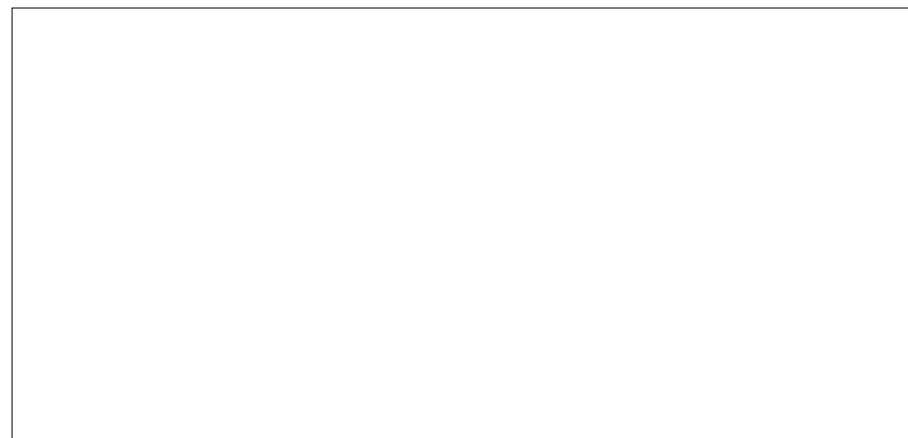




2121 E. Prater Way
Sparks, NV 89434

Stamp



Administrative Team:

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

Connect:

775-331-2229

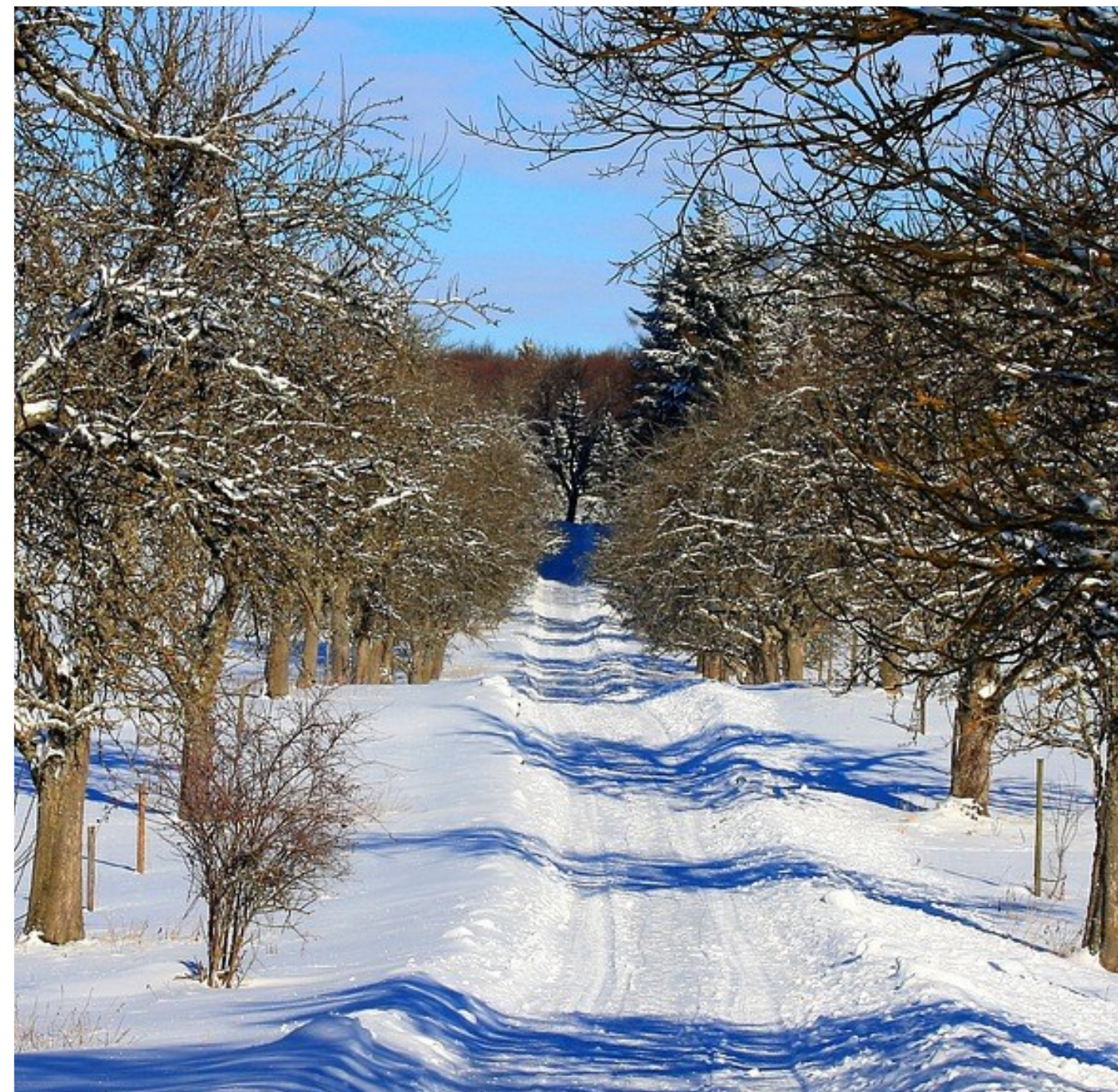
info@arborsmemorycare.com

www.arborsmemorycare.com

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

The Arbors Bulletin

January 2021 Newsletter



2 Boosting Cognition
3 Team & Resident Spotlight
4 - 5 Activities Calendar

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

How to Boost Cognition with Diet & Exercise

Please follow advice of your medical professional and speak with them before changing diet, exercise, or supplements. This is for informational use only.

Cognitive health is affected by genetics, age, environment, diet, and physical lifestyle, among other influences. Some factors are out of our control, but diet and exercise are within reach. Here are several approaches to diet and exercise to improve cognition.

When it comes to diets, several approaches may achieve better brain health. One is the **Mediterranean Diet** which includes fish, fruits, vegetables, whole grains, beans, nuts and olive oil. It aids heart and brain health, red meat ought be limited, and herbs -not salt- should flavor food.

A second is the Dietary Approaches to Stop Hypertension Diet, or the **DASH Diet**. It focuses on vegetables, fruits, and low-fat or fat-free dairy products. It includes whole grains, fish, poultry, beans, seeds, nuts, and vegetable oils. It encourages limited sodium, sweets, and red meat.

Another is the Mediterranean-DASH Intervention for Neurodegenerative Delay Diet, or the **MIND Diet**, combining Mediterranean and DASH parameters, to promote a healthy mind. It emphasizes berries over other fruits, recommends fish at least once per week, and promotes leafy vegetables along with other vegetables.

A common thread through each diet is that sugar should be avoided as much as possible. Multiple studies have found a correlation between a diet high in refined sugars and impaired brain function, as well as a worsening of mood disorder symptoms like depression.



A study of 16,000 older women over 15 years found those who consumed at least 1/2 cup of blueberries or strawberries weekly had slower cognitive decline.

10 foods on the brain health “yes” list

include fish (salmon and trout especially), blueberries, cruciferous vegetables (broccoli, spinach, kale, Brussel sprouts, collard greens, cauliflower, arugula), nuts (especially walnuts), avocados, beans and lentils, eggs, seeds, whole grains (like brown rice, whole-wheat bread, quinoa, and oats), and coffee and tea.

Regular exercise may be beneficial in helping to lower Alzheimer’s and vascular dementia risk. Several studies have found a link between physical activity and reduced risk of cognitive decline.

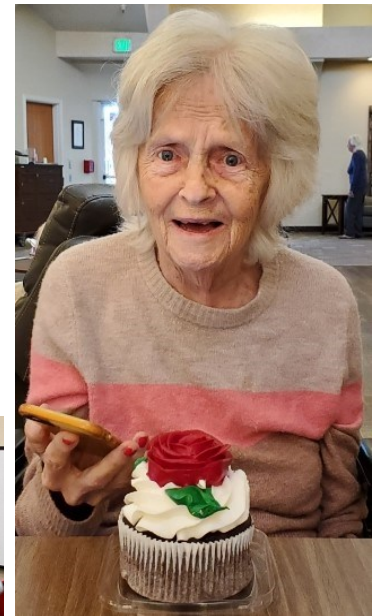
Exercise can help prevent things that can lead to memory loss, like diabetes, high blood pressure, high cholesterol, obesity, and stroke. It may increase blood and oxygen flow in the brain - benefiting brain cells, may reduce stress hormones, and may reduce inflammation.

A diverse menu of physical activities may bring the best results, including walking regularly, tai chi, aerobic exercise, resistance training, balance and coordination exercises, weightlifting, and dancing.

We hope these ideas inspire you as they have us. Help others boost cognition and share these tips with friends and family!



Special Moments



Happy Birthday!



Wendy- January 3 Wanda- January 12



Those born in January are Capricorn (Jan. 1-19) or Aquarius (Jan. 20-31).

Their birthstone is garnet which symbolizes love and was discovered in Ancient Egypt. Their birth flowers are Carnations and Snow Drops. Carnations are among few flowers that can bloom in the cold!

January 2021 Highlights

January observes Healthy Weight Week, Bath Safety Month, and Mentoring Month. It celebrates hot tea, oatmeal, soup, pizza, and fresh squeezed juice, as well as taking part in beloved hobbies!

- | | |
|---|---|
| 01 New Year's Day; Bloody Mary Day | 17 Hot Buttered Rum Day |
| 02 Cream Puff Day; Science Fiction Day | 18 Winnie the Pooh Day; Thesaurus Day |
| 03 Chocolate Cherry Day | 19 Popcorn Day; Tin Can Day |
| 04 Spaghetti Day; Trivia Day; Braille Day | 20 Martin Luther King Jr. Day; Cheese Day |
| 05 Whipped Cream Day; Bird Day | 21 Granola Bar Day; Squirrel Lovers Day |
| 06 Bean Day; Tech Day; Shortbread Day | 22 Blonde Brownie Day; Library Fix Up Day |
| 07 Bobblehead Day; Tempura Day | 23 Pie Day; Handwriting Day |
| 08 Argyle Day; English Toffee Day | 24 Compliment Day; Peanut Butter Day |
| 09 Apricot Day; Balloon Day | 25 Opposite Day; Irish Coffee Day |
| 10 Bittersweet Chocolate Day | 26 Green Juice Day; Peanut Brittle Day |
| 11 Milk Day; Vision Board Day | 27 Bubble Wrap Day; Chocolate Cake Day |
| 12 Pharmacist Day; Marzipan Day | 28 Kazoo Day; Blueberry Pancake Day |
| 13 Rubber Duck Day; Sticker Day | 29 Corn Chip Day; Puzzle Day |
| 14 Dress Your Pet Day; Pastrami Day | 30 Croissant Day |
| 15 Hat Day; Bagel & Lox Day | 31 Inspire with Art Day; Backwards Day; |
| 16 Fig Newton Day; Intl. Spicy Food Day | Hot Chocolate 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.

Jan. 6 is **Shortbread Day** and here's a recipe for it (modified from a Food Network version)!
3/4 lb. salt free butter; 1 cup of sugar; 1 tsp. vanilla extract; 3 1/2 cups of flour; 1/4 tsp. salt; 7 oz. of semisweet chocolate chopped
Preheat oven to 350. Mix butter + 1 cup sugar with mixer until combined. Add vanilla. In medium bowl sift flour with salt and add to the butter and flour. Mix on low until dough comes together. Dust a surface with flour and put dough on it. Shape into flat circle. Wrap in plastic and chill for 30 min. Roll dough 1/2" thick and cut with 3 by 1" rectangle cutter. Put cookies on ungreased baking sheet and top with extra sugar. Bake 20-25 min until edges start to brown. Cool to room temp.



Staff Spotlight: Ramon

Our caregiver spotlight is on Ramon. Ramon cheers the halls of Arbors with his wonderful singing voice that brings joy to our residents and team workers alike. His singing helps us release endorphins!

Ramon has an easy yet respectful way about him that helps residents open up. This caregiver is a true team player that consistently steps up to any task asked of him.

Ramon has been a leader in our fight against Covid-19 with using everyday best cleaning and safety practices. He is amazing with the deep cleaning, necessary for high touch areas and surfaces, with our Victory Electrostatic spray gun.

To care so deeply about residents and staff alike is really Ramon's true gift to everyone who has the pleasure of knowing him. Thank you for all you do, Ramon!



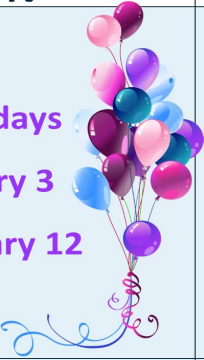
Resident Spotlight: Mary

This very sweet lady, who is originally from New York, married the boy next door or at least from down the street, and they raised five children. Her close-knit family moved to North Carolina and lived for a short while in California. Once retired Mary and her husband returned to North Carolina and in the past couple of years, they settled in Nevada with their daughter. Mary loves to stay active and you can find her in our morning exercises kicking her legs up. She loves to strengthen her mind with puzzles, trivia, and crosswords on iN2I. Mary is a natural at crafts and has made cards, wreaths, and gingerbread houses, as well as attending every art class we have. Her greatest joy comes from music and you can find her tapping her toes to the music and singing along to every song she knows.

Mary is a wonderful addition to the Arbors community.

JANUARY 2021

Arbors Memory Care Monthly Activities

SUN	MON	TUE	WED	THU	FRI	SAT
Sunday, Jan. 31 (from the calendar bottom) 9:00 Spiritual-iN2L 10:00 Morning Stretch 11:00 Sunday News 2:00 Fancy Nails 4:00 Wheel of Fortune 6:15 Sunday Movie 7:00 Evening Relax	 January Birthdays Wendy-January 3 Wanda- January 12	All activities subject to change per mandated health guidelines.			1 New Year's Day 9:00 Morning News 10:00 Sit and Be Fit 11:00 Resolutions 2:00 Paint— iN2L 2:30 Kickball 4:00 Mocktails 6:15 Friday Flicks 7:00 Evening Relax	2 9:00 Morning News 10:00 Stretch-iN2L 11:00 Reminiscing 2:00 Trivia iN2L 2:30 Family Feud-iN2L 4:00 Coloring Fun 6:15 Park Travel Time 7:00 Evening Relax
3 9:00 Spiritual-iN2L 10:00 Morning Stretch 11:00 Sunday News 2:00 Fancy Nails 4:00 Wheel of Fortune 6:15 Sunday Movie 7:00 Evening Relax	4 9:00 Morning News 10:00 Exercise 11:00 Bean Bag Toss 2:00 Travel-iN2L 2:30 Arts & Crafts 4:00 Puzzles 6:15 Classic TV 7:00 Evening Relax	5 National Bird Day 9:00 Morning Update 10:00 Chair Dancing 11:00 Bird Fun 2:00 Trivia-iN2L 2:30 Bingo 4:00 Cookies & Cocoa 6:15 Crosswords-iN2L 7:00 Evening Relax	6 9:00 Daily Update 10:00 Morning Stretch 11:00 Fancy Nails 2:00 Music-iN2L 2:30 Puzzles-iN2L 4:00 Trivia-iN2L 6:15 Coloring Fun 7:00 Evening Relax	7 9:00 Morning News 10:00 Sit and Be Fit 11:00 Tic-Tac-Toe-iN2L 2:00 Music- iN2L 2:30 Puzzles-iN2L 4:00 Sunshine Visits 6:15 Table Games 7:00 Evening Relax	8 Argyle Day 9:00 Morning News 10:00 Sit and Be Fit 11:00 What is Argyle? 2:00 Travel- iN2L 2:30 Ball Toss 4:00 Mocktails 6:15 Friday Flicks 7:00 Evening Relax	9 9:00 Morning News 10:00 Stretch-iN2L 11:00 Reminiscing 2:00 Trivia iN2L 2:30 Sing Along-iN2L 4:00 Coloring Fun 6:15 Park Travel Time 7:00 Evening Relax
10 9:00 Spiritual-iN2L 10:00 Morning Stretch 11:00 Sunday News 2:00 Fancy Nails 2:30 More Nails 4:00 Wheel of Fortune 6:15 Sunday Movie 7:00 Evening Relax	11 9:00 Morning News 10:00 Exercise 11:00 Bowling 2:00 Travel-iN2L 2:30 Snow Activity 4:00 Puzzles 6:15 Classic TV 7:00 Evening Relax	12 National Tea Day 9:00 Morning Update 10:00 Chair Dancing 11:00 History of Tea 2:00 Trivia-iN2L 2:30 Bingo 4:00 Cookies & Cocoa 6:15 Crosswords-iN2L 7:00 Evening Relax	13 9:00 Daily Update 10:00 Morning Stretch 11:00 Fancy Nails 2:00 Music-iN2L 2:30 Puzzles-iN2L 4:00 Trivia-iN2L 6:15 Coloring Fun 7:00 Evening Relax	14 9:00 Morning News 10:00 Sit and Be Fit 11:00 Coloring Fun 2:00 Pet Show-iN2L 2:30 Trivia- iN2L 4:00 Sunshine Visits 6:15 Table Games 7:00 Evening Relax	15 National Hat Day 9:00 Morning News 10:00 Sit and Be Fit 11:00 Hat Day Fun 2:00 Travel-iN2L 2:30 Hat Toss 4:00 Mocktails 6:15 Friday Flicks 7:00 Evening Relax	16 9:00 Morning News 10:00 Stretch-iN2L 11:00 Reminiscing 2:00 Trivia iN2L 2:30 Family Feud-iN2L 4:00 Coloring Fun 6:15 Park Travel Time 7:00 Evening Relax
17 9:00 Spiritual-iN2L 10:00 Morning Stretch 11:00 Sunday News 2:00 Fancy Nails 2:30 More Nails 4:00 Wheel of Fortune 6:15 Sunday Movie 7:00 Evening Relax	18 Martin Luther King Jr 9:00 Morning News 10:00 Exercise 11:00 MLK History 2:00 Black Hist-iN2L 2:30 MLK Activity 4:00 Puzzles 6:15 Classic TV 7:00 Evening Relax 6:15 Classic TV	19 National Popcorn Day 9:00 Morning Update 10:00 Chair Dancing 11:00 Popcorn History 2:00 Trivia-iN2L 2:30 Popcorn Balls 4:00 Cookies & Cocoa 6:15 Crosswords-iN2L 7:00 Evening Relax	20 Inauguration Day 9:00 Daily Update 10:00 Morning Stretch 11:00 Fancy Nails 2:00 Music-iN2L 2:30 Puzzles-iN2L 4:00 Trivia-iN2L 6:15 Coloring Fun 7:00 Evening Relax	21 Hug Day 9:00 Morning News 10:00 Sit and Be Fit 11:00 Air Hugs 2:00 Music-iN2L 2:30 Trivia-iN2L 4:00 Sunshine Visits 6:15 Table Games 7:00 Evening Relax	22 9:00 Morning News 10:00 Sit and Be Fit 11:00 Word Games-iN2L 2:00 Travel-iN2L 2:30 Kick Ball 4:00 Mocktails 6:15 Friday Flicks 7:00 Evening Relax	23 9:00 Morning News 10:00 Stretch-iN2L 11:00 Pie Tasting 2:00 Trivia- iN2L 2:30 Sing Along-iN2L 4:00 Coloring Fun 6:15 Park Travel Time 7:00 Evening Relax
24 9:00 Spiritual-iN2L 10:00 Morning Stretch 11:00 Sunday News 2:00 Fancy Nails 2:30 More Nails 4:00 Wheel of Fortune 6:15 Sunday Movie 7:00 Evening Relax	25 9:00 Morning News 10:00 Exercise 11:00 Ring Toss 2:00 Travel-iN2L 2:30 Cider Fun 4:00 Puzzles 6:15 Classic TV 7:00 Evening Relax	26 Australia Day 9:00 Morning Update 10:00 Chair Dancing 11:00 Aussie Animals 2:00 Trivia-iN2L 2:30 Bingo 4:00 Cookies & Cocoa 6:15 Crosswords-iN2L 7:00 Evening Relax	27 9:00 Daily Update 10:00 Morning Stretch 11:00 Fancy Nails 2:00 Music-iN2L 2:30 Chocolate Trivia 4:00 Travel-iN2L 6:15 Coloring Fun 7:00 Evening Relax	28 9:00 Morning News 10:00 Sit and Be Fit 11:00 Sing-Along 2:00 Funny Video 2:30 Trivia-iN2L 4:00 Sunshine Visits 6:15 Table Games 7:00 Evening Relax	29 9:00 Morning News 10:00 Sit and Be Fit 11:00 Puzzle Time 2:00 Travel-iN2L 2:30 Ball Toss 4:00 Mocktails 6:15 Friday Flicks 7:00 Evening Relax	30 9:00 Morning News 10:00 Stretch-iN2L 11:00 Reminiscing 2:00 Trivia iN2L 2:30 Family Feud-iN2L 4:00 Coloring Fun 6:15 Park Travel Time 7:00 Evening Relax