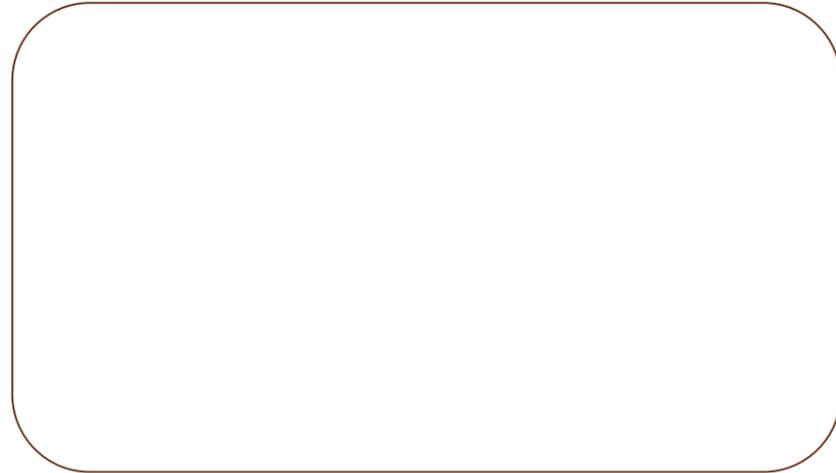




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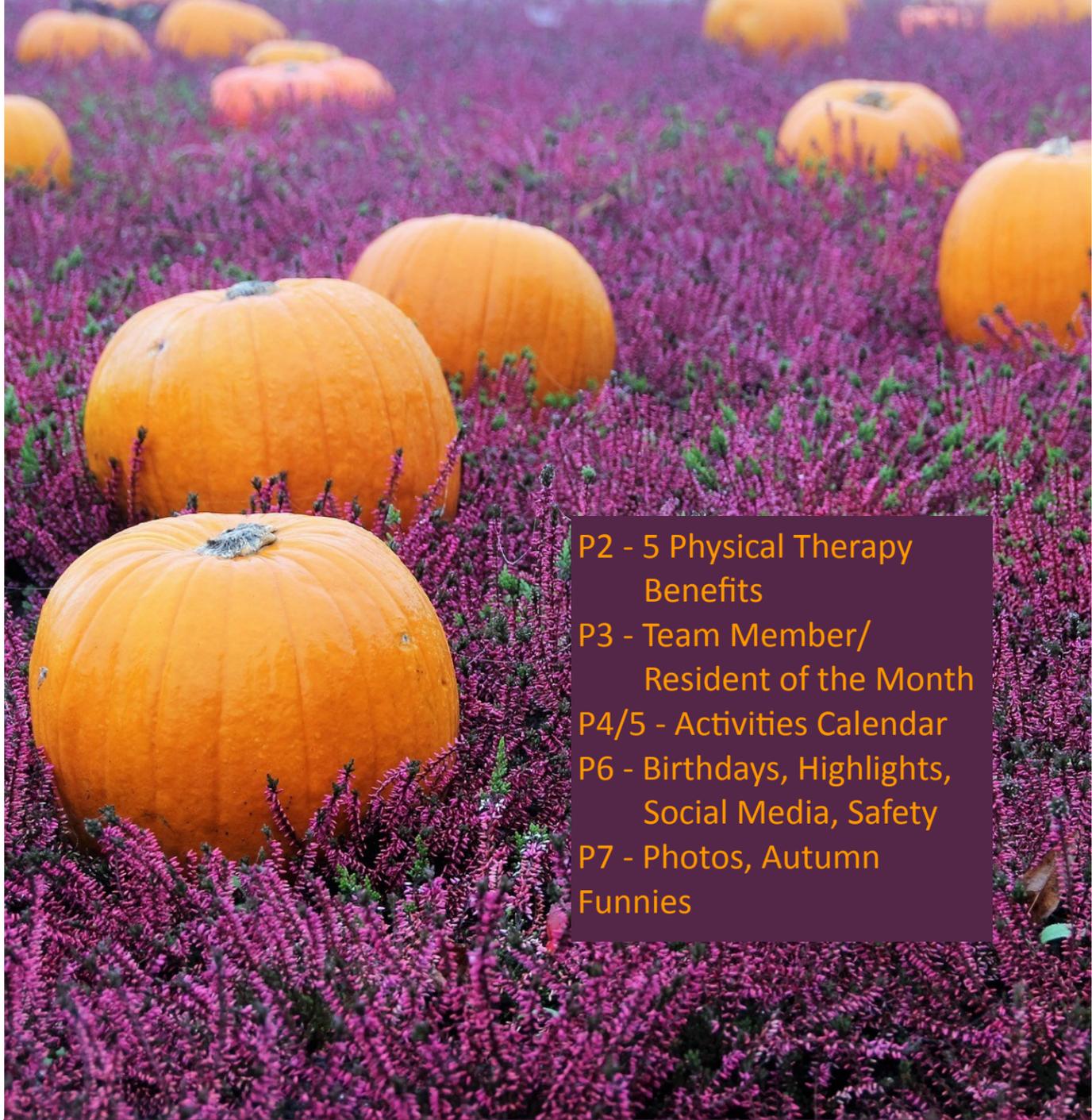
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**Administrative Team:**  
**Barb Heywood**  
Executive Director  
**Suzie K.**  
Community Relations Director  
**Barbara Fraide**  
Business Office Manager  
**Virginia Goldstein and**  
**Joe Kovarik**  
Resident Care Coordinator  
**Lisa Erck**  
Staff Development Coordinator  
**Flor Martinez**  
Dietary Director  
**Viki Lowrey**  
Activities Director  
**Contact us at:**  
**775-331-2229**



# The Arbors Bulletin

Arbors Memory Care Monthly News



P2 - 5 Physical Therapy Benefits  
P3 - Team Member/ Resident of the Month  
P4/5 - Activities Calendar  
P6 - Birthdays, Highlights, Social Media, Safety  
P7 - Photos, Autumn Funnies

October 2018 Edition

# 5 Benefits of Physical Therapy



Learn more on physical therapy in our blog online!

Physical therapy is more than just therapy for injuries. For seniors, physical therapists can encourage more physical activity and help with arthritis, osteoporosis, dementia, and balance challenges. That's hardly where physical therapy services end however; there are many reasons to seek it out for healthy living!

**Note:** Each individual should follow the advice of their medical professionals and speak with them before making changes to diet, exercise, or supplements. This article is for informational use only and should not be considered medical advice.

## Five Potential Benefits of Physical Therapy:

- 1. Improved Movement:** Physical therapists can identify, diagnose, and treat movement challenges.
- 2. Pain Relief or Prevention:** Physical therapy can provide long-term pain solutions with techniques like exercises, joint and soft tissue mobilization, ice/heat therapy, ultrasound, and electrical stimulation for relief and/or restoring function.
- 3. Management of Issues Associated with Diabetes:** Physical therapists can help

prescribe and teach exercise for lowering blood glucose levels, treat chronic pain, improve walking ability, treat sores, help with assistive devices, and restore normal movement and balance.

- 4. Management of Issues Associated with Aging:** Physical Therapists may be able to help with managing arthritis, back pain, osteoporosis and or recovering from procedures like joint replacements. They may also be able to help prevent or recover from falls with strengthening and balance exercises.
- 5. Strengthening After a Stroke:** Physical therapists can help clients improve function and balance with therapies such as Constraint-Induced Movement Therapy, functional electrical stimulation, and motor imagery among others.

These are just five potential benefits of physical therapy. There are so many more! For those who haven't tried physical therapy, but are interested, a great first step would be to reach out to a local physical therapist clinic and speak to them about how they might be able to play a positive role in healthy living.

Great photography is about depth of feeling, not depth of field." -Peter Adams



## Autumn Funnies (answers on page 6)

- 1. What type of vehicle is best for a hayride?**
- 2. What do trees say when they get their leaves back?**
- 3. What type of vest should you wear in the fall?**
- 4. How do you know when the moon has had enough to eat?**
- 5. How do football players stay cool during games?**
- 6. How do you fix a broken pumpkin?**
- 7. What is the ratio of a pumpkin's circumference to its diameter?**

# October Highlights

- October 1: Intl. Day for Older Persons
- October 1: Cookie Day
- October 3: National Kale Day
- October 4: National Golf Day
- October 10: Decorate Cup Cakes
- October 13: National Chess Day
- October 14: Dessert Day
- October 21: National Reptile Awareness Day
- October 23: Cat Making
- October 24: Harvest Party
- October 26: National Breadstick Day
- October 26: National Pumpkin Day
- October 27: National Make a Difference Day
- October 28: National Chocolate Day
- October 31: Halloween



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[Pinterest.com/radiantsrliving](https://www.pinterest.com/radiantsrliving)  
 Radiant Senior Living on YouTube

## October Birthdays!



### 3 Autumn Safety Tips to Remember

- 1) Make sure lit candles are not unattended at any time.
- 2) Leaves that may look dry on top could be wet and slippery underneath. Walk carefully near leaves.
- 3) Avoid AM glare with sunglasses.

**Answers to the Fall Funnies on 7**  
 1. An autumn-mobile. 2. What a re-leaf! 3. A her-vest! 4. When it's full. 5. They stand by the fans. 6. With a pumpkin patch! 7. Pumpkin pi.

## Resident of the Month!

### Jeanette

Play any music and see Jeannette start strutting her stuff. She gets great joy out of music and it truly adds a zip in her hip. She is the proud mother of a daughter and son. Her face lights up when she is picked up for her weekly outing with her children.

Her sense of humor is contagious and leads to successful joy filled aging.



## Team Member of the Month!

### Faalava

Faalava is our employee of the month due to her hard working, no nonsense attitude. She is a strong, "get the job done", type of person. Faalava knows her stuff and is an incredible caregiver. We thank her for all that she does to make the Arbors create and sustain a comfortable caring environment for those who depend upon us.

# October 2018

Arbors Memory Care | 2121 E. Prater Way, Sparks, NV 89434 | 775-331-2229

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 9:30 Morning Stretch 11:00 Fancy Fingers 2:30 Bake Cookies 4:00 Hydrate & Relax 6:15 Game Time	2 9:30 Exercise Group 11:00 Scenic Bus Ride 2:30 Parachute Ball 4:00 Scenic Bus Ride 6:15 Game Time	3 9:30 Golden Walkers 11:00 Fancy Fingers 11:45 Lunch Bunch 2:30 Resident Council 4:00 Social Time 6:15 Game Time	4 9:30 Morning Stretch 11:00 Scenic Bus Ride 2:30 Bingo 4:00 Scenic Bus Ride 6:15 Crosswords	5 9:30 Exercise Group 11:00 Scenic Bus Ride 2:30 IN2L Choice 4:00 Happy Hour 6:15 Friday Flick	6 9:30 Golden Walkers 11:00 Bible Story 2:30 Noodle Ball 4:00 Fancy Fingers 6:15 Game Time
October feast 7 9:15 Church Service 10:00 Morning Stretch 11:00 Clay Shapes 2:30 Pretzels /Root Beer 4:00 Sunday Matinee 6:15 IN2L Choice	Columbus Day 8 9:30 Exercise Group 11:00 Fancy Fingers 2:30 Fall Painting 4:00 Hydrate & Relax 6:15 Game Time	9 9:30 Golden Walkers 11:00 Scenic Bus Ride 2:30 Sierra Arts 4:00 Scenic Bus Ride 6:15 Game Time	10 9:30 Morning Stretch 11:00 Fancy Fingers 11:45 Lunch Bunch 2:30 Decorate CC 4:00 Social Time 6:15 Game Time	11 9:30 Exercise Group 11:00 Moments of Memory Art 2:30 Bingo 4:00 Scenic Bus Ride 6:15 Life Story	12 9:30 Golden Walkers 11:00 Scenic Bus Ride 2:30 Birthday Bash 4:00 Happy Hour 6:15 Friday Flick	13 9:30 Morning Stretch 11:00 Men's Club 2:30 Guessing Game 4:00 Fancy Fingers 6:15 Game Time
Dessert Day 14 9:15 Church Service 10:00 Exercise Group 11:00 Blessing Bags 2:30 Sherbet Social 4:00 Sunday Matinee 6:15 IN2L Travel	15 9:30 Golden Walkers 11:00 Make Bracelets 2:30 Bake Muffins 4:00 Hydrate & Relax 6:15 Game Time	16 9:30 Morning Stretch 11:45 Lunch Bunch 2:30 R&B w/Catfish 4:00 Scenic Bus Ride 6:15 Game Time	17 9:30 Exercise Group 11:00 Fancy Fingers 2:30 Parachute Game 4:00 Social Time 6:15 Game Time	18 9:30 Golden Walkers 11:00 Scenic Bus Ride 2:30 Don K on Guitar 4:00 Scenic Bus Ride 6:15 Music Appreciation	19 9:30 Morning Stretch 11:00 Scenic Bus Ride 2:30 IN2L In History 4:00 Happy Hour 6:15 Friday Flick	20 9:30 Exercise Group 11:00 Bible Story 2:30 Pumpkin Spice 4:00 Fancy Fingers 6:15 Game Time
21 9:15 Church Service 10:00 Golden Walkers 11:00 Halloween Hunt 2:30 Button Tree Craft 4:00 Sunday Matinee 6:15 IN2L Games	22 9:30 Morning Stretch 11:00 Fancy Fingers 2:30 Leaf Stencils 4:00 Hydrate & Relax 6:15 Game Time	23 9:30 Exercise Group 11:00 Pumpkin Patch Visit 2:30 Make Kittens 4:00 Scenic Bus Ride 6:15 Game Time	Harvest Fun 24 9:30 Golden Walkers 11:00 Fancy Fingers 2:30 Fall Leaves 4:00 Decorating 6:00 Harvest Party	25 9:30 Morning Stretch 11:00 Moments of Memory Art 2:30 Bingo 4:00 Scenic Bus Ride 6:15 Hangman	26 9:30 Exercise Group 11:00 Scenic Bus Ride 2:30 Pumpkin Painting 4:00 Happy Hour 6:15 Great Pumpkin Charlie Brown	27 9:30 Golden Walkers 11:00 Men's Club 2:30 Pumpkin Fun 4:00 Fancy Fingers 6:15 Game Time
28 9:15 Church Service 10:00 Morning Stretch 11:00 Pumpkin Pong 2:30 Marble Painting 4:00 Sunday Matinee 6:15 IN2L Choice	29 9:30 Exercise Group 11:00 Noodle Ball 2:30 Make Cupcakes 4:00 Hydrate & Relax 6:15 Game Time	30 9:30 Golden Walkers 11:00 Scenic Bus Ride 2:45 Darius on Piano 4:00 Scenic Bus Ride 6:15 Game Time	31 9:30 Morning Stretch 11:00 Fancy Fingers 11:45 Fall Lunch Bunch 2:30 Trick or Treat 4:00 Social Time 6:15 Game Time	*12:15 pm 5:15 pm Aromatherapy *10:30 am, 3:00 pm & 7:00 pm Snacks & Hydration		