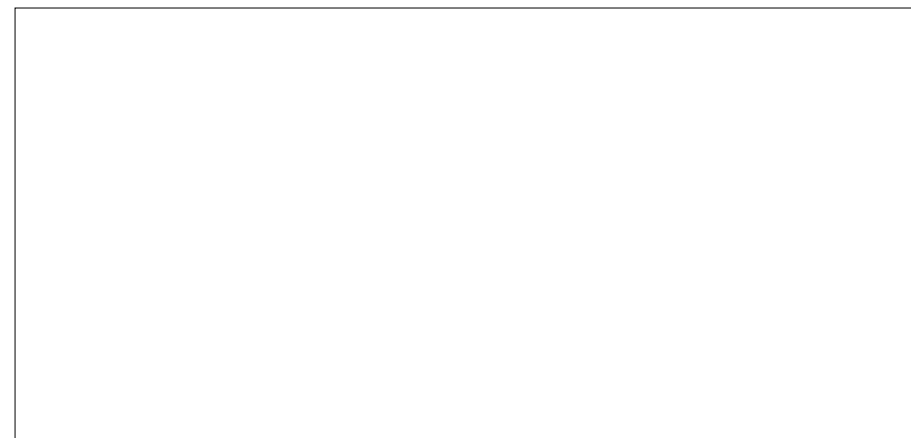




2121 E. Prater Way
Sparks, NV 89434

Stamp



Administrative Team:

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

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

The Arbors Bulletin

April 2021 Newsletter



2 Gardening Benefits
3 Team & Resident Spotlight
4 - 5 Activities Calendar

6 Highlights, Notes, In Our Words
7 Special Moments & Birthdays
8 Mission & Team

Gardening Benefits for Health & The Environment

Spring has sprung! Those who have been waiting for the gardening season to begin are ready for the last frost to end so they can dig in. When gardeners get into the soil and get to work, they are not only enjoying a fun hobby, they are also doing wonders for their health and the planet!

Dig Into Better Health

Gardening positively impacts wellness in various ways:

- It relieves stress. Gardening can lower cortisol levels that cause stress and increase blood pressure. Gardening also increases serotonin, which helps people feel happy.
- Friendly bacteria in the soil can boost immunity. It may help against asthma.
- It provides great exercise. It is low-impact and can be comfortable work with the right padding or protective gear, but it takes energy, and the weather can make it more challenging.
- It involves hand-eye coordination and sensory intake. Both of these can positively affect cognition.
- It presents opportunities for a sense of community. Socializing among friends while gardening can be so much fun.
- It encourages outside activity. For some, gardening is the best reason to head out and enjoy sunshine and the environment



(albeit with proper sun protection).

Impact the Planet

Gardening also benefits the environment, and no act is too small for making our world a better place.

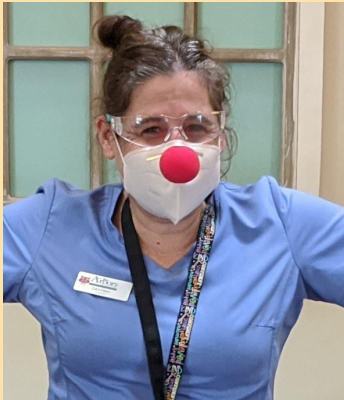
- It can help with pollution. In large-scale harvesting of fruits and vegetables, pollution often results. The transport of those goods also causes pollution. It may seem like a small step, but gardening at home

or in the community influences the big picture.

- It can reduce the size of landfills. This is possible when people compost garden waste rather than sending everything to the landfill when it's gone bad.
- Plants in the garden take in CO2 and release oxygen, improving air quality.
- It helps local habitats of insects and animals which play important roles in our environment (like bees pollinating).
- Plants and mulch can hold soil in place and reduce erosion, and keep sediment out of waterways, drains, and roads.

These are just some of the benefits that gardening can bring! This Spring and Summer, give gardening a try and share the benefits with others. Let us know about your efforts!

Special Moments



We observed Red Nose Day! We also had fun celebrating our Staff Appreciation Week!



Happy Birthday!



- Mary H.: April 2nd
Winnie: April 5th
Sue: April 26th
Bobbi: April 27th
Julia: April 30th



Those born in April are Aries (March 21 - April 19) and Taurus (April 20-May 20). The birthstone for April is the diamond. The birth flowers for April are the daisy and the sweet pea. April babies are said to be fearless and enthusiastic.

April 2021 Highlights

April observes Stress Awareness, Healthcare Innovation, & Parkinson's Awareness. It celebrates volunteering, poetry, and jazz!

01 April Fools Day; Sourdough Day	17 Crawfish Day; Ellis Island History Day
02 Peanut Butter and Jelly Day; Ferret Day	18 Animal Cracker Day; Intl. Day for Monuments and Sights
03 Film Score Day; Handmade Day	19 Amaretto Day; Garlic Day
04 Easter; School Librarian Day	20 Twin Day; Pineapple Upside Down Day
05 Caramel Day; Deep Dish Pizza Day	21 Administrative Professionals' Day; British National Tea Day
06 Caramel Popcorn Day; Librarians Day	22 Earth Day; Jelly Bean Day
07 Coffeecake Day; Beer Day	23 Arbor Day; Picnic Day
08 Zoo Lovers Day; Empanada Day	24 Pigs in Blankets Day; Sense of Smell Day
09 Unicorn Day; Antique Love Day	25 Thank Plumbers Day; Zucchini Bread Day
10 Hug Dog Day; Farm Animals Day	26 Audubon Day; Pretzel Day
11 Quartet Day; Fondue Day; Pet Day	27 Babe Ruth Day; Prime Rib Day
12 Ramadan Begins; Grilled Cheese Day	28 Blueberry Pie Day; Superhero Day
13 Scrabble Day; Peach Cobbler Day	29 Shrimp Scampi Day; Intl. Dance Day
14 Dolphin Day; Gardening Day; Pecan Day	30 Hairstylist Appreciation Day; Oatmeal Cookie Day
15 World Art Day; Banana Day; Guess Day	
16 Bean Count Day; Eggs Benedict Day; Wear PJs Day; Orchid 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.

April 8th is Zoo Lover's Day.

Staff and residents shared their favorite animals!

- **"Majestic Lion" - Wendy**
- **"Monkeys" - Christine**
- **"Counting Zebra Stripes" - Wanda**
- **"Elk in Montana" - Billy**
- **"Koala Bears" - Leticia**
- **"The elephants" - Barbara J.**
- **"Hippos in the water" - Roz**
- **"Little monkeys" - Mari**



Staff Spotlight: Destiny

Destiny exemplifies the best of caregiving. She makes a gentle compassionate connection with our residents to provide quality care. She is able to keep her composure and gives our residents the gift of dignity. Destiny shows empathy and considers residents from their perspective. She uses diplomacy and shows patience to get through even the most challenging situations.

Destiny is a friend, leader and supporter to the team. She is a great mentor and can show the best approaches and the most efficient and professional manner to get things done. Destiny has a firm family foundation and she and her husband know firsthand the joy of raising teenagers.

We are so thankful that we have a chance to honor Destiny for her nine plus years of commitment to excellence and being part of the Arbors family!

(Note: Picture was taken before Covid regulations for masks.)



Resident Spotlight: Nita

Nita is a ray of sunshine who lights up with a bright smile and a giggle when you speak with her. She loves the outdoors and takes great joy and pride in gardening.

Nita has been a crafty woman all her life. She has sewn, crocheted, knitted, and painted! She kept physically active with dancing to all types of tunes, with her favorite being a little bit country. This proud mother of three loves her grandchildren and enjoys spending time with them.

We love having this sparky, spunky lady as part of the Arbors community.

SUN	MON	TUE	WED	THU	FRI	SAT
<p>All activities subject to change per mandated health guidelines.</p> 	 <p>Happy Earth Day!</p>	 <p>Mary H.-2nd Winnie-5th Sue-26th Bobbi-27th Julia-30th</p>		<p>1 April Fool's Day</p> <p>9:00 Morning News 10:00 Sit and Be Fit 11:00 Nature Walk 2:00 Music-iN2L 2:30 April Fool's-iN2L 4:00 Sunshine Visits 6:15 Classic TV 7:00 Evening Relax</p>	<p>2 Good Friday</p> <p>9:00 Morning News 10:00 Sit and Be Fit 11:00 Brain Games-iN2L 2:00 Travel- iN2L 2:30 Balloon Noodle 4:00 Mocktails 6:15 Friday Flicks 7:00 Evening Relax</p>	<p>3</p> <p>9:00 Morning News 10:00 Stretch-iN2L 11:00 Reminiscing 2:00 Trivia iN2L 2:30 Color Eggs 4:00 Story Time 6:15 Classic TV 7:00 Evening Relax</p>
<p>4 Easter</p> <p>9:00 Sunday News 10:00 Easter Service-iN2L 11:00 Easter Goodies 2:00 Egg Hunt 2:30 Easter-iN2L 4:00 Spring Relax 6:15 Sunday Movie 7:00 Evening Relax</p>	<p>5 Caramel Day</p> <p>9:00 Morning News 10:00 Exercise 11:00 Scenic Ride  2:00 Travel-iN2L 2:30 Nature Walk 4:00 Sing Along-iN2L 6:15 Classic TV 7:00 Evening Relax</p>	<p>6</p> <p>9:00 Morning Update 10:00 Chair Dancing 11:00 Scenic Ride  2:00 Trivia-iN2L 2:30 Bird Feeders 4:00 Sunshine Visits 6:15 Classic TV 7:00 Evening Relax</p>	<p>7 World Health Day</p> <p>9:00 Morning Update 10:00 Morning Stretch 11:00 Fancy Nails 2:00 Health-iN2L 2:30 Healthy Facts 4:00 Story Time 6:15 Classic TV 7:00 Evening Relax</p>	<p>8 Zoo Lovers Day</p> <p>9:00 Morning News 10:00 Sit and Be Fit 11:00 Zoo Animals-iN2L 2:00 Music-iN2L 2:30 Brain Games-iN2L 4:00 Sunshine Visits 6:15 Classic TV 7:00 Evening Relax</p>	<p>9</p> <p>9:00 Morning News 10:00 Sit and Be Fit 11:00 Puzzles 2:00 Music- iN2L 2:30 Afternoon Walk 4:00 Mocktails 6:15 Friday Flicks 7:00 Evening Relax</p>	<p>10</p> <p>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</p>
<p>11</p> <p>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</p>	<p>12 Licorice Day</p> <p>9:00 Morning News 10:00 Exercise 11:00 Scenic Ride  2:00 Travel-iN2L 2:30 <u>Licorice Tasting</u> 4:00 Sing Along 6:15 Classic TV 7:00 Evening Relax</p>	<p>13</p> <p>9:00 Morning Update 10:00 Chair Dancing 11:00 Scenic Ride  2:00 Music-iN2L 2:30 Parachute Ball 4:00 Sunshine Visits 6:15 Classic TV 7:00 Evening Relax</p>	<p>14 Dolphin Day</p> <p>9:00 Morning Update 10:00 Morning Stretch 11:00 Fancy Nails 2:00 Dolphins-iN2L 2:30 Dolphin Tales 4:00 Story Time 6:15 Classic TV 7:00 Evening Relax</p>	<p>15</p> <p>9:00 Morning News 10:00 Sit and Be Fit 11:00 Ring Toss 2:00 Travel-iN2L 2:30 Puzzles 4:00 Sunshine Visits 6:15 Classic TV 7:00 Evening Relax</p>	<p>16</p> <p>9:00 Morning News 10:00 Sit and Be Fit 11:00 Brain Games-iN2L 2:00 Music- iN2L 2:30 Balloon Toss 4:00 Mocktails 6:15 Friday Flicks 7:00 Evening Relax</p>	<p>17</p> <p>9:00 Morning News 10:00 Stretch-iN2L 11:00 Haiku Writing 2:00 Trivia iN2L 2:30 Sing Along-iN2L 4:00 Story Time 6:15 Classic TV 7:00 Evening Relax</p>
<p>18</p> <p>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</p>	<p>19 Bicycle Day</p> <p>9:00 Morning News 10:00 Exercise 11:00 Scenic Ride  2:00 Travel-iN2L 2:30 Bicycle Art 4:00 Sing Along 6:15 Classic TV 7:00 Evening Relax</p>	<p>20</p> <p>9:00 Morning Update 10:00 Chair Dancing 11:00 Scenic Ride  2:00 Trivia-iN2L 2:30 Kick Ball 4:00 Sunshine Visits 6:15 Classic TV 7:00 Evening Relax</p>	<p>21</p> <p>9:00 Morning Update 10:00 Morning Stretch 11:00 Fancy Nails 2:00 Music-iN2L 2:30 Puzzles 4:00 Story Time 6:15 Classic TV 7:00 Evening Relax</p>	<p>22 Earth Day/Jelly Bean Day</p> <p>9:00 Morning News 10:00 Sit and Be Fit 11:00 Jelly Bean Fun 2:00 Jelly Belly-iN2L 2:30 Nature 4:00 Sunshine Visits 6:15 Classic TV 7:00 Evening Relax</p>	<p>23</p> <p>9:00 Morning News 10:00 Sit and Be Fit 11:00 Puzzles 2:00 Music- iN2L 2:30 Afternoon Walks 4:00 Mocktails 6:15 Friday Flicks 7:00 Evening Relax</p>	<p>24</p> <p>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</p>
<p>25</p> <p>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</p>	<p>26 Pretzel Day</p> <p>9:00 Morning News 10:00 Exercise 11:00 Scenic Ride  2:00 Travel-iN2L 2:30 Pretzel Art 4:00 Sing Along 6:15 Classic TV 7:00 Evening Relax</p>	<p>27</p> <p>9:00 Morning Update 10:00 Chair Dancing 11:00 Scenic Ride  2:00 Trivia-iN2L 2:30 Parachute Ball 4:00 Sunshine Visits 6:15 Classic TV 7:00 Evening Relax</p>	<p>28</p> <p>9:00 Morning Update 10:00 Morning Stretch 11:00 Fancy Nails 2:00 Music-iN2L 2:30 Puzzles 4:00 Story Time 6:15 Classic TV 7:00 Evening Relax</p>	<p>29</p> <p>9:00 Morning News 10:00 Sit and Be Fit 11:00 Kick Ball 2:00 Travel-iN2L 2:30 Puzzles 4:00 Sunshine Visits 6:15 Classic TV 7:00 Evening Relax</p>	<p>30 Arbor Day</p> <p>9:00 Morning News 10:00 Sit and Be Fit 11:00 Arbor Day-iN2L 2:00 Music- iN2L 2:30 Nature Walk 4:00 Mocktails 6:15 Friday Flicks 7:00 Evening Relax</p>	 <p>if you love the earth just plant a tree</p>