



2121 E. Prater Way
Sparks, NV 89434

PLACE
STAMP
HERE



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



The Arbors Bulletin

Arbors Memory Care Monthly News



February 2019

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Show Yourself Some Love: Prioritize Heart Health

The month of cupid, candy, and hearts isn't just about love, but also about showing yourself you care by prioritizing your heart health. February has been associated with hearts since Valentines were mass produced in the United States in 1847. In addition, since 1963, February has also been designated American Heart Month in the U.S.



each week—That's just around 20 minutes per day! Aerobic activity should be done in bouts of at least 10 minutes.

Eat Better

Is the way to your heart through your stomach? The Mayo Clinic recommends eating more vegetables and

fruits as they have substances that may help cardiovascular health. They also recommend whole grains such as whole-grain bread and high-fiber cereals. Monitoring sodium is also important. Items high in salt include tomato juice, soy sauce, and many prepared foods.

Manage Cholesterol

Getting active and eating better will go a long way in helping you achieve this final suggestion for better heart health, managing cholesterol! The first step in improving cholesterol is to seek out a medical professional to find your levels for both cholesterol types. If your bad cholesterol (LDL) is high, make sure to have a health professional help you to monitor it.

Give yourself a Valentine this February with a commitment to improving your overall heart health!

Note: Each individual should follow their medical professional or doctor's advice and speak with them before making diet or exercise changes.

In his Proclamation 3566, former President Lyndon B. Johnson called out a "nationwide problem of heart and blood-vessel diseases" and urged citizens to support programs toward a solution to the problem of heart disease.

Heart disease can be fought. The first step is knowing risks that lead to poor heart health, which include: high blood pressure, high cholesterol, smoking, diabetes, obesity, being overweight, following a poor diet, physical inactivity, and excessive alcohol use.

In addition to quitting smoking and decreasing excessive alcohol consumption, actions can be taken to reduce such risks.

Get Active

Getting out for a daily walk is not only good for mental health and weight management, but also for heart health! The World Health Organizations says adults over 65 should do at least 150 minutes of moderate-intensity aerobic physical activity

Special Moments



The Sweetest Acts of Kindness We've Seen

" Arbors Staff"

- Marva

"People who care for Abandoned Animals" -Lois

"My Dad Helping a Cow Birth a Calf"

- Jim

"My Wife Giving Me a Smooch"

- Peter C.

"Hugs"

- Lorna

"One Resident Covering Another Resident with a Blanket"

- Viki

February 17 celebrates Random Acts of Kindness!

February Highlights

- 2 Ground Hog Day
- 3 Feed the Birds Day
- 4 Thank a Mailman Day
- 6 Chopsticks Day
- 7 Send a Card to a Friend Day
- 8 Kite Flying Day
- 9 National Pizza Day
- 11 Make a Friend Day
- 11 Inventors Day
- 12 Search for Pennies Day
- 14 Valentine’s Day
- 15 Susan B. Anthony Day
- 17 Random Acts of Kindness Day
- 18 President’s Day
- 19 Chocolate Mint Day
- 20 Cherry Pie Day
- 20 Love Your Pets Day
- 21 Card Reading Day
- 22 George Washington’s Birthday
- 23 Tennis Day
- 24 Tortilla Chip Day

- 26 Pistachio Day
- 27 Polar Bear Day
- 28 Floral Design Day
- 28 Tooth Fairy Day

- We’re online @
- ♦ Facebook.com/ArborsMemoryCare
 - ♦ Blog.radiantseniorliving.com
 - ♦ Radiantsrliving & Radiantvoices on Instagram
 - ♦ RadiantSrLiving on Twitter
 - ♦ Pinterest.com/radiantsrliving
 - ♦ Radiant Senior Living on YouTube

Oh Special Wintry Days:
"Winter came down to our home one night
Quietly pirouetting in on silvery-toed slippers of snow,
And we, we were children once again."
- Bill Morgan, Jr.

February Birthdays!



**We wish you
a very Happy Birthday!**

Barbara J., February 1
Marty, February 4
Virginia, February 11

**Celebrate with us
February 8th at 2:30 pm**

Resident of the Month! Bob

It is an honor to share Bob with everyone as resident of the month. Originally from Arkansas, this Western Pacific /Union Pacific railroad conductor ended up making his home in Portola, CA. He loved taking his kids and grandkids to ball games, coached Little League, and enjoyed hunting and fishing. Bob and his beloved wife traveled to every state with the exception of South Dakota. We would like to thank Bob for his service in the Air Force. This man has a huge heart and is deeply loved by family; which was evidenced by the largest family turn out ever for one resident during our Family Thanksgiving luncheon.

You Have Won All Our Hearts Bob!







Team Member of the Month! Lisa

We are privileged to work with this leader and to celebrate her as team member of the month. Although she an amazing worker when she is in our community; her first love and passion is her family and extended family. She not only exemplifies the values of Arbors but lives a total balanced life by walking her faith. Her 20 plus years in the elder care industry gives her the experience and connections to be an effective worker, co-worker. trainer, and wellness coordinator. She is always ready to step up to the plate whenever needed and maintains a high standard of care. Thank you for the incredible job you do everyday.

We absolutely love you.!

February 2019

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					Wear Red Day 1 9:30 Morning News 10:00 Exercise Group 11:00 Scenic Drive 2:00 iN2L Time 2:30 Challenges 4:00 Happy Hour 6:15 Friday Flick 7:15 Evening Relax	Ground Hog Day 2 9:30 Morning Updates 10:00 Golden Walkers 11:00 Trivia 2:00 iN2L Time 2:30 Golf 4:00 Fancy Fingers 6:15 Chocolate Pretzels 7:15 Evening Relax
Super Bowl Sunday 3 9:15 Church Service 10:00 Exercise Group 11:00 Creative Bingo 2:00 iN2L Time 2:30 Football Toss 4:00 Super Bowl Time 6:15 Heart Creature 7:15 Evening Relax	4 9:30 Monday Updates 10:00 Morning Stretch 11:00 Fancy Nails 2:00 iN2L Time 2:30 Piano with Joe K. 4:00 Ice Cream Social 6:15 Pop-Up Cards 7:15 Evening Relax	Chinese New Year 5 9:30 Thankful Tuesdays 10:00 Exercise Group 11:00 Scenic Drive 2:00 Reminiscing 2:30 Bingo 4:00 Scenic Drive 6:15 Stuffed Hearts 7:15 Evening Relax	6 9:30 Morning News 10:00 Golden Walkers 11:00 Sunshine Visits 11:45 Lunch Bunch 2:00 Resident Council 2:30 Trivia, Jokes, & More 4:00 Game Time 6:15 Scrap Book 7:15 Evening Relax	7 9:30 Morning Updates 10:00 Morning Stretch 11:00 Scenic Drive 2:00 iN2L Time 2:30 Bingo 4:00 Scenic Drive 6:15 Creative Cards 7:15 Evening Relax	Monthly Birthdays 8 9:30 Morning News 10:00 Exercise Group 11:00 Scenic Drive 2:00 iN2L Time 2:30 Birthday Bash 4:00 Happy Hour 6:15 Friday Flick 7:15 Evening Relax	9 9:30 Morning Updates 10:00 Golden Walkers 11:00 Valentine Crisps 2:00 iN2L Time 2:30 Music W/Sherwood 4:00 Fancy Fingers 6:15 Valentine Drinks 7:15 Evening Relax
Grammy Awards 10 9:15 Church Service 10:00 Exercise Group 11:00 Cupids Cup 2:00 Radiant Expressions 4:00 Music Awards 6:15 Yarn Hearts 7:15 Evening Relax	11 9:30 Monday Updates 10:00 Morning Stretch 11:00 Sunshine Visits 2:00 iN2L Time 2:30 Sweet Treats 4:00 Hydrate & Relax 6:15 Valentine's Grams 7:15 Evening Relax	12 9:30 Thankful Tuesdays 10:00 Exercise Group 11:00 Scenic Drive 2:00 Reminiscing 2:30 Sierra Arts Music 4:00 Scenic Drive 6:15 Floral Arrangement 7:15 Evening Relax	13 9:30 Morning News 10:00 Golden Walkers 11:00 Sunshine Visits 11:45 Lunch Bunch 2:00 iN2L Time 2:30 Radio On 4:00 Game Time 6:15 Scrap Book 7:15 Evening Relax	Valentine's Day 14 9:30 Morning Updates 10:00 Morning Stretch 11:00 Scenic Drive 2:00 iN2L Time 2:30 Valentine's Party 4:00 Scenic Drive 6:15 Valentine Trivia 7:15 Evening Relax	15 9:30 Morning News 10:00 Exercise Group 11:00 Scenic Drive 2:00 iN2L Time 2:30 Music w/Ray 4:00 Happy Hour 6:15 Friday Flick 7:15 Evening Relax	16 9:30 Morning Updates 10:00 Golden Walkers 11:00 Table Tennis 2:00 iN2L Time 2:30 Pictionary 4:00 Fancy Fingers 6:15 Brownies 7:15 Evening Relax
Kindness Day 17 9:15 Church Service 10:00 Exercise Group 11:00 Balloon Noodle 2:00 iN2L Time 2:30 Blessing Bags 4:00 iN2L Trivia 6:15 Free Paint 7:15 Evening Relax	President's Day 18 9:30 Monday Updates 10:00 Morning Stretch 11:00 Sensory Boxes 2:00 iN2L Time 2:30 President History 4:00 Ice Cream Social 6:15 Patriotic Berries 7:15 Evening Relax	Full Snow Moon 19 9:30 Thankful Tuesdays 10:00 Exercise Group 11:00 Scenic Drive 2:00 Reminiscing 2:30 Music by Catfish 4:00 Scenic Drive 6:15 Floral Arranging 7:15 Evening Relax	Family Night 20 9:30 Morning News 10:00 Golden Walkers 11:00 Sunshine Visits 11:45 Lunch Bunch 2:00 iN2L Time 2:30 Pet Collage 4:00 iN2L 5:30 Family Dinner 7:15 Evening Relax	21 9:30 Morning Updates 10:00 Morning Stretch 11:00 Scenic Drive 2:00 iN2L Time 2:30 Don K on Guitar 4:00 Scenic Drive 6:15 Word Games 7:15 Evening Relax	22 9:30 Morning News 10:00 Exercise Group 11:00 Scenic Drive 2:00 iN2L Time 2:30 Ring Toss 4:00 Happy Hour 6:15 Friday Flick 7:15 Evening Relax	23 9:30 Morning Updates 10:00 Golden Walkers 11:00 Mini Cherry Pies 2:00 iN2L Time 2:30 Table top Tennis 4:00 Fancy Fingers 6:15 Cookies 7:15 Evening Relax
Academy Awards Nite 24 9:15 Church Service 10:00 Exercise Group 11:00 Jeopardy 2:00 iN2L Time 2:30 Movie Trivia 4:00 Red Carpet View 6:15 Free Paint 7:15 Evening Relax	25 9:30 Monday Updates 10:00 Morning Stretch 11:00 Hands & Nails 2:00 iN2L Time 2:30 Hangman/Games 4:00 Hydrate & Relax 6:15 Tie Dye Art 7:15 Evening Relax	26 9:30 Thankful Tuesdays 10:00 Exercise Group 11:00 Scenic Drive 2:00 Reminiscing 2:30 Joe Greco Sings 4:00 Scenic Drive 6:15 Flower Pots 7:15 Evening Relax	27 9:30 Morning News 10:00 Golden Walkers 11:00 Sunshine Visits 11:45 Lunch Bunch 2:00 iN2L Time 2:30 Balloon Toss 4:00 Game Time 6:15 Scrap Book 7:15 Evening Relax	28 9:30 Morning Updates 10:00 Morning Stretch 11:00 Scenic Drive 2:00 iN2L Time 2:30 Flower Craft 4:00 Scenic Drive 6:15 Floral Art 7:15 Evening Relax	*Daily at 2:15 pm & 5:15 pm Aromatherapy Therapy Warm Wash Clothes. 10:30 am, 3:00 pm, & 7:15 pm Snacks & Hydration *iN2L="It's Never 2 Late" A Computerized System *Activity Schedule Subject to Change	Welcome UNR Students Spring 2019 