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Stamp



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



The Arbors Bulletin

December 2020 Newsletter



2 Flu Prevention
3 Team & Resident Spotlight
4 - 5 Activities Calendar

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

Stay Healthy this 2020 Flu Season

It's that time of year! The air has a chill that gets us excited about warm drinks, cozy sweaters, and the holidays.

Unfortunately, flu is also making its rounds — and will likely do so through February. Flu prevention is important every year, but especially this year when Covid-19 is also a health risk. Flu prevention efforts will also aid in preventing the contraction of Covid-19.

People of all ages and walks of life can catch flu, but seniors over 65 are among those at particular risk for flu-related complications. The good news is there are various actions—from hand-hygiene to vaccination—that may be taken to prevent the flu.

The Best Defense

Seasonal flu shots are designed to protect against the 3 or 4 influenza viruses likely to be most prevalent this season. While shot effectiveness varies by season and by different levels of health of those who receive them, it is the best line of defense for flu prevention.

Studies have shown that those who contract flu despite receiving a flu shot have less severe illnesses than those who did not get vaccinated. It is helpful to get the shot annually, and to know it takes two weeks to become fully effective. Those who wish to get a flu shot should consult their medical professional(s) and disclose allergies to them.

Is it flu, a cold, or coronavirus?

All share symptoms of fever, chills, body aches, and cough. In all cases, make efforts to stay home, wear a mask, and wash hands. It is recommended you contact your doctor about your symptoms.



The best line of defense in flu prevention is getting a yearly flu shot.

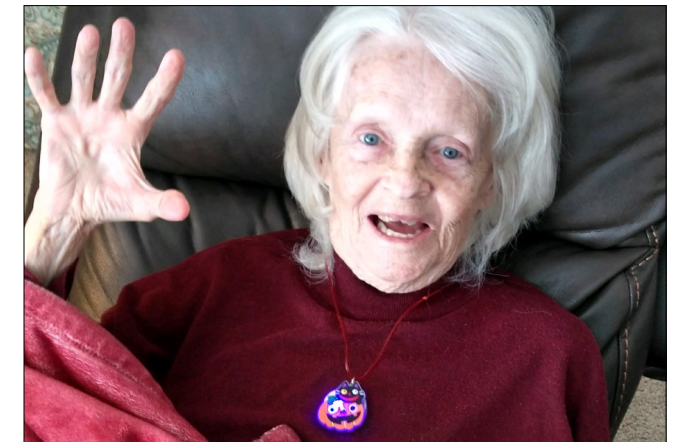
- Flu is fast-coming and usually brings fever, chills, cough, body aches, headaches, and tiredness. Flu only sometimes includes sneezing, sore throat, or stuffy nose. Flu can be tested for, and antiviral drugs exist for it.
- A cold, on the other hand, brings gradual effects, including a runny or stuffy nose, chest discomfort, a cough, sore throat, sneezing, and sometimes fatigue and aches. Colds do not often bring chills, fever, or headaches.
- Coronavirus is harder to pinpoint due to its wide range of symptoms. It rarely is accompanied by runny or stuffy nose or sneezing. It often is accompanied by a loss of taste or smell. Doctors can test for Coronavirus.

Flu prevention is important every year, but especially this one! Take care of your health by eating well, staying hydrated, practicing good hand-hygiene, and getting a flu shot. Spend more time enjoying this season and less time searching for the box of tissues.

Stop the Flu Before it Starts! Best practices:

- Get an annual flu shot
- Avoid close contact with those who are sick
- Wear a mask when out in public
- Cover mouth and nose with a tissue when coughing or sneezing
- Wash hands with soap and warm water for 15 to 20 seconds, several times a day
- Sanitize hands if water is not available
- Avoid contact with eyes, nose, and mouth
- Follow a healthy diet and staying hydrated
- Exercise regularly
- Get regular checkups by your doctor

Special Moments



Happy Birthday!



Ann: Dec. 7
Patty: Dec. 7
Mary S.: Dec. 10
Frank: Dec. 26
Christine: Dec. 28
Cora: Dec. 31



- Those born in December are Sagittarius (Nov. 22-Dec 21) or Capricorn (Dec. 22-Jan. 19).
- Their birthstone is Turquoise, zircon, or tanzanite
- Their birth flower is Narcissus or Holly. Narcissus symbolizes rebirth and respect.

December 2020 Highlights

December observes Handwashing Awareness, Food Service Safety, and Older Drivers' Safety. It celebrates Bingo, pears, writing to friends, spiritual literacy, root veggies, and exotic fruits!

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| 01 Eat a Red Apple Day; Pie Day | 17 Maple Syrup Day; Wright Brothers Day |
| 02 Mutt Day; Fritters Day | 18 Twin Day; Ugly Christmas Sweater Day |
| 03 UN's Day of Persons w/ Disabilities | 19 Oatmeal Muffin Day; Hard Candy Day |
| 04 Sock Day; Dice Day | 20 Sangria Day |
| 05 Earmuff Day; Volunteer Day | 21 Winter Solstice; Crossword Puzzle Day |
| 06 Gazpacho Day; Microwave Day | 22 Date Nut Bread Day |
| 07 Cotton Candy Day | 23 Pfeffernusse Cookie Day; Forefathers Day |
| 08 Time Traveler Day; Brownie Day | 24 Christmas Eve; Eggnog Day |
| 09 Pastry Day | 25 Christmas Day; Pumpkin Pie Day |
| 10 Chanukah Begins; Nobel Prize Day | 26 Kwanzaa starts; Candy Cane Day |
| 11 Noodle Ring Day; App Day | 27 Fruitcake Day |
| 12 Gingerbread House Day | 28 Card Playing Day; Short Film Day |
| 13 Cocoa Day; Violin Day | 29 Pepper Pot Day |
| 14 Bouillabaisse Fish Stew Day | 30 Bacon Day |
| 15 Cupcake Day; Wear Pearls Day | 31 New Year's Eve; Champagne Day |
| 16 Chocolate Covered Day | |

Regarding Covid-19: Resident and staff safety and comfort 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. All activities are subject to cancellation per those current guidelines. To read our measures taken, and our current visitor policy, please visit our website.



Our Favorite Wintertime Foods!

Stew-Barbara

Hot Cocoa-Winne

Pork Chops-Wendy

Grilled Cheese –Mary

Spaghetti-Christine



Staff Spotlight:
Rachel





Resident Spotlight:
Paul

Rachel is our spotlighted employee this month. As a Med Tech, Rachel can always be counted on to help out in every situation, puts the residents needs first, speaks up when it matters, and shows a true dedication to the job. This amazing single mother balances her work life and personal life to the wonder of us all. It may be challenging, but she rises to the occasion and makes it look easy.

We are very lucky to have Rachel as part of our Arbors team.

Paul is our spotlighted resident this month. Once called the number-one food and beverage man in Atlantic City, he has worked with names like Trump and Steve Wynn; creating million-dollar, top-notch properties. In his early days, he served in the French Military which took him to Monaco and the Sahara Desert. He married and they raised two children and he has an unstoppable bond with this son. Paul enjoys reading, cooking, ship building, boating and sailing. You can catch him on a sunny day, sun bathing in our comfortable outdoor loungers where he maintains his great tan.

We're happy to have you at Arbors, Paul!

<div> <div>Welcome to</div> <div>December 2020</div> <div>Arbors Memory Care Activities</div> </div>						
SUN	MON	TUE	WED	THU	FRI	SAT
<p>All activities subject to change per mandated health guidelines.</p>		<p>1</p> <p>9:00 Morning Update 10:00 Chair Dancing 11:00 Sunshine Visits 2:00 Trivia- iN2L 2:30 Bingo 4:00 Hangman- iN2L 6:15 Crosswords iN2L 7:00 Evening Relax</p>	<p>2</p> <p>9:00 Daily Update 10:00 Morning Stretch 11:00 Fancy Nails 2:00 Travel- iN2L 2:30 Music Trivia— iN2L 4:00 Crosswords-iN2L 6:15 Cocoa and Carols 7:00 Evening Relax</p>	<p>3</p> <p>9:00 Morning News 10:00 Sit and Be Fit 11:15 Music 2:00 Puzzles- iN2L 2:30 Trivia- iN2L 4:00 Coloring Fun 6:15 Table Games 7:00 Evening Relax</p>	<p>4</p> <p>9:00 Morning News 10:00 Sit and Be Fit 11:00 Tree Decorating 2:00 Paint— iN2L 2:30 Balloon Toss 4:00 Mocktails 6:15 Friday Flicks 7:00 Evening Relax</p>	<p>5</p> <p>9:00 Morning News 10:00 Stretch-iN2L 11:00 Christmas Cards 2:00 Trivia iN2L 2:30 Sing Along-iN2L 4:00 Cocoa and Carols 6:15 Travel Time-iN2L 7:00 Evening Relax</p>
<p>6</p> <p>9:00 Spiritual- iN2L 10:00 Morning Stretch 11:00 Winter Poetry 2:00 Fancy Nails 4:00 Arts & Crafts 6:15 Sunday Movie 7:00 Evening Relax</p>	<p>7</p> <p>9:00 Morning News 10:00 Exercise 11:00 Bowling 2:00 World Travel- iN2L 2:30 Christmas Wreaths 4:00 Word Games 6:15 Classic TV 7:00 Evening Relax</p>	<p>8</p> <p>9:00 Morning Update 10:00 Chair Dancing 11:00 Sunshine Visits 2:00 Trivia- iN2L 2:30 Bingo 4:00 Hangman- iN2L 6:15 Crosswords iN2L 7:00 Evening Relax</p>	<p>9</p> <p>9:00 Put up the flag 10:00 Morning Stretch 11:00 Fancy Nails 2:00 Travel- iN2L 2:30 Trivia— iN2L 4:00 Crosswords-iN2L 6:15 Cocoa and Carols 7:00 Evening Relax</p>	<p>10 Hanukkah Begins</p> <p>9:00 Morning News 10:00 Sit and Be Fit 11:00 Music 2:00 Puzzles- iN2L 2:30 Trivia- iN2L 4:00 Coloring Fun 6:15 Table Games 7:00 Evening Relax</p>	<p>11</p> <p>9:00 Morning News 10:00 Sit and Be Fit 11:00 World Travel-iN2L 2:00 Afternoon Movie 4:00 Mocktails 6:15 Friday Flicks 7:00 Evening Relax</p>	<p>12</p> <p>9:00 Morning News 10:00 Stretch-iN2L 11:00 Sensory Time 2:00 Trivia iN2L 2:30 Family Feud-iN2L 4:00 Cocoa and Carols 6:15 Travel Time-iN2L 7:00 Evening Relax</p>
<p>13</p> <p>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</p>	<p>14</p> <p>9:00 Morning News 10:00 Exercise 11:00 Bowling 2:00 World Travel- iN2L 2:30 Gingerbread House 4:00 Activity Box 6:15 Classic TV 7:00 Evening Relax</p>	<p>15</p> <p>9:00 Morning Update 10:00 Chair Dancing 11:00 Sunshine Visits 2:00 Trivia- iN2L 2:30 Bingo 4:00 Hangman- iN2L 6:15 Crosswords iN2L 7:00 Evening Relax</p>	<p>16</p> <p>9:00 Daily Update 10:00 Morning Stretch 11:00 Fancy Nails 2:00 Travel- iN2L 2:30 Trivia— iN2L 4:00 Crosswords-iN2L 6:15 Cocoa and Carols 7:00 Evening Relax</p>	<p>17</p> <p>9:00 Morning News 10:00 Sit and Be Fit 11:00 Tic-tac-toe 2:00 Puzzles- iN2L 2:30 Trivia- iN2L 4:00 Coloring Fun 6:15 Family Feud-iN2L 7:00 Evening Relax</p>	<p>18</p> <p>9:00 Morning News 10:00 Sit and Be Fit 11:00 Word Games 2:00 Paint- iN2L 2:30 Ball Toss 4:00 Mocktails 6:15 Friday Flicks 7:00 Evening Relax</p>	<p>19</p> <p>9:00 Morning News 10:00 Stretch-iN2L 11:00 Christmas Past 2:00 Trivia iN2L 2:30 Sing Along-iN2L 4:00 Cocoa and Carols 6:15 Travel Time-iN2L 7:00 Evening Relax</p>
<p>20</p> <p>9:00 Spiritual- iN2L 10:00 Morning Stretch 11:00 History of Xmas 2:00 Fancy Nails 4:00 Arts & Crafts 6:15 Sunday Movie 7:00 Evening Relax</p>	<p>21 Winter Solstice</p> <p>9:00 Morning News 10:00 Exercise 11:00 Bean Bag Toss 2:00 World Travel- iN2L 2:30 Christmas Cookies 4:00 Activity Box 6:15 Classic TV 7:00 Evening Relax</p>	<p>22</p> <p>9:00 Morning Update 10:00 Chair Dancing 11:00 Stocking Game 2:00 Trivia- iN2L 2:30 Bingo 4:00 Hangman- iN2L 6:15 Crosswords iN2L 7:00 Evening Relax</p>	<p>23</p> <p>9:00 Daily Update 10:00 Morning Stretch 11:00 Fancy Nails 2:00 Travel- iN2L 2:30 Trivia— iN2L 4:00 Crosswords-iN2L 6:15 Cocoa and Carols 7:00 Evening Relax</p>	<p>24 Christmas Eve</p> <p>9:00 Morning News 10:00 Sit and Be Fit 11:00 Tic-tac-toe 2:00 Christmas Fun 2:30 Trivia- iN2L 4:00 Coloring Fun 6:15 Xmas Movie 7:00 Evening Relax</p>	<p>25 Christmas Day</p> <p>9:00 Morning News 10:00 Sit and Be Fit 11:00 Christmas Memories 2:00 Paint- iN2L 2:30 Christmas Treats 4:00 Mocktails 6:15 Friday Flicks 7:00 Evening Relax</p>	<p>26</p> <p>9:00 Morning News 10:00 Stretch-iN2L 11:00 Reminiscing 2:00 Trivia iN2L 2:30 Family Feud-iN2L 4:00 Cocoa and Music 6:15 Travel Time-iN2L 7:00 Evening Relax</p>
<p>27</p> <p>9:00 Spiritual- iN2L 10:00 Morning Stretch 11:00 Sensory Time 2:00 Fancy Nails 4:00 Arts & Crafts 6:15 Sunday Movie 7:00 Evening Relax</p>	<p>28</p> <p>9:00 Morning News 10:00 Exercise 11:00 Ball Toss 2:00 World Travel- iN2L 2:30 Arts & Crafts 4:00 Activity Box 6:15 Classic TV 7:00 Evening Relax</p>	<p>29</p> <p>9:00 Morning Update 10:00 Chair Dancing 11:00 Sunshine Visits 2:00 Trivia- iN2L 2:30 Bingo 4:00 Hangman- iN2L 6:15 Crosswords iN2L 7:00 Evening Relax</p>	<p>30</p> <p>9:00 Daily Update 10:00 Morning Stretch 11:00 Fancy Nails 2:00 Travel- iN2L 2:30 Music Trivia— iN2L 4:00 Crosswords-iN2L 6:15 Cocoa and Carols 7:00 Evening Relax</p>	<p>31 New Year's Eve</p> <p>9:00 Morning News 10:00 Sit and Be Fit 11:00 Tic-tac-toe 2:00 New Years-iN2L 2:30 New Years Countdown 4:00 Coloring Fun 6:15 Football Games 7:00 Evening Relax</p>	 <p>Ann-December 7 Patty -December 7 Mary S. -December 10 Frank -December 26 Christine-December 28 Cora-December 31</p>	