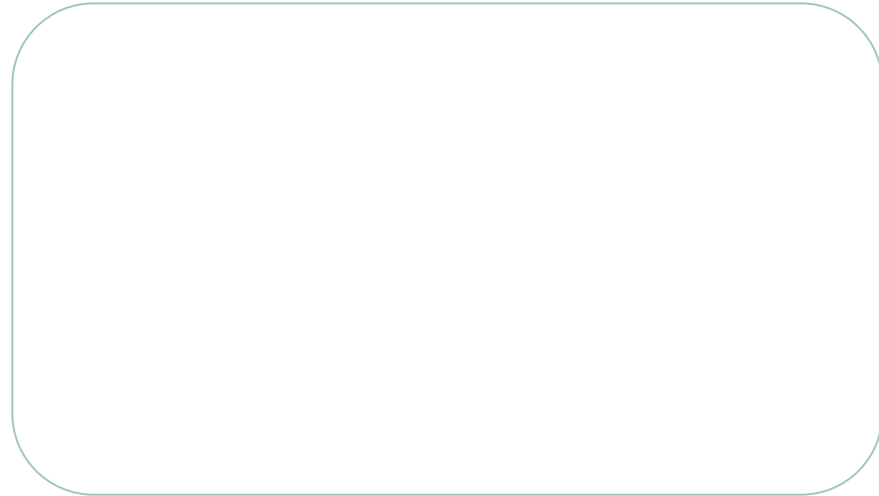




2121 E. Prater Way
Sparks, NV 89434

STAMP
HERE



Administrative Team: 775-331-2229

Executive Director: Barb Heywood

Community Relations Director:
Suzie Kuczynski

Business Office Director: Barbara Fraide

Wellness Directors: Michelle Braun &
Lisa Erck

Wellness Coordinators: Sam Goodrich &
Cherise Roullett

Dinning Services Director: Flor Martinez

Life Enrichment Director: Viki Lowrey

Maintenance Director: Ty Shealy



Pictured: Slieve League, Ireland

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

The Arbors Bulletin

Monthly Newsletter



March 2020

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3 Team & Resident Spotlight
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6 Highlights & Our Artistic Expression
7 Special Moments, Birthdays, Social Media
8 Mission & Team

Artistic Engagement Benefits & Ideas

American Artist Georgia O'Keefe once said, "Whether you succeed or not is irrelevant, there is no such thing. Making your unknown known is the important thing." O'Keefe's words ring true when we think of art's importance in our daily lives. Art forms provide people of all ages, walks of life, and creative abilities the opportunity to express feelings and become engaged; by extension positively affecting health.



artistic expression can have on older adults. It:

- Aids in relaxation, anxiety, and depression
- Gives feelings of control
- Improves communication and socialization
- Encourages humor and playfulness
- Improves cognition
- Offers sensory stimulation
- Fosters a strong sense of identity
- Bolsters self-esteem
- Nurtures faith
- Reduces boredom

The next time you engage in an art form, remember how many ways you may be benefitting yourself. For those who wish to start taking part in artistic expression, or help a loved one to do so, a great place to start is with music and an empty page.

This is especially true for older adults, according to Gene Cohen, MD, PhD. Cohen concluded in a 2006 study that older adults active in arts had better physical health, fewer visits to the doctor, required less medication, and fell less frequently than those in the study not involved in arts (Today's Geriatric Medicine).

Such findings shed light upon the value that painting, dancing, drawing, knitting, sculpting, drama, photography, poetry, creative writing, and playing or moving to music can bring in senior living communities.

In an article entitled "Aging: What's Art Got to Do With It," in Geriatric Monthly, Barbara Bagan, PhD, ATR-BC, shared plenty of detailed positive effects

Special Moments



March babies are optimistic and happy.

Happy Birthday Wishes!

- Marianne: March 2
- Jeannette: March 9
- Gloria: March 14
- Giles: March 15
- Paul: March 29

Visit us Online:

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

March 2020 Highlights

March is Noodle Month, Peanut Month, Women’s History Month, and Craft Month.

- | | |
|---------------------------------------|---|
| 01 Peanut Butter Day; Pig Day | 17 St. Patrick’s Day; 3D Day |
| 02 Read Across America Day | 18 Lacy Cookie Day; Sloppy Joes Day |
| 03 Cold Cuts Day; Soup it Forward Day | 19 Certified Nurses Day; Spring Begins! |
| 04 Grammar Day; Pound Cake Day | 20 Ravioli Day; Flour Day |
| 05 Cheese Doodle Day | 21 French Bread Day; CA Strawberry Day |
| 06 Oreo Day; Staff Appreciation Day | 22 Bavarian Crepes Day |
| 07 Cereal Day | 23 Melba Toast Day; Chip and Dip Day |
| 08 Oregon Day; Women’s Day | 24 Chocolate Covered Raisins Day |
| 09 Meatball Day; Barbie Day | 25 Lobster Newburg Day; Manatee Day |
| 10 Blueberry Popover Day | 26 Spinach Day; Nougat Day |
| 11 Oatmeal Nut Waffles Day | 27 Scribble Day; Spanish Paella Day |
| 12 Girl Scouts Day; Plant Flowers Day | 28 Food on Sticks Day |
| 13 K9 Veterans Day; Good Deed Day | 29 Nevada Day; Lemon Chiffon Cake Day |
| 14 Butterflies Day; Potato Chip Day | 30 Virtual Vacay Day; Park Walks Day |
| 15 Pears Helene Day | 31 Crayon Day; Tater Day |
| 16 Artichoke Hearts Day; Panda Day | |

SPRING FORWARD! On the evening of Saturday, March 7, set your clocks forward one hour for Daylight Savings Time which will take effect at 2 AM.



Artistic Expression at Our Community!

Our Resident Spotlight Shines On: Helen

This outgoing fun-loving woman from Brooklyn, New York, has enjoyed years of singing, dancing and performing for local groups.

Back in the 30’s, Helen gained a secretarial position out of school in the then-recently built, world-famous Empire State Building. She has lived in the Arizona heat and various locations in Southern California while raising her three children with her loving husband of 42 years.

Helen moved to Nevada to live closer to her son and daughter. She has another son who is a professor at the University of Hawaii. She is very proud of all her children and grandchildren. We are pleased to honor Helen and the joy she brings to our community!



Our Staff Spotlight Shines On: Gladys

The spotlight shines on caregiver Gladys not only this month, but every month. She is a hospitable, friendly person who is generous and welcoming to guests, family members, residents, and team members alike. Gladys greets everyone to our community with a huge smile and warm, open arms providing reassurance and a sense of belonging to all who come in contact with her.

As a caregiver, Gladys is passionate about our residents’ care and making sure they are treated with kindness and love. Gladys is a devoted grandmother, role model and mentor helping to shape her grandchildren’s minds as they grow. Gladys has a hunger for good food, a direct path to a healthy life, and a happy life too.

Keep smiling, keep shining; we can always count on Gladys, for sure!

March 2020

Arbors Daily Activities



SUN	MON	TUE	WED	THU	FRI	SAT
1 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	2 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 News 7:15 Evening Relax	3 9:30 Morning Update 10:00 Stretch and Be Fit 11:00 Sunshine Visits 11:45 Lunch Bunch 2:30 Balloon Toss 4:00 Golf Putt-Putt 6:15 Social Time 7:15 Evening Relax	4 9:30 Morning News 10:00 Stretch 11:00 Nail Time 2:00 Past TV-iN2L 2:30 Tea Time Fun 4:00 Board Games 6:15 Puzzles 7:15 Evening Relax	5 9:30 Morning News 10:00 Yoga Fit 11:00 Nail Time 2:00 Travel-iN2L 2:30 Bingo 4:00 Bowling 6:15 Coloring Fun 7:15 Evening Relax	6 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	7 9:30 Morning Updates 10:00 Exercise 11:00 Nail Time 2:00 Crosswords-iN2L 2:30 Art and Crafts 4:00 Trivia-iN2L 6:15 Classic TV 7:15 Evening Relax
8 9:15 Church Service 10:00 Exercise Group 11:00 Fancy Nails 2:00 Sing-A-Long 4:00 Social Time 6:15 Family Time 7:15 Evening Relax	9 9:30 Morning Updates 10:00 Golden Walkers 11:00 Scenic Rides 2:00 Trivia-iN2L 2:30 Radiant Expressions 4:00 Social Time 6:15 Monday News 7:15 Evening Relax	10 9:30 Morning Update 10:00 Stretch and Be Fit 11:00 Sunshine Visits 11:45 Lunch Bunch 2:30 Sierra Arts 4:00 Golf Putt-Putt 6:15 Trivia-iN2L 7:15 Evening Relax	11 9:30 Morning News 10:00 Stretch 11:00 Nail Time 2:00 Past TV-iN2L 2:30 Tea Time Fun 4:00 Family Feud-iN2L 6:15 Social Time 7:15 Evening Relax	12 9:30 Morning News 10:00 Stretch 11:00 Nail Time 2:00 Travel-iN2L 2:30 Bingo 4:00 Bowling 6:15 Crosswod-iN2L 7:15 Evening Relax	13 9:30 Morning Updates 10:00 Golden Walkers 11:00 Scenic Ride 2:00 Trivia-iN2L 2:30 Parachute Ball 4:00 Mocktail Fun 6:15 Friday Flick 7:15 Evening Relax	14 9:30 Morning Updates 10:00 Exercise 11:00 Nail Time 2:00 Crosswords-iN2L 2:30 Shamrock Art 4:00 Tea Time 6:15 Board Games 7:15 Evening Relax
15 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	16 9:30 Morning Updates 10:00 Golden Walkers 11:00 Scenic Rides 2:00 Trivia-iN2L 2:30 Family Feud-iN2L 4:00 Social Time 6:15 Monday News 7:15 Evening Relax	17 Happy St. Patrick's Day 9:30 Morning Update 10:00 Stretch and Be Fit 11:00 Sunshine Visits 11:45 Lunch Bunch 2:30 Catfish Performs 4:00 Golf Putt-Putt 6:15 Crosswords 7:15 Evening Relax	18 9:30 Morning News 10:00 Stretch 11:00 Nail Time 2:00 Past TV-iN2L 2:30 Tea Time Fun 4:00 Board Games 6:15 Social Time 7:15 Evening Relax	19 9:30 Morning News 10:00 Stretch 11:00 Nail Time 2:00 Travel-iN2L 2:30 Don K. on Guitar 4:00 Bowling 6:15 Trivia-iN2L 7:15 Evening Relax	20 HELLO SPRING 9:30 Morning Updates 10:00 Golden Walkers 11:00 Scenic Ride 2:00 Trivia-iN2L 2:30 Ball Toss-N-Talk 4:00 Mocktail Fun 6:15 Friday Flick 7:15 Evening Relax	21 9:30 Morning Updates 10:00 Exercise 11:00 Nail Time 2:00 Crosswords-iN2L 2:30 Quilting Craft 4:00 Tea Time 6:15 Classic TV 7:15 Evening Relax
22 9:15 Church Service 10:00 Exercise Group 11:00 Fancy Nails 2:00 Sing-A-Long 4:00 Social Time 6:15 Family Time 7:15 Evening Relax	23 9:30 Morning Updates 10:00 Golden Walkers 11:00 Scenic Ride 2:00 Trivia-iN2L 2:30 Word Games 4:00 Social Time 6:15 Monday News 7:15 Evening Relax	24 9:30 Morning Update 10:00 Stretch and Be Fit 11:00 Sunshine Visits 11:45 Lunch Bunch 2:30 Balloon Toss 4:00 Golf Putt-Putt 6:15 Coloring Fun 7:15 Evening Relax	25 9:30 Morning News 10:00 Stretch 11:00 Nail Time 2:00 Afternoon Relax 2:30 Movies 4:00 Crosswords-iN2L 6:15 Puzzles 7:15 Evening Relax	26 9:30 Morning News 10:00 Yoga Fit 11:00 Nail Time 2:00 Travel-iN2L 2:30 Bingo 4:00 Bowling 6:15 Social Time 7:15 Evening Relax	27 9:30 Morning Updates 10:00 Golden Walkers 11:00 Scenic Ride 2:00 Trivia-iN2L 2:30 Parachute Ball 4:00 Mocktail Fun 6:15 Friday Flick 7:15 Evening Relax	28 9:30 Morning Updates 10:00 Exercise 11:00 Nail Time 2:00 Crosswords-iN2L 2:30 Tulip Art 4:00 Trivia-iN2L 6:15 Board Games 7:15 Evening Relax
29 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	30 9:30 Morning Updates 10:00 Golden Walkers 11:00 Scenic Ride 2:00 Trivia-iN2L 2:30 Word Fun 4:00 Social Time 6:15 Monday News 7:15 Evening Relax	31 9:30 Morning Update 10:00 Stretch and Be Fit 11:00 Sunshine Visits 11:45 Lunch Bunch 2:30 Ball Toss-N-Talk 4:00 Golf Putt-Putt 6:15 Tic-Tac-Toe 7:15 Evening Relax			Scenic Rides: Monday And Friday Lunch Bunch Every Tuesday Live Entertainment : As Scheduled	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