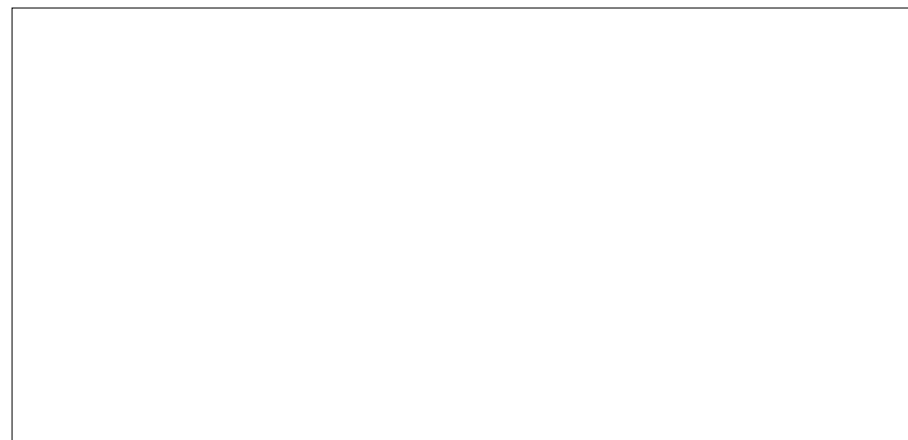




2121 E. Prater Way
Sparks, NV 89434

Stamp



Administrative Team:

Executive Director: Barb Heywood
Community Relations Dir.: Suzie Kuczynski
Business Office Dir.: Barbara Fraide
Wellness Dir.: Michelle Braun & Lisa Erck
Wellness Coord.: Cherise Roullett
Dinning Services Director: Flor Martinez
Life Enrichment Director: Viki Lowrey
Maintenance Director: Maxx Fritz

Connect:

775-331-2229

info@arborsmemorycare.com

www.arborsmemorycare.com

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



The Arbors Bulletin

September 2020 Newsletter



2 Balance Awareness Week
3 Team & Resident Spotlight
4 - 5 Activities Calendar

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

Paths Toward Better Balance, More Active Lifestyle

Have you ever stood up to suddenly feel unsteady or light-headed? Have you stepped and felt a sense of spinning? These are common signs of balance issues that can be caused by a variety of issues, including medications or even inner ear problems. Balance can be improved with attention to health and some simple exercises!

Walking with a friend is a great way to stay strong and lift your mood!



Each September, Balance Awareness Week takes place, shedding light on issues that affect balance. In observance of Sept. 13-19, we're sharing causes for balance issues, and ideas for balance improvement.

Signs of a balance issue can include vertigo, dizziness, falling feel, lightheadedness, confusion, or changes to hearing, vision, or cognition. If you suspect you have a balance issue, speak with your medical professional regarding diagnosis and treatment. Depending on the balance issue occurring, treatments can include medications, vestibular rehabilitation, inner ear positioning procedures, surgery, or diet and lifestyle changes.

In addition to potential treatments, a lifestyle change many can benefit from is increased physical activity for muscle strength and flexibility.

If your health professional approves, and with a spotter present, here are a few ideas to try!

Exercises to Improve Balance:

- **Tai Chi or Chair Chi!** This is meditation in motion, with movements that shift weight from one foot to another. It improves posture and balance.
- **Hold a chair** and stand on one leg at a time for several intervals.
- **Tightrope Walking:** Hold arms straight out at your sides. Walk a straight line with a 1-2 second pause as your back leg lifts from the ground. Have head up and eyes fixed ahead.
- **Wall Pushups:** Stand arm's length from a wall. Lean forward slightly with palms flat on wall at height and width of shoulders. Keep feet in place as you move your body forward. Gently push back until arms are straight.

Falls happen to one in four Americans aged 65+ each year. Take steps to monitor and improve your balance to avoid a potential fall starting today!

Special Moments



September 2020 Highlights

September celebrates Hispanic heritage, honey, piano, and square dancing!

Autumn begins Tuesday, September 22nd!

| | |
|---|--|
| 01 No Rhyme Nor Reason Day | 17 Housekeepers Day; Apple Dumpling Day |
| 02 Blueberry Popsicle Day | 18 Airforce Birthday; Cheeseburger Day |
| 03 Bowling League Day | 19 Butterscotch Pudding Day; Pirate Talk Day |
| 04 College Colors Day; Macadamia Nut Day | 20 Fried Rice Day; Pepperoni Pizza Day |
| 05 Cheese Pizza Day; Beard Day | 21 Chai Day; Pecan Cookie Day; NY Day |
| 06 Read a Book Day; Coffee Ice Cream Day | 22 Centenarians Day; White Chocolate Day |
| 07 Labor Day; Acorn Squash Day | 23 Snack Stick Day; Pot Pie Day |
| 08 Ants on a Log Day; Ampersand Day | 24 Quesadilla Day; Cherries Jubilee Day |
| 09 Teddy Bear Day; Weiner Schnitzel Day | 25 Comic Book Day; Story Day; Lobster Day |
| 10 Swap Ideas Day; Portrait Day | 26 Pancake Day; Family Health & Fitness Day |
| 11 Patriot Day; Hot Cross Bun Day | 27 Chocolate Milk Day; Scarf Day |
| 12 Chocolate Shake Day; Video Game Day | 28 Neighbor Day; Strawberry Cream Pie Day |
| 13 Grandparents Day; Assisted Living Week | 29 Coffee Day; VFW Day |
| 14 Boss Day; Hoagie Day; Crème Donut Day | 30 Gum Day; Hot Mulled Cider Day |
| 15 Online Learning Day; Cheese Toast Day | 31 Avocado Day; Mutt Day |
| 16 Mayflower Day; Guac Day; Play-Doh Day | |



Regarding Covid-19:

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.

Our Autumn Favorites:

“Fun” - Cora

“Falling leaves” - Betsey

“Fall colors” - Winnie

“Apple trees” - Wendy

“Pressing leaves” - Wendy



RESIDENT SPOTLIGHT:

Paul

Paul immigrated to the United States on Valentines Day in the 60's from Ireland. He came to Chicago where he met and married the love of his life. His many years as a truck driver took him all over the country, but always led him back to his home base in Riverside, CA, where he and his wife raised their two daughters and son. Paul is filled with pride when he talks about his two twin granddaughters going off to college on full scholarships. He is crazy about his teenaged grandson and wishes they could spend more time together. Paul has a passion for many genres of music, is an avid reader, and enjoys being well informed about all of the latest current events. You can always find Paul outdoors throughout the day where he enjoys being in the fresh air out in the garden gazebo.



STAFF SPOTLIGHT:

Becky

Becky is our super star this month. Housekeeping can be challenging and Becky is dedicated to making sure no dust bunnies are left behind. In response to the pandemic, intense extraordinary deep cleaning measures have been taken to help to mitigate the potential spread of the virus. Becky has followed health regulations to keep the Arbors clean and safe for staff and residents. She has an optimistic attitude and she shows love, integrity, and compassion for our residents. Even in her free time, she really enjoys cleaning and can be found thoroughly cleaning her home. This mother of two daughters, loves her family and spending special time with her four-year-old granddaughter. We are blessed to have her making everything so clean and fresh.

“Cleanliness is next to Godliness.”
— John Wesley

SEPTEMBER 2020

Arbors Memory Care

| SUN | MON | TUE | WED | THU | FRI | SAT |
|---|---|--|---|---|---|---|
| All activities subject to change per mandated health guidelines. |  | 1 9:30 Morning Update 10:00 Stretches 11:00 Art Time 2:00 Crossword-iN2L 2:30 Trivia-iN2L 4:00 Snow Cones 6:15 Social Time 7:15 Evening Relax | 2 9:30 Morning News 10:00 Stretch-iN2L 11:00 Nail Time 2:00 Trivia-iN2L 2:30 Movies 4:00 Music Relax 6:15 Tea Time 7:15 Evening Relax | 3 9:30 Morning News 10:00 Stretch-iN2L 11:00 Nail Time 2:00 Puzzles-iN2L 2:30 Games-iN2L 4:00 Ice-cream Cart 6:15 Table Games 7:15 Evening Relax | 4 9:30 Morning Updates 10:00 Stretches 11:00 Travel-iN2L 2:00– 3:00 Family Feud-iN2L 4:00 Mocktail Fun 6:15 Friday Flick 7:15 Evening Relax | 5 9:30 Morning Updates 10:00 Exercise 11:00 Reminiscing 2:00 Sing Along -iN2L 2:30 Trivia-iN2L 4:00 Coloring Fun 6:15 Classic TV 7:15 Evening Relax |
| | | 8 9:30 Morning Update 10:00 Stretches 11:00 Art Time 2:00 Crossword-iN2L 2:30 Trivia-iN2L 4:00 Snow Cones 6:15 Social Time 7:15 Evening Relax | 9 9:30 Morning News 10:00 Stretch-iN2L 11:00 Nail Time 2:00 Trivia-iN2L 2:30 Movies 4:00 Music Relax 6:15 Tea Time 7:15 Evening Relax | 10 9:30 Morning News 10:00 Stretch-iN2L 11:00 Nail Time 2:00 Puzzles-iN2L 2: 30 Games-iN2L 4:00 Ice-cream Cart 6:15 Table Games 7:15 Evening Relax | 11 9:30 Morning Updates 10:00 Stretches 11:00 Travel-iN2L 2:00– 3:00 Remembering 9/11 4:00 Mocktail Fun 6:15 Friday Flick 7:15 Evening Relax | 12 9:30 Morning Updates 10:00 Exercise 11:00 Reminiscing 2:00 Travel -iN2L 2:30 Trivia-iN2L 4:00 Coloring Fun 6:15 Classic TV 7:15 Evening Relax |
| | | 15 9:30 Morning Update 10:00 Stretches 11:00 Art Time 2:00 Crossword-iN2L 2:30 Trivia-iN2L 4:00 Snow Cones 6:15 Social Time 7:15 Evening Relax | 16 9:30 Morning News 10:00 Stretch-iN2L 11:00 Nail Time 2:00 Trivia-iN2L 2:30 Movies 4:00 Music Relax 6:15 Tea Time 7:15 Evening Relax | 17 9:30 Morning News 10:00 Stretch-iN2L 11:00 Nail Time 2:00 Puzzles-iN2L 2: 30 Games-iN2L 4:00 Ice-cream Cart 6:15 Table Games 7:15 Evening Relax | 18 9:30 Morning Updates 10:00 Stretches 11:00 Travel-iN2L 2:00– 3:00 Family Feud-iN2L 4:00 Mocktail Fun 6:15 Friday Flick 7:15 Evening Relax | 19 9:30 Morning Updates 10:00 Exercise 11:00 Reminiscing 2:00 Sing Along -iN2L 2:30 Trivia-iN2L 4:00 Coloring Fun 6:15 Classic TV 7:15 Evening Relax |
| | | 22  9:30 Morning Update 10:00 Stretches 11:00 Art Time 2:00 Crossword-iN2L 2:30 Trivia-iN2L 4:00 Snow Cones 6:15 Social Time 7:15 Evening Relax | 23 9:30 Morning News 10:00 Stretch-iN2L 11:00 Nail Time 2:00 Trivia-iN2L 2:30 Movies 4:00 Music Relax 6:15 Tea Time 7:15 Evening Relax | 24 9:30 Morning News 10:00 Stretch-iN2L 11:00 Nail Time 2:00 Puzzles-iN2L 2: 30 Games-iN2L 4:00 Ice-cream Cart 6:15 Table Games 7:15 Evening Relax | 25 9:30 Morning Updates 10:00 Stretches 11:00 Travel-iN2L 2:00– 3:00 Family Feud-iN2L 4:00 Mocktail Fun 6:15 Friday Flick 7:15 Evening Relax | 26 9:30 Morning Updates 10:00 Exercise 11:00 Reminiscing 2:00 Travel -iN2L 2:30 Trivia-iN2L 4:00 Coloring Fun 6:15 Classic TV 7:15 Evening Relax |
| | | 29 9:30 Morning Update 10:00 Stretches 11:00 Art Time 2:00 Crossword-iN2L 2:30 Trivia-iN2L 4:00 Snow Cones 6:15 Social Time 7:15 Evening Relax | 30 9:30 Morning News 10:00 Stretch-iN2L 11:00 Nail Time 2:00 Trivia-iN2L 2:30 Movies 4:00 Music Relax 6:15 Tea Time 7:15 Evening Relax |  | |  |