

STAMP
HERE



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

The Arbors Bulletin

Monthly Newsletter



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Cold Weather Safety & Wellness Tips

It's that time of year again when temperatures begin to plummet, snowflakes kiss our noses, and "Baby, it's Cold Outside!" and "Walking in a Winter Wonderland" play on the radio.

The changing weather can be a joyous occurrence each year, but it's also one we can better prepare for with a few tips to aid in keeping us safe and merry.



Dress for Warmth

Stay toasty throughout winter with appropriate clothing for your surroundings. Outdoors, if it's very cold, be sure to wear warm socks, gloves, a heavy coat, a scarf, and a hat or ear muffs, and make sure exposed skin is covered. Indoors, if cold, dress in layers and keep feet covered. One's body temperature should never dip below 95 degrees.

Avoid Falling

In the winter, falls may occur due to slips on icy sidewalks and roads or wet indoor spaces. Avoid injury by wearing shoes with good traction and non-skid soles. Stay inside when at all possible, and wait to walk on sidewalks until you know that they have been treated for ice. It is also smart to have a walking buddy or two if you do head outdoors. If you have been outside and are returning to an indoor space, take off your shoes to avoid slipping due to wet soles.

Ward off the Wintertime Blues

In the winter, there are fewer opportunities for people to get regular exercise and sunshine. There are also some stressors that

come along with the holidays. These changes in routine may lead to feelings of loneliness, isolation, and sadness. Help fight off the winter blues by getting regular exercise, participating in social activities, and eating a varied diet of Vitamin D fortified foods.

Avoid Fire Hazards & Carbon Monoxide Poisoning

It's lovely to enjoy the warmth of the fireplace or a scented candle in winter, but be prepared to avoid fire dangers. Heaters, fireplaces, stoves, candles, and holiday decorations can pose fire risks. Avoid possible fires and carbon monoxide poisoning by following fire safety rules, abiding by device manufacturer instructions, and making sure all alarms are functional. Also, practice routine fireplace maintenance, make sure electrical sockets are operating properly, and keep holiday decorations neat and in good repair. There's no shame in reaching out to a friend or loved one for help tending to these tasks.

We wish everyone a safe, warm, and fun-filled winter season this year!

Special Moments

"Life isn't a matter of milestones, but of moments." - Rose Kennedy



'Tis the Season to Be Baking!

This Pfeffernusse recipe, modified from an All Recipes version by Thebeansma, requires 15 mins prep, 15 mins to cook, and 3 hours total. **Ingredients:** 1/2 cup molasses; 1/4 cup honey; 1/4 cup shortening; 1/4 cup margarine; 2 eggs; 4 cups flour; 3/4 cup sugar; 1/2 cup brown sugar; 1.5 tsp ground cardamom; 1 tsp ground nutmeg; 1 tsp ground cloves; 1 tsp ground ginger; 2 tsp anise extract; 2 tsp ground cinnamon; 1.5 tsp baking soda; 1 tsp pepper; 1/2 tsp salt; 1 cup confectioners sugar.

Steps: **1.)** Stir molasses, honey, shortening, margarine in saucepan over med heat. Stir until creamy. Remove from heat; cool to room temp. Stir in eggs. **2.)** Combine flour, white and brown sugars, cardamom, nutmeg, cloves, ginger, anise, cinnamon, baking soda, salt and pepper in big bowl. Add molasses mixture and mix together. Refrigerate 2 hours. **3.)** Preheat oven to 325. Roll dough into balls. Put on bake sheet 1 inch apart. **4.)** Bake 10-15 mins. Cool. Coat with confectioners sugar. Enjoy!



December 2019 Highlights

December is Safe Gifts Month, Spiritual Literacy Month, and Tomato Month

- 01 Pie Day; Eat a Red Apple Day
- 02 Fritters Day; Mutt Day
- 03 Day of Giving
- 04 Cookie Day; Dice Day; Sock Day
- 05 Sacher Torte Day
- 06 Faux Fur Friday; Gazpacho Day
- 07 Pearl Harbor Remembrance Day
- 08 Brownie Day; Be a Time Traveler Day
- 09 Pastry Day
- 10 Nobel Prize Day; Dewey Decimal Day
- 11 App Day; Noodle Ring Day
- 12 Ambrosia Day; Poinsettia Day
- 13 Cocoa Day; Violin Day
- 14 Bouillabaisse Day
- 15 Lemon Cupcake Day; Wear Pearls Day
- 16 Chocolate-Covered Anything Day
- 17 Maple Syrup Day; Wright Brothers Day
- 18 Roast Suckling Pig Day; Buddy the Elf Day
- 19 Oatmeal Muffin Day; Hard Candy Day
- 20 Sangria Day

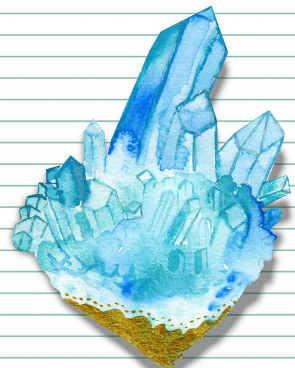
- 21 Fried Shrimp Day; Holiday Sweater Day
- 22 Date Nut Bread Day; Chanukah Begins
- 23 Pfeffernusse Day; Festivus
- 24 Eggnog Day; Christmas Eve
- 25 Christmas Day; Pumpkin Pie Day
- 26 Candy Cane Day; Boxing Day; Thanks Day
- 27 Fruitcake Day; Card Playing Day
- 28 Chocolate Candy Day
- 29 Pepper Pot Day; Tick Tock Day
- 30 Bacon Day
- 31 New Year's Eve, Champagne Day

We're online @

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

December Birthdays!

december



BLUE TOPAZ

Wishing a very happy birthday to you!
We celebrate all our December Birthdays.
A very special shout out to Gary who turns 101
years young this month.

Ann, Dec. 7
Patty, Dec. 7
Gary, Dec. 9
Frank, Dec. 26
Christine, Dec. 28

Staff Spotlight Maintenance Mike



Michael is our spotlighted employee this month. He is behind the scenes making sure that our community is pristine. He often deals with requests from different directions at once and he smiles and gets it done. He was described as merry and bright when he first joined our team and he has proven to be positive and hardworking. He has a passion for our residents and enjoys his interactions with them while working around the community. Mike loves being a dad and always tries to put his family first. It just goes to show that he wears many hats well.

Thanks for all you do, Mike!



Resident Spotlight Maureen



Maureen's very British accent is the first thing that captures you, along with her caring personality. Having been born in Ireland and raised in England, she retains her love for tea and tea cookies. She worked her adult life as a Registered Nurse, and you can see that come through in her continued concern for those around her to this day. She is always up to listening to live entertainment or helping with a cooking project. She has formed a close bond with her roommate, and they look out for one another and buddy around together on walks and bus outings. Maureen is a joy to be around and her smile is contagious. We appreciate you, Maureen!

December 2019

Arbors Memory Care Daily Activities



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 9:15 Church Service 10:00 Exercise Group 11:00 Holiday Craft 2:00 Trivia-iN2L 2:30 Sing Along-iN2L 4:00 Social Time 6:15 Family Time 7:15 Evening Relax	2 9:30 Monday Updates 10:00 Morning Stretch 11:00 Fancy Nails 2:00 Crosswords-iN2L 2:30 Piano with Joe K. 4:00 Stretching 6:15 Hangman 7:15 Evening Relax	3 9:30 Morning Updates 10:00 Golden Walkers 11:00 Scenic Rides 2:00 Trivia-iN2L 2:30 Balloon Noodle 4:00 Stretching 6:15 Water Pong 7:15 Evening Relax	4 9:30 Morning Updates 10:00 Stretch and Be Fit 11:00 Sunshine Visits 11:45 Lunch Bunch 2:00 Trivia-iN2L 2:30 Bingo 4:00 Game Time 6:15 Sing Along	5 9:30 Morning Updates 10:00 Yoga Fit 11:00 Scenic Drive 2:00 Matching-iN2L 2:30 Social Hour 4:00 Walking 6:15 Trivia-iN2L 7:15 Evening Relax	6 9:30 Morning News 10:00 Walkabouts 11:00 Nail Time 2:00 Afternoon Movies 4:00 Mocktail Fun 6:15 Friday Flick 7:15 Evening Relax	7 9:30 Morning Updates 10:00 Exercise Bands 11:00 Nails 2:00 Crosswords-iN2L 3:00 Snacktivity 4:00 Social Time 6:15 TV Time 7:15 Evening Relax
8 9:15 Church Service 10:00 Exercise Group 11:00 Fancy Nails 2:00 Trivia-iN2L 2:30 Family Feud-iN2L 4:00 Social Time 6:15 Family Time 7:15 Evening Relax	9 9:30 Monday Updates 10:00 Morning Stretch 11:00 Radiant Expressions 2:00 Crosswords-iN2L 2:30 Balloon Toss 4:00 Social Time 6:15 Old Movies-iN2L 7:15 Evening Relax	10 9:30 Morning Updates 10:00 Golden Walkers 11:00 Scenic Rides 2:00 Trivia-iN2L 2:30 Sierra Arts Foundation 4:00 Walking 6:15 Balloon Toss 7:15 Evening Relax	11 9:30 Morning Updates 10:00 Stretch and Be Fit 11:00 Sunshine Visits 11:45 Pictures w/Santa 2:00 Trivia-iN2L 2:30 Bingo 4:00 Holiday Traditions 6:15 Card and Table Games 7:15 Evening Relax	12 9:30 Morning Updates 10:00 Stretching 11:00 Scenic Drive 2:00 Matching-iN2L 2:30 Christmas Ornaments 4:00 Holiday Trivia 6:15 Reminiscing 7:15 Evening Relax	13 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	14 9:30 Morning Updates 10:30 Performance 11:00 Nails 2:00 Tick-Tac-Toe-iN2L 2:30 Stacking Cups 4:00 Social Time 6:15 Movies 7:15 Evening Relax
15 9:15 Church Service 10:00 Exercise Group 11:00 Candy Pretzels 2:00 Trivia-iN2L 2:30 Sing Along 4:00 Social Time 6:15 Family Time 7:15 Evening Relax	16 9:30 Monday Updates 10:00 Morning Stretch 11:00 Fancy Nails 2:00 Crosswords-iN2L 2:30 Christmas Tree Pong 4:00 Social Time 6:15 Old Movies-iN2L 7:15 Evening Relax	17 9:30 Morning Updates 10:00 Golden Walkers 11:00 Scenic Drive 2:00 Trivia-iN2L 2:30 Music by Catfish Carl 4:00 Stretches 6:15 Christmas Lights 7:15 Evening Relax	18 9:30 Morning Updates 10:00 Stretch and Be Fit 11:00 Sunshine Visits 11:45 Lunch Bunch 2:00 Trivia-iN2L 2:30 Bingo 4:00 Game Time 6:15 Stacking Cups 7:15 Evening Relax	19 9:30 Morning Updates 10:00 Stretching 11:00 Scenic Drive 2:00 Matching-iN2L 2:30 Don K. on Guitar 4:00 Stretch Bands 6:15 Christmas Lights 7:15 Evening Relax	20 9:30 Morning News 10:00 Walkabouts 11:00 Nail Time 2:00 Puzzles-iN2L 2:30 Vocals with Ray 4:00 Mocktail Fun 6:15 Friday Flick 7:15 Evening Relax	21 9:30 Morning Updates 10:00 Catch 11:00 Nails 2:00 PM Walk 3:00 Snacktivity 4:00 Social Time 6:15 TV Time 7:15 Evening Relax
22 9:15 Church Service 10:00 Exercise Group 11:00 Christmas Cookies 2:00 Trivia-iN2L 2:30 Christmas Sing Along 4:00 Social Time 6:15 Family Time 7:15 Evening Relax	23 9:30 Monday Updates 10:00 Morning Stretch 11:00 Fancy Nails 2:00 Crosswords-iN2L 2:30 Christmas Movie 4:00 Social Time 6:15 TV Game Shows 7:15 Evening Relax	24 9:30 Morning Updates 10:00 Golden Walkers 11:00 Santa Visits 2:00 Trivia-iN2L 2:30 Hot Coca 4:00 Walking 6:15 Christmas Stories 7:15 Evening Relax	25 Christmas Day 9:30 Morning Updates 10:00 Stretch and Be Fit 11:00 Holiday Memories 11:45 Lunch Bunch 2:00 Trivia-iN2L 2:30 Stocking Game 4:00 Family Time 6:15 Xmas Movies 7:15 Evening Relax	26 9:30 Morning Updates 10:00 Stretching 11:00 Balloon Toss 2:00 Matching-iN2L 2:30 Bingo 4:00 Social Time 6:15 Coloring Fun 7:15 Evening Relax	27 9:30 Morning News 10:00 Walkabouts 11:00 Social Time 2:00 Puzzles-iN2L 2:30 Table Games 4:00 Mocktail Fun 6:15 Friday Flick 7:15 Evening Relax	28 9:30 Morning Updates 10:00 Dancing 11:00 Nails 2:00 Coloring 4:00 Social Time 6:15 Movies 7:15 Evening Relax
29 9:15 Church Service 10:00 Exercise Group 11:00 Remembering the 50's 2:00 Trivia-iN2L 2:30 Family Feud-iN2L 4:00 Social Time 6:15 Family Time 7:15 Evening Relax	30 9:30 Monday Updates 10:00 Morning Stretch 11:00 Fancy Nails 2:00 Crosswords-iN2L 2:30 Ball Toss 4:00 Social Time 6:15 Movie Time 7:15 Evening Relax	31 New Year's Eve 9:30 Morning Updates 10:00 Golden Walkers 11:00 Scenic Rides 2:00 Trivia-iN2L 2:30 New Year's Eve Party 4:00 Social Time 6:15 Sing Alongs-iN2L 7:15 Evening Relax	HAPPY BIRTHDAY ANN-12/7 PATTY-12/7 GARY-12/9 CHRISTINE-12/28	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 Once a Month Art-Radiant Expressions *Activity Schedule Subject to Change	Scenic Rides : Tues. And Thurs. Lunch Bunch Every Wed. Live Entertainment	