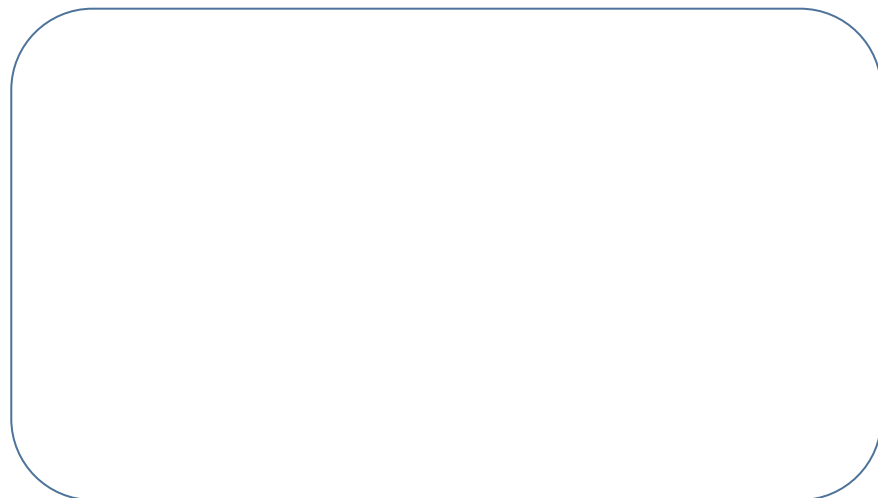


PLACE  
STAMP  
HERE



**Administrative Team:**

**Barb Heywood**  
Executive Director  
**Suzie Kuczynski**  
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



**April 2019**

2 Gardening Benefits  
3 Resident/Team Spotlight  
4/5 Activities Calendar

6 Highlights, Social Media, Birthdays  
7 Special Moments & Animal Haikus  
8 Mission & Team



# Gardening Benefits for Health & The Environment Unearthed

Spring is here and it's a joyous time for those with green thumbs who have been waiting for the gardening season to begin. As it happens, there is a lot in the garden that is beneficial for health and the environment.

## Dig Into Better Health

Gardening positively impacts wellness in various ways.:

- **It relieves stress.** Gardening can lower cortisol levels that cause stress and increase blood pressure. It also increases serotonin, which helps people feel happy.
- **Friendly bacteria in the soil can boost immunity.** It may particularly help against asthma.
- **It provides great exercise.** It is low-impact and can be comfortable work with the right padding or protective gear, but it takes energy, and the elements can make it more challenging.
- **It involves hand-eye coordination and sensory intake.** Both of these factors can positively affect cognition.
- **It presents opportunities for a sense of community.** Socializing among friends while gardening can be so much fun.
- **It encourages outside activity.** For some, gardening is the best reason to head outside and enjoy sunshine and the environment (albeit with proper sun protection).
- **It is an ongoing activity that can extend**



**beyond the garden for learning.** Why not make predictions for when plants may sprout up and see who comes closest? Or learn about what to grow when and where, and share those techniques,

## Impact the Planet

Gardening also benefits the environment, and no act is too small toward making our world a better place.

- **It can help with pollution.** In large-scale harvesting of fruits and vegetables, pollution typically results. The transportation of those goods also causes pollution. It may seem a small step, but gardening at one's home or in the community influences the big picture.
- **It can reduce the size of landfills.** This is possible when people compost garden waste rather than sending everything to the landfill when it's gone bad.
- **Plants in the garden take in CO2 and release oxygen,** improving air quality.
- **It helps local habitats of insects and animals** which play important roles in our environment (like bees pollinating).
- **Plants and mulch can hold soil in place and reduce erosion,** and keep sediment out of waterways, drains, and roads.

These are just some of the benefits that gardening can bring! This Spring and Summer, give gardening a try and share the benefits with others.

# Special Moments



# Haikus About Our Favorite Animals

"You make it so hard  
When I see your funny face  
To anything but laugh"  
- Hilla

"Green head mallard duck  
Always searching for more food  
Today duck butts up"  
- Bob

*April celebrates animals and haikus so we paired the two!  
The haiku is a Japanese verse.  
Line one has 5 syllables, line 2 has 7 syllables, and line three has 5 syllables.*

"Butterfly in flight  
Brilliant rainbow of colors  
Ripple past the sea"  
- Althea

"White furball of snow  
Eating the grass as you go  
Easter is soon here"  
- Lois

"A sunny Spring day  
Bird singing her April song  
Babies soon to come "  
-Harriet



# April Highlights

April is Poetry Month, Stress Awareness Month, Humor Month, and Gardening Month

- 1 April Fool's Day
- 2 Peanut Butter & Jelly Day
- 3 Walking Day
- 4 Walk Around Things Day
- 5 Deep Dish Pizza Day
- 6 Caramel Popcorn Day
- 7 Handmade Day
- 8 Zoo Lover's Day
- 9 Antiques Day
- 10 Encourage Young Writers' Day
- 11 Barber Shop Quartet Day
- 12 Grilled Cheese Day
- 13 Scrabble Day
- 14 Dolphin Day
- 15 Take a Guess Day
- 16 Eggs Benedict Day
- 17 Haiku Poetry Day
- 18 High Five Day
- 19 Good Friday

- 20 Lookalike Day
- 21 Easter;
- 22 Earth Day
- 23 Picnic Day
- 24 Pigs in Blanket Day
- 25 Zucchini Bread Day
- 26 Arbor Day
- 27 Babe Ruth Day
- 28 Read Poetry Day
- 29 Shrimp Scampi Day
- 30 Oatmeal Cookie 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

Why are people exhausted on April 1st?  
Because they just finished a 31-day March!

## April Birthdays!

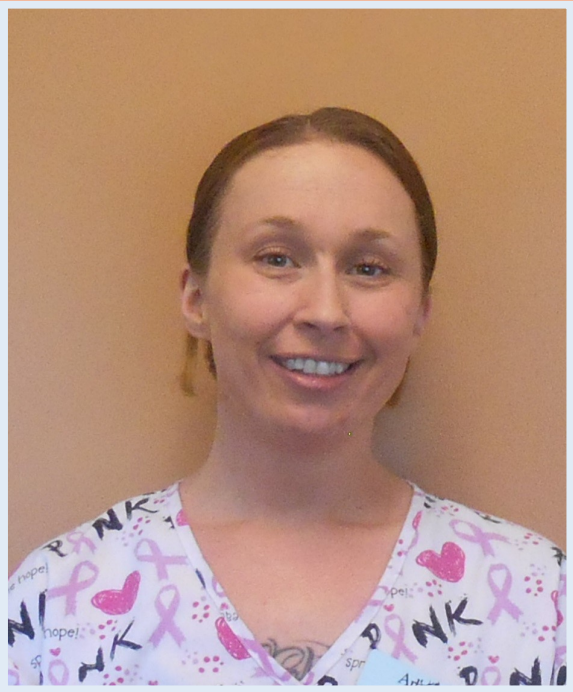


We wish you a  
Very Happy Birthday!

- Jay, 4 –3
- April, 4 –6
- Sue, 4 –26
- Bobbi, 4 –27
- Wendell, 4 –28

## Resident Spotlight! Tom

We salute Tom as our resident of the month. This Texan is truly a southern gentleman. He served our country in the USMC as a sergeant during the Korean war. Tom still reflects back to those war years and has extensive knowledge of all things related to the Korean War. We thank him for his dedicated service. He has two very devoted sons and is proud of his grandsons. Tom enjoys music and Jeopardy and he spends a great deal of time interacting on the mobile iN2L (It's Never to Late) system. Thank you Tom for brightening our days with your glad spirit.






## Staff Spotlight! Cherise

Cherise is awarded the employee of the month by her coworkers. Her "always resident first" approach shows her commitment to the values that we strive towards. She reflects Love, Respect, Integrity, Honesty, Compassion, Reliability and Teamwork. Cherise is a natural born caregiver. She has the ability to provide comprehensive training for new caregiving staff, so they are confident in caring for the residents and feel supported in their pursuit of a healthcare career. Thank you Cherise for sharing your big heart with all of us at the Arbors.



# April 2019

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	April Fools Day 1 9:30 Monday Updates 10:00 Morning Stretch 11:00 Fancy Nails 2:00 iN2L Time 2:30 <b>Piano with Joe K.</b> 4:00 Social Time 6:15 Movie Time 7:15 Evening Relax	2 9:30 Morning Updates 10:00 Golden Walkers 11:00 Puzzles 2:00 iN2L Time 2:30 Sing-A-Longs 4:00 Social Time 6:15 iN2L-Comedy 7:15 Evening Relax	3 9:30 Morning News 10:00 Golden Walkers 11:00 Sunshine Visits 11:45 Lunch Bunch 2:00 Resident Council 2:30 Sensory 4:00 Social Time 6:15 iN2L-Travel 7:15 Evening Relax	4 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 Music Trivia 7:15 Evening Relax	Carmel Day 5 9:30 Morning News 10:00 Exercise Group 11:00 Nails Time 2:00 iN2L Time 2:30 <b>Music w/Ray</b> 4:00 Happy Hour 6:15 Friday Flick 7:15 Evening Relax	6 9:30 Morning Updates 10:00 Golden Walkers 11:00 Art Show 2:00 iN2L Time 2:30 Balloon Noodle 4:00 Fancy Fingers 6:15 Dipped Oreos 7:15 Evening Relax
World Health Day 7 9:15 Church Service 10:00 Exercise Group 11:00 World Health Chat 2:00 iN2L Time 2:30 Connect the Dots 4:00 Puzzles 6:15 Social Time 7:15 Evening Relax	8 9:30 Monday Updates 10:00 Morning Stretch 11:00 Fancy Nails 2:00 iN2L Time 2:30 Bird Feeders 4:00 Social Hour 6:15 Movie Time 7:15 Evening Relax	9 9:30 Morning Updates 10:00 Golden Walkers 11:00 Reminiscing 2:00 iN2L Time 2:30 Sierra Arts 4:00 Social Time 6:15 Movie Time 7:15 Evening Relax	10 9:30 Morning News 10:00 Golden Walkers 11:00 Sunshine Visits 11:45 Lunch Bunch 2:00 iN2L Time 2:30 Bean Bag Toss 4:00 Social Time 6:15 iN2L-Travel 7:15 Evening Relax	11 9:30 Morning Updates 10:00 Morning Stretch 11:00 Scenic Drive 2:00 iN2L Time 2:30 Pet Collage Bingo 4:00 Scenic Drive 6:15 Word Games 7:15 Evening Relax	12 9:30 Morning News 10:00 Exercise Group 11:00 Nail Time 2:00 iN2L Time-Trivia 2:30 <b>Birthday Bash w/ Hensley's</b> 4:00 Happy Hour 6:15 Friday Flick 7:15 Evening Relax	13 9:30 Morning Updates 10:00 Golden Walkers 11:00 Sing-A-Long 2:00 iN2L Time 2:30 Gardening 4:00 Fancy Fingers 6:15 Dipped Oreos 7:15 Evening Relax
14 9:15 Church Service 10:00 Exercise Group 11:00 Manicures 2:00 Radiant Expressions 4:00 Puzzles 6:15 iN2L -Music 7:15 Evening Relax	15 9:30 Monday Updates 10:00 Morning Stretch 11:00 Fancy Nails 2:00 Great Outdoors 2:30 Card Crafting 4:00 Social Hour 6:15 Movie Time 7:15 Evening Relax	16 9:30 Morning Updates 10:00 Golden Walkers 11:00 Puzzles 2:00 iN2L Time 2:30 <b>Music w/Catfish</b> 4:00 Social Time 6:15 iN2L-Westerns 7:15 Evening Relax	17 9:30 Morning News 10:00 Golden Walkers 11:00 Sunshine Visits 2:00 iN2L Time 2:30 Bingo 4:00 Socialization 5:30 Spring Fling Family Night	18 9:30 Morning Updates 10:00 Morning Stretch 2:00 iN2L Time 2:30 <b>Don Kay Sings</b> 4:00 Scenic Drive 6:15 Ring Toss 7:15 Evening Relax	Good Friday 19 9:30 Morning News 10:00 Exercise Group 11:00 Nail Time 2:00 iN2L Time 2:30 Memory Games 4:00 Happy Hour 6:15 Friday Flick 7:15 Evening Relax	20 9:30 Morning Updates 10:00 Golden Walkers 11:00 Color Eggs 2:00 iN2L Time 2:30 Golf 4:00 Fancy Fingers 6:15 Dipped Oreos 7:15 Evening Relax
<b>Easter Sunday</b> 21 9:15 Church Service 10:00 Exercise Group 11:00 Egg Hunt 2:00 iN2L Time 2:30 Egg Toss 4:00 Puzzles 6:15 Sound of Music 7:15 Evening Relax	Earth Day 22 9:30 Monday Updates 10:00 Morning Stretch 11:00 Fancy Nails 2:00 Spring Walk 2:30 Jelly Bean Guessing 4:00 Social Hour 6:15 Movie Time 7:15 Evening Relax	23 9:30 Morning Updates 10:00 Golden Walkers 11:00 Reminiscing 2:00 iN2L Time 2:30 Music Memories 4:00 Social Time 6:15 iN2L-Games 7:15 Evening Relax	24 9:30 Morning News 10:00 Golden Walkers 11:00 Scenic Drive 2:00 iN2L Time 2:30 Parachute Ball 4:00 Socializing 6:15 iN2L-Music 7:15 Evening Relax	25 9:30 Morning Updates 10:00 Morning Stretch 11:15 Baby Animals Day 2:00 iN2L Time 2:30 Bingo 4:00 Scenic Drive 6:15 Tree Art 7:15 Evening Relax	26 9:30 Morning News 10:00 Exercise Group 11:00 Nail Time 2:00 iN2L Time 2:30 Turtle Pretzels 4:00 Happy Hour 6:15 Friday Flick 7:15 Evening Relax	27 9:30 Morning Updates 10:00 Golden Walkers 11:00 Sing-A-Long 2:30 Beach Ball 4:00 Fancy Fingers 6:15 Dipped Oreos 7:15 Evening Relax
<b>Poetry Day</b> 28 9:15 Church Service 10:00 Exercise Group 11:00 Poetry 2:00 iN2L Time 2:30 Blueberry Cobbler 4:00 Puzzles 6:15 Sunday Movie 7:15 Evening Relax	29 9:30 Monday Updates 10:00 Morning Stretch 11:00 Fancy Nails 2:00 iN2L Time 2:30 Fruit Smoothies 4:00 Social Hour 6:15 Movie Time 7:15 Evening Relax	30 9:30 Morning Updates 10:00 Golden Walkers 11:00 Puzzles 2:00 iN2L Time 2:30 <b>Joe Greco on Guitar</b> 4:00 Social Time 6:15 iN2L-Travel 7:15 Evening Relax			Daily 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	