

STAMP  
HERE

Please Join Us For Our Annual Thanksgiving Luncheon on Saturday, November 23rd At 12:30 PM: \$10/Person Fee.

RSVP to Viki: 775-284-0158

By: 11/18/2019



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 Roullett  
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.

# The Arbors Bulletin

## Monthly Newsletter



## November 2019

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3 Team & Resident Spotlight  
4-5 Activities Calendar

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7 Special Moments & Family Stories  
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## The History & Significance of Veterans Day

At precisely 11 am on November 11th in the United States, massive crowds will begin ceremonies and celebrations in honor of our Veterans. With great gratitude, citizens will honor those who have bravely served our country. What has historically been a day of great significance, remains ever important today.

Veterans Day has been, and remains, a U.S. holiday that honors veterans of all wars. Its history has not been without its changes, however!

In 1918, during World War I, on the 11th hour of the 11th day of the 11th month, hostilities ended between the Allied nations and

Germany - referred to by many as "Armistice Day." The Treaty of Versailles, which marked the end of the war, was signed on June 28, 1919, but the armistice date was the one most considered the conflict's end.

In November of 1919, Armistice Day was observed by many countries with parades, public celebrations, and pauses to business and school activities at 11 am.

Then, in June of 1926, Congress passed a resolution saying November 11 should be

commemorated each year. As of May 13, 1938, Armistice Day was a legal Federal holiday.

Changes were still abound, though. During World War II, more than 16 million Americans served in the Army, Air Force, Marines, and Navy. Another 5.7 million

served in the Korean War. This spurred Veteran's service organizations to lobby for the words "Veterans Day" to replace Armistice Day in honor of the American veterans of all wars. In 1954, President Dwight D. Eisenhower signed legislation for the name to be changed.

The day would still see some changes! As of 1971, Veterans Day

was moved to the fourth Monday in October when Congress passed a Uniform Holidays Bill to make Monday "the" day for federal holidays. But as of 1978, due to many states' confusion and disapproval over the change, the holiday was moved back to its original observance date.

And so it goes, Veterans Day continues to be observed on November 11th. That day, and throughout the year, we thank all who have served for our great nation.



**What is the difference between Veterans Day and Memorial Day?** It is a common question. Memorial Day, in May, is dedicated to Americans who have served and who passed away during (or as a result of) serving. Veterans Day honors all Veterans, alive and who have passed.

## Special Moments



### For Family Stories Month, we shared neat facts about our families:

"Great Parents! Did lots together as a family" - Lois  
 "Enjoyed when we all got together" - Natalie

"We laughed until we cried sometimes" - Viki

"Dad brought home big birds that sat with the family"- Don  
 "Everyone together" - Louise

"Being with my children" - Helen  
 "We had wonderful camping trips" - Wendy

# November 2019 Highlights



November is Gratitude Month, Family Stories Month, Movember, and Novel Writing Month.

- 01 Authors Day; Vinegar Day
- 02 Deviled Egg Day
- 03 Daylight Savings Ends; Sandwich Day
- 04 Candy Day; Traffic Directors Day
- 05 Doughnut Day; Love Red Hair Day
- 06 Stress Awareness Day; Saxophone Day
- 07 Men Make Dinner Day
- 08 Cappuccino Day
- 09 Louisiana Day
- 10 Vanilla Cupcake Day; Marines Day
- 11 Veterans Day; Sundae Day
- 12 Chicken Soup for the Soul Day
- 13 World Kindness Day
- 14 Pickle Day; Spicy Guac Day
- 15 Philanthropy Day; Raisin Bran Day
- 16 Button Day; Fast Food Day
- 17 Take a Hike Day; Baklava Day
- 18 Mickey Mouse's Birthday; Princess Day
- 19 Play Monopoly Day
- 20 Peanut Butter Fudge Day

- 21 Gingerbread Cookie Day
- 22 Cranberry Relish Day
- 23 Espresso Day; Eat a Cranberry Day
- 24 Sardines Day
- 25 Parfait Day
- 26 Cake Day
- 27 Jukebox Day; Bavarian Cream Pie Day
- 28 Thanksgiving
- 29 Native American Heritage Day; Floss Day
- 30 Mason Jar Day; Small Business Saturday

**We're online @**

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

## November Birthdays!

november



CITRINE

Wishing a very happy birthday to you!

- Dottie, Nov. 5
- Maureen Nov. 5
- Maigene Nov 15
- Kitty Nov. 10



## Staff Spotlight

### Jen



Jen is our spotlighted team member of the month. From her great big smile, to her wonderful happy laugh, she shines a light on everyone. Jen came to the Arbors as a UNR intern and we have been fortunate enough to have her join the activity team as a life enrichment assistant, after graduating in May. She lives up to her title of enriching lives, because she enriches the lives of all she encounters with her compassionate and caring ways. She is dedicated, trustworthy, and can be counted on to help wherever the need arises. Jen loves our residents and is their greatest advocate. She can make the toughest job look easy with her cool professional manner. She is witty and intelligent and gives 100% of herself. She loves cats and being outdoors or just capturing special moments with her special guy. Her heart overflows with love and we are the receivers of her daily dose of happiness.



## Resident Spotlight

### Paul



Paul is our spotlighted resident of the month! He was born and raised in Ireland. He is an avid reader who enjoys Fox News and classic movies. You are bound to catch Paul in the gazebo almost every day, enjoying the gardens and reading the newspaper or a good book. Moving to America as an adult, he made his home in Riverside, CA, with his wife, while raising three children. He worked as a long-distance truck driver and mover throughout his career. It is fun to talk with Paul and listen to his Irish brogue.

We're so happy to have you here, Paul!



# November 2019

## Arbors Memory Care Daily Activities



Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p><b>HAPPY BIRTHDAY</b></p> <p>Dottie, 11/4 Maureen, 11/5 Kitty, 11/10 Marigene, 11/15</p>			<p>Scenic Rides : Tues. And Thurs.</p>  <p>Lunch Bunch Every Wed.</p>  <p>Live Entertainment</p> 	<p>Daily 12:15 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" Full Life Engagement Through Technology Once a Month Art-Radiant Expressions *Activity Schedule Subject to Change</p>		
<p>3</p> <p>9:15 Church Service 10:00 Exercise Group 11:00 Remembering the 40's 2:00 Trivia-iN2L 2:30 Toss &amp; Talk 4:00 Social Time 6:15 Family Time 7:15 Evening Relax</p>	<p>4</p> <p>9:30 Monday Updates 10:00 Morning Stretch 11:00 Fancy Nails 2:00 Crosswords-iN2L 2:30 <b>Piano with Joe K</b>  4:00 Family Feud-iN2L 6:15 Card Games 7:15 Evening Relax</p>	<p>5</p> <p>9:30 Morning Updates 10:00 Golden Walkers 11:00 Scenic Rides 2:00 Trivia-iN2L 2:30 Balloon Noodle 4:00 Scenic Ride 6:15 Water Pong 7:15 Evening Relax </p>	<p>6</p> <p>9:30 Morning Updates 10:00 Stretch and Be Fit 11:00 Sunshine Visits 11:45 Lunch Bunch  2:00 Trivia-iN2L 2:30 Tic-Tac-Toe 4:00 Game Time 6:15 Sing Along 7:15 Evening Relax</p>	<p>7</p> <p>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 </p>	<p>8</p> <p>9:30 Morning News 10:00 Walkabouts 11:00 Nail Time 2:00 Puzzles-iN2L 2:30 <b>Birthday Bash</b>  4:00 Mocktail Fun 6:15 Friday Flick 7:15 Evening Relax</p>	<p>9</p> <p>9:30 Morning Updates 10:00 Golden Walkers 11:00 Nails 2:00 Table Puzzles 2:30 Sigma Kappa Craft 4:00 Family Feud-iN2L 6:15 Target Shooting 7:15 Evening Relax</p>
<p>10</p> <p>9:15 Church Service 10:00 Exercise Group 11:00 Apple Pie Bites 2:00 Trivia-iN2L 2:30 Coloring Fun 4:00 Social Time 6:15 Family Time 7:15 Evening Relax</p>	<p><b>Veterans Day</b> 11</p> <p>9:30 Monday Updates 10:00 Morning Stretch 11:00 Fancy Nails 2:00 Crosswords-iN2L 2:30 Reminiscing Veterans' 4:00 Family Feud-iN2L 6:15 Game Time 7:15 Evening Relax</p>	<p>12</p> <p>9:30 Morning Updates 10:00 Golden Walkers 11:00 Scenic Rides 2:00 Trivia-iN2L 2:30 <b>Sierra Arts Music</b>  4:00 Scenic Ride  6:15 BalloonToss 7:15 Evening Relax </p>	<p>13</p> <p>9:30 Morning Updates 10:00 Stretch and Be Fit 11:00 Sunshine Visits 11:45 Lunch Bunch  2:00 Trivia-iN2L 2:30 Acorn Craft 4:00 Jokes 6:15 Turkey Bowling 7:15 Evening Relax</p>	<p>14</p> <p>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 </p>	<p>15</p> <p>9:30 Morning News 10:00 Walkabouts 11:00 Nail Time 2:00 Puzzles-iN2L 2:30 <b>Vocals by Ray</b>  4:00 Mocktail Fun 6:15 Friday Flick 7:15 Evening Relax</p>	<p>16</p> <p>9:30 Morning Updates 10:00 Sittercise 11:00 Nails 2:00 Crosswords-iN2L 3:00 Snacktivity 4:00 Sing Along-iN2L 6:15 Family Feud-iN2L 7:15 Evening Relax</p>
<p>17</p> <p>9:15 Church Service 10:00 Exercise Group 11:00 Pictionary 2:00 Trivia-iN2L 2:30 Fancy Nails 4:00 Social Time 6:15 Family Time 7:15 Evening Relax</p>	<p>18</p> <p>9:30 Monday Updates 10:00 Morning Stretch 11:00 Radiant Expressions 2:00 Crosswords-iN2L 2:30 Target Shooting 4:00 Family Feud-iN2L 6:15 Puzzles 7:15 Evening Relax</p>	<p>19</p> <p>9:30 Morning Updates 10:00 Golden Walkers 11:00 Scenic Rides 2:00 Trivia-iN2L 2:30 <b>Catfish Carl Performs</b>  4:00 Scenic Ride  6:15 Balloon Toss 7:15 Evening Relax </p>	<p>20</p> <p>9:30 Morning Updates 10:00 Stretch and Be Fit 11:00 Sunshine Visits 11:45 Lunch Bunch  2:00 Trivia-iN2L 2:30 Turkey Craft 4:00 Fall Coloring 6:15 Pictionary 7:15 Evening Relax</p>	<p>21</p> <p>9:30 Morning Updates 10:00 Morning Stretch 11:00 Scenic Drive 2:00 Matching-iN2L 2:30 <b>Guitar w/Don K</b>  4:00 Scenic Drive 6:15 Water Pong 7:15 Evening Relax </p>	<p>22</p> <p>9:30 Morning News 10:00 Walkabouts 11:00 Nail Time 2:00 Puzzles-iN2L 2:30 Trivia-iN2L 4:00 Mocktail Fun 6:15 Friday Flick 7:15 Evening Relax</p>	<p><b>Family Luncheon</b> 23</p> <p>9:30 Morning Updates 10:00 Decorating Set Up 12:30 <b>Family Thanksgiving</b> 2:00 Coloring Fun 2:30 Movie Time 4:00 Social Time 6:15 Saturday Night Movie 7:15 Evening Relax</p>
<p>24</p> <p>9:15 Church Service 10:00 Exercise Group 11:00 Pumpkin Butter Cookies 2:00 Trivia-iN2L 2:30 Sing Along 4:00 Social Time 6:15 Family Time 7:15 Evening Relax</p>	<p>25</p> <p>9:30 Monday Updates 10:00 Morning Stretch 11:00 Fancy Nails 2:00 Afternoon Movie 4:00 Family Feud-iN2L 6:15 Game Time 7:15 Evening Relax</p>	<p>26</p> <p>9:30 Morning Updates 10:00 Golden Walkers 11:00 Scenic Rides 2:00 Trivia-iN2L 2:30 Hot Cider Social 4:00 Scenic Ride 6:15 Ping Pong 7:15 Evening Relax </p>	<p>27</p> <p>9:30 Morning Updates 10:00 Stretch and Be Fit 11:00 Sunshine Visits 11:45 Lunch Bunch  2:00 Trivia-iN2L 2:30 Turkey Toss 4:00 Hot Chocolate 6:15 Games 7:15 Evening Relax</p>	<p><b>Thanksgiving</b> 28</p> <p>9:30 Morning Updates 10:00 Morning Parade 11:00 Football 2:00 Matching-iN2L 2:30 Sing Along 4:00 Movies  6:15 Puzzles 7:15 Evening Relax</p>	<p>29</p> <p>9:30 Morning News 10:00 Walkabouts 11:00 Nail Time 2:00 Puzzles-iN2L 2:30 Pictionary 4:00 Mocktail Fun 6:15 Friday Flick 7:15 Evening Relax</p>	<p>30</p> <p>9:30 Morning Updates 10:00 Stretches 11:00 Nails 2:00 Walkabouts 3:00 Snacktivity 4:00 Water Pong 6:15 Sing Along 7:15 Evening Relax</p>