 10:00 Charades with Taylor!!! 11:00 LL Bingo 1:00 CC Ent. Dan Weibe 2:00 Name that Timepiece 3:30 All that Jazz 5:30 Tai Chi w/Roxanne (open to all)	Day Club Park Outing 10:45 SS Church w/ Ginny at the Park 1:00 Sing-Along w/ Karl at the Park 2:00 Movie and Popcorn in the great room	9:30 World Arthritis Day - Exercise 10:00 PE Tai Chi w/ Roxanne 11:00 Pledge Allegiance Day 1:00 You are my Sunshine 2:00 Oktoberfest 3:30 Tabletop Golf	9:45 Music Therapy w/ Joel 10:45 Bible Study 11:00 AE Happy Birthday Navy Craft 11:30 Successful Failures 1:00 Bingo 2:00 Friday the 13th 3:30 White House Birthday Trivia	Day Club Closed 14	
Day Club Closed 15	9:30 Jokes and Jest 10:30 Bingo 1:00 AE Nuts About Squirrels Craft 2:00 Music and Movement 3:30 Miniature Monday	9:30 CE Spanish Class 10:00 That's Italian Tuesday 11:00 LL Bingo 1:00 Bean Bag Toss 2:00 Can you see it? 3:30 Pink Cadillac 5:00 Caregiver Support Group w/	9:30 See you in the funnies 10:00 A Batty Craft 10:45 SS Church w/ Ginny 1:00 CC Adopt A Shelter Dog Month 2:00 Chocolate Cupcake Day! 4:00 Fresh Air	Young Adults Outing - Spirit Store 9:30 Wheel of Fortune 10:00 Festival of Lights 11:00 Would you Rather 1:00 PE Play Ball! 2:00 Movie & Popcorn - Hocus Pocus 4:00 Sit & Stretch	WEAR PINK DAY!!! 9:50 Monster Mash 10:45 Bible Study 11:30 Football 1:00 Bingo 2:00 Dracula Day 3:30 Jackie O Trivia	Day Club Closed 21	
Day Club Closed 22	9:30 Cooking Club - Pumpkin 10:00 CE Mysterious Monday 10:30 Bingo 1:00 LL Ent. Nashville Tunes 2:00 Pumpkin Day Social 3:30 How Weird is AI?	9:30 Pictionary 10:00 Origami Art 11:00 LL Bingo 1:00 PE Baseball 2:00 Telegram Tuesday 3:30 Cards 5:30 Tai Chi w/ Roxanne (Open to all)	9:30 Oh Oh Oh It's Magic! 10:45 SS Church w/ Ginny 11:30 Chit Chats 1:00 CC Ent. Barleen Opry 2:00 Armchair Travel - Vienna 3:30 Polar Express	Casino Outing - Ft. McDowell 9:30 Halloween Craft 10:00 Tai Chi w/ Roxanne 11:00 That's It! 1:00 It's A Boo-tiful Day! 1:30 Participant/Resident Council 2:00 October Birthday Party! 4:00 AE Patio Poetry	9:45 Music Therapy w/ Joel 10:30 Frankenstein Friday 10:45 Bible Study 1:00 Bingo 2:00 Ghost Craft 3:30 Teddy Bear Day	Day Club Closed 28	
Day Club Closed 29	9:30 Jack-o-Lantern Day 10:30 Bingo 1:00 Ent. Nashville Tunes 2:00 Tellin Funny Stories 3:30 Candy Corn Craft	Halloween 9:30 CE Spanish Class 10:00 Cooking Class - Caramel Apples 11:00 LL Bingo 1:00 Sr. Fall Carnival - 1-4pm 4:00 Movie & Snacks	 <div style="display: inline-block; vertical-align: middle;"> 6033 E. Arbor Avenue Mesa, Arizona 85206 480-654-8200 </div>				<div style="font-size: small;"> AE Artistic Expression CC Community Connection CE Continuing Education LL Lifestyle & Leisure PE Physical Engagement SS Spiritual Support </div>