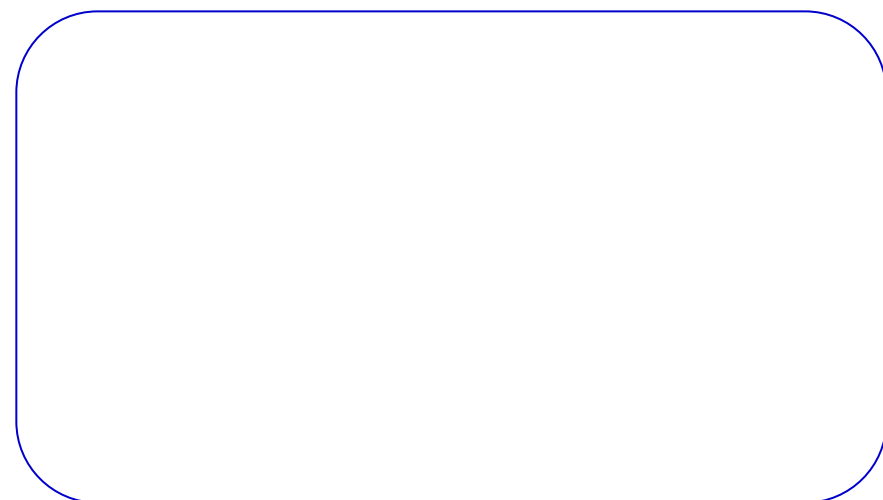




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STAMP  
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Administrative Team: 775-331-2229

Executive Director: Barb Heywood

Community Relations Director:  
Suzie Kuczynski

Business Office Director: Barbara Fraide

Wellness Directors: Michelle Baun &  
Lisa Erck

Wellness Coordinators: Cherise Roulllett

Dinning Services Director: Flor Martinez

Life Enrichment Director: Viki Lowrey

Maintenance Director: Maxx Fritts



# The Arbors Bulletin

## Monthly Newsletter



2 Our Favorite Summer Pastimes  
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# Our Favorite Summer Pastimes!

Ah, summer! The days between June 20th and September 22nd are ones many of us in the U.S. look forward to for warm weather, relaxation, and outdoor fun! There's also Independence Day and vacations that stir excitement for many. No matter where you are, or what your plans are, we have some shining summer ideas for you.

- **Picnics.** Gathering on blankets on the grass with yummy foods and friends nearby (they can be on their own blankets with distancing in place) is an activity involving togetherness and nature that brings fun and relaxation.
- **Gardening.** Heading out into the garden, alone or with others distanced, is a fun way to get exercise and relieve stress. Ask any gardener; they'll tell you it's also fun! Just remember to check the heat index, stay hydrated, and use sun protection.
- **Painting and Placing "Positivity" Stones.** There's a trend of people painting rocks with positive, encouraging words and putting them in spaces for people to find. This activity is great because we can be creative, do art, cheer up others, and be out in nature.
- **Lounging by the Sprinkler.** Enjoy some cooling water fun on a lounge chair by a sprinkler! Friends can get in on this activity with lots of distance between.

There are many ideas beyond these that can make summer the best season! Our residents and team members have shared some of their favorite summer activities at the right! We encourage you to let us know your favorites on our Facebook in the comments section of our newsletter post on the 1st. Let's Get Summering!



Intergenerational Family Picnics!



Summertime Gardening Fun!



Cool Sprinklers On A Hot Day!

# Special Moments



People **born in July** are often ambitious but generous. They often inspire others and tend to take charge in the workplace, all traits of a good leader. Look up and you'll see them!



# July 2020 Highlights

## July is Picnic Month, Hot Dog Month, Ice Cream Month, & Culinary Arts Month!

- 01 Postal Worker Day; Stamp Day; Joke Day
- 02 Anisette Day; UFO Day
- 03 Chocolate Wafer Day; Beans Day
- 04 Independence Day; Caesar Salad Day
- 05 Graham Cracker Day; Hawaii Day
- 06 Fried Chicken Day
- 07 Strawberry Sundae Day; Macaroni Day
- 08 Chocolate with Almonds Day
- 09 Sugar Cookie Day; Love Cows Day
- 10 Kitten Day; Pina Colada Day
- 11 Blueberry Muffin Day; Amer. Pet Pic Day
- 12 Pecan Pie Day; Car Collector Day;
- 13 French Fry Day; Beans N Franks Day
- 14 Mac N Cheese Day; Tape Measure Day
- 15 Tapioca Pudding Day; Love Horses Day
- 16 Corn Fritters Day; Personal Chef's Day
- 17 Peach Ice Cream Day; Emoji Day
- 18 Sour Candy Day; Strawberry Wine Day
- 19 Ice Cream Day
- 20 Lollipop Day; Chess Day



- 21 Junk Food Day
- 22 Hot Dog Day; Penuche Fudge Day
- 23 Refreshment Day; Vanilla Ice Cream Day
- 24 Amelia Earhart Day; Drive-Thru Day
- 25 Thread a Needle Day; Cowboy Day
- 26 Parent Day; Bagel Day; Coffee Shake Day
- 27 Crème Brulee Day
- 28 Milk Chocolate Day; Waterpark Day
- 29 Lasagne; Chicken Wing Day; Lipstick Day
- 30 Cheesecake Day; Chili Dog Day; Friend Day
- 31 Avocado Day; Mutt 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: [www.arborsmemorycare.com](http://www.arborsmemorycare.com)



- Looking for s'more ideas beyond classic marshmallow + chocolate + graham? Try:
- Candied bacon + dark chocolate
  - Chocolate chip cookie + Nutella
  - Rice Krispy treat as the graham
  - Roasted berries + waffle cone

Ideas by Shared Appetite.com

## Our spotlight shines on family:

Family is so much more than the people you are related to; family consists of those who care about us and who we deeply care about. It is built on a unity of acceptance, sacrifice, joy, support, love, and willingness to accept you for the human that you are. Even with the challenges of this pandemic, we know that we are not alone because we have the strength of community in our Arbors family.

We wish to recognize all the loving and caring support of resident families, both past and present, who are the backbone of what keeps us strong with kind words of encouragement, and unlimitedly the trust you put in us to care for and protect your loved one. Be assured, our staff are providing the highest care possible to all of our beloved residents while adhering to county, state, and federal health guidelines.

We honor our unsung heroes, all the Arbors care staff who have made many personal sacrifices of time, family, and friends in order to support the Arbors team. We understand how difficult it is to be separated from your loved ones and even more so during these times of heightened concern. Although we cannot take the place of residents' loved ones; our deep sense of family here at the Arbors is conveyed by our personalized connections with our residents. The team members are spending significant time and effort on frequent sanitizing, testing of all residents and staff, as well as giving more specialized care to our residents. We continue to provide delicious meals tailored to our resident's needs, with an emphasizes on frequent hydration.

These trying times weigh heavily on all of us, but we rise above and wear a smile in our eyes, while our faces are covered with masks. Our residents have more engagement with iN2L. Some residents sit in the bright sunshine of our atrium while others enjoy the fresh air and tranquility of our courtyards; all while physically distancing. Although there are no scheduled group activities available, it has allowed for more one-to-one personalized visits, such as book reading, music appreciation, individual conversations, and just warm fun.

We thank the owners of our community, Radiant Senior Living, who have committed to keeping residents, families, and all staff safe, as the situation with COVID-19 is ever progressing and the guidelines are ever evolving. They have offered emotional support and guidance, supplied us with ample equipment to do our jobs effectively and safely, and sent a management team to personally guide us through the logistics of how to continue to provide our residents with exceptional care during this crisis.

Thank you to all Arbors family, both close and extended, for your unconditional support and love, that is built on a continuum of resilience, to see us on a journey towards healing and a brighter future when we can all be together again.



# JULY 2020

# ARBORS DAILY ACTIVITIES

[illegible]