

PLACE STAMP HERE

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Dinning Services Director

Viki Lowrey
Life Enrichment Director
Mike Hoos

Maintenance Director

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



## The Arbors Bulletin

**Arbors Memory Care Monthly News** 



## February 2019

2 Heart Healthy Living3 Resident & Team Spotlight4/5 Activities Calendar

6 Highlights, Social Media, Birthdays 7 Special Moments & Acts of Kindness 8 Mission & Team

## **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.



In his Proclamation 3566, former President Lyndon B. Johnson called out a "nationwide problem of heart and bloodvessel 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

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.

## **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

February 17 celebrates
Random Acts of Kindness!

"My Wife Giving Me a Smooch"

Peter C.

"Hugs"

- Lorna

"One Resident Covering Another Resident with a Blanket"

- Viki

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## **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 Day27 Polar Bear Day28 Floral Design Day28 Tooth Fairy Day

#### We're online @

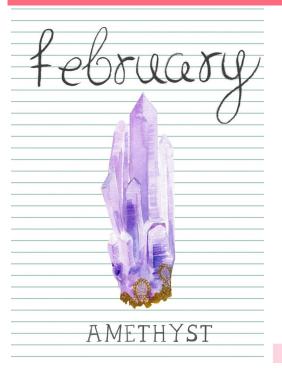
- Facebook.com/ArborsMemoryCare
- Blog.radiantseniorliving.com
- Radiantsrliving & Radiantvoices on Instagram
- RadiantSrLiving on Twitter
- Pinterest.com/radiantsrliving
- Radiant Senior Living on YouTube

### **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!



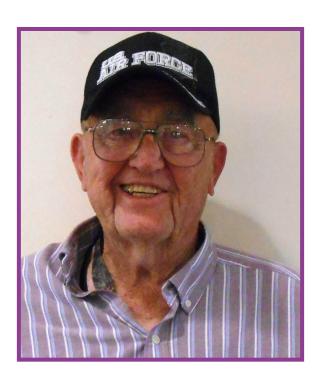
We wish you a very Happy Birthday!

Barbara J., February 1
Marty, February 4
Virginia, February 11
Celebrate with us
February 8th at 2:30 pm

## Resident of the Month!

It is an honor to share Bob with everyone as resident of the month. Originally from Arkansas, 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.!

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# February 2019

	Sun		Mon	Tue		Wed		Thu		Fri	Sat
love	for women your heart American Heart Association		Groundhog Day 2019!	新年快乐。 Happy Chinese New Your  Story Control On the Pic Story Control O	V VA	HAPPY		Presidents' Day	9:30 10:00 11:00 2:00 2:30 4:00 6:15 7:15	Wear Red Day 1 Morning News Exercise Group Scenic Drive iN2L Time Challenges Happy Hour Friday Flick 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
9:15 10:00 11:00 2:00 2:30 4:00 6:15 7:15	Creative Bingo iN2L Time Football Toss Super Bowl Time Heart Creature Evening Relax	9:30 10:00 11:00 2:00 2:30 4:00 6:15 7:15	Monday Updates Morning Stretch Fancy Nails iN2L Time Piano with Joe K. Ice Cream Social Pop-Up Cards 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	9:30 10:00 11:00 11:45 2:00 2:30 4:00 6:15 7:15	Morning News Golden Walkers Sunshine Visits Lunch Bunch Resident Council Trivia, Jokes, & More Game Time Scrap Book Evening Relax	9:30 10:00 11:00 2:00 2:30 4:00 6:15 7:15	Morning Updates Morning Stretch Scenic Drive iN2L Time Bingo Scenic Drive Creative Cards Evening Relax	9:30 10:00 11:00 2:00 2:30 4:00 6:15 7:15	Morning News Exercise Group Scenic Drive iN2L Time Birthday Bash Happy Hour Friday Flick Evening Relax	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
9:15 10:00 11:00 2:00 4:00 6:15 7:15	· ·	9:30 10:00 11:00 2:00 2:30 4:00 6:15 7:15	Monday Updates Morning Stretch Sunshine Visits iN2L Time Sweet Treats Hydrate & Relax Valentine's Grams Evening Relax	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	9:30 10:00 11:00 11:45 2:00 2:30 4:00 6:15 7:15	Morning News Golden Walkers Sunshine Visits Lunch Bunch iN2L Time Radio On Game Time Scrap Book Evening Relax	9:30 10:00 11:00 2:00 2:30 4:00 6:15 7:15	Alentine's Day 14 Morning Updates Morning Stretch Scenic Drive iN2L Time Valentine's Party Scenic Drive Valentine Trivia Evening Relax	9:30 10:00 11:00 2:00 2:30 4:00 6:15 7:15	Morning News Exercise Group Scenic Drive iN2L Time Music w/Ray Happy Hour Friday Flick Evening Relax	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
9:15 10:00 11:00 2:00 2:30 4:00 6:15 7:15	the state of the s	9:30 10:00 11:00 2:00 2:30 4:00 6:15 7:15	Monday Updates Morning Stretch Sensory Boxes iN2L Time President History Ice Cream Social Patriotic Berries 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	9:30 10:00 11:00 11:45 2:00 2:30 4:00 5:30 7:15	Family Night 20 Morning News Golden Walkers Sunshine Visits Lunch Bunch iN2L Time Pet Collage iN2L Family Dinner Evening Relax	9:30 10:00 11:00 2:00 2:30 4:00 6:15 7:15	Morning Updates Morning Stretch Scenic Drive iN2L Time Don K on Guitar Scenic Drive Word Games Evening Relax	9:30 10:00 11:00 2:00 2:30 4:00 6:15 7:15	Morning News Exercise Group Scenic Drive iN2L Time Ring Toss Happy Hour Friday Flick Evening Relax	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
Acad 9:15 10:00 11:00 2:00 2:30 4:00 6:15 7:15	•	2:00 2:30	Monday Updates Morning Stretch Hands & Nails iN2L Time Hangman/Games Hydrate & Relax Tie Dye Art Evening Relax	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	9:30 10:00 11:00 11:45 2:00 2:30 4:00 6:15 7:15	Morning News Golden Walkers Sunshine Visits Lunch Bunch iN2L Time Balloon Toss Game Time Scrap Book Evening Relax	9:30 10:00 11:00 2:00 2:30 4:00 6:15 7:15	Morning Updates Morning Stretch Scenic Drive iN2L Time Flower Craft Scenic Drive Floral Art Evening Relax	Aro Wa 10 Si *iN2 A C	at 2:15 pm & 5:15 pm matherapy Therapy arm Wash Clothes. 0:30 am, 3:00 pm, & 7:15 pm nacks & Hydration 2L="It's Never 2 Late" computerized System Schedule Subject to Change	Welcome UNR Students Spring 2019

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