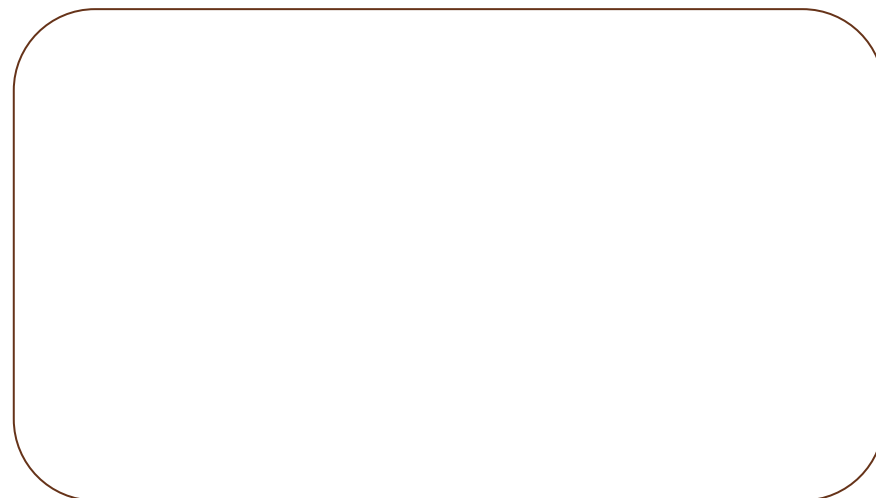




2121 E. Prater Way
Sparks, NV 89434



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HERE

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

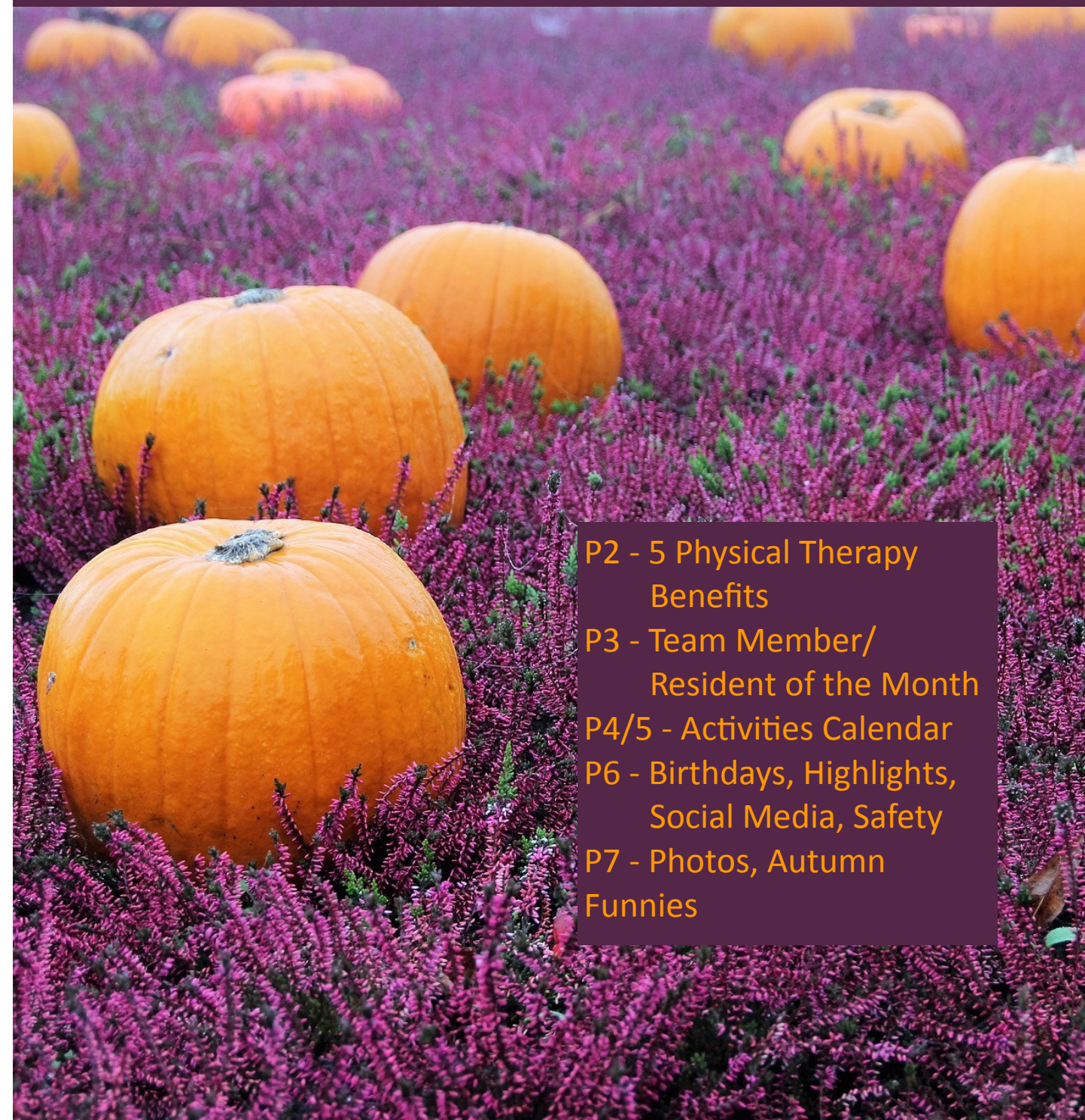
**Contact us at:
775-331-2229**

**Our mission is to create and sustain
comfortable, caring environments for
those who depend on us.**



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

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

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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[Radiant Senior Living on YouTube](#)

October Birthdays!



We hope you enjoy
your special day!

Betty, 10/5

Joan, 10/8

John, 10/12

Peter P., 10/12

Hildegard, 10/19

Harriet, 10/22

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
	<div>1</div> <div>9:30 Morning Stretch</div> <div>11:00 Fancy Fingers</div> <div>2:30 Bake Cookies</div> <div>4:00 Hydrate & Relax</div> <div>6:15 Game Time</div>	<div>2</div> <div>9:30 Exercise Group</div> <div>11:00 Scenic Bus Ride</div> <div>2:30 Parachute Ball</div> <div>4:00 Scenic Bus Ride</div> <div>615 Game Time</div>	<div>3</div> <div>9:30 Golden Walkers</div> <div>11:00 Fancy Fingers</div> <div>11:45 Lunch Bunch</div> <div>2:30 Resident Council</div> <div>4:00 Social Time</div> <div>6:15 Game Time</div>	<div>4</div> <div>9:30 Morning Stretch</div> <div>11:00 Scenic Bus Ride</div> <div>2:30 Bingo</div> <div>4:00 Scenic Bus Ride</div> <div>6:15 Crosswords</div>	<div>5</div> <div>9:30 Exercise Group</div> <div>11:00 Scenic Bus Ride</div> <div>2:30 IN2L Choice</div> <div>4:00 Happy Hour</div> <div>6:15 Friday Flick</div>	<div>6</div> <div>9:30 Golden Walkers</div> <div>11:00 Bible Story</div> <div>2:30 Noodle Ball</div> <div>4:00 Fancy Fingers</div> <div>6:15 Game Time</div>
<div>7</div> <div>October feast</div> <div>9:15 Church Service</div> <div>10:00 Morning Stretch</div> <div>11:00 Clay Shapes</div> <div>2:30 Pretzels /Root Beer</div> <div>4:00 Sunday Matinee</div> <div>6:15 IN2L Choice</div>	<div>8</div> <div>Columbus Day</div> <div>9:30 Exercise Group</div> <div>11:00 Fancy Fingers</div> <div>2:30 Fall Painting</div> <div>4:00 Hydrate & Relax</div> <div>6:15 Game Time</div>	<div>9</div> <div>9:30 Golden Walkers</div> <div>11:00 Scenic Bus Ride</div> <div>2:30 Sierra Arts</div> <div>4:00 Scenic Bus Ride</div> <div>615 Game Time</div>	<div>10</div> <div>9:30 Morning Stretch</div> <div>11:00 Fancy Fingers</div> <div>11:45 Lunch Bunch</div> <div>2:30 Decorate CC</div> <div>4:00 Social Time</div> <div>6:15 Game Time</div>	<div>11</div> <div>9:30 Exercise Group</div> <div>11:00 Moments of Memory Art</div> <div>2:30 Bingo</div> <div>4:00 Scenic Bus Ride</div> <div>6:15 Life Story</div>	<div>12</div> <div>9:30 Golden Walkers</div> <div>11:00 Scenic Bus Ride</div> <div>2:30 Birthday Bash</div> <div>4:00 Happy Hour</div> <div>6:15 Friday Flick</div>	<div>13</div> <div>9:30 Morning Stretch</div> <div>11:00 Men's Club</div> <div>2:30 Guessing Game</div> <div>4:00 Fancy Fingers</div> <div>6:15 Game Time</div>
<div>14</div> <div>Dessert Day</div> <div>9:15 Church Service</div> <div>10:00 Exercise Group</div> <div>11:00 Blessing Bags</div> <div>2:30 Sherbet Social</div> <div>4:00 Sunday Matinee</div> <div>6:15 IN2L Travel</div>	<div>15</div> <div>9:30 Golden Walkers</div> <div>11:00 Make Bracelets</div> <div>2:30 Bake Muffins</div> <div>4:00 Hydrate & Relax</div> <div>6:15 Game Time</div>	<div>16</div> <div>9:30 Morning Stretch</div> <div>11:45 Lunch Bunch</div> <div>2:30 R&B w/Catfish</div> <div>4:00 Scenic Bus Ride</div> <div>615 Game Time</div>	<div>17</div> <div>9:30 Exercise Group</div> <div>11:00 Fancy Fingers</div> <div>2:30 Parachute Game</div> <div>4:00 Social Time</div> <div>6:15 Game Time</div>	<div>18</div> <div>9:30 Golden Walkers</div> <div>11:00 Scenic Bus Ride</div> <div>2:30 Don K on Guitar</div> <div>4:00 Scenic Bus Ride</div> <div>6:15 Music Appreciation</div>	<div>19</div> <div>9:30 Morning Stretch</div> <div>11:00 Scenic Bus Ride</div> <div>2:30 IN2L In History</div> <div>4:00 Happy Hour</div> <div>6:15 Friday Flick</div>	<div>20</div> <div>9:30 Exercise Group</div> <div>11:00 Bible Story</div> <div>2:30 Pumpkin Spice</div> <div>4:00 Fancy Fingers</div> <div>6:15 Game Time</div>
<div>21</div> <div>9:15 Church Service</div> <div>10:00 Golden Walkers</div> <div>11:00 Halloween Hunt</div> <div>2:30 Button Tree Craft</div> <div>4:00 Sunday Matinee</div> <div>6:15 IN2L Games</div>	<div>22</div> <div>9:30 Morning Stretch</div> <div>11:00 Fancy Fingers</div> <div>2:30 Leaf Stencils</div> <div>4:00 Hydrate & Relax</div> <div>6:15 Game Time</div>	<div>23</div> <div>9:30 Exercise Group</div> <div>11:00 Pumpkin Patch Visit</div> <div>2:30 Make Kittens</div> <div>4:00 Scenic Bus Ride</div> <div>615 Game Time</div>	<div>24</div> <div>Harvest Fun</div> <div>9:30 Golden Walkers</div> <div>11:00 Fancy Fingers</div> <div>2:30 Fall Leaves</div> <div>4:00 Decorating</div> <div>6:00 Harvest Party</div>	<div>25</div> <div>9:30 Morning Stretch</div> <div>11:00 Moments of Memory Art</div> <div>2:30 Bingo</div> <div>4:00 Scenic Bus Ride</div> <div>6:15 Hangman</div>	<div>26</div> <div>9:30 Exercise Group</div> <div>11:00 Scenic Bus Ride</div> <div>2:30 Pumpkin Painting</div> <div>4:00 Happy Hour</div> <div>6:15 Great Pumpkin Charlie Brown</div>	<div>27</div> <div>9:30 Golden Walkers</div> <div>11:00 Men's Club</div> <div>2:30 Pumpkin Fun</div> <div>4:00 Fancy Fingers</div> <div>6:15 Game Time</div>
<div>28</div> <div>9:15 Church Service</div> <div>10:00 Morning Stretch</div> <div>11:00 Pumpkin Pong</div> <div>2:30 Marble Painting</div> <div>4:00 Sunday Matinee</div> <div>6:15 IN2L Choice</div>	<div>29</div> <div>9:30 Exercise Group</div> <div>11:00 Noodle Ball</div> <div>2:30 Make Cupcakes</div> <div>4:00 Hydrate & Relax</div> <div>6:15 Game Time</div>	<div>30</div> <div>9:30 Golden Walkers</div> <div>11:00 Scenic Bus Ride</div> <div>2:45 Darius on Piano</div> <div>4:00 Scenic Bus Ride</div> <div>615 Game Time</div>	<div>31</div> <div>9:30 Morning Stretch</div> <div>11:00 Fancy Fingers</div> <div>11:45 Fall Lunch Bunch</div> <div>2:30 Trick or Treat</div> <div>4:00 Social Time</div> <div>6:15 Game Time</div>	<div>*12:15 pm 5:15 pm</div> <div>Aromatherapy</div> <div>*10:30 am, 3:00 pm & 7:00 pm</div> <div>Snacks & Hydration</div>		