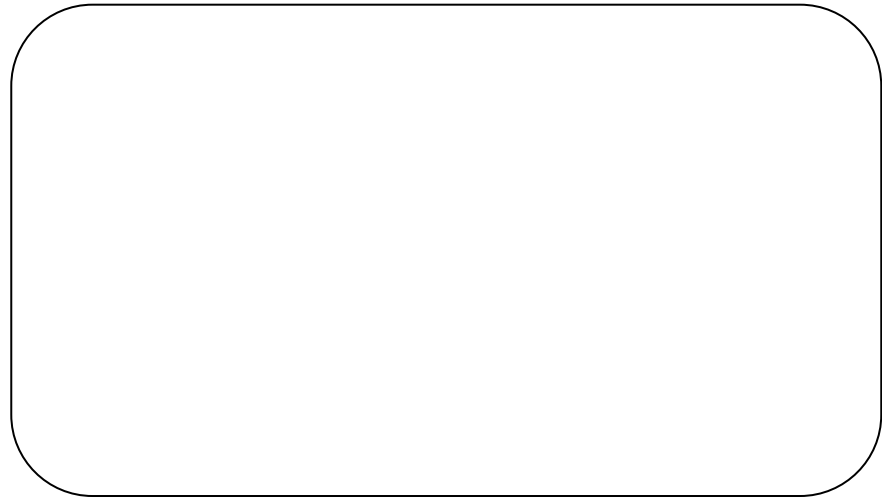




2121 E. Prater Way
Sparks, NV 89434

PLACE
STAMP
HERE



Administrative Team: 775-331-2229

Barb Heywood
Executive Director

Suzie Kuczynski
Community Relations Director

Barbara Fraide
Business Office Director

Sarah Conroy/Lisa Erck
Wellness Directors

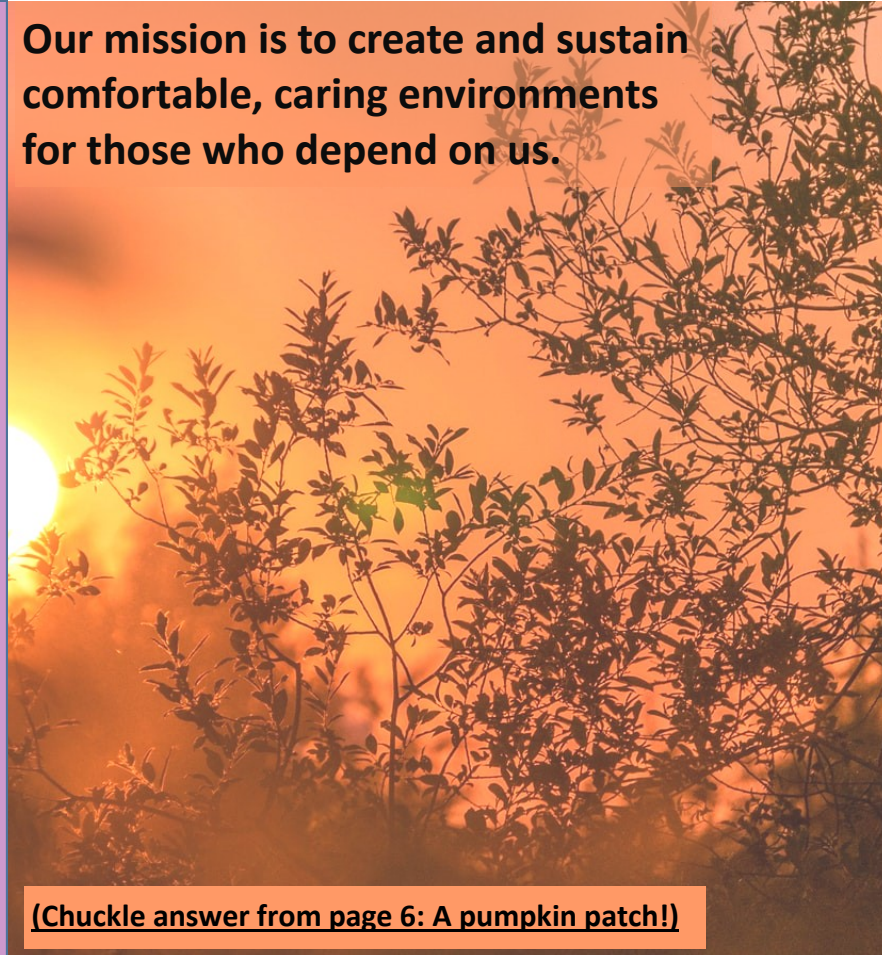
Sam Goodrich/Cherise Roulllett
Wellness Coordinators

Flor Martinez
Dinning Services Director

Viki Lowrey
Life Enrichment Director

Mike Hoos
Maintenance Director

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



(Chuckle answer from page 6: A pumpkin patch!)

The Arbors Bulletin

Arbors Memory Care Monthly News



October 2019

- 2 Breast Cancer Awareness
- 3 Resident/Team Spotlight
- 4 Activities Calendar

- 6 Highlights, Social Media, Birthdays
- 7 Special Moments & All About Autumn!
- 8 Mission & Team

Breast Cancer Awareness Increases Chances of Early Detection and Treatment

October is for Breast Cancer Awareness! We know when it takes place by the pink we see people wearing, but we may not know the significance Breast Cancer Awareness Month can have in our own lives.

In addition to promoting breast cancer knowledge importance, raising research funds, and supporting survivors and those in the fight, Breast Cancer Awareness Month encourages people to take steps to help themselves detect the disease in early stages.

This October, increase your awareness level with some breast cancer facts and early detection information. Your know-how could help a loved one, friend, or yourself.

Note: This article should not be considered medical advice. Consult your medical provider before making changes to diet, medications, or lifestyle.

What is Breast Cancer?

When cells, in the breast or nearby tissue, divide and grow without normal control of regular cell division, breast cancer occurs. This process is often slow. When a lump can be felt, it may have already been growing for 10 years.

Breast cancer may occur in men or women, but affects women more often than men. In the U.S., about one percent of cases occur in men. In 2019, for U.S. women, there will have been about 268,600 new cases of invasive breast cancer. For men, there will have been an estimated 2,670 new breast cancer cases. Early detection increases breast cancer survival.



Early Detection is Key

There are ways to detect breast cancer early including regular self-examinations and clinical screenings. Clinical screenings include mammography (X-ray breast imaging); clinical breast exams (where a trained provider feels for abnormalities); and in certain high risk cases, breast MRIs. More information on screening is available at www.cancer.gov.

Women should be familiar with how their breasts normally look and report any changes to a medical provider. The American Cancer Society recommends women 45-54 get annual mammograms, earlier for those who are high-risk for breast cancer. Those 55+ can switch to every other year if in good health.

Men at high risk for breast cancer should discuss how to manage their risk with their doctor.

It is our hope that these facts encourage awareness and continued learning beyond this special month.

Special Moments



We're All About Autumn!



Autumn officially started on September 23. With it now in full swing, we asked around for the best things about Autumn!

"Color of Leaves"
- Maureen

"Halloween Pumpkins"
- Barbara

"Hot Chocolate"
- Dottie

"Apple Pie"
- Wendy

"Football"
- Don

October Highlights

October is Dessert Month, Pizza Month, Seafood Month, Arts & Humanities Month, & Popcorn Month

- 1 Hair Day; Homemade Cookies Day
- 2 Fried Scallops Day
- 3 Techies Day
- 4 Golf Lover's Day; Taco Day
- 5 Do Something Nice Day
- 6 Mad Hatter Day; Noodle Day
- 7 Frappe Day; Inner Beauty Day
- 8 Fluffernutter Day; Pierogi Day
- 9 ER Nurses Day
- 10 Angel Food Day; Mental Health Day
- 11 Sausage Pizza Day
- 12 Chess Day; Gumbo Day
- 13 Train Your Brain Day
- 14 Columbus Day; Dessert Day
- 15 Cheese Curd Day; I Love Lucy Day
- 16 Cat Day; Take Parents to Lunch Day
- 17 Pasta Day
- 18 Chocolate Cupcake Day
- 19 Seafood Bisque Day; Sweetest Day

- 20 Brandied Fruit Day
- 21 Pumpkin Cheesecake Day; Reptile Day
- 22 Nut Day; Favorite Colors Day
- 23 Boston Cream Pie Day
- 24 Bologna Day
- 25 Breadstick Day
- 26 Make a Difference Day
- 27 American Beer Day; Mother in Law Day
- 28 Chocolate Day
- 29 Cat Day; Oatmeal Day; Intl. Stroke Day
- 30 Candy Corn Day
- 31 Halloween; Knock-Knock Jokes Day

Check us out online at:

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

Chuckle Time: What do you use to mend a Jack-O-Lantern? (Answer on back cover)

Baby, It's *Cold* Outside! When the temperature drops, *older* adult feel the affects of the cold quickly and need warmer clothing. Please take a moment of your time to update your loved ones wardrobe with seasonally appropriate clothing choices.

October Birthdays!

October



We wish you a Very Happy Birthday!

- Marion, October 2
- Joan, October 8
- Jim, October 12
- Peter P., October 12
- Betsey, October 16
- Hilla, October 19
- Stephen, October 22

Resident Spotlight!

Barbara

Barbara is a remarkable woman and an example to women of all ages! She is very active and recently attended the Reno Air Races with family. She enjoys attending UNR Women's basketball games with her daughter and son-in-law, as well as attending performances of the Reno Philharmonic. Always an avid walker, she keeps herself fit with daily exercise and enjoying outdoor strolls. She spent most of her life in Southern CA as a devoted mother of two and a supportive wife throughout her 68 years of marriage. In her younger years she played the piano, and enjoyed sewing and cooking.

She is a true inspiration to all of us !



Spotlight on Team Member Destiny

Destiny is an amazing caregiver whose exemplary performance over the past eight years with the Arbors, makes her a radiant team member. She is a teacher to incoming staff, and helps to keep everyone on task. She is energetic and principled and gives her all every day. Destiny takes the time to know all the residents personally and is one of their best advocates. She is respected by her coworkers for her cheerful manner and willingness to always lend a hand. She creates trust with family members who rely upon the exceptional care she provides to their loved ones. Destiny is also a loving mother and wife who enjoys skiing the local slopes of the Sierra Nevada's. **Thanks for helping to make our team Shine, Destiny!**

October 2019

Arbors Memory Care Daily Activities



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	10/2 Marion 10/8 Joan 10/12 Jim 10/12 Peter P. 10/16 Betsey 10/19 Hilla 10/22 Stephen	International Coffee Day 1 9:30 Morning Updates 10:00 Golden Walkers 11:00 Scenic Rides 2:00 Trivia-iN2L 2:30 Coffee Social 4:00 Scenic Ride 6:15 Tick-Tack-Toe-iN2L 7:15 Evening Relax	2 9:30 Morning Updates 10:00 Stretch and Be Fit 11:00 Sunshine Visits 11:45 Lunch Bunch 2:00 Resident Council 2:30 Parachute Ball 4:00 Coca Social 6:15 Bird Talk 7:15 Evening Relax	3 9:30 Morning Updates 10:00 Yoga Fit 11:00 Scenic Drive 2:00 Matching-iN2L 2:30 Bingo 4:00 Scenic Drive 6:15 Men's Social 7:15 Evening Relax	4 9:30 Morning News 10:00 Walkabouts 11:00 Nail Time 2:00 Puzzles-iN2L 2:30 Sensory Boxes 4:00 Mocktail Fun 6:15 Friday Flick 7:15 Evening Relax	5 9:30 Morning Updates 10:00 Golden Walkers 11:00 Nails 2:00 Puzzle Mania 3:00 Snacktivity 4:00 Challenges-iN2L 6:15 Puzzles 7:15 Evening Relax
6 9:15 Church Service 10:00 Exercise Group 11:00 Family Feud-iN2L 2:00 Trivia-iN2L 2:30 Oktoberfest 4:00 Social Time 6:15 Family Time 7:15 Evening Relax	7 9:30 Monday Updates 10:00 Morning Stretch 11:00 Fancy Nails 2:00 Crosswords-iN2L 2:30 Piano with Joe K. 4:00 Family Feud-iN2L 6:15 Game Time 7:15 Evening Relax	8 9:30 Morning Updates 10:00 Golden Walkers 11:00 Scenic Rides 2:00 Trivia-iN2L 2:30 Sierra Arts Music 4:00 Scenic Ride 6:15 Ring Toss 7:15 Evening Relax	9 9:30 Morning Updates 10:00 Stretch and Be Fit 11:00 Sunshine Visits 11:45 Lunch Bunch 2:00 Trivia-iN2L 2:30 Orange Clove Craft 4:00 Sort Mail 6:15 Evening Stroll 7:15 Evening Relax	10 9:30 Morning Updates 10:00 Morning Stretch 11:00 Scenic Drive 2:00 Matching-iN2L 2:30 Bingo 4:00 Scenic Drive 6:15 Men's Social 7:15 Evening Relax	11 9:30 Morning News 10:00 Walkabouts 11:00 Nail Time 2:00 Puzzles-iN2L 2:30 Birthday Bash 4:00 Mocktail Fun 6:15 Friday Flick 7:15 Evening Relax	12 9:30 Morning Updates 10:00 Smile and Sway 11:00 Nails 2:00 Card Games 3:00 Snacktivity 4:00 Puzzles 6:15 Pictionary 7:15 Evening Relax
13 9:15 Church Service 10:00 Exercise Group 11:00 Pictionary 2:00 Trivia-iN2L 2:30 Sing Along-iN2L 4:00 Social Time 6:15 Family Time 7:15 Evening Relax	14 9:30 Monday Updates 10:00 Morning Stretch 11:00 Radiant Expressions 2:00 Family Feud-iN2L 2:30 Mosaic Pumpkins 4:00 Social Time 6:15 Boat Origami 7:15 Evening Relax	15 9:30 Morning Updates 10:00 Golden Walkers 11:00 Scenic Rides 2:00 Trivia-iN2L 2:30 Catfish Carl Performs 4:00 Scenic Ride 6:15 Catch 7:15 Evening Relax	16 9:30 Morning Updates 10:00 Stretch and Be Fit 11:00 Sunshine Visits 10:30 Pumpkin Patch 2:00 Trivia-iN2L 2:30 Parachute Ball 4:00 Tea Social 6:15 Complete -A-Phrase 7:15 Evening Relax	17 9:30 Morning Updates 10:00 Morning Stretch 11:00 Scenic Drive 2:00 Matching-iN2L 2:30 Guitar w/Don K. 4:00 Scenic Drive 6:15 Men's Social 7:15 Evening Relax	18 9:30 Morning News 10:00 Walkabouts 11:00 Nail Time 2:00 Puzzles-iN2L 2:30 Table Games 4:00 Mocktail Fun 6:15 Friday Flick 7:15 Evening Relax	19 9:30 Morning Updates 10:00 Golden Walkers 11:00 Nails 2:00 Travel-iN2L 3:00 Snacktivity 4:00 Challenges-iN2L 6:15 Puzzles 7:15 Evening Relax
20 9:15 Church Service 10:00 Exercise Group 11:00 Autumn Memories 2:00 Trivia-iN2L 2:30 Word Games 4:00 Social Time 6:15 Family Time 7:15 Evening Relax	21 9:30 Monday Updates 10:00 Morning Stretch 11:00 Fancy Nails 2:00 Crosswords-iN2L 2:30 Golf 4:00 Social Time 6:15 Game Time 7:15 Evening Relax	22 9:30 Morning Updates 10:00 Golden Walkers 11:00 Scenic Rides 2:00 Trivia-iN2L 2:30 Guitar w/Jim 4:00 Scenic Ride 6:15 Balloon Toss 7:15 Evening Relax	23 9:30 Morning Updates 10:00 Stretch and Be Fit 11:00 Sunshine Visits 11:45 Lunch Bunch 2:00 Trivia-iN2L 2:30 Balloon Noodle 5:30 Family Harvest Party 7:15 Evening Relax	24 9:30 Morning Updates 10:00 Morning Stretch 11:00 Scenic Drive 2:00 Afternoon Movie 4:00 Scenic Drive 6:15 Men's Social 7:15 Evening Relax	25 9:30 Morning News 10:00 Walkabouts 11:00 Nail Time 2:00 Puzzles-iN2L 2:30 Games 4:00 Mocktail Fun 6:15 Friday Flick 7:15 Evening Relax	26 9:30 Morning Updates 10:00 Sittercise 11:00 Nails 2:00 Bubbles 2:30 Sing-A-Long 4:00 Challenges-iN2L 6:15 Surprise 7:15 Evening Relax
27 9:15 Church Service 10:00 Exercise Group 11:00 Pictionary 2:00 Trivia-iN2L 2:30 Coloring Fun 4:00 Social Time 6:15 Family Time 7:15 Evening Relax	28 9:30 Monday Updates 10:00 Morning Stretch 11:00 Fancy Nails 2:00 Crosswords-iN2L 2:30 Mask Making 4:00 Social Time 6:15 Millionaire 7:15 Evening Relax	29 9:30 Morning Updates 10:00 Golden Walkers 11:00 Scenic Rides 2:00 Trivia-iN2L 2:30 Monster Squares 4:00 Scenic Ride 6:15 Sing-Along 7:15 Evening Relax	30 9:30 Morning Updates 10:00 Stretch and Be Fit 11:00 Sunshine Visits 11:45 Lunch Bunch 2:00 Family Feud-iN2L 2:30 Pumpkin Painting 4:00 Magazine Time 6:15 Puzzles or Games	31 HAPPY HALLOWEEN 9:30 Morning Updates 10:00 Morning Stretch 11:00 Scenic Drive 2:00 Matching-iN2L 2:30 Trick or Treat Fun 4:00 Scenic Drive 6:15 Men's Social 7:15 Evening Relax	Scenic Rides : Tues. And Thurs. Lunch Bunch Every Wed. Live Entertainment	Daily 12:15 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" Full Life Engagement Through Technology *Activity Schedule Subject to Change