



2121 E. Prater Way  
Sparks, NV 89434



STAMP  
HERE

**Administrative Team:**

**Barb Heywood**

Executive Director

**Suzie K.**

Community Relations Director

**Barbara Fraide**

Business Office Director

**Sarah Conroy and**

**Joe Kovarik**

Wellness Nurse

**Lisa Erck**

Wellness Coordinator

**Flor Martinez**

Dinning Services Director

**Viki Lowrey**

Life Enrichment Director

**Contact us at:**

**775-331-2229**



# The Arbors Bulletin

## Arbors Memory Care Monthly News



**P2 Flu Prevention Steps for Seniors**  
**P3 Team Member/Resident of the Month**  
**P4/P5 Activities Calendar**

**P6 Birthdays, Highlights, Social Media**  
**P7 Photos, The Best Dish**  
**P8 Mission, Team**

## November 2018 Edition



# Flu Prevention Steps for Seniors

It's that time of year again! The leaves are falling and the air has a chill that gets us excited about wearing our sweaters and coats. Unfortunately, it's also when the flu virus begins to make its rounds—and it typically continues through February.

People of all ages and walks of life can catch the flu, but those over 65 or at home in senior living communities are among those particularly at risk for flu-related complications like pneumonia, bronchitis, and sinusitis.

The good news is seniors can take actions to avoid the flu—the best of which, for many, is getting an annual flu shot early in flu season. It takes two weeks to become fully effective.

Those who wish to get the flu shot should consult their medical professionals, disclose allergies to them, and not consider this article medical advice. Those with a history of Guillain-Barré Syndrome should not get the shot, per the CDC.

Seniors can certainly benefit from learning about flu and, thus, avoid coming into contact with it or spreading it. The flu is a contagious respiratory illness brought on by influenza viruses A,B,C, and D, which infect the nose,



throat, and lungs. Flu is believed to spread through tiny droplets when people with flu cough, sneeze, or talk. The droplets can transfer to mouths or noses of those nearby or reach a surface (and live there for two hours or more) that another person may touch and transfer to their own mouth, nose, or eyes.

People with flu are most contagious in the first three to four days after their

illness starts, and they can pass it to another person before or while knowing they are sick. The time between exposure and infection is usually two days, but can be one to four.

Best practices for preventing the flu, in addition to those previously mentioned, include

avoiding close contact with others who are sick; covering mouth and nose with a tissue when coughing or sneezing; washing hands with soap and warm water for 15 to 20 seconds, several times a day, and definitely after coughing or sneezing; sanitizing hands if water is not available; and avoiding contact with eyes, nose, and mouth.

For more information, please visit [CDC.gov](https://www.cdc.gov).

**Differences Between a Flu and a Cold**  
**Flu is fast-coming and usually brings on fever, chills, cough, body aches, headaches, and tiredness. Flu only sometimes includes sneezing, sore throat, and/or stuffy nose. Flu can be tested for, and antiviral drugs do exist for it.**  
**A cold brings gradual effects including a runny or stuffy nose, chest discomfort, a cough, sore throat, sneezing, and sometimes fatigue and aches. Colds do not often bring chills, fever, or headaches. (CDC)**

## “When I say I want to photograph someone, what it really means is that I’d like to know them.” - Annie Leibovitz



## The Best Autumn Dish

We asked around, “What’s the best autumn dish?”

“Pumpkin Pie”  
- Louise

“Sweet Potatoes”  
- Jackie

“Cookies”  
- Lee

“Turkey Dinner”  
Ron

“Chicken Noodle Soup”  
- Harriet



# November Highlights

- November 1: National Calzone Day
- November 2: Monthly Birthday Party
- November 2: National Jersey Friday
- November 3: National Sandwich Day
- November 4: Candy Day
- November 5: National Doughnut Day
- November 6: Freedom to Choose Day
- November 8: National Cappuccino Day
- November 10: Vanilla Cupcake Day
- November 11: Veterans Day
- November 15: National Bundt Cake Day
- November 16: Button Day
- November 17: Thanksgiving Luncheon
- November 20: Peanut Butter Fudge Day
- November 21: Gingerbread Cookie Day
- November 22: Thanksgiving Day
- November 25: National Parfait Day
- November 26: National Cake Day
- November 28: French Toast Day
- November 29: Square Dance Day

# Happy Birthday

to all with November birthdays!

Dottie, November 5  
Kitty, November 10  
Marigene, November 15  
Alberta, November 16

## No-Bake Peanut Butter Fudge Squares

Recipe modified from All Recipes' one

### Ingredients:

- 1/2 cup of butter
- 16 ounces of brown sugar
- 1/2 cup of milk
- 3/4 cup of peanut butter
- 1 teaspoon of vanilla
- 3 and 1/2 cups of confectioners sugar



### Steps:

- In saucepan, on medium heat, melt butter.
- Add brown sugar and milk and stir.
- Bring to a boil for two minutes while stirring.
- Move from heat.
- Mix in vanilla and peanut butter.
- Pour on top of confectioners sugar in a big mixing bowl.
- Beat together until smooth.
- Pour into a pan that is 8x8.

Follow us on Social Media:

[Facebook.com/ArborsMemoryCare](#)

[Blog.radiantseniorliving.com](#)

[Radiantsrliving on Instagram](#)

[Radiantvoices on Instagram](#)

[RadiantSrLiving on Twitter](#)

[Pinterest.com/radiantsrliving](#)

[Radiant Senior Living on YouTube](#)

## Resident of the Month

### Jim

Jim is a true outdoors man at heart. His passions were water skinning, dune bugging, camping, hiking, cars and trucks. As a lineman and engineer for Pacific Bell he was respected for always getting the job done. Jim married the love of his life Michelle 45 years ago and they enjoyed traveling extensively throughout the USA. We honor Jim and thank him for service in our US Navy. This kind man appludes us all with his great smile.



## Team Member of the Month!

### Viki

As Septembers Employee of the Month, we recognize Viki, Arbors Memory Care Life Enrichment Director. Viki has worked at the Arbors for 6 years and of those 6 years, she has brought much joy to our resident, families and employees, by ensuring that every day is full of fun, pleasure, recreation and leisure. Viki does it effortlessly. And when it comes to planning a program or special event, she has such a calming, "we can do it" attitude that everyone has a good time, even in the mist of chaos.

2018 National Assisted Living Week which was held the week of September 9th was themed by the National Center for Assisted Living as "Capture the Moment". Viki took it upon herself to ensure that each staff had a great time every day of the week with raffle prizes, candy bars, contests, and donuts.

Thank you Viki for you and your staff bringing joy to the Arbors every day!



# November 2018

Arbors Memory Care 2121 E. Prater Way, Sparks, NV 775-3-331-2229

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<div>1</div> <div>9:30 Morning Stretch</div> <div>11:00 Social Time</div> <div>2:30 Bingo</div> <div>4:00 Table Games</div> <div>6:15 Golf</div>	<div>2</div> <div>9:30 Exercise Group</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>3</div> <div>9:30 Golden Walkers</div> <div>11:00 Sadie Hawkins</div> <div>2:30 Gratitude A to Z</div> <div>4:00 Fancy Fingers</div> <div>6:15 Turkey Plate Craft</div>
<div>4</div> <div>9:15 Church Service</div> <div>10:00 Exercise Group</div> <div>11:00 Puzzles</div> <div>2:30 Autumn Charades</div> <div>4:00 Sunday Sports</div> <div>6:15 Coloring</div>	<div>5</div> <div>9:30 Morning Stretch</div> <div>11:00 Noodle Ball</div> <div>2:30 Golf</div> <div>4:00 Social Hour</div> <div>6:15 Game Time</div>	<div>Election Day 6</div> <div>9:30 Exercise Group</div> <div>11:00 Scenic Bus Ride</div> <div>2:30 Fall Coloring</div> <div>4:00 Scenic Bus Ride</div> <div>6:15 Game Time</div>	<div>7</div> <div>9:30 Golden Walkers</div> <div>11:00 Fancy Fingers</div> <div>11:45 Lunch Bunch</div> <div>2:30 Resident Council / Maracas Making</div> <div>4:00 Crossword</div> <div>6:15 Pumpkin Pies</div>	<div>8</div> <div>9:30 Morning Stretch</div> <div>11:00 Scenic Bus Ride</div> <div>2:30 Art Class</div> <div>4:00 Scenic Bus Ride</div> <div>6:15 Tic-tac-toe</div>	<div>9</div> <div>9:30 Exercise Group</div> <div>11:00 Scenic Bus Ride</div> <div>2:30 Sensory Science</div> <div>4:00 Happy Hour</div> <div>6:15 Friday Flick</div>	<div>10</div> <div>9:30 Golden Walkers</div> <div>11:00 Bible Story</div> <div>2:30 Sigma Kappa Craft</div> <div>4:00 Fancy Fingers</div> <div>6:15 Autumn Tree</div>
<div>Veterans Day 11</div> <div>9:15 Church Service</div> <div>10:00 Exercise Group</div> <div>11:00 Poppy Remembrance</div> <div>2:30 Veterans Day Craft</div> <div>4:00 Sunday Sports</div> <div>6:15 IN2L Travel</div>	<div>12</div> <div>9:30 Morning Stretch</div> <div>11:00 Play Doug Apple</div> <div>2:30 Make thank you cards</div> <div>4:00 Social Hour</div> <div>6:15 Game Time</div>	<div>Caregiver Appreciation 13</div> <div>9:30 Exercise Group</div> <div>11:00 Scenic Bus Ride</div> <div>2:30 Sierra Arts</div> <div>4:00 Scenic Bus Ride</div> <div>6:15 Game Time</div>	<div>14</div> <div>9:30 Golden Walkers</div> <div>11:00 Fancy Fingers</div> <div>11:45 Lunch Bunch</div> <div>2:30 Make Puzzles</div> <div>4:00 Crossword</div> <div>6:15 Apple Cider Social</div>	<div>15</div> <div>9:30 Morning Stretch</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 Puzzles</div>	<div>16</div> <div>9:30 Exercise Group</div> <div>11:00 Scenic Bus Ride</div> <div>2:30 Music w/ Ray</div> <div>4:00 Happy Hour</div> <div>6:15 Friday Flick</div>	<div>World Peace Day 17</div> <div>9:30 Golden Walkers</div> <div>12:30 Family Thanksgiving Luncheon</div> <div>2:30 Turkey Prints</div> <div>4:00 Fancy Fingers</div> <div>6:15 Leaf Critter</div>
<div>18</div> <div>9:15 Church Service</div> <div>10:00 Exercise Group</div> <div>11:00 Stuff the Turkey</div> <div>2:30 Painting &amp; Wine</div> <div>4:00 Sunday Sports</div> <div>6:15 Coloring</div>	<div>19</div> <div>9:30 Morning Stretch</div> <div>11:00 Gratitude Leaf Garland</div> <div>2:30 Candy Corn Turkey</div> <div>4:00 Social Hour</div> <div>6:15 Game Time</div>	<div>20</div> <div>9:30 Exercise Group</div> <div>11:00 Scenic Bus Ride</div> <div>2:30 R&amp;B w/Catfish</div> <div>4:00 Scenic Bus Ride</div> <div>6:15 Game Time</div>	<div>21</div> <div>9:30 Golden Walkers</div> <div>11:00 Fancy Fingers</div> <div>11:45 Lunch Bunch`</div> <div>2:30 Turkey Craft</div> <div>4:00 Crossword</div> <div>6:15 Chocolate Pretzels</div>	<div>Thanksgiving Day 22</div> <div>8:00 Parade</div> <div>11:00 Football</div> <div>2:30 Bingo</div> <div>4:00 Family Time</div> <div>6:15 Turkey Scramble</div>	<div>23</div> <div>9:30 Exercise Group</div> <div>11:00 Scenic Bus Ride</div> <div>2:30 Sensory Science</div> <div>4:00 Happy Hour</div> <div>6:15 Friday Flick</div>	<div>24</div> <div>9:30 Golden Walkers</div> <div>11:00 Bible Story</div> <div>2:30 Make Birdfeeders</div> <div>4:00 Fancy Fingers</div> <div>6:15 Leaf Colors</div>
<div>25</div> <div>9:15 Church Service</div> <div>10:00 Exercise Group</div> <div>11:00 Football Flick</div> <div>2:30 Table Ping Pong</div> <div>4:00 Sunday Sports</div> <div>6:15 IN2L Travel</div>	<div>Cake Day 26</div> <div>9:30 Morning Stretch</div> <div>11:00 Fancy Fingers</div> <div>2:30 Cake Fun</div> <div>4:00 Social Hour</div> <div>6:15 Game Time</div>	<div>27</div> <div>9:30 Exercise Group</div> <div>11:00 Scenic Bus Ride</div> <div>2:30 Music w/Joe</div> <div>4:00 Scenic Bus Ride</div> <div>6:15 Game Time</div>	<div>28</div> <div>9:30 Golden Walkers</div> <div>11:00 Fancy Fingers</div> <div>11:45 Lunch Bunch</div> <div>2:30 IN2L Brain Games</div> <div>4:00 Crossword</div> <div>6:15 Sugar Cookies</div>	<div>29</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 Crossword</div>	<div>30</div> <div>9:30 Exercise Group</div> <div>11:00 Scenic Bus Ride</div> <div>2:30 IN2L Trivia Games</div> <div>4:00 Happy Hour</div> <div>6:15 Friday Flick</div>	<div>*12:15 pm 5:15 pm Aromatherapy</div> <div>*10:30 am, 3:00 pm &amp; 7:00 pm Snacks &amp; Hydration</div>