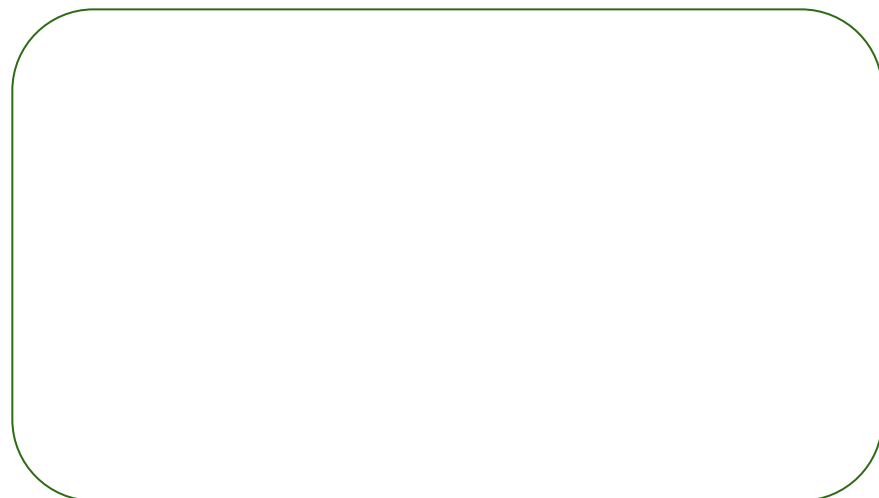




2121 E. Prater Way  
Sparks, NV 89434

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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 Roulllett**

**Dinning Services Director: Flor Martinez**

**Life Enrichment Director: Viki Lowrey**

**Maintenance Director: Ty Shealy**



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

# The Arbors Bulletin

## Monthly Newsletter



### April 2020

2 Move Toward an Active Lifestyle  
3 Team & Resident Spotlight  
4-5 Activities Calendar

6 Highlights, Notes, Audubon Day  
7 Special Moments & Birthdays  
8 Mission & Team



## How to Move Toward a More Active Lifestyle & Improved Strength

It's a fact of life that as we age to around 50, our body composition changes with naturally occurring reductions to muscle mass, bone mass, and physical capacity. But it's also true that there's lots we can do to increase our strength and mobility, helping to improve our lives overall.

Head into the spring season with more opportunities for outside fun, with these guidelines and tips for improving strength and balance. Of course, always consult your health professional before making changes to diet, exercise, or medication.

Starting out on a path toward getting more active doesn't have to be a struggle. It is never too late to start being physically active. All should strive to be as physically active as their abilities and conditions allow, and for all people, some activity is better than none.

U.S. Government Guidelines state for substantial health benefits, adults should do aerobic physical activity for either:  
**Option One:** 2 hours and 30 minutes up to 5 hours per week of moderate intensity **or...**  
**Option Two:** 1 hour and 15 minutes up to 2 hours and 30 minutes per week of vigorous intensity

For older adults specifically, physical activity should include balance training,



**Magic Three!** Performing activities at least three separate days of the week produces health benefits, according to consistent research studies.

and aerobic and muscle-strengthening activities. Muscle-strengthening activities of moderate or greater intensity, involving all major muscle groups should be done two or more days weekly.

**What is aerobic activity?** Cardio activity in which a person moves their muscles rhythmically for a sustained period of time. Examples include brisk walking, raking, tennis, jogging, or dancing.

**What is muscle-strengthening activity?** Activity that works against a resistance. Examples include some Tai Chi, some Yoga, carrying groceries, lifting or digging for gardening, using exercise bands or hand weights for exercise moves, push ups, pull ups, and squats.

For more information and ideas, visit [health.gov](https://health.gov) and click on Physical Activity!

## Special Moments



Mary: April 2  
Winnie: April 5  
Sue: April 26  
Bobbi: April 27



## April 2020 Highlights

April is Lawn & Garden Month, Poetry Month, Volunteer Month, and Jazz Month.

01 Walking Day; Sourdough Day  
02 Burrito Day; PB&J Day  
03 Film Score Day  
04 Walk Around Things Day  
05 Deep Dish Pizza Day  
06 Caramel Popcorn Day  
07 Coffee Cake Day  
08 Empanada Day; Zoo Love Day  
09 Antiques Day; Passover Starts  
10 Good Friday; Young Writers Day  
11 Cheese Fondue Day; Pet Day  
12 Easter Day; Grilled Cheese Day  
13 Peach Cobbler Day; Scrabble Day  
14 Gardening Day; Look at the Sky Day  
15 Glazed Spiral Ham Day  
16 High Five Day; Eggs Benedict Day  
17 Cheeseball Day; Haiku Poetry Day  
18 Animal Cracker Day; Record Shop Day  
19 Garlic Day



20 Lime Bean Day; Cheddar Fries Day  
21 Kindergarten Day; Choco. Cashews Day  
22 Earth Day; Jelly Bean Day  
23 Picnic Day; Talk Like Shakespeare Day  
24 Pigs in Blankets Day; Arbor Day  
25 Telephone Day; Sense of Smell Day  
26 Pretzel Day; Audubon Day  
27 Devil Dog Day; Tell a Story Day  
28 Poetry Reading Day; Superhero Day  
29 Denim Day; Zipper Day  
30 Shelter Pet Day; Raisin Day

### A note regarding Coronavirus:

The safety and comfort of our residents and staff remains our number one priority during the Coronavirus cases that have happened nationwide. It is important to communicate our plans to mitigate risk in our community. We are following mandated health guidelines. Please note that all activities are subject to cancellation per current mandated health guidelines. To read a full list of measures taken, and our current visitor policy, please visit our website:

<https://www.arborsmemorycare.com>

April 26th is **Audubon Day**, honoring John James Audubon's birthday back in 1785!



Audubon is celebrated for his American bird studies. He documented their mannerisms and created educational illustrations of birds in their natural habitats. He created 435 watercolor paintings of North American birds!

### Our resident spotlight shines on: Nelda

This blue-eyed country, California girl was born in Chico, California and moved to the beautiful Lake Almanor city of Chester, California after marrying.

Nelda spent her career as a bank teller and to this day she is always watching her pennies. She raised two children in this beautiful Lassen National Park area where recreational opportunities abounded for their family. This natural born homemaker enjoys cooking, sewing, and cleaning. Nelda was an active member of her church and often blessed them with her beautiful singing voice.

She is a woman who stays busy from the moment her feet hit the floor and loves to help wherever she can.

**It is our pleasure to have this active woman in our community.**



### Monthly Spotlight! Our Arbors Family Team of Heroes

All of Arbors' team should be wearing capes right now. They have huge smiles on their faces and love and compassion in their hearts, as they have been following current mandated health guidelines. The team is taking time to spend extra moments with our residents in conversation, helping them to make calls to their loved ones, using lighthearted humor and by dancing silly to music. The Caregivers provide our residents with exceptional personalized care. Our Dining Service creates delicious, meals and snacks. The Life Enrichment team is finding new, creative ways to keep residents' days filled with meaning. Our Maintenance and Housekeeping teams are focused on keeping the building clean and safe. Our Wellness team is going above and beyond to provide quality care to ensure our residents' well-being and safety. Our Administrative/Front office team is Arbors' frontline by completing health screenings for all staff and medical professionals and providing support for all. **Our Arbors family team remains strong and we applaud them for their dedication and their ability to embrace any challenge, "One Day at a Time."**



# APRIL 2020

## Arbors Daily Activities

SUN	MON	TUE	WED	THU	FRI	SAT
 <p>Happy Birthday</p> <p>Mary, April 2 Winnie, April 5 Sue, April 26 Bobbi, April 27</p>		<p>1 Wacky Wednesdays</p> <p>9:30 Morning News</p> <p>10:00 Stretch-iN2L</p> <p>11:00 Nail Time</p> <p>2:00 Past TV-iN2L</p> <p>2:30 Movies</p> <p>4:00 Board Games</p> <p>6:15 Puzzles</p> <p>7:15 Evening Relax</p> 	<p>2 Thoughtful Thursdays</p> <p>9:30 Morning News</p> <p>10:00 Conductor-iN2L</p> <p>11:00 Nail Time</p> <p>2:00 Africa-iN2L</p> <p>2: 30 Elephants-iN2L</p> <p>4:00 Table Games</p> <p>6:15 Coloring Fun</p> <p>7:15 Evening Relax</p>	<p>3 Funky Fridays</p> <p>9:30 Morning Updates</p> <p>10:00 Golden Walkers</p> <p>11:00 Travel-iN2L</p> <p>2:00 Dancing-iN2L</p> <p>3:00 Birthday Bash</p> <p>4:00 Mocktail Fun</p> <p>6:15 Friday Flick</p> <p>7:15 Evening Relax</p> 	<p>4 Disney Saturdays</p> <p>9:30 Morning Updates</p> <p>10:00 Exercise</p> <p>11:00 Nail Time</p> <p>2:00 Disney Tour-iN2L</p> <p>2:30 Sing Along-iN2L</p> <p>4:00 Trivia-iN2L</p> <p>6:15 Disney Movies</p> <p>7:15 Evening Relax</p> 	
<p>5 Team Spirit Days</p> <p>9:15 Spiritual-iN2L</p> <p>10:00 Morning Walks</p> <p>11:00 Fancy Nails</p> <p>2:00 Sing Along-iN2L</p> <p>4:00 Social Time</p> <p>6:15 Family Time</p> <p>7:15 Evening Relax</p> 	<p>6 Rainbow Day</p> <p>9:30 Morning Updates</p> <p>10:00 Golden Walkers</p> <p>11:00 Joyful Music</p> <p>2:00 Rainbows-iN2L</p> <p>2:30 Popcorn Fun</p> <p>4:00 Social Time</p> <p>6:15 Monday News</p> <p>7:15 Evening Relax</p>	<p>7 Pajama Day</p> <p>9:30 Morning Update</p> <p>10:00 Stretches</p> <p>11:00 Sunshine Visits</p> <p>2:00 Parade of PJ's</p> <p>2:30 Trivia-iN2L</p> <p>4:00 Cookies and Milk</p> <p>6:15 Social Time</p> <p>7:15 Evening Relax</p>	<p>8 Wacky Wednesday!</p> <p>9:30 Morning News</p> <p>10:00 Stretch-iN2L</p> <p>11:00 Nail Time</p> <p>2:00 Past TV-iN2L</p> <p>2:30 Movies</p> <p>4:00 Board Games</p> <p>6:15 Puzzles</p> <p>7:15 Evening Relax</p>	<p>9 Twin Day</p> <p>9:30 Morning News</p> <p>10:00 Stretch-iN2L</p> <p>11:00 Nail Time</p> <p>2:00 America-iN2L</p> <p>2: 30 What Did it Cost?</p> <p>4:00 Laughter-iN2L</p> <p>6:15 Coloring Fun</p> <p>7:15 Evening Relax</p>	<p>10</p> <p>9:30 Morning Updates</p> <p>10:00 Golden Walkers</p> <p>11:00 Good News-iN2L</p> <p>2:00 Dancing-iN2L</p> <p>2:30 Museums-iN2L</p> <p>4:00 Mocktail Fun</p> <p>6:15 Friday Flick</p> <p>7:15 Evening Relax</p>	<p>11</p> <p>9:30 Morning Updates</p> <p>10:00 Exercise</p> <p>11:00 Nail Time</p> <p>2:00 Disney Tour-iN2L</p> <p>2:30 Sing Along-iN2L</p> <p>4:00 Trivia-iN2L</p> <p>6:15 Disney Movies</p> <p>7:15 Evening Relax</p>
<p>12</p> <p>9:15 Spiritual-iN2L</p> <p>10:00 Morning Walks</p> <p>11:00 Egg Hunt</p> <p>2:00 Sports-iN2L</p> <p>2:30 Reminicing-iN2L</p> <p>4:00 Social Time</p> <p>6:15 Family Time</p> <p>7:15 Evening Relax</p>	<p>13 Cowboy Country Days</p> <p>9:30 Morning Updates</p> <p>10:00 Golden Walkers</p> <p>11:00 Country Music</p> <p>2:00 Square Dance-iN2L</p> <p>2:30 Western Movies</p> <p>4:00 Social Time</p> <p>6:15 Monday News</p> <p>7:15 Evening Relax</p>	<p>14 Trivia Tuesdays</p> <p>9:30 Morning Update</p> <p>10:00 Stretches</p> <p>11:00 Sunshine Visits</p> <p>2:00 Trivia-iN2L</p> <p>2:30 Family Feud-iN2L</p> <p>4:00 Table Games</p> <p>6:15 Social Time</p> <p>7:15 Evening Relax</p>	<p>15 Wacky Wednesdays</p> <p>9:30 Morning News</p> <p>10:00 Stretch-iN2L</p> <p>11:00 Nail Time</p> <p>2:00 Past TV-iN2L</p> <p>2:30 Movies</p> <p>4:00 Board Games</p> <p>6:15 Puzzles</p> <p>7:15 Evening Relax</p>	<p>16 Thoughtful Thursdays</p> <p>9:30 Morning News</p> <p>10:00 Stretch-iN2L</p> <p>11:00 Nail Time</p> <p>2:00 Trains-iN2L</p> <p>2: 30 Games-iN2L</p> <p>4:00 Social Time</p> <p>6:15 Coloring Fun</p> <p>7:15 Evening Relax</p>	<p>17 Funky Fridays</p> <p>9:30 Morning Updates</p> <p>10:00 Golden Walkers</p> <p>11:00 Scenic Ride</p> <p>2:00 Dancing-iN2L</p> <p>2:30 Spring Poetry</p> <p>4:00 Mocktail Fun</p> <p>6:15 Friday Flick</p> <p>7:15 Evening Relax</p>	<p>18 Disney Saturdays</p> <p>9:30 Morning Updates</p> <p>10:00 Exercise</p> <p>11:00 Nail Time</p> <p>2:00 Disney Tour-iN2L</p> <p>2:30 Sing Along-iN2L</p> <p>4:00 Trivia-iN2L</p> <p>6:15 Disney Movies</p> <p>7:15 Evening Relax</p>
<p>19 Team Spirit Days</p> <p>9:15 Spiritual-iN2L</p> <p>10:00 Morning Walks</p> <p>11:00 Fancy Nails</p> <p>2:00 Sing Along-iN2L</p> <p>4:00 Social Time</p> <p>6:15 Family Time</p> <p>7:15 Evening Relax</p>	<p>20 Cowboy Country Days</p> <p>9:30 Morning Updates</p> <p>10:00 Golden Walkers</p> <p>11:00 Country Music</p> <p>2:00 Square Dance-iN2L</p> <p>2:30 Western Movies</p> <p>4:00 Social Time</p> <p>6:15 Monday News</p> <p>7:15 Evening Relax</p>	<p>21 Trivia Tuesdays</p> <p>9:30 Morning Update</p> <p>10:00 Stretches</p> <p>11:00 Sunshine Visits</p> <p>2:00 Trivia-iN2L</p> <p>2:30 Family Feud-iN2L</p> <p>4:00 Table Games</p> <p>6:15 Social Time</p> <p>7:15 Evening Relax</p>	<p>22 Wacky Wednesdays</p> <p>9:30 Morning News</p> <p>10:00 Stretch-iN2L</p> <p>11:00 Nail Time</p> <p>2:00 Past TV-iN2L</p> <p>2:30 Movies</p> <p>4:00 Board Games</p> <p>6:15 Puzzles</p> <p>7:15 Evening Relax</p>	<p>23 Thoughtful Thursdays</p> <p>9:30 Morning News</p> <p>10:00 Stretch-iN2L</p> <p>11:00 Nail Time</p> <p>2:00 Coastal-iN2L</p> <p>2: 30 Games-iN2L</p> <p>4:00 1:1 Toss</p> <p>6:15 Coloring Fun</p> <p>7:15 Evening Relax</p>	<p>24 Funky Fridays</p> <p>9:30 Morning Updates</p> <p>10:00 Golden Walkers</p> <p>11:00 What's Up Today?</p> <p>2:00 Dancing-iN2L</p> <p>2:30 Trees-iN2L</p> <p>4:00 Mocktail Fun</p> <p>6:15 Friday Flick</p> <p>7:15 Evening Relax</p>	<p>25 Disney Saturdays</p> <p>9:30 Morning Updates</p> <p>10:00 Exercise</p> <p>11:00 Nail Time</p> <p>2:00 Disney Tour-iN2L</p> <p>2:30 Sing Along-iN2L</p> <p>4:00 Trivia-iN2L</p> <p>6:15 Disney Movies</p> <p>7:15 Evening Relax</p>
<p>26 Team Spirit Days</p> <p>9:15 Spiritual-iN2L</p> <p>10:00 Morning Walks</p> <p>11:00 Fancy Nails</p> <p>2:00 Reminiscing-iN2L</p> <p>4:00 Social Time</p> <p>6:15 Family Time</p> <p>7:15 Evening Relax</p>	<p>27 Cowboy Country Days</p> <p>9:30 Morning Updates</p> <p>10:00 Golden Walkers</p> <p>11:00 Country Music</p> <p>2:00 Square Dance-iN2L</p> <p>2:30 Western Movies</p> <p>4:00 Social Time</p> <p>6:15 Monday News</p> <p>7:15 Evening Relax</p>	<p>28 Trivia Tuesdays</p> <p>9:30 Morning Update</p> <p>10:00 Stretches</p> <p>11:00 Sunshine Visits</p> <p>2:00 Trivia-iN2L</p> <p>2:30 Family Feud-iN2L</p> <p>4:00 Table Games</p> <p>6:15 Social Time</p> <p>7:15 Evening Relax</p>	<p>29 Wacky Wednesdays</p> <p>9:30 Morning News</p> <p>10:00 Stretch-iN2L</p> <p>11:00 Nail Time</p> <p>2:00 Past TV-iN2L</p> <p>2:30 Movies</p> <p>4:00 Board Games</p> <p>6:15 Puzzles</p> <p>7:15 Evening Relax</p>	<p>30 Thoughtful Thursdays</p> <p>9:30 Morning News</p> <p>10:00 Stretch-iN2L</p> <p>11:00 Nail Time</p> <p>2:00 Travel-iN2L</p> <p>2: 30 Cookie Making-iN2L</p> <p>4:00 Smile and Say Hi</p> <p>6:15 Coloring Fun</p> <p>7:15 Evening Relax</p>	<p>Activities subject to cancellation per current mandated health guidelines.</p> 	<p>Daily:</p> <p>10:30 am, 3 PM, 7:15 PM Snacks &amp; Hydration</p> <p>*iN2L= "It's Never 2 Late" Full Life Engagement Through Technology</p>