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

# The Arbors Bulletin

May 2021 Newsletter



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# Hands On Arthritis Facts and Care Tips

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

This May marks National Arthritis Month to bring attention to the condition of joint pain and joint disease.

For those wondering whether they have Arthritis, it's best to go through a primary care provider or Rheumatologist for a diagnosis. In general, Arthritis symptoms may come and go and include mild to severe swelling, pain, stiffness, and decreased motion range. It can also limit one's ability to do some daily activities.

Read on to learn about arthritis types and ways to help arthritic conditions.

## Types of Arthritis

- Osteoarthritis is the most common Arthritis type. Risk factors include family history, overweightness, age, and prior injuries. Those with non-severe Osteoarthritis can help the condition with a healthy weight, proper exercise, rest per activity level - especially during flare ups, avoiding repetitive movements, strengthening muscles by joints, and hot/cold therapy.
- Inflammatory Arthritis is another type. Rheumatoid and Psoriatic Arthritis are in this category. It occurs when the immune system creates inflammation to rid of what it falsely sees as infection. It occurs in people with genetic predisposition and environmental risk factors, like smoking. Early diagnosis and strong treatment are key in slowing the condition.



**American Adults Diagnosed: 54 million+**  
**Americans Likely to Have Arthritis: 91 million**  
**Types of Arthritis That Exist: Over 100**  
**Working Adults With Arthritis: 60%**

## Arthritis Pain Management Tips:

Are you dealing with Arthritis pain? Try some of the below tips for potential relief:

- Create a plan with your rheumatologist.
- Be aware of, and track, your warning signs, like a dull hand ache or daytime sleepiness.
- Stay up to date on vaccinations and wash hands frequently to avoid infections which could trigger a flare.
- Stay on top of your emotional health. Anxiety and stress can raise inflammation.
- Slow your movements, but continue moving to avoid stiff joints.
- Do hot & cold therapy, no more than 15 minute intervals, two to four times a day.
- Sleep on a schedule with lights off, devices off, and have no caffeine hours before bed.

We hope you find pain relief this National Arthritis Month. Let us know if you've found this helpful or received relief from these tips!

## Special Moments



## Happy Birthday!



**Those born in May are Taurus (May 1-20) and Gemini (May 21-June 20). The birthstones for May are emerald and pearl. The birth flower for May is lily of the valley. A UK study showed that May is the luckiest month in which to be born!**



# May 2021 Highlights

**May observes Blood Pressure Education, Asthma Awareness, and Osteoporosis. It celebrates BBQs, Nurses, Photography, & Seniors!**

01 Kentucky Derby; Scrapbook Day; Fit Day	16 BBQ Day; Sea Monkey Day; Mimosa Day
02 Lemonade Day; Truffle Day; Tuna Day	17 Cherry Cobbler Day; Walnut Day
03 Garden Meditation Day; Textiles Day	18 Cheese Souffle Day; Intl. Museum Day
04 Firefighters Day; Teacher's Day; Bird Day	19 Devil's Food Cake Day; Juice Slush Day
05 Astronaut Day; Cartoon Day; Hoagie Day	20 Quiche Day; Pick Strawberries Day
06 Nurses Day; Beverage Day	21 Waitstaff Day; Pizza Party Day; Tea Day
07 Space Day; Military Spouse Day	22 Solitaire Day; Vanilla Pudding Day
08 Mother's Day; Coke Day; Mini Golf Day	23 Lucky Penny Day; Taffy Day; Turtle Day
09 Lost Sock Memorial Day; Moscato Day	24 Brother's Day; Scavenger Hunt Day
10 Shrimp Day; Hamster Day	25 Tap Dance Day; Wine Day; Geek Pride Day
11 Twilight Zone Day; Eat Whatever Day	26 Sr. Health/Fitness Day; Paper Airplane Day
12 Intl. Nurses Day; Receptionists' Day;	27 Grape Popsicle Day
Third Shift Workers' Day	28 Burger Day; Road Trip Day; Brisket Day
13 Apple Pie Day; Fruit Cocktail Day	29 Paperclip Day; Coq Au Vin Day
14 Buttermilk Biscuit Day; Chicken Dance Day	30 Water Flowers Day; Mint Julep Day
15 Chocolate Chip Day; Armed Forces Day;	31 Memorial Day; Macaroon Day; Smile Day
World Baking 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.

## **May 6th is Beverage Day!**

**Our residents and staff shared their favorite drinks!**

**"Coke is It" - Christine**

**"Ice cold Lemonade" - Wanda**

**"Cup of Tea with Milk" - Wendy**

**"White Wine" - Mary**

**"Long Island Iced Tea " - Jackie**

**"Coffee First Ting in the Morning" - Viki**

**"I Just Want Water" - Elsie**

**"Please Give Me Coffee Anytime" - Betsey**



## **Staff Spotlight:** **Mari**

We honor in our spotlight an incredible caregiver, Mari. Having been part of the Arbors' family for over a year, we are fortunate to have such a compassionate person watching over our residents. She takes extra time and patience helping the residents prepare for their day and making sure that their hair is styled and beautiful. This gives our residents a feeling of confidence and self-esteem. Mari helps to engage residents to participate in innovative activities that supports their individual needs. She shows love and respect in her interaction with the residents and other team members, alike. Mari's enthusiastic manner brings joy into the workplace for all.



## **Resident Spotlight:** **Barbara**

This very bubbly lady is always looking for ways to help others every day. She is former administrative assistant and was the backbone of any office she worked for. Barbara is very social and greets all her friends throughout the community. She is a cat person and admires their amazing abilities to twist and then stay in that contorted position for hours, as Barbara is able to do herself. Barbara's happy place is listening and singing along to music, and this puts a big smile on her face. She enjoys looking through magazines and loves reminiscing about her past. Barbara adds a bright spot to all our lives, here at the Arbors.



SUN	MON	TUE	WED	THU	FRI	SAT
2 (1st in last box) 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	3 9:00 Morning News 10:00 Exercise 11:00 Scenic Ride  2:00 Travel-iN2L 2:30 Balloon Toss 4:00 Sing Along-iN2L 6:15 Classic TV 7:00 Evening Relax	4 <b>Teacher's Day</b> 9:00 Morning Update 10:00 Chair Dancing 11:00 Scenic Ride  2:00 Trivia-iN2L 2:30 Flower Art 4:00 Scenic Ride  6:15 Classic TV 7:00 Evening Relax	5 <b>Cinco de Mayo</b> 9:00 Morning Update 10:00 Morning Stretch 11:00 Fancy Nails 2:00 Music-iN2L 2:30 <b>Cinco De Mayo</b> 4:00 Sunshine Visits 6:15 Classic TV 7:00 Evening Relax	6 <b>National Day of Prayer</b> 9:00 Morning News 10:00 Sit and Be Fit 11:00 Trivia-iN2L 2:00 Music-iN2L 2:30 Nature Walk 4:00 Story Time 6:15 Classic TV 7:00 Evening Relax	7 9:00 Morning News 10:00 Sit and Be Fit 11:00 Word Fun 2:00 Travel- iN2L 2:30 Afternoon Walk 4:00 Mocktails 6:15 Friday Flicks 7:00 Evening Relax	8 <b>Victory Day</b> 9:00 Morning News 10:00 Stretch-iN2L 11:00 Mother's Lunch 2:00 VE Day- iN2L 2:30 Sing Along 4:00 Sunshine Visits 6:15 Classic TV 7:00 Evening Relax
9 <b>Mother's 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	10 9:00 Morning News 10:00 Exercise 11:00 Scenic Ride  2:00 Travel-iN2L 2:30 Ring Toss 4:00 Sing Along-iN2L 6:15 Classic TV 7:00 Evening Relax	11 9:00 Morning Update 10:00 Chair Dancing 11:00 Scenic Ride  2:00 Trivia-iN2L 2:30 Book Trivia 4:00 Scenic Ride  6:15 Classic TV 7:00 Evening Relax	12 <b>Limerick Day</b> 9:00 Morning Update 10:00 Morning Stretch 11:00 Balloon Noodle 2:00 Music-iN2L 2:30 Fancy Nails 4:00 Sunshine Visits 6:15 Classic TV 7:00 Evening Relax	13 <b>National Apple Pie Day</b> 9:00 Morning News 10:00 Sit and Be Fit 11:00 Trivia-iN2L 2:00 Music-iN2L 2:30 Apple Pie Fun 4:00 Story Time 6:15 Classic TV 7:00 Evening Relax	14 9:00 Morning News 10:00 Sit and Be Fit 11:00 Word Fun 2:00 Travel- iN2L 2:30 Plant Flowers 4:00 Mocktails 6:15 Friday Flicks 7:00 Evening Relax	15 <b>Chocolate Chip Day</b> 9:00 Morning News 10:00 Stretch-iN2L 11:00 Armed Forces 2:00 Trivia iN2L 2:30 Sing Along 4:00 Sunshine Visits 6:15 Classic TV 7:00 Evening Relax
16 <b>SHAVUOT</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	17 9:00 Morning News 10:00 Exercise 11:00 Scenic Ride  2:00 Travel-iN2L 2:30 Balloon Toss 4:00 Sing Along-iN2L 6:15 Classic TV 7:00 Evening Relax	18 <b>BBQ Day</b> 9:00 Morning Update 10:00 Chair Dancing 11:00 Scenic Ride  2:00 Trivia-iN2L 2:30 Bingo 4:00 Scenic Ride  6:15 Classic TV 7:00 Evening Relax	19 9:00 Morning Update 10:00 Morning Stretch 11:00 Balloon Noodle 2:00 Music-iN2L 2:30 Fancy Nails 4:00 Sunshine Visits 6:15 Classic TV 7:00 Evening Relax	20 9:00 Morning News 10:00 Sit and Be Fit 11:00 Trivia-iN2L 2:00 Music-iN2L 2:30 Nature Walk 4:00 Story Time 6:15 Classic TV 7:00 Evening Relax	21 9:00 Morning News 10:00 Sit and Be Fit 11:00 Word Fun 2:00 Travel- iN2L 2:30 Afternoon Walk 4:00 Mocktails 6:15 Friday Flicks 7:00 Evening Relax	22 9:00 Morning News 10:00 Stretch-iN2L 11:00 Reminiscing 2:00 Trivia iN2L 2:30 Kick Ball 4:00 Sunshine Visits 6:15 Classic TV 7:00 Evening Relax
23 <b>World Turtle 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	24 9:00 Morning News 10:00 Exercise 11:00 Scenic Ride  2:00 Travel-iN2L 2:30 Ring Toss 4:00 Sing Along-iN2L 6:15 Classic TV 7:00 Evening Relax	25 9:00 Morning Update 10:00 Chair Dancing 11:00 Scenic Ride  2:00 Trivia-iN2L 2:30 Arts & Crafts 4:00 Scenic Ride  6:15 Classic TV 7:00 Evening Relax	26 9:00 Morning Update 10:00 Morning Stretch 11:00 Balloon Noodle 2:00 Music-iN2L 2:30 Fancy Nails 4:00 Sunshine Visits 6:15 Classic TV 7:00 Evening Relax	27 <b>Senior Health &amp; Fitness</b> 9:00 Morning News 10:00 Sit and Be Fit 11:00 Senior Health 2:00 Music-iN2L 2:30 Nature Walk 4:00 Story Time 6:15 Classic TV 7:00 Evening Relax	28 9:00 Morning News 10:00 Sit and Be Fit 11:00 Word Fun 2:00 Travel- iN2L 2:30 Afternoon Walk 4:00 Mocktails 6:15 Friday Flicks 7:00 Evening Relax	29 9:00 Morning News 10:00 Stretch-iN2L 11:00 Reminiscing 2:00 Trivia iN2L 2:30 Sing Along 4:00 Sunshine Visits 6:15 Classic TV 7:00 Evening Relax
30 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	31 <b>Memorial Day</b> 9:00 Morning News 10:00 Exercise 11:00 Memorial-iN2L 2:00 Travel-iN2L 2:30 Balloon Toss 4:00 Sing Along-iN2L 6:15 Classic TV 7:00 Evening Relax	<b>All activities subject to change per mandated health guidelines.</b>				1st 9:00 Morning News 10:00 Stretch-iN2L 11:00 Kentucky Derby 2:00 Trivia iN2L 2:30 May Day 4:00 Story Time 6:15 Classic TV 7:00 Evening Relax