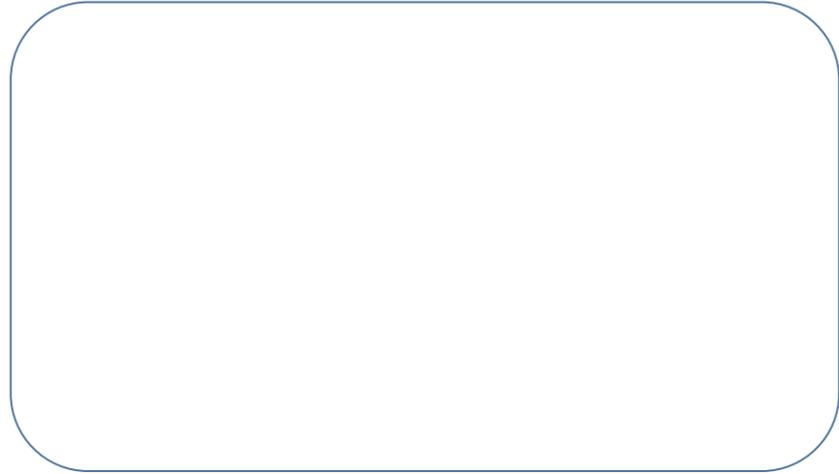




2121 E. Prater Way  
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# The Arbors Bulletin

## Arbors Memory Care Monthly News



### May 2019

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7 Special Moments & Fitness Favorites  
8 Mission & Team

#### Administrative Team

Barb Heywood  
Executive Director

Suzie Kuczynski  
Community Relations Director

Barbara Fraide  
Business Office Director

Sarah Conroy/Lisa Erck  
Wellness Director

Sam Goodrich/Janet Aguilar/  
Cherise Roulett  
Wellness Coordinators

Flor Martinez  
Dinning Services Director

Viki Lowrey  
Life Enrichment Director

Mike Hoos  
Maintenance Director

775-331-2229

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



# Best Practices for Skin Health

Whether lounging outside with a book or chatting with friends over lemonades on the patio, there's a factor to pay attention to so we don't harm our skin, and that's the sun. Spending time outdoors is beneficial for so many reasons, including increasing Vitamin D and our activity levels.

But too much sun can make a good thing not so good for us. A little skin protection and general hot weather safety will go a long way in letting us enjoy a good, warm day.



May has been designated Skin Cancer Awareness Month in hopes it will build awareness of ways to protect skin, the need for regular dermatologist visits, and causes and treatments for skin cancer.

## WHY CARE ABOUT SKIN PROTECTION?

Sun damage myths would have you believe most harm to skin occurs before age 18. However, studies have shown sun damage is actually cumulative; only 23 percent of lifetime exposure happens by age 18.

Skin cancer is a disease that one in five Americans will develop by age 70. That said, most skin cancer forms can be prevented, including the scariest, melanoma. While it is the most common form of cancer in the U.S., it is also the most preventable. Awareness and frequent skin checks are essential for preventing and treating melanoma.

## TIPS FOR PROTECTING YOUR SKIN

**Seek Shade:** When the sun is at its strongest, between 10 am and 4 pm, enjoy the outdoors and protect your skin in the shade. Hang out under a sun umbrella or covered patio and avoid direct sunlight.

**Cover Up:** Long sleeves and pants seem counterintuitive when it's hot, but can help a lot with sun protection. Wear lighter-weight clothing with long sleeves and pants to help protect skin while not overheating. Don't forget a broad-brimmed hat and UV-blocking sunglasses!

**Wear Sunscreen:** The most critical part of avoiding skin cancer is avoiding sunburns. Sunburns are proof of skin damage by the sun, and they hurt. Avoid sunburns with the top two tips and by wearing sunscreen. The Skin Cancer Foundation recommends using a broad-spectrum (UVA/UVB) sunscreen with SPF 15 or higher every single day. For extended activity outdoors, opt for an SPF 30 broad-spectrum (UVA/UVB) sunscreen.

**Stay Aware:** Examine your skin and visit a dermatologist regularly. Conduct a head-to-toe skin check once a month to look for early warning signs of skin cancer. Visit with your dermatologist once a year or if you find anything suspicious in your examination.

For more useful skin care information and a self-exam guide, visit [skincancer.org](http://skincancer.org) online.

# Special Moments



# Our Favorite Fitness Activities



"Fishing"  
- Boo

"Golf"  
- Joe

"Anything fun with the Residents"  
- Dadi

"Gardening"  
- Lois

*Senior Health & Fitness Day is on May 28. Our residents and team members sound off on ways they enjoy being active.*

"Walking"  
- Viki and friends

## May Highlights

May is Get Caught Reading Month  
and Military Appreciation Month

01 Chocolate Parfait Day

02 Truffle Day

03 Garden Meditation Day

04 Bird Day

05 Hoagie Day

06 Nurses Day

07 Teacher Appreciation Day

08 Receptionists Day

09 Butterscotch Brownie Day

10 Shrimp Day

11 Mini Golf Day

12 Mother's Day

13 Fruit Cocktail Day

14 Dance Like a Chicken Day

15 Chocolate Chip Day

16 Love a Tree Day

17 Endangered Species Day

18 Armed Forces Day

19 Devil's Food Cake Day

20 Pick Strawberries Day

21 Waitstaff Day

22 Vanilla Pudding Day

23 Lucky Penny Day

24 Scavenger Hunt Day

25 Tap Dance Day

26 Blueberry Cheesecake Day

27 Memorial Day

28 Hamburger Day

29 Senior Health & Fitness Day

30 Water a Flower Day

31 Heat Awareness 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 Mother's Day to all the moms out there!

## May Birthdays

May



EMERALD

## We wish you a Happy Birthday!

Peter C., 5 –5

Marva, 5 –6

Delores 5 –9

Donald, 5 –15

Esther, 5 –22

Lois, 5 –26

Joe, 5-31

## Resident Spotlight!

### Louise

We have had the pleasure of being friends with Louise for the past 4.5 years. She has entertained us with her quick wit and vibrant personality. This former RN believes that you are a nurse for life and she likes to be treated as a peer and not a resident. She worked on the maternity ward and later became a supervisor over a psychiatric hospital. Louise met and married the love of her life Rodger on a blind date and she snagged him for her own. He now lives in her heart forever. They raised four children, two boys and two girls and they are now scattered across the US with grandchildren as well. All of whom Louise is very proud of. She is the Bingo queen of the Arbors and use to win big money when she played weekly with friends in West Des Moines, IA. Louise loved golf, enjoyed cruising the Caribbean, and playing gin rummy. Her oldest daughter Lori visits often and is her mom's rock.



## Staff Spotlight!

### Lydia

Lydia has been selected by her teammates as the caregiver of the month. She works tirelessly long hours and is always there to cover for her coworkers. She works the NOC shift and makes it look easy. (Noc shift staff care for our residents overnight, and also do housekeeping-related jobs including making sure residents are up and fresh to start their days. Lydia is such an advocate for the residents and makes sure everybody is on track; so everybody else can sleep well at night.

Thank you, Lydia!

# May 2019

Arbors Memory Care • 2121 E. Prater Way, Sparks, NV 89436 • 775-284-0581

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p><b>Cinco de Mayo</b> 5</p> <p>9:15 Church Service 10:00 Exercise Group 11:00 Fiesta Flowers 2:00 iN2L Time 2:30 Nacho Party 4:00 Puzzles 6:15 Social Time</p>	 <p><b>Mothers Day</b> 6</p> <p>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</p>	 <p><b>Memorial Day</b> 7</p> <p>9:30 Morning Updates 10:00 Golden Walkers 11:00 Nails 2:00 iN2L Time 2:30 Flower Making 4:00 Social Time 6:15 iN2L-Comedy</p>	<p>1</p> <p>9:30 Morning News 10:00 Golden Walkers 11:00 Sunshine Visits 11:45 Lunch Bunch 2:00 Resident Council 2:30 History of May Day 4:00 Social Time 6:15 iN2L Music</p>	<p>2</p> <p>9:30 Morning Updates <b>10:00 Yoga Fit</b> 11:00 Scenic Drive 2:00 iN2L Time 2:30 Truffles 4:00 Scenic Drive 6:15 Trivia</p>	<p>3</p> <p>9:30 Morning News 10:00 Walkabouts 11:00 Nails Time 2:00 iN2L Time <b>2:30 Ray Sings</b> 4:00 Happy Hour 6:15 Friday Flick</p>	<p>4</p> <p>9:30 Morning Updates 10:00 Golden Walkers 11:00 Bird Art 2:30 Sing A-Long 4:00 Social Time 6:15 Evening Movie 7:15 Evening Relax</p>
<p>12</p> <p>9:15 Church Service 10:00 Exercise Group 11:00 Reminiscing Social 2:00 iN2L Time 2:30 Floral Art 4:00 Puzzles 6:15 Social Time</p>	<p>13</p> <p>9:30 Monday Updates 10:00 Morning Stretch 11:00 Fancy Nails 2:00 iN2L Time 2:30 Jokes w/fruit cocktail 4:00 Social Time 6:15 Movie Time</p>	<p>14</p> <p>9:30 Morning Updates 10:00 Golden Walkers 11:00 Puzzles 2:00 iN2L Time <b>2:30 Sierra Arts Foundation</b> 4:00 Social Time 6:15 iN2L-Comedy</p>	<p>15</p> <p>9:30 Morning News 10:00 Golden Walkers 11:00 Sunshine Visits 11:45 Lunch Bunch 2:00 Nails 2:30 Charades 4:00 Social Time 6:15 iN2L</p>	<p>16</p> <p>9:30 Morning Updates 10:00 Morning Stretch 11:00 Scenic Drive 2:00 iN2L Time <b>2:30 Don K on Guitar</b> 4:00 Scenic Drive 6:15 Music Memories</p>	<p>17</p> <p>9:30 Morning News 10:00 Walkabouts 11:00 Nails Time 2:00 iN2L Time 2:30 Social Time 4:00 Happy Hour 6:15 Friday Flick</p>	<p>18</p> <p>9:30 Morning Updates 10:00 Golden Walkers 11:00 Morning Relax 2:30 Sing-A-Long 4:00 Social Time 6:15 Evening Movie 7:15 Evening Relax</p>
<p>19</p> <p>9:15 Church Service 10:00 Fresh Air 11:00 Manicures 2:00 iN2L Time 2:30 Sunday Sport 6:15 Social Time 7:15 Evening Relax</p>	<p>20</p> <p>9:30 Monday Updates 10:00 Morning Stretch 11:00 Fancy Nails 2:00 Jokes/Puzzles 2:30 Golf 4:00 Social Time 6:15 Movie Time</p>	<p>21</p> <p>9:30 Morning Updates 10:00 Golden Walkers 11:00 Puzzles 2:00 iN2L Time <b>2:30 Catfish Carl Performs</b> 4:00 Social Time 6:15 iN2L-Comedy</p>	<p>22</p> <p>9:30 Morning News 10:00 Golden Walkers 11:00 Sunshine Visits 2:00 Bean Bag Games 2:30 Sensory 4:00 Social Time 6:15 iN2L-Comedy</p>	<p>23</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 Trivia</p>	<p>24</p> <p>9:30 Morning News 10:00 Walkabouts 11:00 Nails Time 2:00 iN2L Time 2:30 Social Time 4:00 Happy Hour 6:15 Friday Flick</p>	<p>25</p> <p>9:30 Morning Updates 10:00 Golden Walkers 11:00 Jazzy Jamboree 2:30 Sun Catchers 4:00 Social Time 6:15 Evening Movie 7:15 Evening Relax</p>
<p>26</p> <p>9:15 Church Service 10:00 Exercise Group 11:00 Memorial Craft 2:00 iN2L Time 2:30 Cookies 4:00 Puzzles 6:15 Social Time</p>	<p><b>Memorial Day</b> 27</p> <p>9:30 Monday Updates 10:00 Morning Stretch 11:00 Fancy Nails 2:00 Outside Walk 2:30 Art Craft 4:00 Social Time 6:15 Movie Time</p>	<p>28</p> <p>9:30 Morning Updates 10:00 Golden Walkers 11:00 Puzzles 2:00 iN2L Time 2:30 Parachute Ball 4:00 Social Time 6:15 iN2L-Comedy</p>	<p>29</p> <p>9:30 Morning News 10:00 Golden Walkers 11:00 Sunshine Visits 11:45 Lunch Bunch 2:00 iN2L Time 2:30 Sensory 4:00 Social Time 6:15 iN2L-Comedy</p>	<p><b>Water Flower Day</b> 30</p> <p>9:30 Morning Updates 10:00 Morning Stretch 11:00 Scenic Drive 2:00 Water Plants 2:30 Bingo 4:00 Scenic Drive 6:15 Ball Toss</p>	<p>31</p> <p>9:30 Morning News 10:00 Walk Club 11:00 Nails Time 2:00 iN2L Time 2:30 Hawaii Fun 4:00 Happy Hour 6:15 Friday Flick</p>	<p>Daily</p> <p>2:15 pm &amp; 5:15 pm Aromatherapy Therapy Warm Wash Clothes. *10:30 am, 3:00 pm, &amp; 7:15 pm Snacks &amp; Hydration *iN2L="It's Never 2 Late" A Computerized System *Activity Schedule Subject to Change</p>