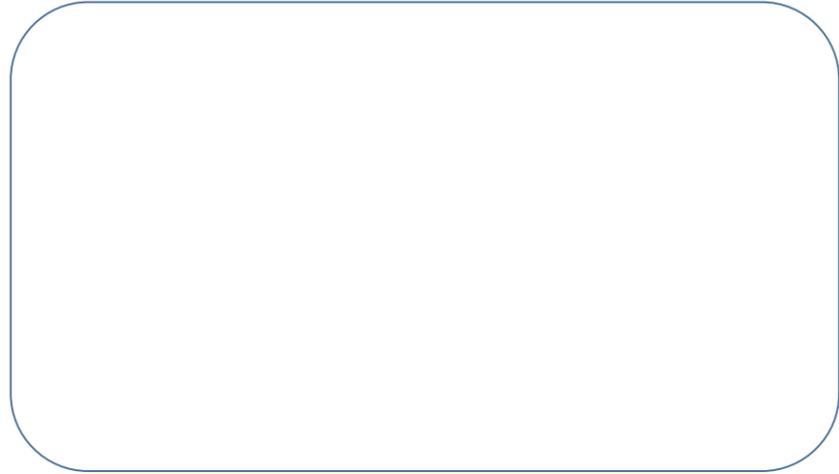




2121 E. Prater Way
Sparks, NV 89434

PLACE
STAMP
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Administrative Team:

- Barb Heywood**
Executive Director
- Suzie K.**
Community Relations Director
- Barbara Fraide**
Business Office Director
- Sarah Conroy/Joe Kovarik**
Wellness Director
- Lisa Erck/Sam Goodrich**
Wellness Coordinators
- Flor Martinez**
Dinning Services Director
- Viki Lowrey**
Life Enrichment Director
- Mike Hoos**
Maintenance Director

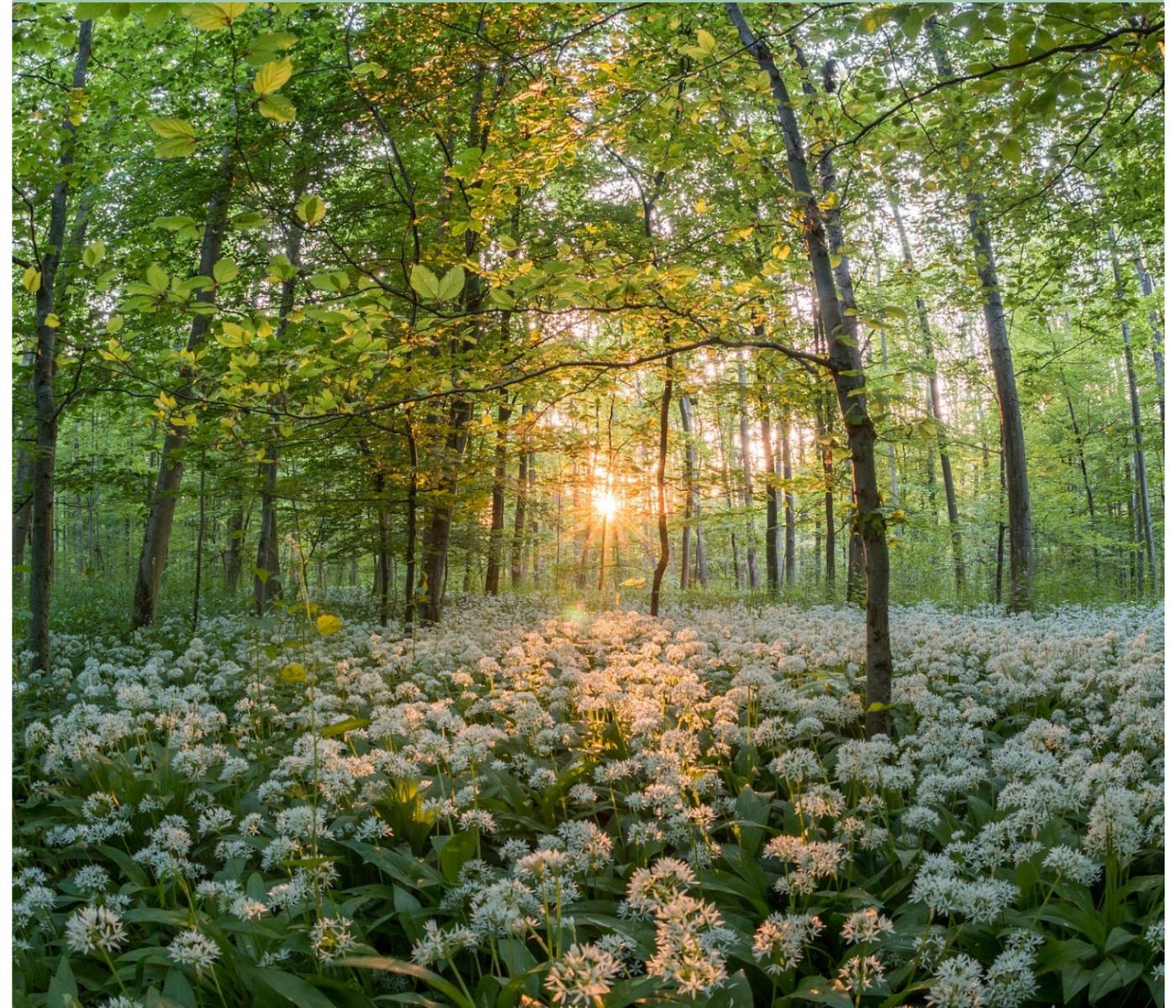
Contact us at:
775-331-2229



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

The Arbors Bulletin

Arbors Memory Care Monthly News



March 2019

2 Senior Eye Wellness
3 Resident & Team Spotlight
4/5 Activities Calendar

6 Highlights, Social Media, Birthdays
7 Special Moments & Spring Joys
8 Mission & Team

Senior Eye-Condition Awareness & Wellness Tips

At times, we may find details in the scenery we love may be dulling, or written words we read may be blurring. Changes like these can be frustrating. Fortunately, there are ways to proactively manage eye health and ensure precautions and/or treatments are in place for best vision!

One of the best ways to stay on top of eye health is to have annual eye exams. Practicing precautionary measures through lifestyle is also important. People with diabetes, high blood pressure, or who take medications that affect eyes are at higher risk for vision problems.



Lifestyle recommendations from the National Eye Institute include: eating a diet rich in fruits and vegetables—particularly dark, leafy greens; maintaining a healthy weight; wearing glasses, goggles, and safety shields when appropriate; avoiding smoking; reducing eyestrain by looking 20 feet before you for 20 seconds every 20 minutes if you use screens often; and cleaning hands regularly to avoid infections.

Knowing family eye history, and being educated about vision issues and symptoms that may affect seniors is also helpful toward eye wellness.

Four Eye Issues That Can Affect Seniors:

- **Dry eye** is a common issue for seniors, in which not enough tears or quality tears are made, and poor vision may result.
- **Age-related macular degeneration** is an issue that causes central vision loss, but

does not affect side vision. The macula of the eye allows people to see fine details and colors, so when it is affected, activities such as reading, watching movies, and recognizing faces could be challenging.

- **Cataracts** are cloudy areas that occur in the eye lens (usually in both eyes, to different degrees) that can cause blurry vision, poor contrast awareness, dulled colors, and extra sensitivity to glare.

- **Glaucoma** is a group of eye issues

which damage the optic nerve and in time can take away side vision. While glaucoma is often painless and has no symptoms, older adults are at risk for it.

With all that in mind, there are many ways to help vision conditions, per the American Optometric Association. Some optometrists have rehabilitation programs to help with low vision for daily routines. Prescription devices are also available, like spectacle-mounted magnifiers that aid in close-up tasks; hand-held or spectacle-mounted telescopes that help near and far vision; handheld and stand magnifiers that assist with short-term reading; and video magnification that enlarges items on video.

This has been just a glimpse into eye wellness. For more info, visit aoa.org online.

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

Special Moments



Our Favorite Things About Spring!

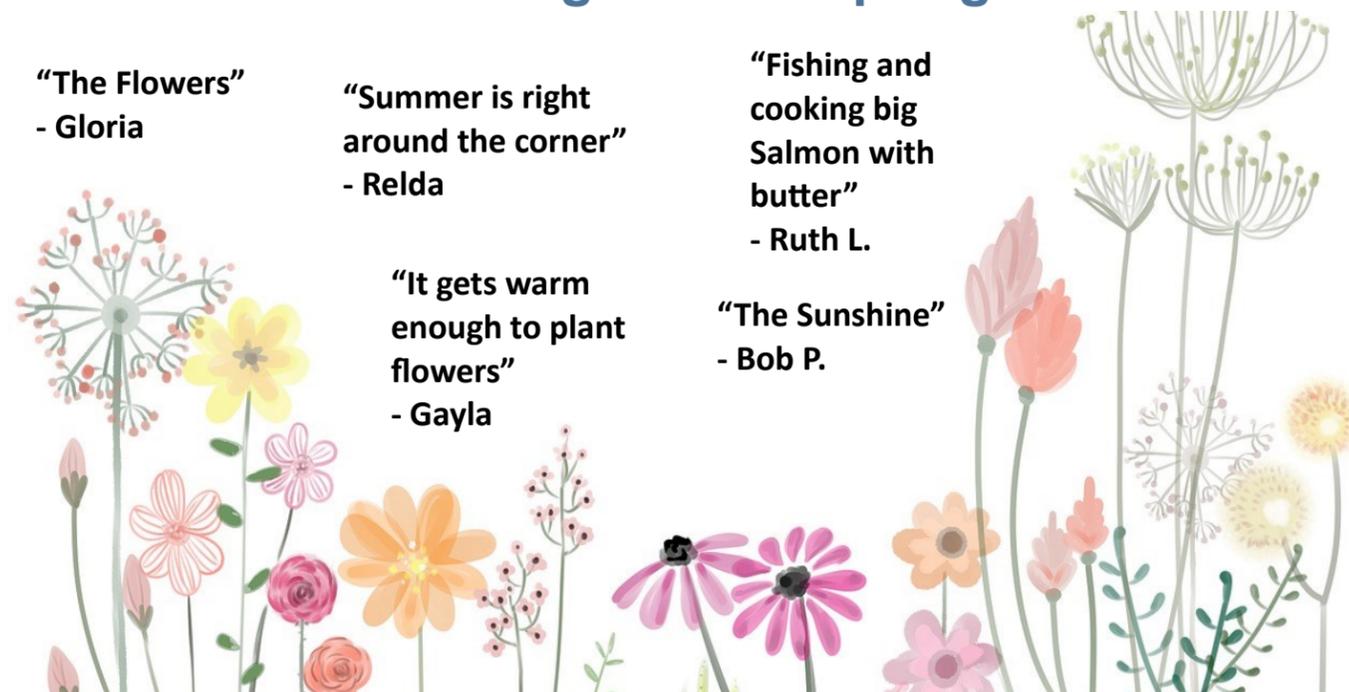
"The Flowers"
- Gloria

"Summer is right around the corner"
- Relda

"Fishing and cooking big Salmon with butter"
- Ruth L.

"It gets warm enough to plant flowers"
- Gayla

"The Sunshine"
- Bob P.



March Highlights

- 1 Peanut Butter Day
- 2 Banana Cream Pie Day
- 3 I Want You to be Happy Day
- 4 Pound Cake Day, Marching Music Day
- 5 Fat Tuesday, Pancake Day
- 6 Ash Wednesday, Oreo Day
- 7 Cereal Day
- 8 Intl. Women's Day, Unplug Day
- 9 Meatball Day
- 10 Blueberry Popover Day
- 11 Oatmeal Nut Waffles Day
- 12 Plant a Flower Day
- 13 Good Samaritan Day, Jewel Day
- 14 Kid's Craft Day, Potato Chip Day
- 16 Artichoke Hearts Day, Panda Day
- 17 St. Patrick's Day
- 18 Sloppy Joe Day, Lacy Cookies Day
- 19 Let's Laugh Day, Poultry Day
- 20 Spring Begins, Ravioli Day
- 21 French Bread Day, Courtesy Day



- 22 Puppy Day, Bavarian Crepes Day
- 23 Chip Dip Day, Melba Toast Day
- 24 Chocolate Covered Raisins Day
- 26 Spinach Day
- 28 Something on a Stick Day
- 29 Vietnam War Veteran's Day
- 30 Take a Walk in the Park Day
- 31 Crayon Day, Taters 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

Happy St. Patrick's Day everyone! Take note:
"Never iron a four-leaf clover because you don't want to press your luck!"

March Birthdays!

march



AQUAMARINE

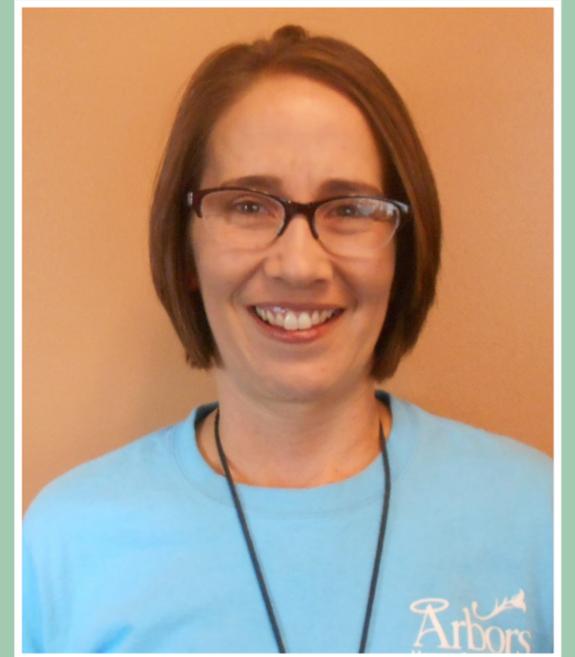
We wish you a Very Happy Birthday!
Please Join the Celebration on the 8th at 2:30 PM.

- Marianne, 3-2
- Jeannette, 3 -9
- Gloria, 3 -14
- Curtiss, 3 -17
- Natalie, 3 -22



Resident Spotlight! Lois

Lois is a real beauty and her immaculate care is evident. You would never guess her age by her looks or vibrant attitude and great moves. Her friends are all senior beauty queens who enjoy lunching together. Being a travel agent allowed her to travel the world; but Paris captured her heart where she went countless times. Her husband, who was a math high school teacher and a pilot in the Reserves, and she raised two boys, and had an exciting and joyful life..



Staff Spotlight! Heither

Heither is our team member of the month . She treats residents, family members and employees with love and respect. She is professional and works with co-workers and management to address Arbors' issues and helps the team work towards solutions. She is kind, competent and makes a difference in every life she touches.

Thank You Heither for all you do!

March 2019

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>March 31</p> <p>9:15 Church Service 10:00 Exercise Group 11:00 Manicures 2:00 iN2L Time 2:30 Spring Craft 4:00 Feelings Game 6:15 Pineapple Paint 7:15 Evening Relax</p>					<p>1</p> <p>9:30 Morning News 10:00 Exercise Group 11:00 Scenic Drive 2:00 iN2L Time 2:30 4:00 Happy Hour 6:15 Friday Flick 7:15 Evening Relax</p>	<p>2</p> <p>9:30 Morning Updates 10:00 Golden Walkers 11:00 Table Tennis 2:00 iN2L Time 2:30 Music Memories 4:00 Fancy Fingers 6:15 Dipped Oreos 7:15 Evening Relax</p>
<p>3</p> <p>9:15 Church Service 10:00 Exercise Group 11:00 Manicures 2:00 iN2L Time 2:30 Pictionary 4:00 Puzzles 6:15 Tape Art 7:15 Evening Relax</p>	<p>4</p> <p>9:30 Monday Updates 10:00 Morning Stretch 11:00 Fancy Nails 2:00 iN2L Time 2:30 Piano with Joe K. 4:00 Trivia/Riddles 6:15 Mardi Gras Coloring 7:15 Evening Relax</p>	<p>Mardi Gras 5</p> <p>9:30 Thankful Tuesdays 10:00 Exercise Group 11:00 Scenic Drive 2:00 Reminiscing 2:30 Spring Art Collage 4:00 Scenic Drive 6:15 Mardi Gras Mask 7:15 Evening Relax</p>	<p>Ash Wednesday 6</p> <p>9:30 Morning News 10:00 Golden Walkers 11:00 Sunshine Visits 11:45 Lunch Bunch 2:00 Resident Council 2:30 Puzzle Time 4:00 Sculpting 6:15 Fact or Fiction? 7:15 Evening Relax</p>	<p>7</p> <p>9:30 Morning Updates 10:00 Yoga Fit 11:00 Scenic Drive 2:00 iN2L Time 2:30 Bingo 4:00 Scenic Drive 6:15 Word Games 7:15 Evening Relax</p>	<p>8</p> <p>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</p>	<p>9</p> <p>9:30 Morning Updates 10:00 Golden Walkers 11:00 Balloon Noodle 2:00 iN2L Time 2:30 Table Top Memories 4:00 Fancy Fingers 6:15 Chocolate Pretzels 7:15 Evening Relax</p>
<p>Daylight Savings Begins 10</p> <p>9:15 Church Service 10:00 Exercise Group 11:00 Manicures 2:00 Radiant Expressions 4:00 Feelings Game 6:15 Free Paint 7:15 Evening Relax</p>	<p>11</p> <p>9:30 Monday Updates 10:00 Morning Stretch 11:00 Fancy Nails 2:00 iN2L Time 2:30 Ring Toss 4:00 iN2L Game 6:15 Bracelets 7:15 Evening Relax</p>	<p>12</p> <p>9:30 Thankful Tuesdays 10:00 Exercise Group 11:00 Scenic Drive 2:00 Reminiscing 2:30 Sierra Arts Foundation Music 4:00 Scenic Drive 6:15 Pictionary 7:15 Evening Relax</p>	<p>13</p> <p>9:30 Morning News 10:00 Golden Walkers 11:00 Sunshine Visits 11:45 Lunch Bunch 2:00 iN2L Time 2:30 St Paddy's Day Craft 4:00 Guess That Tune 6:15 Riddles 7:15 Evening Relax</p>	<p>14</p> <p>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 Butterfly Art 7:15 Evening Relax</p>	<p>15</p> <p>9:30 Morning News 10:00 Exercise Group 11:00 Scenic Drive 2:00 iN2L Time 3:00 Music w/Ray 4:00 Happy Hour 6:15 Friday Flick 7:15 Evening Relax</p>	<p>Quilting Day 16</p> <p>9:30 Morning Updates 10:00 Golden Walkers 11:00 Golf 2:00 iN2L Time 2:30 Paper Quilts 4:00 Fancy Fingers 6:15 Shamrock Pretzels 7:15 Evening Relax</p>
<p>St. Patrick's Day 17</p> <p>9:15 Church Service 10:00 Exercise Group 11:00 Gold Can Toss 2:00 iN2L Time 2:30 Shamrock Rice Krispies 4:00 St Paddy's Day Party 6:15 Shamrock Paint 7:15 Evening Relax</p>	<p>18</p> <p>9:30 Monday Updates 10:00 Morning Stretch 11:00 Fancy Nails 2:00 iN2L Time 2:30 Bowling 4:00 Trivia/Riddles 6:15 Coloring 7:15 Evening Relax</p>	<p>19</p> <p>9:30 Thankful Tuesdays 10:00 Exercise Group 11:00 Scenic Drive 2:00 Reminiscing 2:30 R&B with Catfish 4:00 Scenic Drive 6:15 Hot Potato 7:15 Evening Relax</p>	<p>First Day of Spring 20</p> <p>9:30 Morning News 10:00 Golden Walkers 11:00 Sunshine Visits 11:45 Lunch Bunch 2:00 iN2L Time 2:30 Tea Social 4:00 Sculpting 5:30 Family Dinner & Education</p>	<p>Purim Begins 21</p> <p>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 Spring Trivia 7:15 Evening Relax</p>	<p>22</p> <p>9:30 Morning News 10:00 Exercise Group 11:00 Scenic Drive 2:00 iN2L Time 2:30 Guessing Game 4:00 Happy Hour 6:15 Friday Flick 7:15 Evening Relax</p>	<p>Puppy Day 23</p> <p>9:30 Morning Updates 10:00 Golden Walkers 11:00 Dog Treats 2:00 iN2L Time 2:30 Puppy Talk 4:00 Fancy Fingers 6:15 Brownies 7:15 Evening Relax</p>
<p>24</p> <p>9:15 Church Service 10:00 Exercise Group 11:00 Manicures 2:00 iN2L Time 2:30 Kitchen Creations 4:00 Puzzles 6:15 Free Paint 7:15 Evening Relax</p>	<p>25</p> <p>9:30 Monday Updates 10:00 Morning Stretch 11:00 Fancy Nails 2:00 iN2L Time 2:30 Make Puzzles 4:00 iN2L Games 6:15 Bracelets 7:15 Evening Relax</p>	<p>26</p> <p>9:30 Thankful Tuesdays 10:00 Exercise Group 11:00 Scenic Drive 2:00 Reminiscing 2:30 Joe Greco on Guitar 4:00 Scenic Drive 6:15 Pictionary 7:15 Evening Relax</p>	<p>27</p> <p>9:30 Morning News 10:00 Golden Walkers 11:00 Sunshine Visits 11:45 Lunch Bunch 2:00 iN2L Time 2:30 Noodle Ball 4:00 Guess That Tune 6:15 Riddles 7:15 Evening Relax</p>	<p>28</p> <p>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 Stick Flowers 7:15 Evening Relax</p>	<p>29</p> <p>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</p>	<p>30</p> <p>9:30 Morning Updates 10:00 Golden Walkers 11:00 Men's Social 2:00 iN2L Time 2:30 Health Trivia 4:00 Fancy Fingers 6:15 Chocolate Chip Cookies 7:15 Evening Relax</p>