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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.

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The Arbors Bulletin

February 2021 Newsletter



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Prioritize Your Heart Health With Daily Choices

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

When we think of February, we think of hearts, and it's appropriately the month that observes heart health in America. It's been that way since 1963 when then President Lyndon B. Johnson encouraged citizens to support heart disease solutions for a "nationwide problem of heart and blood-vessel diseases."

There are many actions people can take to combat heart health issues. Awareness of heart health risk factors like high blood pressure, high cholesterol, smoking, diabetes, obesity, poor diet, physical inactivity, and excessive alcohol use is key.

For older adults, specific steps can be taken to improve heart health. Stopping smoking, reducing alcohol consumption to no more than two drinks per day for men and no more than one drink per day for women, and improving physical activity and diet are impactful actions.

Get Active

Getting out for a daily walk is not only good for mental health and weight management, but also for heart health! The World Health Organizations says adults over 65 should do at least 150 minutes of moderate-intensity aerobic physical activity each week—That's just around 20 minutes per day! Aerobic activity should be done in bouts of at least 10 minutes. Making sure to get exercise in every day (as opposed to several times a week) is also helpful.



Heart health can be impacted by stress. Along with a healthy lifestyle, help manage stress with good sleep habits, meditation, exercise, and sharing emotions with family or friends.

Eat Better

Is the way to your heart through your stomach? The Mayo Clinic recommends eating more vegetables and fruits as they may help cardiovascular health. They also recommend whole grains like whole-grain bread and high-fiber cereals. Go for skinless poultry, fish, nuts, and legumes. Monitoring sodium is also important. Items high in salt include tomato juice, soy sauce, and many prepared foods.

Manage Cholesterol

Getting physically active and eating better will go a long way in helping with this last action: managing cholesterol! The first step in improving cholesterol is to seek out a medical professional to find your levels for both cholesterol types. Having your blood pressure taken regularly can help you to know the state of your heart's health. If your bad cholesterol (LDL) is high, make sure to have a health professional help you to monitor it.

Give yourself a Valentine this February with a commitment to improve your heart health!

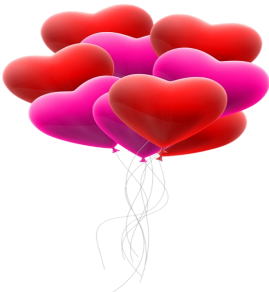
Special Moments



Happy Birthday!



Paul P. : Feb. 9th
Virginia: Feb. 11th
Elsie: Feb. 20



Those born in February are Aquarius (Jan. 20 - Feb. 18) or Pisces (Feb. 19 - March 20). Their birthstone is amethyst. Their birth flowers are the violet, primrose, and iris. So many celebrities have been born in February that it is touted those born this month have higher chances of being famous!

February 2021 Highlights

February observes Black History Month, American Heart Month, and the Boy Scouts Anniversary. It celebrates the library, bird counting, pie making, embroidery, and donating canned foods.

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| 01 Baked Alaska Day; Serpent Day | 15 Presidents' Day; Gumdrop Day |
| 02 Groundhog Day; Ukulele Day | 16 Fat Tuesday; Almond Day |
| 03 Carrot Cake Day | 17 Ash Wed.; Cabbage Day; Kind Act Day |
| 04 Homemade Soup Day | 18 Wine Day; Battery Day; Pluto Day |
| 05 Nutella Day; Gum Day | 19 Caregivers' Day; Chocolate Mint Day |
| 06 Frozen Yogurt Day; Chopsticks Day | 20 Cherry Pie Day; Muffin Day; Pet Day |
| 07 Superbowl LV; Send Cards Day | 21 Grain-Free Day; Sticky Bun Day |
| 08 Boy Scouts Day; Kite Flying Day | 22 Sweet Potato Day; Margarita Day |
| 09 Bagel and Lox Day; Pizza Day | 23 Banana Bread Day; Dog Biscuit Day |
| 10 Cream Cheese Brownie Day | 24 Tortilla Chip Day |
| 11 Inventors' Day; Peppermint Patty Day | 25 Chocolate Covered Nuts Day; Clam Chowder Day; Pancake Day |
| 12 Chinese New Year; Plum Pudding Day | 26 Pistachio Day; Toast Day; Chili Day |
| 13 Cheddar Day; Tortellini Day; Global Movie Day; World Radio Day | 27 Retro Day; Strawberry Day |
| 14 Valentine's Day; Chocolate Truffle Day | 28 Floral Day; Chocolate Souffle 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.

Make a New Friend Day is on February 11

We asked our residents and staff: What are some of the fun ways/instances in which you've made new friends?

"We are all new at some point. Welcome your neighbors with open arms and get to know them. Games can be a good way." - Mary S.

"I just introduce myself, first impressions are important." – Irish

"Just talk to them, and be yourself." – Paul L.



Staff Spotlight: Jennifer

Jen lights up a room when she walks in, with her happy, smiling face. She has a heart full of compassion for the residents, because she truly loves what she does. She shows the residents great respect and still allows them to be independent, while having fun. She is also an advocate for residents, putting their well-being first and foremost. Jen is a loyal team member and is always willing to jump in wherever she is needed.

Jen started at the Arbors almost three years ago, as a gerontology intern. After graduating from UNR, Arbors was fortunate that she decided to become part of the Life Enrichment Department.

She has a great love for her family, her significant other, as well as her fluffy, fur ball cats.

Jen truly has a big heart, and we are all blessed to have her as part of the Arbors' family.



Resident Spotlight: Mary

Mary's attention for organized detail, translated to her occupations as a teacher and then a bookkeeper. She has a friendly attitude and a quick wit that makes people feel welcome and puts a smile on their face. Mary was born in Michigan and spent her first 24 years there before marrying and moving to California. She has raised two incredible sons and is the proud grandmother of four. Mary has moved often, picking Kalamata Falls, OR, for retirement, prior to moving to Nevada. She has been an avid reader and enjoys the peace that comes from gardening and being outdoors.

Mary is one to never stay still and she enjoys her ability to explore to entire Arbors community throughout the day, making sure she greets everyone.

Arbors loves having Mary's great smile to make our days happy.

FEBRUARY 2021

Arbors Memory Care Monthly Activities



SUN	MON	TUE	WED	THU	FRI	SAT
All activities subject to change per mandated health guidelines.	1 9:00 Morning News 10:00 Exercise 11:00 Heart Art 2:00 Travel-iN2L 2:30 Bowling 4:00 Puzzles 6:15 Classic TV 7:00 Evening Relax	2 GROUNDHOG DAY 9:00 Morning Update 10:00 Chair Dancing 11:00 Groundhog-iN2L 2:00 Trivia-iN2L 2:30 Brain Games-iN2L 4:00 Sunshine Visits 6:15 Classic TV 7:00 Evening Relax	3 9:00 Morning Update 10:00 Morning Stretch 11:00 Fancy Nails 2:00 Trivia-iN2L 2:30 Coloring Fun 4:00 Sunshine Visits 6:15 Classic TV 7:00 Evening Relax	4 USO DAY 9:00 Morning News 10:00 Sit and Be Fit 11:00 Tic-Tac-Toe-iN2L 2:00 USO Show- iN2L 2:30 Brain Games-iN2L 4:00 Sunshine Visits 6:15 Classic TV 7:00 Evening Relax	5 WEAR RED DAY 9:00 Morning News 10:00 Sit and Be Fit 11:00 Heart Health-iN2L 2:00 Travel- iN2L 2:30 Balloon Toss 4:00 Mocktails 6:15 Friday Flicks 7:00 Evening Relax	6 9:00 Morning News 10:00 Stretch-iN2L 11:00 Reminiscing 2:00 Trivia iN2L 2:30 Sing Along-iN2L 4:00 Crosswords-iN2L 6:15 Classic TV 7:00 Evening Relax
	7 SUPER BOWL 55 9:00 Spiritual-iN2L 10:00 Morning Stretch 11:00 Sunday News 2:00 Fancy Nails 4:00 Coloring Fun 6:15 Sunday Football 7:00 Evening Relax	8 9:00 Morning News 10:00 Exercise 11:00 Valentine Cards 2:00 Travel-iN2L 2:30 Balloon Noodle 4:00 Puzzles 6:15 Classic TV 7:00 Evening Relax	9 9:00 Morning Update 10:00 Chair Dancing 11:00 Nature Walk 2:00 Trivia-iN2L 2:30 Bingo 4:00 Sunshine Visits 6:15 Classic TV 7:00 Evening Relax	10 9:00 Morning Update 10:00 Morning Stretch 11:00 Fancy Nails 2:00 Trivia-iN2L 2:30 Coloring Fun 4:00 Sunshine Visits 6:15 Classic TV 7:00 Evening Relax	11 Make A New Friend Day 9:00 Morning News 10:00 Morning Stretch 11:00 Tic-Tac-Toe-iN2L 2:00 Music- iN2L 2:30 Brain Games-iN2L 4:00 Sunshine Visits 6:15 Classic TV 7:00 Evening Relax	12 CHINESE NEW YEAR 9:00 Morning News 10:00 Sit and Be Fit 11:00 "Year of the Ox" 2:00 Travel- iN2L 2:30 Kick Ball 4:00 Mocktails 6:15 Friday Flicks 7:00 Evening Relax
14 VALENTINE'S DAY 9:00 Spiritual-iN2L 10:00 Morning Stretch 11:00 Valentine's Hist. 2:30 VD Treats 4:00 Coloring Fun 6:15 Sunday Movie 7:00 Evening Relax	15 PRESIDENT'S DAY 9:00 Morning News 10:00 Exercise 11:00 Mardi Gras Masks 2:00 Travel-iN2L 2:30 Pres. Trivia-iN2L 4:00 Puzzles 6:15 Classic TV 7:00 Evening Relax	16 MARDI GRAS 9:00 Morning Update 10:00 Chair Dancing 11:00 Fat Tuesday 2:00 Trivia-iN2L 2:30 Mardi Gras Party 4:00 Sunshine Visits 6:15 Classic TV 7:00 Evening Relax	17 ASH WEDNESDAY 9:00 Morning Update 10:00 Morning Stretch 11:00 Fancy Nails 2:00 Trivia-iN2L 2:30 Coloring Fun 4:00 Sunshine Visits 6:15 Classic TV 7:00 Evening Relax	18 9:00 Morning News 10:00 Morning Stretch 11:00 Tic-Tac-Toe-iN2L 2:00 Music- iN2L 2:30 Brain Games-iN2L 4:00 Sunshine Visits 6:15 Classic TV 7:00 Evening Relax	19 9:00 Morning News 10:00 Sit and Be Fit 11:00 Be Kind 2:00 Travel- iN2L 2:30 Balloon Toss 4:00 Mocktails 6:15 Friday Flicks 7:00 Evening Relax	20 9:00 Morning News 10:00 Stretch-iN2L 11:00 Reminiscing 2:00 Trivia iN2L 2:30 Sing Along-iN2L 4:00 Crosswords-iN2L 6:15 Classic TV 7:00 Evening Relax
21 9:00 Spiritual-iN2L 10:00 Morning Stretch 11:00 Sunday News 2:00 Fancy Nails 4:00 Coloring Fun 6:15 Sunday Movie 7:00 Evening Relax	22 9:00 Morning News 10:00 Exercise 11:00 Bean Bag Toss 2:00 Travel-iN2L 2:30 Balloon Noodle 4:00 Puzzles 6:15 Classic TV 7:00 Evening Relax	23 9:00 Morning Update 10:00 Chair Dancing 11:00 Nature Walk 2:00 Trivia-iN2L 2:30 Bingo 4:00 Sunshine Visits 6:15 Classic TV 7:00 Evening Relax	24 9:00 Morning Update 10:00 Morning Stretch 11:00 Fancy Nails 2:00 Trivia-iN2L 2:30 Coloring Fun 4:00 Sunshine Visits 6:15 Classic TV 7:00 Evening Relax	25 9:00 Morning News 10:00 Morning Stretch 11:00 Tic-Tac-Toe-iN2L 2:00 Music- iN2L 2:30 Brain Games-iN2L 4:00 Sunshine Visits 6:15 Classic TV 7:00 Evening Relax	26 Purim 9:00 Morning News 10:00 Sit and Be Fit 11:00 What is Purim? 2:00 Travel- iN2L 2:30 Ball Toss 4:00 Mocktails 6:15 Friday Flicks 7:00 Evening Relax	27 9:00 Morning News 10:00 Stretch-iN2L 11:00 Reminiscing 2:00 Trivia iN2L 2:30 Family Feud-iN2L 4:00 Music & Mochas 6:15 Classic TV 7:00 Evening Relax
28 9:00 Spiritual-iN2L 10:00 Morning Stretch 11:00 Flower Arranging 2:00 Fancy Nails 4:00 Coloring Fun 6:15 Sunday Movie 7:00 Evening Relax	Happy Birthday Paul:2/9 Virginia:2/11 Elsie:2/20		Happy Groundhog Day! 	NATIONAL MAKE A FRIEND DAY 		HAPPY purim