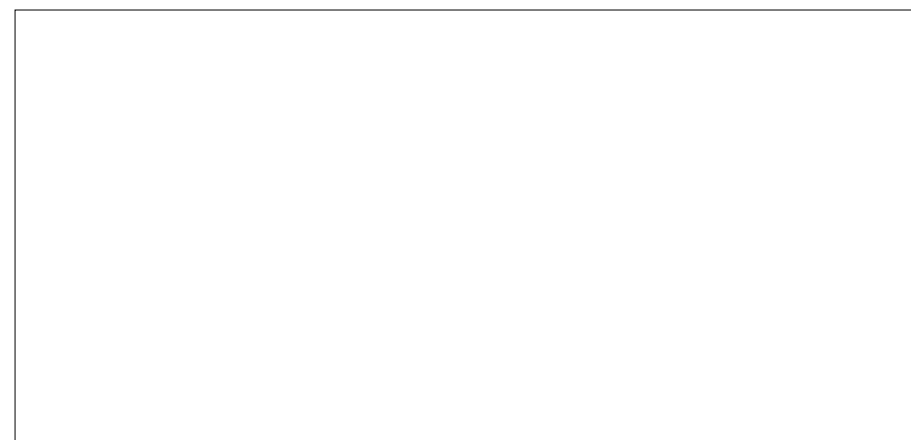




2121 E. Prater Way  
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### Administrative Team:

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

### Connect:

775-331-2229

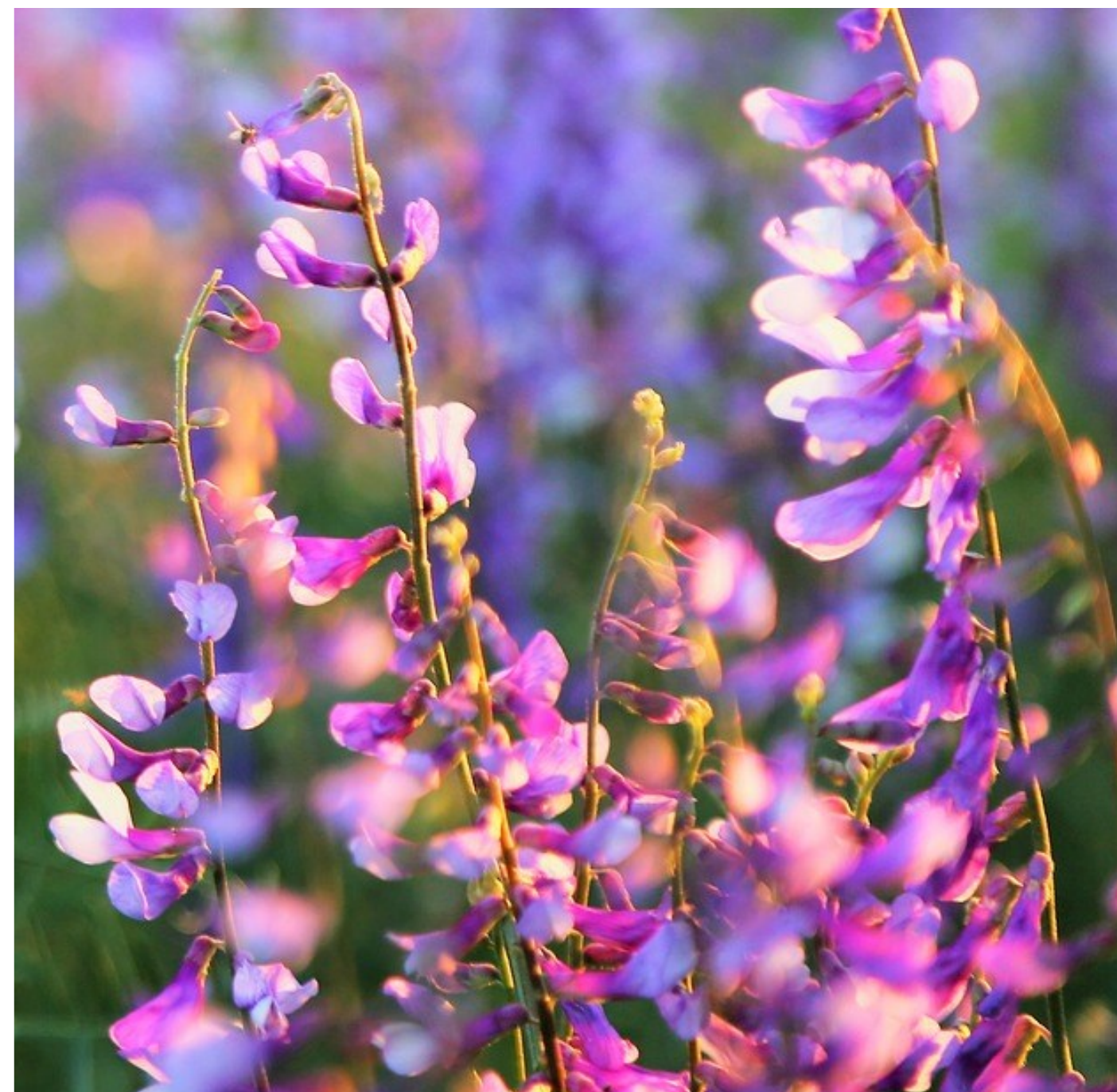
[info@arborsmemorycare.com](mailto:info@arborsmemorycare.com)

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

# The Arbors Bulletin

March 2021 Newsletter



2 Eye Health and Wellness Tips  
3 Team & Resident Spotlight  
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7 Special Moments & Birthdays  
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# The Better to See You With: Eye Health & Wellness Tips

*Follow your medical professional's advice and speak with them before changing diet, exercise, or supplements.*

Do you ever find details in scenery that you've always loved growing duller, or written words appearing blurrier? Such changes can be frustrating. Fortunately, regular exams, daily habits, and treatments, can help. This "Save Your Vision Month," check out ways you may be able help with your eye wellness.



## Be Seen

One of the ways to stay on top of your eye health is to have annual eye exams. Knowing family eye history and general medical history and disclosing it to your optometrist may bring a clearer picture to them of issues that may have the potential to affect you.

## Form Eye-Health Habits

Practicing healthy habits in daily life is another—and perhaps the best— way to help aid your eye health. These are a few:

- Eating a diet rich in fruits and vegetables, particularly dark, leafy greens; and fish
- Wearing glasses, goggles, or safety shields when appropriate, like when using tools
- Reducing eye strain by looking 20 feet before you for 20 seconds every 20 minutes, if you use screens.
- Washing hands often to avoid infections
- Avoiding smoking
- Managing blood pressure, blood sugar, and cholesterol, and keeping a healthy weight
- Routinely safely cleaning and storing

- glasses and/or contacts
- Wearing UV protective sunglasses outdoors

## Vision Issues

People with diabetes, high blood pressure, or who take medications that affect eyes are at higher risk for vision issues. Older adults can be affected by: age-related macular degeneration (that causes central vision loss); cataracts (that can cause blurry vision, poor contrast, and glare sensitivity); glaucoma (several issues which damage the optic nerve and can take away side vision); and dry eyes.

## Looking Ahead

There is a lot on the bright side for those with vision issues. Some optometrists have rehabilitation programs to help with low vision for daily routines. There are also prescription devices for close-up tasks, near and far vision, reading, and watching screens. In addition, eye surgeries are available that can help against conditions affecting the eyes. Talk with your optometrist about what options may be right for your eye health.

# Special Moments



Marianne: March 2  
Jeannette: March 9  
Gloria: March 14  
Paul L.: March 29



Those born in March are Pisces (Feb. 19 - March 20) and Aries (March 21 - April 19). The birthstones for March are aquamarine and bloodstone (which is dark green). The birth flowers for March are the daffodil and jonquil. March babies are said to have a sunny disposition!



# March 2021 Highlights

**March observes Women's History Month, Nutrition Month, and Save Your Vision Month. It celebrates crafting, aviation, and cleaning!**

- |  |   |
|--|---|
| 01 Peanut Butter Day; Pig & Horse Day      | 17 St. Patrick's Day                        |
| 02 Banana Cream Pie Day; Read Day          | 18 Lacy Cookie Day; Sloppy Joe Day          |
| 03 Mulled Wine Day; World Wildlife Day     | 19 Certified Nurses Day; March Equinox      |
| 04 Marching Music Day; Sons' Day           | 20 Ravioli Day; Corn Dog Day; Quilting Day  |
| 05 Staff Appreciation Day                  | 21 French Bread Day; World Puppetry Day     |
| 06 Dentists' Day; Oreo Day; Dress Day      | 22 Bavarian Crepes Day; Be Silly Day        |
| 07 Cereal Day; Flapjack Day                | 23 Puppy Day; Tamale Day; 3-D Day           |
| 08 Intl. Women's Day; Peanut Cluster Day   | 24 Cheesesteak Day; Chocolate Raisins Day   |
| 09 Barbie Day; Meatball Day                | 25 Medal of Honor Day; Swedish Waffle Day   |
| 10 Registered Dietician Nutritionists' Day | 26 Spinach Day; Wear Purple (Epilepsy) Day  |
| 11 Johnny Appleseed Day                    | 27 Spanish Paella Day; World Theatre Day    |
| 12 Girl Scouts Day; Plant a Flower Day     | 28 Black Forest Cake Day; Food on Stick Day |
| 13 Coconut Torte Day; K9 Veterans Day      | 29 Vietnam War Vets Day;                    |
| 14 Daylight Savings Starts; Chips Day      | Piano Day                                   |
| 15 Pears Helene Day; Kansas Day            | 30 Doctors Day; Park Day;                   |
| 16 Artichoke Hearts Day; Panda Day         | Virtual Vacay Day                           |

**Saturday night, March 13, set your clocks forward one hour!**



**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.

## March 5th is Learn What Your Name Means Day!

**Staff and residents looked up meanings of their first names! These are a few!**

**"The Wanderer" - Wendy**

**"Humble" - Paul**

**"Stranger" - Barbara**

**"Wagon Driver" - Wayne**

**"Victory" - Viki**



## BECKY- EMPLOYEE OF THE YEAR 2020

We wish to honor this hard-working, behind the scenes hero. Becky has been chosen by her peers as EMPLOYEE OF THE YEAR, 2020. She not only keeps the Arbors spic-n-span from top to bottom, but takes time throughout her day for meaningful interactions with our residents. The Arbors is thankful to have Becky as part of our family.



## JULIA—EMPLOYEE OF THE MONTH

Julia is our employee of the month. Her love, respect, integrity, compassion, and being part of the team, is exemplified every day. She is conscientious and takes great pride in her daily work. We are lucky to have her bright light shine on all of us here at the Arbors.



## Resident Spotlight: LARRY

This Sparks native is known for having the most beautiful lawn in town. Larry is a kind, sweet man, who is beloved by all. This football fan cheers on the Eagles, surrounding himself with family and friends for the games. He has a passion for the outdoors, loves gardening, walking his dog, and playing a great round of golf.

He was married to the love of his life for 51 incredible years. Together they raised 3 wonderful children who are the "apples of his eye." We thank Larry for his service in the U.S. Navy.

We are grateful to have this great man as part of the Arbors family.



SUN	MON	TUE	WED	THU	FRI	SAT
All activities subject to change per mandated health guidelines.	<b>1 Love Peanut Butter Day</b> 9:00 Morning News 10:00 Exercise 11:00 Peanut Butter Fun 2:00 Travel-iN2L 2:30 Balloon Noodle 4:00 Sing Along 6:15 Classic TV 7:00 Evening Relax	<b>2 Read Across America Day</b> 9:00 Morning Update 10:00 Chair Dancing 11:00 Reading-iN2L 2:00 Trivia-iN2L 2:30 Brain Games-iN2L 4:00 Sunshine Visits 6:15 Classic TV 7:00 Evening Relax	<b>3 World Wildlife Day</b> 9:00 Morning Update 10:00 Morning Stretch 11:00 Fancy Nails 2:00 Wildlife-iN2L 2:30 Ring Toss 4:00 Story Time 6:15 Classic TV 7:00 Evening Relax	<b>4 Sons' Day</b> 9:00 Morning News 10:00 Sit and Be Fit 11:00 Painting-iN2L 2:00 My Three Sons 2:30 Brain Games-iN2L 4:00 Sunshine Visits 6:15 Classic TV 7:00 Evening Relax	<b>5 Staff Appreciation Day</b> 9:00 Morning News 10:00 Sit and Be Fit 11:00 Comedy Hour-iN2L 2:00 Travel- iN2L 2:30 Balloon Toss 4:00 Mocktails 6:15 Friday Flicks 7:00 Evening Relax	<b>6 Get Outside Day</b> 9:00 Morning News 10:00 Stretch-iN2L 11:00 Reminiscing 2:00 Trivia iN2L 2:30 Sing Along-iN2L 4:00 Story Time 6:15 Classic TV 7:00 Evening Relax
	<b>7 Cereal Day</b> 9:00 Sunday News 10:00 Spiritual-iN2L 11:00 Sunday Stretches 2:00 Fancy Nails 4:00 Coloring Fun 6:15 Sunday Movie 7:00 Evening Relax	<b>8 Intl. Women's Day</b> 9:00 Morning News 10:00 Exercise 11:00 Women's History 2:00 Travel-iN2L 2:30 Balloon Noodle 4:00 Sunshine Visits 6:15 Classic TV 7:00 Evening Relax	<b>9 Barbie Day</b> 9:00 Morning Update 10:00 Chair Dancing 11:00 Barbie Day 2:00 Trivia-iN2L 2:30 Bingo-iN2L 4:00 Sunshine Visits 6:15 Classic TV 7:00 Evening Relax	<b>10</b> 9:00 Morning Update 10:00 Morning Stretch 11:00 Fancy Nails 2:00 Travel-iN2L 2:30 Bowling 4:00 Story Time 6:15 Classic TV 7:00 Evening Relax	<b>11</b> 9:00 Morning News 10:00 Sit and Be Fit 11:00 Coloring Fun 2:00 Music- iN2L 2:30 Bowling 4:00 Sunshine Visits 6:15 Classic TV 7:00 Evening Relax	<b>12 Girl Scouts' Day</b> 9:00 Morning News 10:00 Sit and Be Fit 11:00 G. Scout Hist.-iN2L 2:00 Travel- iN2L 2:30 Balloon Toss 4:00 Mocktails 6:15 Friday Flicks 7:00 Evening Relax
	<b>14 Daylight Saving Time</b> 9:00 Sunday News 10:00 Spiritual-iN2L 11:00 Sunday Stretches 2:00 Fancy Nails 4:00 Coloring Fun 6:15 Sunday Movie 7:00 Evening Relax	<b>15</b> 9:00 Morning News 10:00 Exercise 11:00 Bean Bag Toss 2:00 Travel-iN2L 2:30 Arts & Crafts 4:00 Sunshine Visits 6:15 Classic TV 7:00 Evening Relax	<b>16 Panda Day</b> 9:00 Morning Update 10:00 Chair Dancing 11:00 Panda TV-iN2L 2:00 Trivia-iN2L 2:30 Brain Games-iN2L 4:00 Sunshine Visits 6:15 Classic TV 7:00 Evening Relax	<b>17 St. Patrick's Day!</b> 9:00 Morning Update 10:00 Morning Stretch 11:00 Fancy Nails 2:00 Ireland-iN2L 2:30 St. Patty's Fun 4:00 Story Time 6:15 Classic TV 7:00 Evening Relax	<b>18</b> 9:00 Morning News 10:00 Sit and Be Fit 11:00 Kickball 2:00 Word Games-iN2L 2:30 Music-iN2L 4:00 Sunshine Visits 6:15 Classic TV 7:00 Evening Relax	<b>19 Red Nose Day</b> 9:00 Morning News 10:00 Sit and Be Fit 11:00 Clown Time-iN2L 2:00 Music- iN2L 2:30 Balloon Toss 4:00 Mocktails 6:15 Friday Flicks 7:00 Evening Relax
	<b>21 Poetry Day</b> 9:00 Sunday News 10:00 Spiritual-iN2L 11:00 Sunday Stretches 2:00 Fancy Nails 4:00 Coloring Fun 6:15 Sunday Movie 7:00 Evening Relax	<b>22</b> 9:00 Morning News 10:00 Exercise 11:00 Bean Bag Toss 2:00 Travel-iN2L 2:30 Balloon Noodle 4:00 Sunshine Visits 6:15 Classic TV 7:00 Evening Relax	<b>23 Puppy Day</b> 9:00 Morning Update 10:00 Chair Dancing 11:00 Puppy-iN2L 2:00 Trivia-iN2L 2:30 Bingo-iN2L 4:00 Sunshine Visits 6:15 Classic TV 7:00 Evening Relax	<b>24</b> 9:00 Morning Update 10:00 Morning Stretch 11:00 Fancy Nails 2:00 Travel-iN2L 2:30 Coloring Fun 4:00 Story Time 6:15 Classic TV 7:00 Evening Relax	<b>25</b> 9:00 Morning News 10:00 Sit and Be Fit 11:00 Balloon Toss 2:00 Puzzles- iN2L 2:30 Brain Games-iN2L 4:00 Sunshine Visits 6:15 Classic TV 7:00 Evening Relax	<b>26</b> 9:00 Morning News 10:00 Sit and Be Fit 11:00 Comedy Hour-iN2L 2:00 Travel- iN2L 2:30 Balloon Toss 4:00 Mocktails 6:15 Friday Flicks 7:00 Evening Relax
	<b>28 Palm Sunday</b> 9:00 Sunday News 10:00 Spiritual-iN2L 11:00 Sunday Stretches 2:00 Fancy Nails 4:00 Coloring Fun 6:15 Sunday Movie 7:00 Evening Relax	<b>29</b> 9:00 Morning News 10:00 Exercise 11:00 Bean Bag Toss 2:00 Travel-iN2L 2:30 Easter Craft 4:00 Sunshine Visits 6:15 Classic TV 7:00 Evening Relax	<b>30 Doctors' Day</b> 9:00 Morning Update 10:00 Chair Dancing 11:00 Doctors'-iN2L 2:00 Trivia-iN2L 2:30 Nature Walks 4:00 Sunshine Visits 6:15 Classic TV 7:00 Evening Relax	<b>31</b> 9:00 Morning Update 10:00 Morning Stretch 11:00 Fancy Nails 2:00 Travel-iN2L 2:30 Bowling 4:00 Story Time 6:15 Classic TV 7:00 Evening Relax	