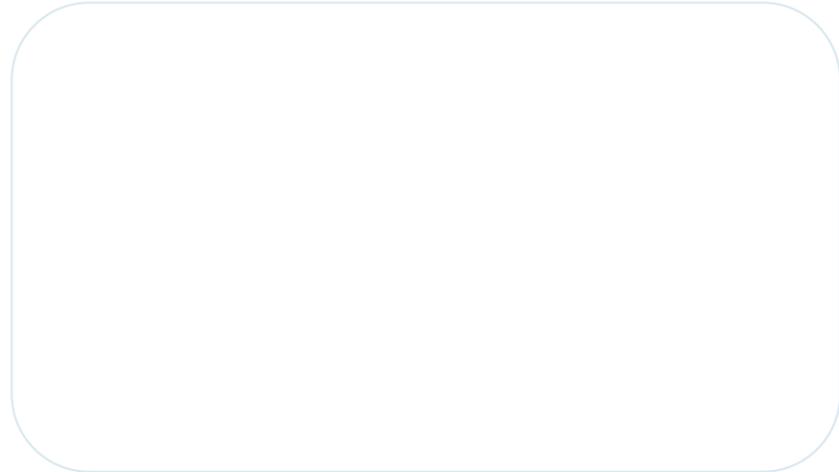




2121 E. Prater Way
Sparks, NV 89434

STAMP
HERE



Administrative Team: 775-331-2229

Executive Director: Barb Heywood

Community Relations Director:
Suzie Kuczynski

Business Office Director: Barbara Fraide

Wellness Directors: Michele Braun &
Lisa Erck

Wellness Coordinators: Sam Goodrich &
Cherise Roulett

Dinning Services Director: Flor Martinez

Life Enrichment Director: Viki Lowrey

Maintenance Director: Mike Hoos



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

The Arbors Bulletin

Monthly Newsletter



February 2020

**2 Detection for Prevention
3 Team & Resident Spotlight
4-5 Activities Calendar**

**6 Birthdays, Social Media, & Highlights
7 Special Moments, Join Us, Thoughts
8 Mission & Team**

Early Detection Factors Into Improved Cancer Statistics

Perhaps unbelievable, but true, some of the best news of the last decade comes from recent statistics regarding cancer. Both the rate of new cancer diagnoses and the rate of mortality due to cancer have decreased over the last 10 years. This is exciting news, and early detection has played a vital role in decreasing these stats.

Early diagnosis can also have a more personal benefit of empowering us with knowledge about our health and giving us the opportunity to stall, stop, or receive needed support. February is National Cancer Prevention Month; read on to learn more about the importance of early detection, and some lifestyle choices that may lead to a cancer diagnosis.

Remember, to talk with your medical provider about the best test type and frequency of testing as it varies depending on risk factors and general health.

Early Detection for Men

Men are suggested to get screening for colon, prostate, and lung cancers. Testing for colon cancer generally is suggested starting at age 45, prostate at 50, and lung at 55.

Early Detection for Women

Testing for cancers such as breast, cervical, colon, and lung are recommended for women. Regular pap smears beginning at age 30 help doctors monitor for cervical cancers throughout aging. Starting at an



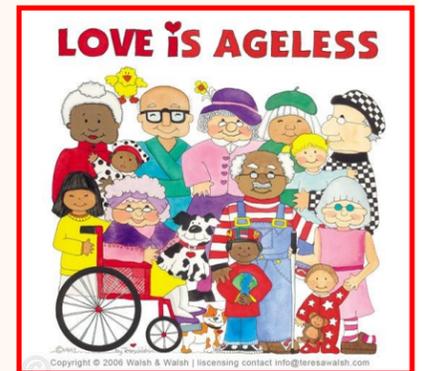
age range of 45 to 54 years, women are encouraged to receive annual mammograms to test for breast cancer. Colon cancer testing should start at age 50. Typically, testing for lung cancer is suggested starting at age 55.

Risk Factors & Lifestyle

While even living the healthiest life, someone can be diagnosed with cancer, but there are some lifestyle choices that can increase overall risk and evidence to suggest that a healthy lifestyle may not only decrease risk, but increase the likelihood of remission if diagnosed. Cancer risks can be reduced by avoiding tobacco, maintaining a healthy weight, engaging in regular physical activity, following a healthy diet with at least 2.5 cups of fruits and vegetables daily, limiting alcohol intake, and protecting skin.

Help do your part to continue the downward trend of cancer statistics and increase your chances of a cancer-free life by living a risk-reduced lifestyle and talking to your doctor about suggested cancer screenings at your next appointment.

Special Moments



This month, join us for...

"Feel the Love" Family Night Dinner and Education

On February 13, 2020 at 5:30 PM
RSVP to Viki @ 775-284-0581

You are also welcome to attend...

"Yoga Fit"

On February 8 and 27, 2020 at 10 AM
Located in the West Common Area

Family Request: Please add to our tree and bring a picture of your loved one showing what **love** means to them.

Our Thoughts On... what we love about Valentine's Day!

**"Love means helping with a hug
and truly caring" - Eunice**

**"I came to America on
Valentine's Day, 1964" - Paul**

**"There is so much that love
means to me. How do you even
describe what that woman
means to you?" - James**

February 2020 Highlights

February is Black History Month, Heart Month, Hot Breakfast Month, Library Lover's Month, Bake for Family Fun Month, and Embroidery Month

- | | |
|---------------------------------------|---|
| 01 Baked Alaska Day; Read Aloud Day | 16 Almond Day |
| 02 Groundhog Day; Tater Tot Day | 17 Random Acts of Kindness Day |
| 03 Foodservice Pride Week Kicks Off | 18 Battery Day; Wine Day |
| 04 Thank Mail Carriers Day; Soup Day | 19 Chocolate Mint Day |
| 05 Nutella Day | 20 Love Your Pet Day; Cherry Pie Day |
| 06 Frozen Yogurt Day | 21 Caregivers Day; Sticky Bun Day |
| 07 Periodic Table Day; Send Cards Day | 22 Cook a Sweet Potato Day |
| 08 Boy Scout Day; Kite Flying Day | 23 Banana Bread Day; Tile Day |
| 09 Pizza Day; Bagel and Lox Day | 24 Tortilla Chip Day |
| 10 Clean Computer Day; Umbrella Day | 25 Fat Tuesday; Clam Chowder Day |
| 11 Inventors' Day; Make a Friend Day | 26 Ash Wednesday; Pistachio Day |
| 12 Plum Pudding Day | 27 Chili Day; Strawberry Day; Toast Day |
| 13 Cheddar Day; Radio Day | 28 Floral Design Day; Tarter Sauce Day |
| 14 Valentine's Day; Book Giving Day | 29 Leap Day! |
| 15 Gumdrop Day; Hippo Day | |



Paul: Feb. 9
Virginia: Feb. 11

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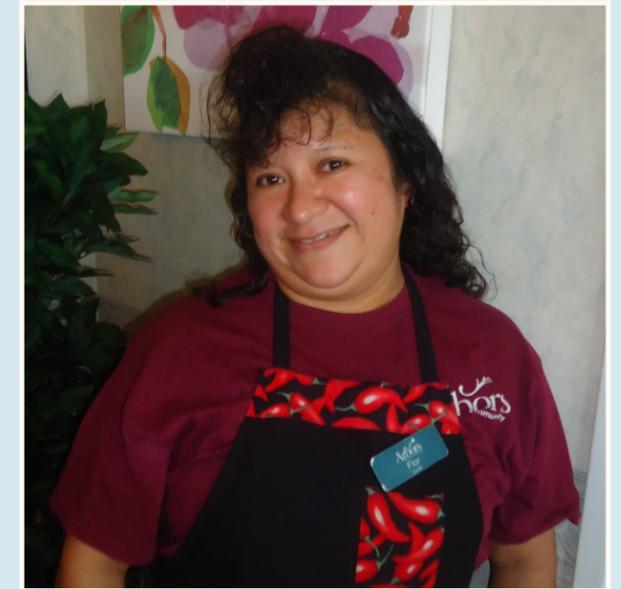
RadiantSrLiving on Twitter

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Radiant Senior Living on
YouTube

Resident Spotlight: Mary

Mary is our Michigan-born resident that is in our spotlight for this month. With her quick wit and warm smile, she is sure to charm her way into your heart. She has lived in California and Oregon with her husband, while working as a teacher and bookkeeper and raising their sons. She has always loved being outdoors gardening, in the kitchen cooking up her latest creations, or just catching up on a good book. Knowing the words to most songs well, Mary's voice can be heard as she raises it to sing songs during live entertainment performances. Thank you for bringing so much joy into our lives.



Staff Spotlight: Flor

Flor is our team member of the month due to her dedication, passion, and for generously giving of her time whenever needed. She does this with a glad heart and a beautiful smile. If there is one thing that contributes to the quality of life of our residents, it's the food. Flor addresses the dietary needs of both residents and staff by preparing deliciously satisfying meals. This loving mother is dedicated to caring for her family and gives her all to everyone regardless of the challenges she faces. We are forever thankful for her great food and being a part of our team and Arbors family. She is a Rockstar!!

SUN	MON	TUE	WED	THU	FRI	SAT
 Happy Birthday 	Paul - 2/9 Virginia - 2/11	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: Monday And Friday  Lunch Bunch Every Tuesday  Live Entertainment : As Scheduled 			1 9:30 Morning Updates 10:00 Exercise 11:00 Nail Time 2:00 Crosswords-iN2L 2:30 Coloring Fun 4:00 Trivia-iN2L 6:15 Classic TV 7:15 Evening Relax
2 9:15 Church Service 10:00 Exercise Group 11:00 Groundhog Trivia 2:00 Super Bowl Party 4:00 Social Time 6:15 Family Time 7:15 Evening Relax	3 9:30 Morning Updates 10:00 Golden Walkers 11:00 Scenic Rides  2:00 Trivia-iN2L 2:30 Piano with Joe K. 4:00 Social Time 6:15 Monday Sports 7:15 Evening Relax	4 9:30 Morning Update 10:00 Stretch and Be Fit 11:00 Sunshine Visits 11:45 Lunch Bunch  2:30 Parachute Ball 4:00 Bowling 6:15 Social Time 7:15 Evening Relax	5 9:30 Morning News 10:00 Stretch 11:00 Nail Time 2:00 Past TV-iN2L 2:30 Tasty Treats 4:00 Social Time 6:15 Puzzles 7:15 Evening Relax	6 9:30 Morning News 10:00 Yoga Fit 11:00 Nail Time 2:00 Travel-iN2L 2:30 Bingo 4:00 Golf Putt-Putt 6:15 Crosswod-iN2L 7:15 Evening Relax	7 9:30 Morning Updates 10:00 Golden Walkers 11:00 Scenic Ride  2:00 Trivia-iN2L 2:30 Birthday Bash  4:00 Mocktail Fun 6:15 Friday Flick 7:15 Evening Relax	8 9:30 Morning Updates 10:00 Exercise 11:00 Nail Time 2:00 Crosswords-iN2L 2:30 Sigma Kappa Craft 4:00 Tic-Tac-Toe 6:15 Classic Movie Time 7:15 Evening Relax
9 Movie Oscars 9:15 Church Service 10:00 Exercise Group 11:00 Fancy Nails 2:00 Movie Memories 4:00 Social Time 6:15 Family Time 7:15 Evening Relax 	10 9:30 Morning Updates 10:00 Golden Walkers 11:00 Scenic Rides  2:00 Trivia-iN2L 2:30 RadiantExpressions 4:00 Social Time 6:15 Monday Sports 7:15 Evening Relax	11 9:30 Morning Update 10:00 Stretch and Be Fit 11:00 Sunshine Visits 11:45 Lunch Bunch  2:30 Sierra Arts  4:00 Bowling 6:15 Coloring Fun 7:15 Evening Relax	12 9:30 Morning News 10:00 Stretch 11:00 Nail Time 2:00 Past TV-iN2L 2:30 Social Time 4:00 Board Games 6:15 Residents Pick 7:15 Evening Relax	13 Family Night 9:30 Morning News 10:00 Morning Stretch 11:00 Nail Time 2:00 Travel-iN2L 2:30 Bingo 5:30 "Feel the Love" Dinner & Education  7:15 Evening Relax	14 <i>Valentine's Day</i> 9:30 Morning Updates 10:00 Golden Walkers 11:00 Scenic Ride  2:00 Trivia-iN2L 2:30 Valentine's  4:00 Mocktail Fun 6:15 Friday Flick 7:15 Evening Relax	15 9:30 Morning Updates 10:00 Exercise 11:00 Nail Time 2:00 Crosswords-iN2L 2:30 Family Feud-iN2L 4:00 Trivia iN2L 6:15 Classic TV 7:15 Evening Relax
16 9:15 Church Service 10:00 Exercise Group 11:00 Fancy Nails 2:00 Reminiscing 4:00 Social Time 6:15 Family Time 7:15 Evening Relax	17 <i>PRESIDENTS DAY</i> 9:30 Morning Updates 10:00 Golden Walkers 11:00 Scenic Rides  2:00 Trivia-iN2L 2:30 Toss-N-Talk 4:00 Social Time 6:15 Monday Sports 7:15 Evening Relax	18 9:30 Morning Update 10:00 Stretch and Be Fit 11:00 Sunshine Visits 11:45 Lunch Bunch  2:30 Catfish Carl  4:00 Bowling 6:15 Social Time 7:15 Evening Relax	19 9:30 Morning News 10:00 Stretch 11:00 Nail Time 2:00 Past TV-iN2L 2:30 Tasty Treats 4:00 Crossword-iN2L 6:15 Puzzles 7:15 Evening Relax	20 9:30 Morning News 10:00 Morning Stretch 11:00 Nail Time 2:00 Travel-iN2L 2:30 Don K on Guitar  4:00 Golf Putt-Putt 6:15 Coffee Social 7:15 Evening Relax	21 9:30 Morning Updates 10:00 Golden Walkers 11:00 Scenic Ride  2:00 Trivia-iN2L 2:30 Tic-Tac-Toe 4:00 Mocktail Fun 6:15 Friday Flick 7:15 Evening Relax 	22 9:30 Morning Updates 10:00 Exercise 11:00 Nail Time 2:00 Crosswords-iN2L 2:30 Arts & Crafts 4:00 Coloring Fun 6:15 Board Games 7:15 Evening Relax
23 9:15 Church Service 10:00 Exercise Group 11:00 Fancy Nails 2:00 Tea Time Trivia 4:00 Social Time 6:15 Family Time 7:15 Evening Relax	24 9:30 Morning Updates 10:00 Golden Walkers 11:00 Scenic Rides  2:00 Trivia-iN2L 2:30 Winter Poetry 4:00 Social Time 6:15 Monday Sports 7:15 Evening Relax	25 <i>Mardi Gras</i> 9:30 Morning Update 10:00 Stretch and Be Fit 11:00 Sunshine Visits 11:45 Lunch Bunch  2:30 Movie Time 4:00 Bowling 6:15 Coloring Fun 7:15 Evening Relax	26 ASH WEDNESDAY 9:30 Morning News 10:00 Stretch 11:00 Nail Time 2:00 Past TV-iN2L 2:30 Tasty Treats 4:00 PM Stretches 6:15 Coffee Social 7:15 Evening Relax	27 9:30 Morning News 10:00 Yoga Fit 11:00 Nail Time 2:00 Travel-iN2L 2:30 Bingo 4:00 Golf Putt-Putt 6:15 Puzzle Time 7:15 Evening Relax	28 Floral Design Day  9:30 Morning Updates 10:00 Golden Walkers 11:00 Scenic Ride  2:00 Trivia-iN2L 2:30 Flower Arranging 4:00 Mocktail Fun 6:15 Friday Flick 7:15 Evening Relax	29 9:30 Morning Updates 10:00 Exercise 11:00 Nail Time 2:00 Word Games-iN2L 2:30 Sing Along-iN2L 4:00 Crosswords-iN2L 6:15 Classic Movie Time 7:15 Evening Relax