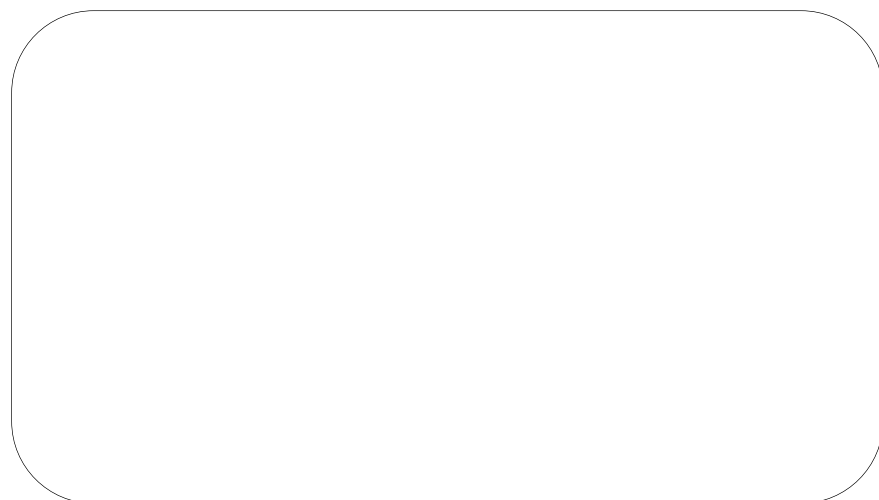




2121 E. Prater Way
Sparks, NV 89434

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: Cherise Roullett

Dinning Services Director: Flor Martinez

Life Enrichment Director: Viki Lowrey

Maintenance Director: Maxx Fritts



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

The Arbors Bulletin

Monthly Newsletter



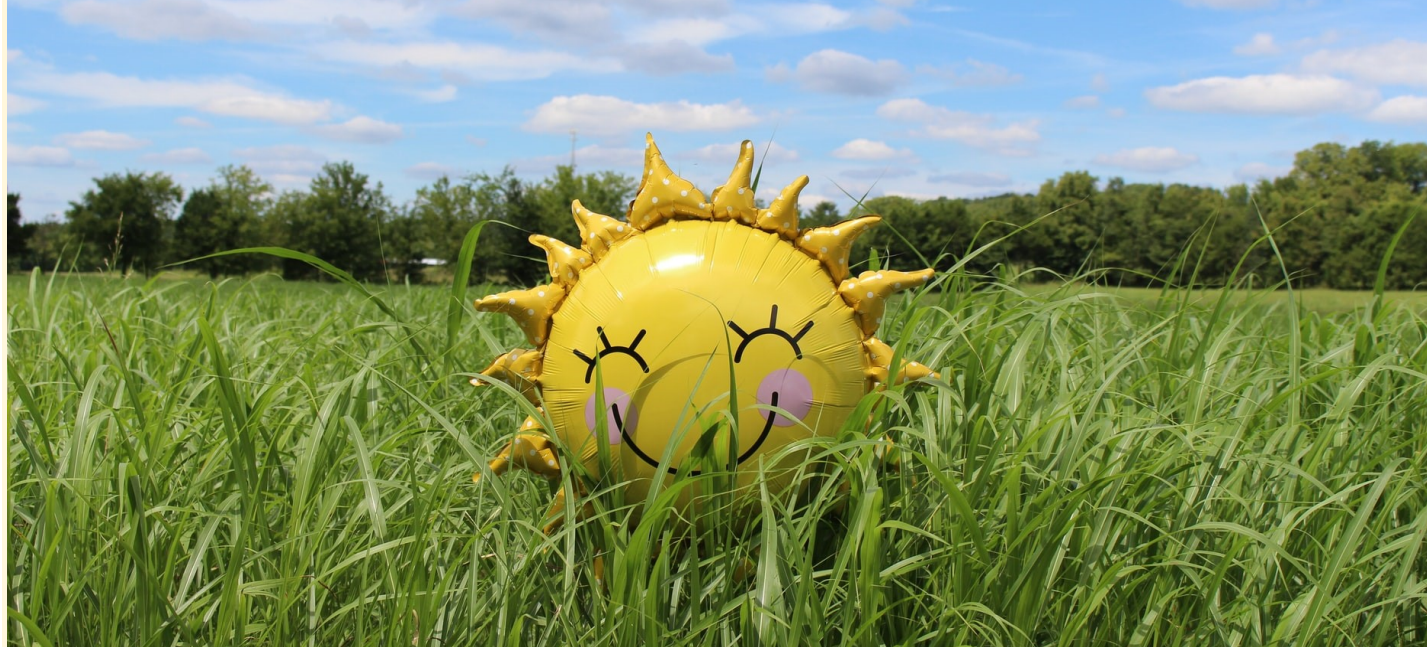
Aug. 6th is Root Beer Float Day!

August 2020

2 Here Comes the Sun!
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6 Highlights, Notes, Seniors Day
7 Special Moments & Birthdays
8 Mission & Team

Here Comes the Sun! Summertime Sun Safety Tips



These summer days, we want to head right outside for some fun outdoors. But before doing so, check out these tips about how to protect yourself and loved ones while out having fun! Note: This is not medical advice, and all should consult with their doctors about their personal sun safety guidelines.

Before heading outside, consider where and when you're going out. In the cooling shade, like under trees or umbrellas, is the best place to be if outside between the hours of 10 am and 4 pm during summer. Reflective surfaces like snow, sand, water, or concrete are areas in which to be extra careful of the sun's rays. UV rays are also quite strong at high altitudes.

Make sure to check the heat index. For those wondering, the heat index measures how hot it *feels* when relative humidity factors into actual air temperature. For example, if air is 96°F and relative humidity is 65%, it may feel like 121°F! Yikes! Heat

index can be checked online at [weather.gov](https://www.weather.gov)
or even on OSHA's Heat Safety App!

Dress for the weather. If you're headed outside during sunny summer days, wear protective clothing. Long-sleeved loose shirts, pants, wide-brimmed hats, and UV-blocking sunglasses are all a good idea. Make sure to apply a broad spectrum sunscreen at least 15 minutes before going outside - even if it's cloudy. An SPF of 15 or higher is recommended by the CDC, with reapplication every 2 hours, and after swimming, sweating, or drying off.

Have fun out there, enjoy the sun, and be sun safe while doing it!

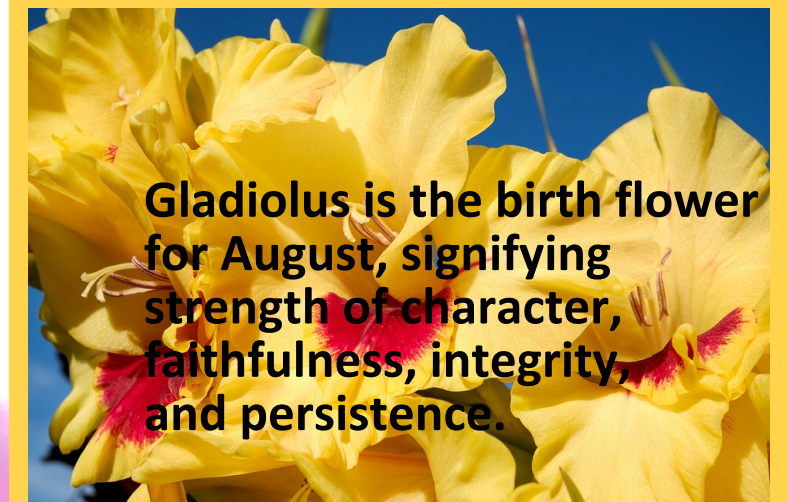
Did You Know?

Some actively seek out sun exposure to increase Vitamin D, but the National Council on Skin Cancer Protection recommends obtaining Vitamin D through food and supplements rather than UV rays.

Special Moments



Barbara: Aug. 31



August 2020 Highlights

August is Sandwich Month, Wellness Month, Family Fun Month, and Golf Month!

- 01 Disc Golf Day; Mustard Day
- 02 Friendship Day; Ice Cream Sandwich Day
- 03 Watermelon Day
- 04 Chocolate Chip Cookie Day
- 05 Oyster Day
- 06 Root Beer Float Day; Wiggle Toes Day
- 07 Lighthouse Day; Water Balloon Day
- 08 Frozen Custard Day; Bowling Day
- 09 Rice Pudding Day; Book Lovers Day
- 10 S'mores Day; Lazy Day
- 11 Raspberry Bombe Day; Son Daughter Day
- 12 Julienne Fries Day; Vinyl Record Day
- 13 Prosecco Day; Left Handers Day
- 14 Creamsicle Day
- 15 Leathercraft Day; Lemon Meringue Day
- 16 Tell a Joke Day
- 17 Black Cat Appreciation Day; Thrift Day
- 18 Fajita Day; Ice Cream Pie Day
- 19 Aviation Day; Soft Ice Cream Day
- 20 Radio Day; Chocolate Pecan Pie Day

- 21 Seniors Day!; Spumoni Day
- 22 Tooth Fairy Day; Pecan Torte Day
- 23 Sponge Cake Day
- 24 Peach Pie Day; Waffle Day
- 25 Banana Split Day; Park Service Day
- 26 Dog Day; Cherry Popsicle Day
- 27 Pots de Crème Day; Just Because Day
- 28 Bow Tie Day; Red Wine Day
- 29 Chop Suey Day
- 30 Toasted Marshmallow Day; Beach Day
- 31 Trail Mix Day



Aug. 25th is for
Banana Splits!

A note regarding Coronavirus:

Safety and comfort of our residents and staff is our number one priority during the Coronavirus cases that have happened nationwide. We will continue to communicate our plans to mitigate risk in our community. We are following mandated health guidelines. All of our activities are subject to cancellation. To read a full list of measures taken, and our current visitor policy, please visit our website: www.arborsmemorycare.com



August 21st is National Seniors Day! It has been observed since 1988 when then President Regan made it a holiday in part to share appreciation for older adults' accomplishments and services. Get involved by connecting with and thanking senior loved ones!



Our resident spotlight shines on: Virginia

Virginia is a vivacious woman who had many antics as a young woman growing up in Wyoming. From fishing for baby trout by flashlight to sending her soldier boyfriend overseas pin-up pictures of herself as a Christmas gift, she has led a life of adventure. Her beloved father doted on her and gave her the nick-name of “Sug”, short for sugar. Virginia was a detail-oriented office worker for most of her working career. She raised two children, once relocating to Reno from Wyoming and enjoyed camping trips with her husband in their mini motor home. Virginia is a dedicated grandmother caring for her grandchildren when they were smaller. Since residing at the Arbors, we have enjoyed Virginia’s bigger than life personality and even bigger than life Elvis cardboard stand-up cut-out proudly displayed in her room.

Our staff spotlight shines on: Yuko

Coming from Yokohama, Japan and making her home in the United States, we shine our spotlight on Yuko. As the Arbors passionate Culinary Assistant for the past 7 years, Yuko has put her heart into being disciplined and hardworking. Her reliability exceeds expectations with stamina and enthusiasm. Yuko can be very funny and has the gift of even being able to laugh at herself when she feels comfortable and connected to those around her. She has a deep commitment to family and enjoys spending her spare time with her husband, sons, and three grandchildren. Our Dunning Services would not be complete without the sacrifices she makes for our residents and staff.

We give you our heartfelt thanks and appreciation for all you do.



AUGUST 2020

Arbors Daily Activity Schedule

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