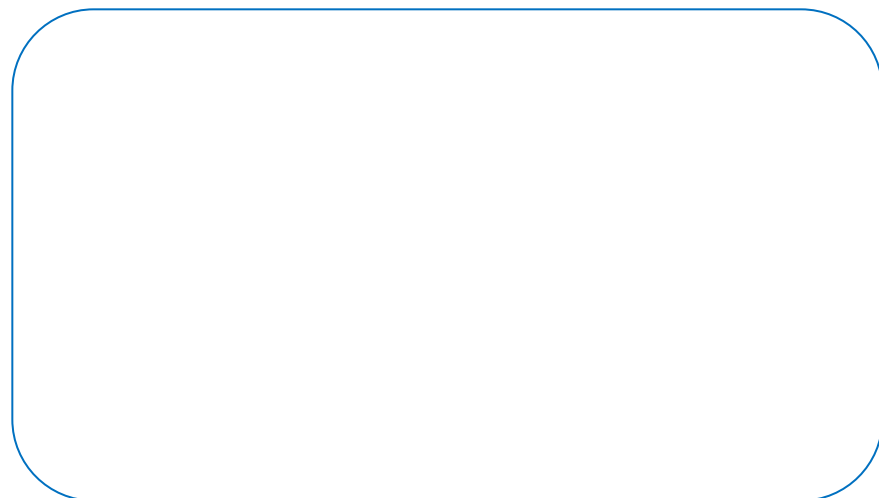




2121 E. Prater Way
Sparks, NV 89434

PLACE
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HERE



Administrative Team:

Barb Heywood

Executive Director

Suzie K.

Community Relations Director

Barbara Fraide

Business Office Director

Sarah Conroy & Joe Kovarik

Wellness Director

Lisa Erck and Sam Goodrich

Wellness Coordinators

Flor Martinez

Dinning Services Director

Viki Lowrey

Life Enrichment Director

Mike Hoos

Maintenance 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



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Life-Changing New Year's Resolutions

Setting New Year's resolutions is pretty easy, but sticking to them can be a challenge. For extra incentive to follow through on goals in 2019, check out these big-reward resolutions!

Take a Daily "Me Moment" to Breathe

Every day, make time (even if it is one actual minute) to connect with yourself. Close your eyes, sit up straight, relax your body, and breathe in through your nose and out deeply through your mouth. You'll feel the benefits instantly.

Become an Active Listener

For this one, you do yourself a favor and the person with whom you're conversing. Maintain eye contact, really hear what the other person is saying, and think before responding. Your conversations will become much more meaningful.

Only Apologize When it's Appropriate

People of all ages and walks of life can struggle with apologizing when another word or phrase would better communicate a feeling. Examples: pardon me, excuse me, thank you, that sounds very difficult, how frustrating, I would prefer, might I suggest...Doing so can raise self-esteem and help with communication.

Reach Out to a Friend

In certain instances, distance or time can put



wedges into relationships. Other times, they don't, but we perceive that they have! Take the first step and reach out to a friend with a note or a call to let them know you care, are there for them, or that you miss them.

Thoughtfully Avoid Judging Others

Sometimes, people judge things or actions without even realizing it. Try to change your thought process if you start to judge. It will make you more empathetic and

understanding, and can improve relationships.

Avoid Looking at Screens Before Bedtime

This one is a challenge. It's hard for many to disconnect, but doing so can vastly improve how fast you are able to get to sleep, and your sleep quality. Try some reading before bed if you need to busy your mind.

Take a Daily Walk

Taking a walk every day can improve overall health and well-being. It can be as simple as you want and may just brighten your day.

Share Your Knowledge or a Skill

People often have the resolution to learn a new skill, but how about teaching one? Everyone has their areas of expertise and what could be nicer than sharing them for free with those who would like to learn?!

Let us know your resolutions! We will post them in the newsletter next month!

Special Moments



What type of creative outlet or artist most inspires you?

"Reading"

- Louise

"Spending time with family"

- Gayla

"Collecting Books"

- Chuck

"Bus Rides"

- Lois

"Family History"

- Isabell

"Music"

- Harriet

January Highlights

- 1 New Year's Day
- 3 National Chocolate Day
- 4 Spaghetti Day / Trivia Day
- 5 Whipped Cream Day
- 6 Shortbread Day / Technology Day
- 8 Sierra Arts Foundation Music
- 9 Law Enforcement Appreciation Day
- 11 Monthly Birthday Bash
- 15 Music with Catfish Carl
- 16 Fig Newton Day
- 17 National Hot Buttered Rum Day
- 19 National Popcorn Day
- 20 Cheese Lover's Day
- 21 Martin Luther King Jr. Day
- 23 Family Dinner & Education
- 26 National Peanut Brittle Day
- 27 National Chocolate Cake Day
- 28 Blueberry Pancake Day / Kazoo Day
- 29 National Corn Chip Day
- 30 Croissant Day
- 31 Inspire your Heart with the Arts D

Wishing You A Joyous New Year

2019

We're online @

- ◆ Facebook.com/ArborsMemoryCare
- ◆ Blog.radiantseniorliving.com
- ◆ [Radiantsrliving & Radiantvoices on Instagram](#)
- ◆ [RadiantSrLiving on Twitter](#)
- ◆ Pinterest.com/radiantsrliving
- ◆ [Radiant Senior Living on YouTube](#)

Chuckle of the Month:

“Plant carrots in January and you'll never have to eat carrots.” - Gardening Saying

January Birthdays!



We wish you a very Happy Birthday!
Join Us for our Monthly Birthday Bash!

Isabell, January 3

Gayla, January 6

Resident of the Month!

Gloria

This Basque woman from Ely, NV was a registered nurse for 75 years. Her great devotion to medicine is only surpassed by her endless devotion to family and friends. She cared for her brother John, who had special needs and fostered his love for woodworking. Gloria served with other Basque friends on the Board of Directors for the Reno Basque Club, helped to coordinate the annual Basque Festival with the goal of preserving Basque heritage. Her outgoing, compassionate, and outspoken spirit envelops all of us at the Arbors.

You Are Loved!




Team Member of the Month!
x
Decker

Much of life's success and happiness is based on positive interactions. Decker connects well with residents and is able to anticipate and respond to their needs efficiently. Her coworkers can depend on her willingness to be of assistance no matter what. She is always up to any challenge that is given to her, with an incredible smile on her face. She really is an amazing, hard working team member.

Thank You For All You Do!

January 2019

Arbors Memory Care • 2121 E. Prater Way, Sparks NV 89436 • 775-331-2229

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
		New Year's Day ¹ 9:30 Exercise Group 11:00 Tea & Social 2:30 Oreo Truffles 4:00 Scenic Bus Ride 6:15 Scrap Book	² 9:30 Golden Walkers 11:00 Fancy Fingers 11:45 Lunch Bunch 2:30 IN2L Hangman 4:00 Hydrate & Relax 6:15 Game Time	³ 9:30 Morning Stretch 11:00 Scenic Bus Ride 2:30 Bingo 4:00 Scenic Bus Ride 6:15 IN2L Hangman	⁴ 9:30 Exercise Group 11:00 Scenic Bus Ride 2:30 Sand Science 4:00 Happy Hour 6:15 Friday Flick	⁵ 9:30 Golden Walkers 11:00 Ping Pong 2:30 Orange Clove 4:00 Fancy Fingers 6:15 Games
⁶ 9:15 Church Service 10:00 Exercise Group 11:00 Newspaper Chat 2:30 Ice Cream Cones 4:00 Decorate Cookies 6:15 Free Paint	⁷ 9:30 Morning Stretch 11:00 Sunshine Visits 2:30 Piano w/Joe 4:00 Hot Cocoa Social 6:15 Soda Snowflakes	⁸ 9:30 Exercise Group 11:00 Scenic Bus Ride 2:30 Sierra Arts 4:00 Scenic Bus Ride 6:15 Dog Biscuits	⁹ 9:30 Golden Walkers 11:00 Fancy Fingers 11:45 Lunch Bunch 2:30 IN2L Hangman 4:00 Hydrate & Relax 6:15 Game Time	¹⁰ 9:30 Morning Stretch 11:00 Scenic Bus Ride 2:30 Bingo 4:00 Scenic Bus Ride 6:15 Vintage Photos	¹¹ 9:30 Exercise Group 11:00 Scenic Bus Ride 2:30 Birthday Bash 4:00 Happy Hour 6:15 Friday Flick	¹² 9:30 Golden Walkers 11:00 Handprint Mural 2:30 Table Top Q's 4:00 Free Paint 6:15 Games
¹³ 9:15 Church Service 10:00 Exercise Group 11:00 Fancy Nails 2:30 Pictionary 4:00 Coloring 6:15 IN2L Trivia	¹⁴ 9:30 Morning Stretch 11:00 Sunshine Visits 2:30 IN2L Games 4:00 Hot Cocoa Social 6:15 Snowy Tree	¹⁵ 9:30 Exercise Group 11:00 Scenic Bus Ride 2:30 R&B w/Catfish 4:00 Scenic Bus Ride 6:15 Scrap Book	¹⁶ 9:30 Golden Walkers 11:00 Fancy Fingers 11:45 Lunch Bunch 2:30 IN2L Games 4:00 Hydrate & Relax 6:15 Game Time	¹⁷ 9:30 Morning Stretch 11:00 Scenic Bus Ride 2:30 Don K on Guitar 4:00 Scenic Bus Ride 6:15 Music Social	¹⁸ 9:30 Exercise Group 11:00 Scenic Bus Ride 2:30 Music w/Ray 4:00 Happy Hour 6:15 Friday Flick	¹⁹ 9:30 Golden Walkers 11:00 Men's Social 2:30 Mini Pizzas 4:00 Fancy Fingers 6:15 Games
²⁰ 9:15 Church Service 10:00 Exercise Group 11:00 Darts 2:30 Picasso & Wine 4:00 Cookies 6:15 Free Paint	MLK Day ²¹ 9:30 Morning Stretch 11:00 Sunshine Visits 2:30 Animal Collage 4:00 Hot Cocoa Social 6:15 Snow Globe Paint	²² 9:30 Exercise Group 11:00 Scenic Bus Ride 2:30 Joe on Guitar 4:00 Scenic Bus Ride 6:15 Dog Toys	²³ 9:30 Golden Walkers 11:00 Fancy Fingers 11:45 Lunch Bunch 2:30 IN2L Games 4:00 Hydrate & Relax 5-7 Family Ed and din-	²⁴ 9:30 Morning Stretch 11:00 Scenic Bus Ride 2:30 Bingo 4:00 Scenic Bus Ride 6:15 Puzzles	²⁵ 9:30 Exercise Group 11:00 Scenic Bus Ride 2:30 Valentine Craft 4:00 Happy Hour 6:15 Friday Flick	²⁶ 9:30 Golden Walkers 11:00 Balloon Noodle 2:30 IN2L Music 4:00 Fancy Fingers 6:15 Games
²⁷ 9:15 Church Service 10:00 Exercise Group 11:00 Crossword Puzzles 2:30 Indoor Beach Day 4:00 Coloring 6:15 IN2L Trivia	²⁸ 9:30 Morning Stretch 11:00 Sunshine Visits 2:30 Winter Art 4:00 Hot Cocoa Social 6:15 Snowy Paint	²⁹ 9:30 Exercise Group 11:00 Scenic Bus Ride 2:30 Circle Art 4:00 Scenic Bus Ride 6:15 Scrap Book	³⁰ 9:30 Golden Walkers 11:00 Fancy Fingers 11:45 Lunch Bunch 2:30 IN2L Games 4:00 Hydrate & Relax 6:15 Game Time	³¹ 9:30 Morning Stretch 11:00 Scenic Bus Ride 2:30 Bingo 4:00 Scenic Bus Ride 6:15 Ring Toss	*2:15 pm 5:15 pm Aromatherapy *10:30 am, 3:00 pm & 7:00 pm Snacks & Hydration	