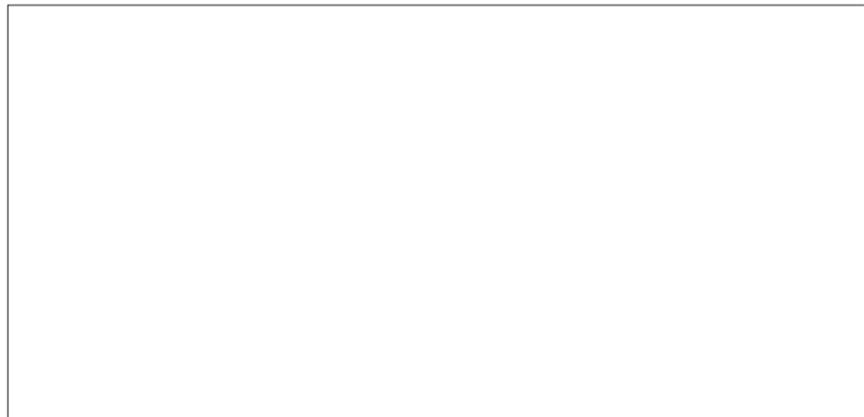




2121 E. Prater Way  
Sparks, NV 89434

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**

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

**Connect:**

**775-331-2229**

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# The Arbors Bulletin

November 2020 Newsletter



2 Veteran's Day History & Significance  
3 Team & Resident Spotlight  
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6 Highlights, Notes, Daylight Savings  
7 Special Moments & Birthdays  
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# The History & Significance of Veterans Day

With great gratitude, on November 11th, U.S. citizens will honor those who have bravely served our country on what is known as Veterans Day.

The day is a U.S. holiday that honors veterans of all wars. Its history has not been without changes, though!

In 1918, during World War I, on the 11th hour of the 11th day of the 11th month, hostilities ended between the Allied nations and Germany—on “Armistice Day.” The Treaty of Versailles, which marked the end of the war, was signed on June 28, 1919, but the armistice date was the one most people considered the conflict’s end.

In November of 1919, Armistice Day was observed by many countries with parades, public celebrations, and pauses to business and school activities at 11 am.

Then, in June of 1926, Congress passed a resolution saying November 11 should be commemorated yearly. As of May 13,

1938, Armistice Day was a legal Federal holiday. Changes would still occur though.

During World War II, more than 16 million Americans served in the Army, Air Force, Marines, and Navy. Another 5.7 million served in the Korean War. Thus, Veteran’s service organizations lobbied for the words “Veterans Day” to replace Armistice Day in honor of the American veterans of *all* wars. In 1954, President Dwight D. Eisenhower signed legislation for the name to be changed.

The day would still see some changes!

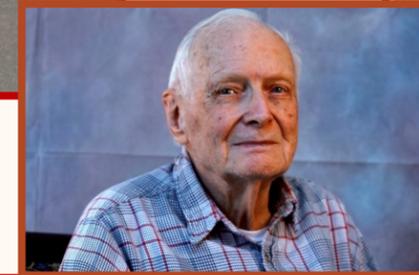
As of 1971, Veterans Day was moved to the fourth Monday in October when Congress passed a Uniform Holidays Bill to make Monday “the” day for federal holidays. But in 1978, due to many states’ confusion and disapproval over the change, the holiday was moved back to its original observance date.

Since then, Veterans Day continues to be observed on November 11th. That day, and throughout the year, we thank all who have served for our great nation.



**What is the difference between Veterans Day and Memorial Day?** Memorial Day, in May, is dedicated to Americans who have served and who passed away during (or as a result of) serving. Veterans Day honors all Veterans, alive and who have passed.

# Special Moments



# Happy Birthday!



Kitty: Nov. 10

- Those born in November are Scorpios (Oct. 23-Nov. 21) or Sagittarius (Nov. 22-Dec 21.)
- Their birthstone is topaz or citrine.
- Their birth flower is the Chrysanthemum which is said to bring happiness and laughter to the home!

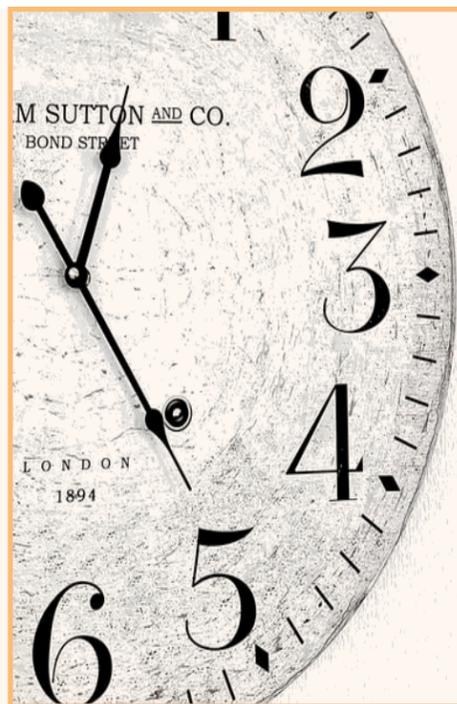
# November 2020 Highlights

November observes Alzheimer's Disease Month, Diabetes Month, Gratitude Month, and Native American Heritage Month. It celebrates such foods as: banana pudding, raisin bread, and peanut butter. It is Novel Writing Month so it's a great time to work on writing!

- |   |  |
|---|--|
| 01 Calzone Day; Cinnamon Day              | 16 Button Day; Fast Food Day             |
| 02 Deviled Egg Day; Ohio Day              | 17 Baklava Day; Take a Hike Day          |
| 03 Housewife Day; Sandwich Day            | 18 Princess Day; Mickey Mouse Birthday   |
| 04 Candy Day; Stress Awareness Day        | 19 Play Monopoly Day                     |
| 05 Donut Day; Men Make Dinner Day         | 20 Peanut Butter Fudge Day               |
| 06 Jersey Friday; Nachos Day              | 21 Gingerbread Cookie Day; Stuffing Day  |
| 07 Bittersweet Chocolate w/ Almond Day    | 22 Cranberry Relish Day                  |
| 08 Cappuccino Day                         | 23 Espresso Day; Cranberry Day           |
| 09 Scraple Day; Louisiana Day             | 24 Sardines Day                          |
| 10 Marines Bday; Vanilla Cupcake Day      | 25 Parfait Day; Jukebox Day              |
| 11 Sundae Day; Veterans Day               | 26 Cake Day; Thanksgiving Day            |
| 12 French Dip Day; Chicken Soup Day       | 27 Native American Heritage Day          |
| 13 World Kindness Day; Indian Pudding Day | 28 French Toast Day; Small Business Sat. |
| 14 Pickle Day; Family PJ Day; Guac Day    | 29 Electronic Greetings Day              |
| 15 Philanthropy Day; Raisin Bran Day      | 30 Mousse Day; Mason Jar Day             |

## 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.



**Daylight Savings Time Ends!** On Sunday, November 1st, at 1 AM, turn your clocks back one hour. Enjoy more light in the morning.



**RESIDENT SPOTLIGHT:**  
Gloria

Gloria is a spry 99-year-old and it is our honor to have her as resident of the month! Having grown up in Ely, NV, with her immigrant parents from Spain, her childhood was spent embracing the Basque way of life and celebrating the Basque culture. Gloria served many years on the board of directors for the Reno Basque Club and worked to make the annual Basque Festival a success. She was an RN for over 75 years, with her early beginnings as part of the Army Nurses Corp during World War II. Her nursing career has taken her on a journey of living in many parts of the United States, while working in many hospitals. For Gloria, family comes first and she dedicated her life to caring for her disabled brother. As a beloved friend by so many, Gloria is an inspiration to us all.



**STAFF SPOTLIGHT:**  
Ana

Ana Perez is our employee of the month for September. She is more than just a Med Tech/ Caregiver; she is a fun, energetic, caring, and thoughtful individual. She is a multi-tasker when it comes to her job. You can always find her interacting with the residents and braiding or styling the female residents' hair. Her presence here is extremely noticeable.

In Ana's spare time, she loves to dance, teach Zumba, and spend quality time with family. Ana has a love for food, especially donuts.

Ana, thank you for your incredibly, contagious smile and positive attitude. You always make the Arbors a fun place to be.

# NOVEMBER 2020

## Arbors Memory Care

SUN	MON	TUE	WED	THU	FRI	SAT
<b>1</b> 9:00 Spiritual- iN2L 10:00 Morning Stretch 11:00 Sunday News 2:00 Fancy Nails 4:00 Trivia- iN2L 6:15 Sunday Movie 7:00 Evening Relax	<b>2</b> 9:00 Morning News 10:00 Exercise 11:00 Bowling 2:00 World Travel- iN2L 2:30 Word Games- iN2L 5:00 Monday Football 6:15 Classic TV 7:00 Evening Relax	<b>3 Election Day</b> 9:00 Morning Update 10:00 Chair Dancing 11:00 Memory Lane Music 2:00 Trivia- iN2L 2:30 Art Time 4:00 Hangman- iN2L 6:15 Crosswords iN2L 7:00 Evening Relax	<b>4</b> 9:00 Daily Update 10:00 Morning Stretch 11:00 Painting 2:00 Travel- iN2L 2:30 Music Trivia- iN2L 4:00 Tea Time 6:15 Trivia Time-iN2L 7:00 Evening Relax	<b>5</b> 9:00 Morning News 10:00 Sit and Be Fit 11:00 Memory Lane Music 2:00 Puzzles- iN2L 2:30 Trivia- iN2L 4:00 Coloring Fun 6:15 Family Feud-iN2L 7:00 Evening Relax	<b>6</b> 9:00 Morning News 10:00 Sit and Be Fit 11:00 Memory Lane Music 2:00 Paint— iN2L 2:30 Trivia- iN2L 4:00 Mocktails 6:15 Friday Flicks 7:00 Evening Relax	<b>7</b> 9:00 Morning News 10:00 Stretch-iN2L 11:00 Reminiscing 1940's 2:00 Trivia iN2L 2:30 Sing Along-iN2L 4:00 Music Relax-iN2L 6:15 Travel Time-iN2L 7:00 Evening Relax
<b>8</b> 9:00 Spiritual- iN2L 10:00 Morning Stretch 11:00 Sunday News 2:00 Fancy Nails 4:00 Arts & Crafts 6:15 Sunday Movie 7:00 Evening Relax	<b>9</b> 9:00 Morning News 10:00 Exercise 11:00 Bowling 2:00 World Travel- iN2L 2:30 Word Games- iN2L 5:00 Monday Football 6:15 Classic TV 7:00 Evening Relax	<b>10</b> 9:00 Morning Update 10:00 Chair Dancing 11:00 Memory Lane Music 2:00 Trivia- iN2L 2:30 Art Time 4:00 Hangman- iN2L 6:15 Crosswords iN2L 7:00 Evening Relax	<b>11 Veteran's Day</b> 9:00 Put up the flag 10:00 Morning Stretch 11:00 Painting 2:00 Patriotic Music- iN2L 2:30 Veteran Trivia- iN2L 4:00 Tea Time 6:15 Veteran's Trivia-iN2L 7:00 Evening Relax	<b>12</b> 9:00 Morning News 10:00 Sit and Be Fit 11:00 Memory Lane Music 2:00 Puzzles- iN2L 2:30 Trivia- iN2L 4:00 Coloring Fun 6:15 Family Feud-iN2L 7:00 Evening Relax	<b>13 World Kindness Day</b> 9:00 Morning News 10:00 Sit and Be Fit 11:00 Memory Lane Music 2:00 Paint - iN2L 2:30 Trivia- iN2L 4:00 Mocktails 6:15 Friday Flicks 7:00 Evening Relax	<b>14</b> 9:00 Morning News 10:00 Stretch-iN2L 11:00 Reminiscing 1950's 2:00 Trivia iN2L 2:30 Sing Along-iN2L 4:00 Music Relax-iN2L 6:15 Travel Time-iN2L 7:00 Evening Relax
<b>15</b> 9:00 Spiritual- iN2L 10:00 Morning Stretch 11:00 Sunday News 2:00 Fancy Nails 4:00 Trivia—iN2L 6:15 Sunday Movie 7:00 Evening Relax	<b>16</b> 9:00 Morning News 10:00 Exercise 11:00 Bowling 2:00 World Travel- iN2L 2:30 Word Games- iN2L 5:00 Monday Football 6:15 Classic TV 7:00 Evening Relax	<b>17</b> 9:00 Morning Update 10:00 Chair Dancing 11:00 Memory Lane Music 2:00 Trivia- iN2L 2:30 Art Time 4:00 Hangman- iN2L 6:15 Crosswords iN2L 7:00 Evening Relax	<b>18</b> 9:00 Daily Update 10:00 Morning Stretch 11:00 Painting 2:00 Travel- iN2L 2:30 Music Trivia- iN2L 4:00 Tea Time 6:15 Trivia Time-iN2L 7:00 Evening Relax	<b>19</b> 9:00 Morning News 10:00 Sit and Be Fit 11:00 Memory Lane Music 2:00 Puzzles- iN2L 2:30 Trivia- iN2L 4:00 Coloring Fun 6:15 Family Feud-iN2L 7:00 Evening Relax	<b>20</b> 9:00 Morning News 10:00 Sit and Be Fit 11:00 Arm Chair Travel 2:00 Paint- iN2L 2:30 Trivia- iN2L 4:00 Mocktails 6:15 Friday Flicks 7:00 Evening Relax	<b>21</b> 9:00 Morning News 10:00 Stretch-iN2L 11:00 Reminiscing 1960's 2:00 Trivia iN2L 2:30 Sing Along-iN2L 4:00 Music Relax-iN2L 6:15 Travel Time-iN2L 7:00 Evening Relax
<b>22</b> 9:00 Spiritual- iN2L 10:00 Morning Stretch 11:00 Sunday News 2:00 Fancy Nails 4:00 Arts & Crafts 6:15 Sunday Movie 7:00 Evening Relax	<b>23</b> 9:00 Morning News 10:00 Exercise 11:00 Turkey 2:00 World Travel- iN2L 2:30 Word Games- iN2L 5:00 Monday Football 6:15 Classic TV 7:00 Evening Relax	<b>24</b> 9:00 Morning Update 10:00 Chair Dancing 11:00 Memory Lane Music 2:00 Trivia- iN2L 2:30 Art Time 4:00 Hangman- iN2L 6:15 Crosswords iN2L 7:00 Evening Relax	<b>25</b> 9:00 Daily Update 10:00 Morning Stretch 11:00 Painting 2:00 Travel- iN2L 2:30 Music Trivia- iN2L 4:00 Tea Time 6:15 Trivia Time-iN2L 7:00 Evening Relax	<b>26 Thanksgiving</b> 9:00 Morning News 10:00 Flower Arranging 11:00 Family Thank You's <b>Thanksgiving Lunch</b> 2:00 Resident Pictures 2:30 Turkey Trivia- iN2L 4:00 Turkey Coloring 6:15 Football Games 7:00 Evening Relax	<b>27</b> 9:00 Morning News 10:00 Sit and Be Fit 11:00 Memory Lane Music 2:00 Paint- iN2L 2:30 Ball Toss 4:00 Mocktails 6:15 Friday Flicks 7:00 Evening Relax	<b>28</b> 9:00 Morning News 10:00 Stretch-iN2L 11:00 Reminiscing 1970's 2:00 Trivia iN2L 2:30 Sing Along-iN2L 4:00 Music Relax-iN2L 6:15 Travel Time-iN2L 7:00 Evening Relax
<b>29</b> 9:00 Spiritual- iN2L 10:00 Morning Stretch 11:00 Sunday News 2:00 Fancy Nails 4:00 Arts & Crafts 6:15 Sunday Movie 7:00 Evening Relax	<b>30</b> 9:00 Morning News 10:00 Exercise 11:00 Bowling 2:00 World Travel- iN2L 2:30 Word Games- iN2L 5:00 Monday Football 6:15 Classic TV 7:00 Evening Relax			<b>November Birthdays</b>  <b>Kitty-November 10</b>		<i>All activities subject to change per mandated health guidelines.</i>