



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.:** Sarah Conroy & Lisa Erck  
**Wellness Coord.:** Sam Goodrich & Cherise Roulllett  
**Dinning Services Director:** Flor Martinez  
**Life Enrichment Director:** Viki Lowrey  
**Maintenance Director:** Mike Hoos

**Connect:**

**775-331-2229**

**[info@arborsmemorycare.com](mailto:info@arborsmemorycare.com)**

**[www.arborsmemorycare.com](http://www.arborsmemorycare.com)**

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

# The Arbors Bulletin

**October 2020 Newsletter**



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# Breast Cancer Awareness Increases Likelihood for Early Detection and Treatment

October is for Breast Cancer Awareness! Many know it's a month to wear pink, promote breast cancer knowledge, raise research funds, or support survivors and those in the fight—but it also can have significance in lives beyond that.

Breast Cancer Awareness Month encourages people to take steps to help themselves detect the disease in early stages. This October, increase your awareness level with some breast cancer facts and early detection information. Your knowledge could help a loved one, friend, or yourself.

*Note: This article is not intended to be medical advice. Consult your doctor before changing diet, medications, or lifestyle.*

## What is Breast Cancer?

When cells in the breast or nearby tissue divide and grow without normal control of cell division, breast cancer occurs. This process is often slow. If a lump can be felt, it may have been growing for 10 years.

Breast cancer may occur in men or women, but affects women more often than men. In the U.S., less than one percent of cases occur in men. In 2019, for U.S. women, there were about 268,600 new cases of invasive breast cancer. For men, there were an estimated 2,670 new breast cancer cases. Early



detection increases breast cancer survival.

## Early Detection is Key

There are ways to detect breast cancer early including regular self-examinations and clinical screenings. Clinical screenings include mammography (X-ray breast imaging); clinical breast exams (where a trained provider feels for abnormalities); and in certain high risk cases, breast MRIs. Learn more on screening at [cancer.gov](https://www.cancer.gov).

Women should be familiar with how their breasts normally look and report changes to a medical provider. The American Cancer Society recommends women 45-54 get annual mammograms, earlier for those who are high-risk for breast cancer. Those 55+ can switch to every other year if in good health.

Men at high risk for breast cancer should discuss managing their risk with their doctor.

We hope these facts encourage awareness and continued learning beyond this special month.

# Special Moments



# Happy Birthday!



Nita: October 7  
Joan: October 8  
Betsey: October 16  
Hildegard: October 19

- Those born in October are Libras (Sept. 23 -Oct. 22) or Scorpios (Oct. 23-Nov. 21).
- Their birthstones are opals & tourmaline.
- Their birth flower is the Calendula.
- More American presidents have October birthdays than any other month!



# October 2020 Highlights

October observes emotional wellness, dental hygiene, and protecting hearing.

Foods celebrated: chili, apples, spinach, rhubarb, pretzels, pasta, and pizza.

- |   |   |
|---|---|
| 01 Homemade Cookies Day; Hair Day         | 17 Pasta Day; Sweetest Day                |
| 02 Custodial Worker Day; Car Naming Day   | 18 No Beard Day; Choco Cupcake Day        |
| 03 Techies Day                            | 19 Seafood Bisque Day; Kentucky Day       |
| 04 Golf Love Day; Taco Day; Cinn. Bun Day | 20 Brandy Fruit Day; Youth Confidence Day |
| 05 Rhode Island Day; Get Funky Day        | 21 Pumpkin Cheesecake Day; Reptile Day    |
| 06 Mad Hatter Day; Orange Wine Day        | 22 Nut Day; Color Day; Make a Dog's Day   |
| 07 Frappe Day; Pumpkin Seed Day           | 23 Boston Crème Pie Day; Talk Show Day    |
| 08 Fluffernutter Day; Pierogi Day         | 24 Make a Difference Day; Bologna Day     |
| 09 Moldy Cheese Day                       | 25 Mother In Law Day; Greasy Food Day     |
| 10 Angelfood Cake Day; Chess Day          | 26 Pumpkin Day; Mincemeat Day             |
| 11 Sausage Pizza Day; Clergy Apprec. Day  | 27 American Beer Day; Black Cat Day       |
| 12 Gumbo Day; Native Americans Day        | 28 Chocolate Day                          |
| 13 Yorkshire Pudding Day; Navy Birthday   | 29 Oatmeal Day;                           |
| 14 Fossil Day; Dessert Day                | National Cat Day                          |
| 15 Cheese Curd Day; I Love Lucy Day       | 30 Candy Corn Day;                        |
| 16 Sports Day; Global Cat Day; Bosses Day | Breadstick Day                            |
|   | 31 Halloween                              |



## Regarding Covid-19:

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.

## Apple Pie Bread Recipe

Baking spray w/ flour in 9x5" pan	1 tsp vanilla
$\frac{2}{3}$ cup granulated sugar	1 tsp baking soda
$\frac{1}{2}$ cup whole-milk Greek yogurt	1 tsp apple pie spice
2 eggs	$\frac{1}{2}$ tsp salt
$\frac{2}{3}$ cup applesauce	1 Green apple (diced)
7 tbsp unsalted butter, melted	$\frac{1}{2}$ cup chop walnuts
1 cup flour, plus 1 tbsp divided	3 tbsp brown sugar
$\frac{3}{4}$ cup whole-wheat flour	$\frac{1}{4}$ tsp cinnamon

Preheat oven to 350 F. Stir sugar, yogurt, eggs together. Add applesauce, vanilla, 6 tbsp butter. Separately whisk 1 cup flour, whole-wheat flour, baking soda, apple pie spice, salt. Add apple, stir until coated. Add flour-apple mix to egg mix; stir. Spoon into sprayed pan. Mix walnuts, brown sugar, cinnamon & 1 tbsp butter, flour in a bowl. Sprinkle on batter. Bake 55-60 minutes. Cool 1 hour (Modified from EatingWell)



**RESIDENT  
SPOTLIGHT:**  
Nita

This fun-loving lady was raised in Boise, Idaho, and traveled around with her husband, who was in the Air Force, until she settled in California, living in the San Jose and Milpitas areas. During her career in education, she taught elementary and middle school students, but she finished up her career teaching in daycare because of her passion to work with small children and help them express their creativity through art. Halloween is her favorite holiday and she would decorate both the inside and outside of her house with all her creative ideas. Nita has always kept busy with gardening, sewing, crocheting, knitting, painting, but most especially line dancing, which she did for 25 years. She loves her three children CJ, Vickie, and Tom, and adores being around her 5 grandchildren, 3 great-grandkids, or relaxing with her cats. Nita is a very social person, and we are so thankful to have her with us at Arbors.



**STAFF  
SPOTLIGHT:**  
Kaycee

We're pleased to shine a light on Kaycee, our team member of the month. Kaycee started as a Caregiver and is now a Med Tech here at the Arbors. Her teammates describe her as "amazingly positive" and no matter how tough things get, Kaycee possesses a "can do attitude" and will often use her favorite word, "groovy" whenever the team has worked together and accomplished a task. She has the unique ability to brighten your whole day with her simple yet signature greeting of "hi friend!" In addition to having the respect of her team members, she is great with the residents and is always conscientious about assuring the residents are comfortable and content. In her free time, she enjoys focusing on her art, poetry, and photography. Although she has never been out of the country, we envision her traveling the world someday and sending us some "groovy" pictures of her adventures.



# OCTOBER 2020

# Arbors Memory Care

SUN	MON	TUE	WED	THU	FRI	SAT
<p>All activities subject to change per mandated health guidelines</p>		<p><u>October Birthdays</u></p> <p>Nita -October 7 Joan - October 8 Betsey - October 16 Hildegard - October 19</p>		<p><sup>1</sup></p> <p>9:30 Morning News 10:00 Sit and Be Fit 11:00 Nail Time 2:00 Puzzles-iN2L 2:30 Trivia- iN2L 4:00 Golf 6:15 Table Games 7:15 Evening Relax</p>	<p><sup>2</sup></p> <p>9:30 Morning Updates 10:00 Stretches 11:00 Arm Chair Travel 2:00 Paint-iN2L 2:30 Family Feud-iN2L 4:00 Mocktail Fun 6:15 Friday Flick 7:15 Evening Relax</p>	<p><sup>3</sup></p> <p>9:30 Morning News 10:00 Stretch-iN2L 11:00 Reminiscing 2:00 Trivia-iN2L 2:30 Sing Along-iN2L 4:00 Coloring Fun 6:15 Classic TV 7:15 Evening Relax</p>
<p><sup>4</sup></p> <p>9:00 Spiritual-iN2L 10:00 Morning Stretch 11:00 Sunday News 2:00 Manicures 4:00 Afternoon Walk 6:15 Sunday Movies 7:15 Evening Relax</p>	<p><sup>5</sup></p> <p>9:30 Morning News 10:00 Exercise 11:00 Bowling 2:00 World Travel-iN2L 2:30 Word Games-iN2L 4:00 Social Time 6:15 Classic TV 7:15 Evening Relax</p>	<p><sup>6</sup></p> <p>9:30 Morning Update 10:00 Chair Dancing 11:00 Memory Lane Music 2:00 Trivia- iN2L 2:30 Autumn Art 4:00 Crosswords-iN2L 6:15 Social Time 7:15 Evening Relax</p>	<p><sup>7</sup></p> <p>9:30 Daily Update 10:00 Morning Music 11:00 Stretch- iN2L 2:00 Travel-iN2L 2:30 Music Trivia 4:00 Tea Time 6:15 Mid-week Movie 7:15 Evening Relax</p>	<p><sup>8</sup></p> <p>9:30 Morning News 10:00 Sit and Be Fit 11:00 Memory Lane Music 2:00 Puzzles-iN2L 2:30 Trivia- iN2L 4:00 Golf 6:15 Table Games 7:15 Evening Relax</p>	<p><sup>9</sup></p> <p>9:30 Morning Updates 10:00 Stretches 11:00 Arm Chair Travel 2:00 Paint-iN2L 2:30 Family Feud-iN2L 4:00 Mocktail Fun 6:15 Friday Flick 7:15 Evening Relax</p>	<p><sup>10</sup></p> <p>9:30 Morning News 10:00 Stretch-iN2L 11:00 Reminiscing 2:00 Trivia-iN2L 2:30 Sing Along-iN2L 4:00 Coloring Fun 6:15 Classic TV 7:15 Evening Relax</p>
<p><sup>11</sup></p> <p>9:00 Spiritual-iN2L 10:00 Morning Stretch 11:00 Sunday News 2:00 Manicures 4:00 Afternoon Walk 6:15 Sunday Movies 7:15 Evening Relax</p>	<p><sup>12</sup> Columbus Day</p> <p>9:30 Morning News 10:00 Exercise 11:00 Bowling 2:00 World Travel-iN2L 2:30 Word Games-iN2L 4:00 Social Time 6:15 Classic TV 7:15 Evening Relax</p>	<p><sup>13</sup></p> <p>9:30 Morning Update 10:00 Chair Dancing 11:00 Memory Lane Music 2:00 Trivia- iN2L 2:30 Art Time 4:00 Crosswords-iN2L 6:15 Social Time 7:15 Evening Relax</p>	<p><sup>14</sup></p> <p>9:30 Daily Update 10:00 Morning Music 11:00 Stretch- iN2L 2:00 Travel-iN2L 2:30 Music Trivia 4:00 Tea Time 6:15 Mid-week Movie 7:15 Evening Relax</p>	<p><sup>15</sup></p> <p>9:30 Morning News 10:00 Sit and Be Fit 11:00 Memory Lane Music 2:00 Puzzles-iN2L 2:30 Trivia- iN2L 4:00 Golf 6:15 Table Games 7:15 Evening Relax</p>	<p><sup>16</sup></p> <p>9:30 Morning Updates 10:00 Stretches 11:00 Arm Chair Travel 2:00 Paint-iN2L 2:30 Family Feud-iN2L 4:00 Mocktail Fun 6:15 Friday Flick 7:15 Evening Relax</p>	<p><sup>17</sup></p> <p>9:30 Morning News 10:00 Stretch-iN2L 11:00 Reminiscing 2:00 Trivia-iN2L 2:30 Sing Along-iN2L 4:00 Coloring Fun 6:15 Classic TV 7:15 Evening Relax</p>
<p><sup>18</sup></p> <p>9:00 Spiritual-iN2L 10:00 Morning Stretch 11:00 Sunday News 2:00 Manicures 4:00 Afternoon Walk 6:15 Sunday Movies 7:15 Evening Relax</p>	<p><sup>19</sup></p> <p>9:30 Morning News 10:00 Exercise 11:00 Bowling 2:00 World Travel-iN2L 2:30 Word Games-iN2L 4:00 Social Time 6:15 Classic TV 7:15 Evening Relax</p>	<p><sup>20</sup></p> <p>9:30 Morning Update 10:00 Chair Dancing 11:00 Memory Lane Music 2:00 Trivia- iN2L 2:30 Fall Leaf Art 4:00 Crosswords-iN2L 6:15 Social time 7:15 Evening Relax</p>	<p><sup>21</sup></p> <p>9:30 Daily Update 10:00 Morning Music 11:00 Stretch- iN2L 2:00 Travel-iN2L 2:30 Music Trivia 4:00 Tea Time 6:15 Mid-week Movie 7:15 Evening Relax</p>	<p><sup>22</sup></p> <p>9:30 Morning News 10:00 Sit and Be Fit 11:00 Memory Lane Music 2:00 Puzzles-iN2L 2:30 Trivia- iN2L 4:00 Golf 6:15 Table Games 7:15 Evening Relax</p>	<p><sup>23</sup></p> <p>9:30 Morning Updates 10:00 Stretches 11:00 Arm Chair Travel 2:00 Paint-iN2L 2:30 Family Feud-iN2L 4:00 Mocktail Fun 6:15 Friday Flick 7:15 Evening Relax</p>	<p><sup>24</sup></p> <p>9:30 Morning News 10:00 Stretch-iN2L 11:00 Reminiscing 2:00 Trivia-iN2L 2:30 Sing Along-iN2L 4:00 Coloring Fun 6:15 Classic TV 7:15 Evening Relax</p>
<p><sup>25</sup></p> <p>9:00 Spiritual-iN2L 10:00 Morning Stretch 11:00 Sunday News 2:00 Manicures 4:00 Afternoon Walk 6:15 Sunday Movies 7:15 Evening Relax</p>	<p><sup>26</sup></p> <p>9:30 Morning News 10:00 Exercise 11:00 Bowling 2:00 World Travel-iN2L 2:30 Word Games-iN2L 4:00 Social Time 6:15 Classic TV 7:15 Evening Relax</p>	<p><sup>27</sup></p> <p>9:30 Morning Update 10:00 Chair Dancing 11:00 Memory Lane Music 2:00 Sensory-iN2L 2:30 Paint Pumpkins 4:00 Crosswords-iN2L 6:15 Social Time 7:15 Evening Relax</p>	<p><sup>28</sup></p> <p>9:30 Daily Update 10:00 Morning Music 11:00 Stretch- iN2L 2:00 Travel-iN2L 2:30 Music Trivia 4:00 Tea Time 6:15 Mid-week Movie 7:15 Evening Relax</p>	<p><sup>29</sup></p> <p>9:30 Morning News 10:00 Sit and Be Fit 11:00 Memory Lane Music 2:00 Puzzles-iN2L 2:30 Trivia- iN2L 4:00 Golf 6:15 Table Games 7:15 Evening Relax</p>	<p><sup>30</sup></p> <p>9:30 Morning Updates 10:00 Stretches 11:00 Arm Chair Travel 2:00 Paint-iN2L 2:30 Family Feud-iN2L 4:00 Mocktail Fun 6:15 Friday Flick 7:15 Evening Relax</p>	<p><sup>31</sup> HALLOWEEN</p> <p>9:30 Morning News 10:00 Stretch-iN2L 11:00 Reminiscing 2:00 Trivia-iN2L 2:30 Halloween Fun 4:00 Coloring Time 6:15 Classic TV 7:15 Evening Relax</p>