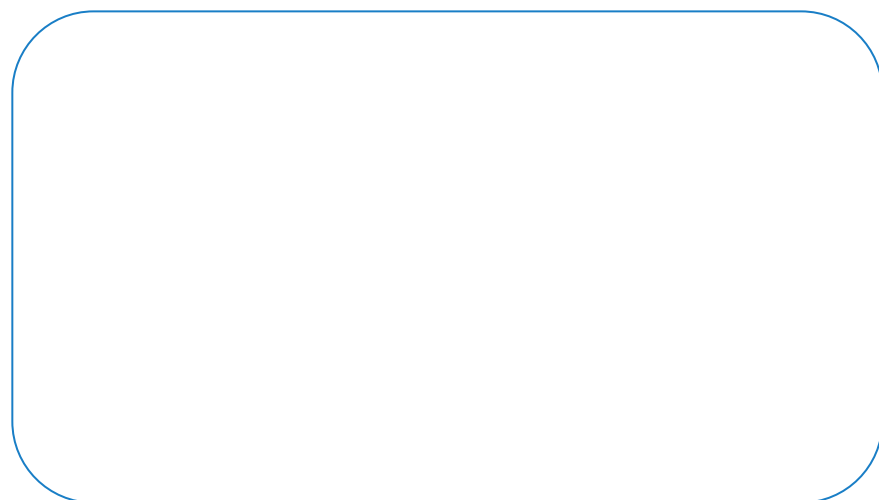




2121 E. Prater Way  
Sparks, NV 89434

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**Administrative Team: 775-331-2229**

**Barb Heywood**  
Executive Director

**Suzie Kuczynski**  
Community Relations Director

**Barbara Fraide**  
Business Office Director

**Michelle Baun/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.**

# The Arbors Bulletin

## Monthly Newsletter



## January 2020

**2 Healthy New Year's Resolutions**  
**3 Team & Resident Spotlight**  
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**6 Birthdays, Social Media, & Highlights**  
**7 Special Moments, Recipe Corner**  
**8 Mission & Team**



## Do It Up Big With Healthy New Year's Resolutions

Heading into a new decade is a great time to reevaluate goals and set new ones! It's a momentous occasion that calls for equally momentous goals. What better way to make a splash—and keep on splendidly splashing—than through healthy living? Embrace new-you success in the '20s!

**Note:** Each individual should follow their medical professional's advice and speak with them before making diet or exercise changes.

### Get Social

Taking part in group activities, being with others, and sharing your feelings boosts overall health. Ways to bring out your social butterfly:

- Attend group activities. Set small social goals each time you take part. Greet and share an observation or compliment.
- Have your hearing and vision tested to ensure that you aren't missing things.
- Practice your favorite hobby in a common area. It will increase the odds another person will approach you or join you.
- If religious, attend group services.
- Use IN2L with your Life Enrichment Director.

### Embrace Your Exercise Passion

Being active helps the whole body. Do some thinking about your favorite ways to be active and set small goals for daily activities (walking, dancing, swimming, stretching, lifting, bowling, golfing, or chair exercises). Work out with a buddy for motivation and safety. Mark successes on a calendar or share aloud!

### Hydrate

Dehydration can affect people of all ages, but especially seniors. Ask your health professional how much water you should get each day, as it varies from person to person. To help make hydration fun, in addition to water, try hydrating foods like watermelon, spinach, cucumbers,



**Goal Idea: Eat more blueberries! Did you know blueberries can: improve brain function, protect the body from unstable molecules, lower blood pressure, and help prevent heart disease? These little blue buddies pack quite the health punch!**

green peppers, and celery. Good ways to detect that fluid intake is adequate include rarely feeling thirsty and colorless or light yellow urine.

### Prioritize Your Wellness

Reach out to your medical and dental health professionals as you head into 2020 to schedule wellness appointments. Staying on top of your well-being is the best gift you can give yourself.

### Sleep Well

Sleep quality can be compromised in many ways. Try these goals to improve your sleep:

- Follow a pre-sleep routine / sleep schedule
- Avoid late afternoon naps or caffeine
- Avoid bright screens and lights, and large pre-bedtime meals

### Have A Rainbow A Day...

We know, the saying goes "an apple a day..." but a rainbow is much more fun. When you eat, improve nutrition with a rainbow of different colored foods on your plate at each meal, with many colors coming from fruits and vegetables.

We wish you a healthy year ahead!

## Special Moments



## A 1920's Recipe to Try in 2020:

This Lemon Ginger Icebox Cake is modified from a *Taste of Home* version that has great reviews. It takes 20+ minutes to prep and chill and it makes 12 servings.

**Ingredients:** Two cups of heavy whipping cream \* Eight ounces of soft cream cheese \* Two teaspoons of grated lemon zest \* Ten ounces of lemon curd \* Two tablespoons of chopped and crystallized ginger \* Two packages of thin ginger cookies that are 5 and 1/4 ounces each



**Directions:** In a big bowl, beat the lemon zest with the cream cheese until creamy. Beat in the lemon curd until it is smooth. Gradually add in cream and beat on medium to high until soft peaks set in. Line the bottom of an eight inch dish with nine cookies. Spread with two thirds of a cup of cream cheese mixture. Repeat for six layers. Sprinkle with ginger. Cover and refrigerate for two hours or more.



# January 2020 Highlights

January is Hot Tea Month, Braille Literacy Month, Oatmeal Month, Soup Month, Hobby Month, Mentoring Month, and Bath Safety



It's 2020! Happy New Year's Everyone!

- 01 New Year's Day; Bloody Mary Day
- 02 Cream Puff Day; Science Fiction Day
- 03 Chocolate Covered Cherry Day
- 04 Spaghetti Day; Trivia Day
- 05 Bird Day; Whipped Cream Day
- 06 Shortbread Day; Tech Day
- 07 Tempura Day
- 08 Argyle Day; Toffee Day
- 09 Apricot Day; Law Enforcement Day
- 10 Bittersweet Chocolate Day
- 11 Vision Board Day; Milk Day
- 12 Marzipan Day; Curry Chicken Day
- 13 Peach Melba Day; Rubber Ducky Day
- 14 Dress Up Your Pet Day
- 15 Bagel Day; Strawberry Ice Cream Day



- 16 Fig Newton Day
- 17 Hot Buttered Rum Day
- 18 Winnie the Pooh Day; Thesaurus Day
- 19 Popcorn Day
- 20 Cheese Lover's Day; MLK Jr. Day
- 21 Granola Bar Day; Hugging Day
- 22 Blonde Brownie Day
- 23 Handwriting Day; Pie Day
- 24 Compliment Day; Peanut Butter Day
- 25 Opposite Day; Irish Coffee Day
- 26 Green Juice Day; Peanut Brittle Day
- 27 Chocolate Cake Day; Bubble Wrap Day
- 28 Blueberry Pancake Day; Kazoo Day
- 29 Corn Chip Day; Puzzle Day
- 30 Croissant Day
- 31 Backward Day; Hot Chocolate Day; Inspire Your Heart with Art Day

## January Birthdays & Our Community Online

Happy Birthday Wishes!

Isabell: Jan. 3

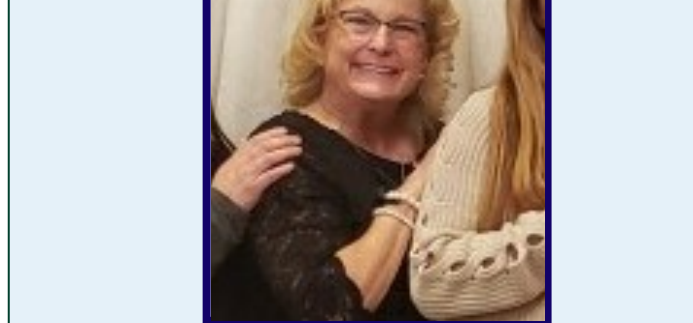
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Radiantvoices on Instagram  
RadiantSrLiving on Twitter  
[Pinterest.com/radiantsrliving](https://www.pinterest.com/radiantsrliving)  
Radiant Senior Living on YouTube

# Resident Spotlight: Christine

Christine is our honored resident of the month. She was raised in the south, the daughter of a barber and she has never done her own hair a day in her life. Christine loves fashion and wears coordinated and often blingy outfits.

This truly remarkable 99-year-old lived in Guam for many years with her husband, establishing a business of convenience stores and later expanding to the U.S. She enjoyed playing tennis in the hot sun, where her games were often waylaid by the frequent rainstorms. While raising their daughter, they enjoyed worldwide travels together as the three musketeers. Christine has always had a passion for learning and chose to surround herself with many educator friends as they enjoyed inspiring travels together. She is an avid bridge player and her granddaughter has followed in her footsteps to the world national bridge competition level. We are privileged that Christine has made the Arbors her home. We are also thankful for the constant support of her personal caregiver, Cindy, who provides humor and exceptional care.



## Staff Spotlight: Viki

Viki, Arbors' Life Enrichment Director, is our employee of the month! In the 7 years Viki has worked at the Arbors, you would know that it takes a lot of people to make big events a success, but it takes a "champion" to organize and make them run smoothly. Viki is our champion. Whether it is an activity, staff event, community party, or outing, Viki makes it look easy, and brings joy, love, and creativity.



Most of you know her chiefly by her distinct and infectious laugh, heard throughout the day. Viki loves her job and the positive impact she makes on our residents, families, staff, and visitors. *Even amid the challenges of dementia, joy can be found.* Viki works hard to find the joy for each person's unique and individual needs. Viki came to the Arbors after caring for her parents in the Calif. Bay Area for 13 years. Her father had Alzheimer's and she knew by working in memory care she could help others and apply her experience.

Viki receives happiness and pride being around her 2 daughters, 2 grandsons, and sister, who she is in awe of for their accomplishments and endeavors. Viki is perfect as our LED because she is never bored, she gets to utilize her creativity, is an incredible organizer, loves trying new things and always brings a positive and "can do" attitude to everything she does. Thank you Viki, for all you do.



# JANUARY 2020

## Arbors Memory Care Daily Activities

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <b>HAPPY BIRTHDAY</b>  <b>ISABELL-1/3</b> <b>WANDA-1/12</b>			New Years Day 1 09:30 Morning News 10:00 Stretch 11:00 Rose Parade 02:00 Games-iN2L 02:30 Resolutions 04:00 Parachute Ball 06:15 Puzzles 07:15 Evening Relax	2 09:30 Morning News 10:00 Yoga Fit 11:00 Nail Time 02:00 Travel-iN2L 02:30 Bingo 04:00 Golf Putt-Putt 06:15 Coloring Fun 07:15 Evening Relax	3 09:30 Morning Updates 10:00 Golden Walkers 11:00 Social Time 02:00 Sing Along-iN2L 02:30 Birthday Bash 04:00 Bowling 06:15 Friday Flick 07:15 Evening Relax	4 09:30 Morning Updates 10:00 Exercise 11:00 Nail Time 02:00 Crosswords-iN2L 02:30 Arts & Crafts 04:00 Trivia-iN2L 06:15 Board Games 07:15 Evening Relax
5 09:15 Church Service 10:00 Exercise Group 11:00 Fancy Nails 02:15 Tea Time Trivia 04:00 Social Time 06:15 Family Time 07:15 Evening Relax	6 09:30 Morning Updates 10:00 Golden Walkers 11:00 Scenic Rides 02:00 Trivia-iN2L 02:30 Sing Along-iN2L 04:00 Social Time 06:15 Monday Sports 07:15 Evening Relax	7 09:30 Morning Updates 10:00 Stretch and Be Fit 11:00 Sunshine Visits 11:45 Lunch Bunch 02:30 Balloon Toss 04:00 Stretches 06:15 Card games 07:15 Evening Relax	8 09:30 Morning News 10:00 Stretch 11:00 Nail Time 02:00 Past TV-iN2L 02:30 Treat Time 04:00 Social Time 06:15 Sing Along-iN2L 07:15 Evening Relax	9 09:30 Morning News 10:00 Morning Stretch 11:00 Nail Time 02:00 Travel-iN2L 02:30 Bingo 04:00 Cider Social 06:15 Matching-iN2L 07:15 Evening Relax	10 09:30 Morning Updates 10:00 Golden Walkers 11:00 Scenic Ride 02:00 Trivia-iN2L 02:30 Toss-N-Talk 04:00 Mocktail Fun 06:15 Friday Flick 07:5 Evening Relax	11 09:30 Morning Updates 10:00 Exercise 11:00 Nail Time 02:00 Crosswords-iN2L 02:30 Snowflake Art 04:00 Social Time 06:15 TV Picks 07:15 Evening Relax
12 09:15 Church Service 10:00 Exercise Group 11:00 Fancy Nails 02:00 Reminiscing 04:00 Social Time 06:15 Family Time 07:15 Evening Relax	13 09:30 Morning Updates 10:00 Golden Walkers 11:00 Scenic Rides 02:00 Trivia-iN2L 02:30 Radiant Expressions 04:00 Social Time 06:15 Monday Sports 07:15 Evening Relax	14 09:30 Morning Updates 10:00 Stretch and Be Fit 11:00 Sunshine Visits 11:45 Lunch Bunch 02:30 Balloon Toss 04:00 Stretches 06:15 Card games 07:15 Evening Relax	15 09:30 Morning News 10:00 Stretch 11:00 Nail Time 02:00 Past TV-iN2L 02:30 Treat Time 04:00 Parachute Ball 06:15 Puzzle Time 07:15 Evening Relax	16 09:30 Morning News 10:00 Morning Stretch 11:00 Nail Time 02:00 Travel-iN2L 02:30 Don K on Guitar 04:00 Crosswords-iN2L 06:15 Board games 07:15 Evening Relax	17 09:30 Morning Updates 10:00 Golden Walkers 11:00 Scenic Ride 02:00 Trivia-iN2L 02:30 Balloon Noodle 04:00 Tic-Tac-Toe-iN2L 06:15 Friday Flick 07:5 Evening Relax	18 09:30 Morning Updates 10:00 Exercise 11:00 Coloring Fun 02:00 Crosswords-iN2L 02:30 Sing Along-iN2L 04:00 Balloon Noodle 06:15 Movie Time 07:15 Evening Relax
19 09:15 Church Service 10:00 Exercise Group 11:00 Fancy Nails 02:00 Tea Time Trivia 04:00 Social Time 06:15 Family Time 07:15 Evening Relax	ML Kings Day 20 09:30 Morning Updates 10:00 Golden Walkers 11:00 Activity 02:00 Trivia-iN2L 02:30 MLK Memories 04:00 Social Time 06:15 Monday Sports 07:15 Evening Relax	21 09:30 Morning Updates 10:00 Stretch and Be Fit 11:00 Sunshine Visits 11:45 Lunch Bunch 02:30 Music w/ Catfish 04:00 Beachball Toss 06:15 Tic-Tac-Toe 07:15 Evening Relax	22 09:30 Morning News 10:00 Stretch 11:00 Nail Time 02:00 Past TV-iN2L 02:30 Treat Time 04:00 Beachball Toss 06:15 Paint-iN2L 07:15 Evening Relax	23 09:30 Morning News 10:00 Morning Stretch 11:00 Nail Time 02:00 Travel-iN2L 02:30 Bingo 04:00 Golf Putt-Putt 06:15 Board games 07:15 Evening Relax	24 09:30 Morning Updates 10:00 Golden Walkers 11:00 Scenic Ride 02:00 Trivia-iN2L 02:30 Parachute Ball 04:00 Mocktail Fun 06:15 Friday Flick 07:5 Evening Relax	Chinese New Year 25 09:30 Morning Updates 10:00 Exercise 11:00 Nails 02:00 Crosswords-iN2L 02:30 Chinese Lanterns 04:00 Golf Putt-Putt 06:15 Coloring Fun 07:15 Evening Relax
26 09:15 Church Service 10:00 Exercise Group 11:00 Fancy Nails 02:00 Reminiscing 04:00 Social Time 06:15 Family Time 07:15 Evening Relax	27 09:30 Morning Updates 10:00 Golden Walkers 11:00 Activity 02:00 Trivia-iN2L 02:30 Cupcake Social 04:00 Social Time 06:15 Monday Sports 07:15 Evening Relax	28 09:30 Morning Updates 10:00 Stretch and Be Fit 11:00 Sunshine Visits 11:45 Lunch Bunch 02:30 Balloon Toss 04:00 Bowling 06:15 Trivia-iN2L 07:15 Evening Relax	29 09:30 Morning News 10:00 Stretch 11:00 Nail Time 02:00 Past TV-iN2L 02:30 Treat Time 04:00 Bowling 06:15 Trivia-iN2L 07:15 Evening Relax	30 09:30 Morning News 10:00 Stretch 11:00 Nail Time 02:00 Travel-iN2L 02:30 Bingo 04:00 Trivia-iN2L 06:15 Cider Social 07:15 Evening Relax	31 09:30 Morning Updates 10:00 Golden Walkers 11:00 Scenic Ride 02:00 Trivia-iN2L 02:30 Hula-Hoop Ball 04:00 Balloon Noodle 06:15 Friday Flick 07:5 Evening Relax	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