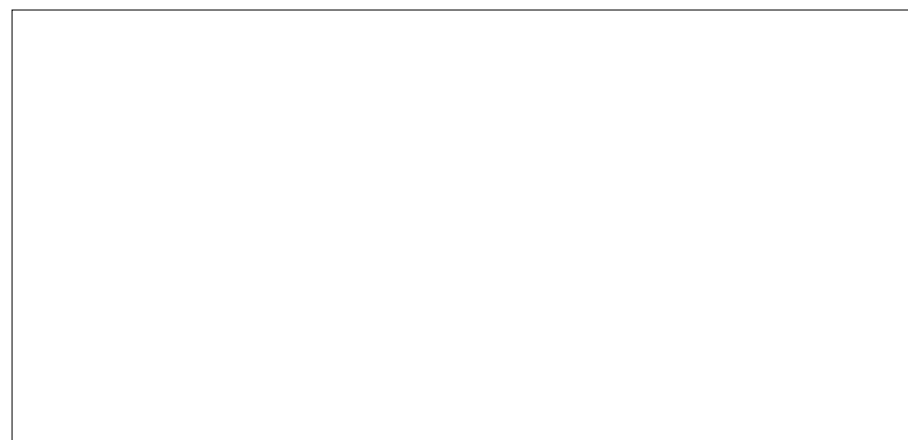




2121 E. Prater Way  
Sparks, NV 89434

Stamp



### Administrative Team:

Executive Director: Barb Heywood  
Community Relations Director: Suzie Kuczynski  
Business Office Director: Barbara Fraide  
Wellness Director: Sarah Conroy & Lisa Erck  
Wellness Coordinator: Julia Nelson & Jesse Bright  
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)

[www.arborsmemorycare.com](http://www.arborsmemorycare.com)

[Facebook.com/ArborsMemoryCare](https://www.facebook.com/ArborsMemoryCare)

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



# The Arbors Bulletin

June 2021 Newsletter



2 Alzheimer's Awareness Month  
3 Team & Resident Spotlight  
4 - 5 Activities Calendar

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



# Support an End to Alzheimer's Disease!

This **Alzheimer's & Brain Awareness Month**, take action toward an end to Alzheimer's! The Alzheimer's Association has a slew of opportunities for getting involved. Check out the info and links here to start supporting!

## Make a Difference Against Alzheimer's

- Take part in the Longest Day on June 20—the day with the most light, the day we fight—by taking an activity you enjoy and making it a fundraiser to fight Alzheimer's.
- Walk in the Walk to End Alzheimer's! Register for your local walk as part of a team or independently. Our local walk date is: **Oct. 2**. Set up a Tribute or Memorial Page with fundraising support options at [act.alz.org](http://act.alz.org)
- Participate in the Ride to End Alzheimer's on August 29, 2021. You can bike ride anywhere for this Summer Challenge.
- Help with Research. TrialMatch is a free service that pairs potential participants with clinical studies. See: [trialmatch.alz.org](http://trialmatch.alz.org)
- Advocate. Urge congress to support the Alzheimer's and dementia community. There are online fillable forms for contacting congress about vital issues at [alz.org/get-involved-now/advocate](http://alz.org/get-involved-now/advocate)
- Donate vehicles, boats, and RVs through the Donate-A-Car Program. Proceeds support the Alzheimer's Association and may provide tax benefits. Visit [alz.careasy.org/home](http://alz.careasy.org/home)
- Be a Volunteer:
  - ⇒ Support Group Facilitator, creating safe environments for sharing feelings or experiences of Alzheimer's or dementia.
  - ⇒ Volunteer Faith Outreach Representative, sharing information and free resources through the Alzheimer's Association.



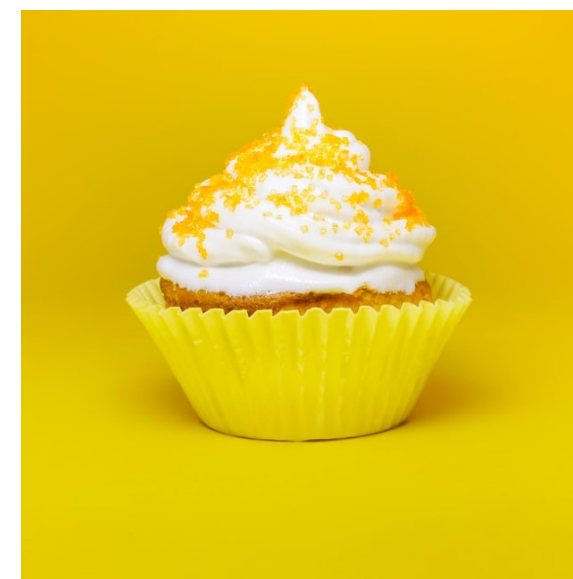
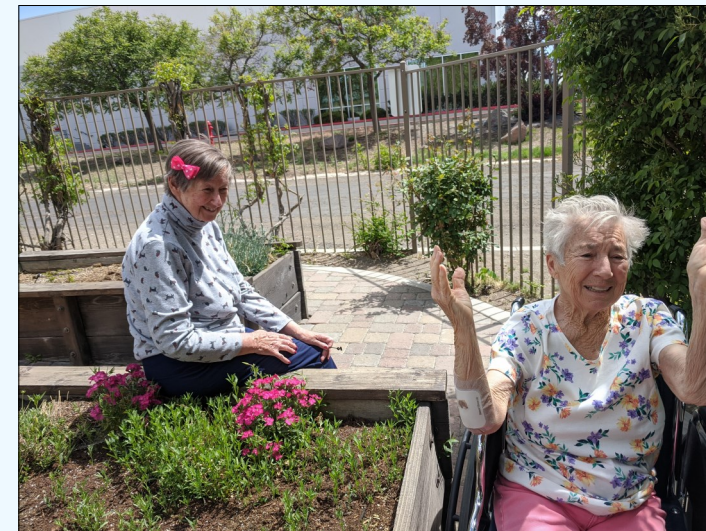
⇒ Volunteer Community Educator, providing education and expanding program reach. Learn more at: [volunteer.alz.org/Volunteeropportunities/becoming](http://volunteer.alz.org/Volunteeropportunities/becoming)

## Alzheimer's Facts

- Americans who have Alzheimer's is growing. More than 6 million Americans have Alzheimer's in 2021.
- 1 in 3 seniors pass with Alzheimer's or Dementia. Deaths from Alzheimer's increased 145% from 2000 to 2019.
- Early diagnosis can: provide medical, emotional, and social benefits; aid with participation in vital clinical trials; enable individuals to be in control of their legal and financial wishes; and create significant cost savings in medical and long-term care.

The more information about Alzheimer's that is shared, the more people will support the fight against Alzheimer's. Follow along with our Facebook page this month as we "Go Purple for Alzheimer's" and as we share resources and information to support the cause.

## Special Moments



Happy Birthday!

Gary M.: June 7  
Billy: June 15  
Pat: June 20



Those born in June are Gemini (May 21–June 20) and Cancer (June 21–July 22). The birthstone for June are alexandrite and pearl. The birth flowers for June are the rose and honeysuckle. Those born in June are said to be optimistic and creative!



# June 2021 Highlights

**June observes Men's Health, Cataract Awareness, and Headaches. It celebrates the Great Outdoors, Roses, and Fresh Fruits & Veggies!**

|   |   |
|---|---|
| 01 Olive Day; Nail Polish Day; Pen Pal Day  | 16 Fudge Day                                |
| 02 Rocky Road Day; Rotisserie Chicken Day   | 17 Mascot Day; Apple Strudel Day            |
| 03 Egg Day; Chocolate Macaroons Day         | 18 Go Fishing Day; Picnic Day; Tapas Day    |
| 04 Cheese Day; Donut Day; Fish & Chips Day  | 19 Juneteenth; Garfield Day; Wear Blue Day  |
| 05 Veggie Burger Day; Environment Day       | 20 Father's Day; Seashell Day; It's Summer! |
| 06 D-Day; Glasses Day; Sweden Day           | 21 Peach N' Cream Day; Selfie Day; Yoga Day |
| 07 Oklahoma Day; Chocolate Ice Cream Day    | 22 Chocolate Éclair Day; Onion Rings Day    |
| 08 Best Friends Day; Positive Thinking Day  | 23 Hydrate Day; Pecan Sandy Day; Pink Day   |
| 09 Donald Duck Day; Strawb. Rhubarb Pie Day | 24 Praline Day; Red, White, Blue Pops Day   |
| 10 Egg Roll Day; Iced Tea Day               | 25 Catfish Day; Strawberry Parfait Day      |
| 11 Corn Cob Day; German Choc. Cake Day      | 26 Coconut Day; Beautician's Day            |
| 12 PB Cookie Day; Red Rose Day; Falafel Day | 27 Ice Cream Cake Day; Sunglasses Day       |
| 13 Weed the Garden Day; Sew Machine Day     | 28 Alaska Day                               |
| 14 Flag Day; Strawberry Shortcake Day       | 29 Camera Day; Waffle Iron Day              |
| 15 Photography Day; Smile Power Day         | 30 Parchment Day; Meteor Watch 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.

**June 20 marks the Start of Summer!**

**Our residents and staff shared their favorite things about summer!**

- "Sunshine" - Jen
- "Family time" - Jackie
- "Baseball & barbeques" - Trevor
- "Smell of the air" - Maxx
- "Camping" - Wendy
- "Beaches" - Viki
- "Ice cream" - Cora
- "Sitting in the sun" - Christine



## Staff Spotlight: Karen

Karen shows compassion to all her co-workers, is always there to help with resident care, and is someone who can be relied on in a pinch to help out no matter what the need. She is able to build confidence between her team with encouraging words and she offers her support to show she really cares for everyone she comes in contact with. Quality care of all residents is her top priority, giving them individualized care that addresses their unique needs.

Karen is from Colorado Springs. She has a daughter and three growing grandsons. This former carnival worker learned lessons of hard work and deep respect for others from being in that job. She is passionate about her pets, a dog and three furball cats. We are grateful to have this delightful woman as part of the Arbors family.

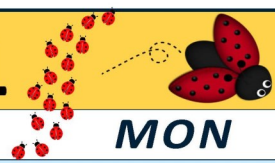


## Resident Spotlight: Gary

This very social entrepreneur has the grit and perseverance to get any job done. Whether running a mortgage company or building relations to invest in a business opportunity, Gary has always been a savvy businessman. Gary has owned many homes in the states and other countries; one of which was a luxury home in Punta Leona, Puntarenas, Costa Rica. Being a gregarious man, he opened his home to many of his friends and associates to enjoy the stunning views, pools, beaches, and outings on his large boat. Born and raised in the California Bay Area, he started enjoying many sports at a young age. He is an avid skier and enjoys all water sports. Gary and his wife Eileen have two sons, where entrepreneurial history continues to repeat itself in the two successful businessmen. The Arbors is fortunate to have Gary in our community to share his many adventurous stories.



# JUNE 2021



## ARBORS MEMORY CARE MONTHLY ACTIVITIES



| SUN   | MON  | TUE   | WED   | THU   | FRI   | SAT   |
|---|--|---|---|---|---|---|
| <div>All activities<br/>subject to change<br/>per mandated<br/>health guidelines.</div>   | <div><div><div><div><div>H</div><div>A</div><div>P</div><div>P</div><div>Y</div></div><div><div>B</div><div>I</div><div>R</div><div>T</div><div>H</div><div>A</div></div></div><div><div>Gary-June 7th</div><div>Billy-June 15th</div><div>Pat-June 20th</div></div></div></div> | <div>1<div>9:00 Morning Update</div><div>10:00 Chair Dancing</div><div>11:00 Scenic Ride </div><div>2:00 Trivia-iN2L</div><div>2:30 Bingo</div><div>4:00 Scenic Ride </div><div>6:15 Classic TV</div><div>7:00 Evening Relax</div></div>              | <div>2<div>9:00 Morning Update</div><div>10:00 Morning Stretch</div><div>11:00 Fancy Nails</div><div>2:00 Travel-iN2L</div><div>2:30 Tic-Tac-Toe</div><div>4:00 Sunshine Visits</div><div>6:15 Classic TV</div><div>7:00 Evening Relax</div></div>  | <div>3<div>9:00 Morning News</div><div>10:00 Sit and Be Fit</div><div>11:00 Nature Walk</div><div>2:00 Trivia-iN2L</div><div>2:30 Coloring Fun</div><div>4:00 Story Time</div><div>6:15 Classic TV</div><div>7:00 Evening Relax</div></div>         | <div>4<div>9:00 Morning News</div><div>10:00 Sit and Be Fit</div><div>11:00 Word Fun</div><div>2:00 Travel- iN2L</div><div>2:30 Patio Time</div><div>4:00 Ice Cream Treats</div><div>6:15 Friday Flicks</div><div>7:00 Evening Relax</div></div>    | <div>5<div>9:00 Morning News</div><div>10:00 Stretch-iN2L</div><div>11:00 Reminiscing</div><div>2:00 Trivia iN2L</div><div>2:30 Coloring Fun</div><div>4:00 Sunshine Visits</div><div>6:15 Classic TV</div><div>7:00 Evening Relax</div></div>      |
|   | <div>6<div>9:00 Sunday News</div><div>10:00 Spiritual-iN2L</div><div>11:00 Sunday Stretches</div><div>2:00 Fancy Nails</div><div>4:00 Wheel of Fortune</div><div>6:15 Sunday Movie</div><div>7:00 Evening Relax</div></div>  | <div>7<div>9:00 Morning News</div><div>10:00 Exercise</div><div>11:00 Scenic Ride </div><div>2:00 Nature Walk</div><div>2:30 Balloon Toss</div><div>4:00 Music</div><div>6:15 Classic TV</div><div>7:00 Evening Relax</div></div>                     | <div>8 <b>World Oceans/Best Friends Day</b><div>9:00 Morning Update</div><div>10:00 Chair Dancing</div><div>11:00 Scenic Ride </div><div>2:00 Trivia-iN2L</div><div>2:30 Arts &amp; Crafts</div><div>4:00 Scenic Ride </div><div>6:15 Classic TV</div><div>7:00 Evening Relax</div></div> | <div>9<div>9:00 Morning Update</div><div>10:00 Morning Stretch</div><div>11:00 Fancy Nails</div><div>2:00 Travel-iN2L</div><div>2:30 Ladybug Toss</div><div>4:00 Sunshine Visits</div><div>6:15 Classic TV</div><div>7:00 Evening Relax</div></div> | <div>10<div>9:00 Morning News</div><div>10:00 Sit and Be Fit</div><div>11:00 Nature Walk</div><div>2:00 Music-iN2L</div><div>2:30 Golf</div><div>4:00 Story Time</div><div>6:15 Classic TV</div><div>7:00 Evening Relax</div></div>                 | <div>11<div>9:00 Morning News</div><div>10:00 Sit and Be Fit</div><div>11:00 Manicures</div><div>2:00 Travel- iN2L</div><div>2:30 Nature Walk</div><div>4:00 Ice Cream Treats</div><div>6:15 Friday Flicks</div><div>7:00 Evening Relax</div></div> |
| <div>13<div>9:00 Sunday News</div><div>10:00 Spiritual-iN2L</div><div>11:00 Sunday Stretches</div><div>2:00 Fancy Nails</div><div>4:00 Wheel of Fortune</div><div>6:15 Sunday Movie</div><div>7:00 Evening Relax</div></div>                            | <div>14 <b>Flag Day</b><div>9:00 Morning News</div><div>10:00 Exercise</div><div>11:00 Scenic Ride </div><div>2:00 Nature Walk</div><div>2:30 Flags</div><div>4:00 Music</div><div>6:15 Classic TV</div><div>7:00 Evening Relax</div></div>                                      | <div>15<div>9:00 Morning Update</div><div>10:00 Chair Dancing</div><div>11:00 Scenic Ride </div><div>2:00 Trivia-iN2L</div><div>2:30 Family Feud</div><div>4:00 Scenic Ride </div><div>6:15 Classic TV</div><div>7:00 Evening Relax</div></div>       | <div>16<div>9:00 Morning Update</div><div>10:00 Morning Stretch</div><div>11:00 Fancy Nails</div><div>2:00 Travel-iN2L</div><div>2:30 Tic-Tac-Toe</div><div>4:00 Sunshine Visits</div><div>6:15 Classic TV</div><div>7:00 Evening Relax</div></div>                                       | <div>17<div>9:00 Morning News</div><div>10:00 Sit and Be Fit</div><div>11:00 Nature Walk</div><div>2:00 Music-iN2L</div><div>2:30 Puzzles</div><div>4:00 Story Time</div><div>6:15 Classic TV</div><div>7:00 Evening Relax</div></div>              | <div>18<div>9:00 Morning News</div><div>10:00 Sit and Be Fit</div><div>11:00 Word Fun</div><div>2:00 Travel- iN2L</div><div>2:30 Patio Fun</div><div>4:00 Ice Cream Treats</div><div>6:15 Friday Flicks</div><div>7:00 Evening Relax</div></div>    | <div>19<div>9:00 Morning News</div><div>10:00 Stretch-iN2L</div><div>11:00 Reminiscing</div><div>2:00 Trivia iN2L</div><div>2:30 Color Fun</div><div>4:00 Sunshine Visits</div><div>6:15 Classic TV</div><div>7:00 Evening Relax</div></div>        |
| <div>20 <b>Father's Day/Summer</b><div>9:00 Sunday News</div><div>10:00 Spiritual-iN2L</div><div>11:00 Father's Day Fun</div><div>2:00 Fancy Nails</div><div>4:00 Wheel of Fortune</div><div>6:15 Sunday Movie</div><div>7:00 Evening Relax</div></div> | <div>21<div>9:00 Morning News</div><div>10:00 Exercise</div><div>11:00 Scenic Ride </div><div>2:00 Nature Walk</div><div>2:30 Balloon Noodle</div><div>4:00 Music</div><div>6:15 Classic TV</div><div>7:00 Evening Relax</div></div>   | <div>22<div>9:00 Morning Update</div><div>10:00 Chair Dancing</div><div>11:00 Scenic Ride </div><div>2:00 Trivia-iN2L</div><div>2:30 Arts &amp; Crafts</div><div>4:00 Scenic Ride </div><div>6:15 Classic TV</div><div>7:00 Evening Relax</div></div> | <div>23<div>9:00 Morning Update</div><div>10:00 Morning Stretch</div><div>11:00 Balloon Noodle</div><div>2:00 Travel-iN2L</div><div>2:30 Tic-Tac-Toe</div><div>4:00 Sunshine Visits</div><div>6:15 Classic TV</div><div>7:00 Evening Relax</div></div>                                    | <div>24<div>9:00 Morning News</div><div>10:00 Sit and Be Fit</div><div>11:00 Nature Walk</div><div>2:00 Music-iN2L</div><div>2:30 Balloon Toss</div><div>4:00 Story Time</div><div>6:15 Classic TV</div><div>7:00 Evening Relax</div></div>         | <div>25<div>9:00 Morning News</div><div>10:00 Sit and Be Fit</div><div>11:00 Manicures</div><div>2:00 Travel- iN2L</div><div>2:30 Nature Walk</div><div>4:00 Ice Cream Treats</div><div>6:15 Friday Flicks</div><div>7:00 Evening Relax</div></div> | <div>26<div>9:00 Morning News</div><div>10:00 Stretch-iN2L</div><div>11:00 Reminiscing</div><div>2:00 Trivia iN2L</div><div>2:30 Sing Along</div><div>4:00 Sunshine Visits</div><div>6:15 Classic TV</div><div>7:00 Evening Relax</div></div>       |
| <div>27<div>9:00 Sunday News</div><div>10:00 Spiritual-iN2L</div><div>11:00 Sunday Stretches</div><div>2:00 Fancy Nails</div><div>4:00 Wheel of Fortune</div><div>6:15 Sunday Movie</div><div>7:00 Evening Relax</div></div>                            | <div>28<div>9:00 Morning News</div><div>10:00 Exercise</div><div>11:00 Scenic Ride </div><div>2:00 Nature Walk</div><div>2:30 Kickball</div><div>4:00 Music</div><div>6:15 Classic TV</div><div>7:00 Evening Relax</div></div>   | <div>29<div>9:00 Morning Update</div><div>10:00 Chair Dancing</div><div>11:00 Scenic Ride </div><div>2:00 Trivia-iN2L</div><div>2:30 Bingo</div><div>4:00 Scenic Ride </div><div>6:15 Classic TV</div><div>7:00 Evening Relax</div></div>             | <div>30<div>9:00 Morning Update</div><div>10:00 Morning Stretch</div><div>11:00 Fancy Nails</div><div>2:00 Triva-iN2L</div><div>2:30 Tic-Tac-Toe</div><div>4:00 Sunshine Visits</div><div>6:15 Classic TV</div><div>7:00 Evening Relax</div></div>  | <div></div>   | <div></div>   | <div><div>I fear nothing when<br/><b>You are by my side.</b><br/>Happy Best Friends Day</div><div></div><div>Smitecreation.com</div></div>  |