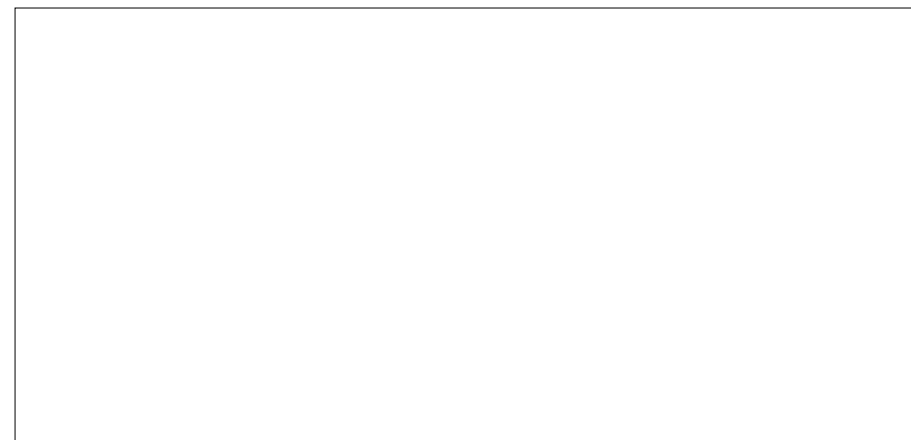




2121 E. Prater Way  
Sparks, NV 89434

Stamp



**Administrative Team:**

Executive Director: Barb Heywood  
Community Relations Director: Suzie Kuczynski  
Business Office Director: Siana Williams  
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

July 2021 Newsletter



2 Hot Weather Safety Tips  
3 Team & Resident Spotlight  
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# Fun in the Sun: Hot Weather Safety Tips

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

Summer can be the most fun season of the year! With weather being warm and the sun shining bright, there are so many opportunities for activities outside - from gardening and picnics to ball-game watching and seashell hunting on the beach. To ensure a summer full of fun and one free from sunburns, heat stroke, or exhaustion, here are sun-safe guidelines to consider.

**Stay hydrated.** Older adults are especially susceptible to dehydration. The body's ability to conserve water reduces with age, as does thirst. It is important for older adults to drink lots of fluids and eat foods with high water content, like berries and celery. The Mayo Clinic's recommended daily water intake for men is 15.5 cups and for women is 11.5 cups.

**Use sunscreen.** Protecting the skin is always a good idea. A sunscreen with an SPF of at least 30 is recommended by the Mayo Clinic. Apply it at least 15 minutes before heading outside. It should be applied generously and reapplied every two hours or more if a person is swimming or sweating. Ears, scalp, lips, nose, hands, and neck are spots to remember!

**Cover up.** When headed out into the heat or sun, it is best to wear loose-fitting, lightweight, light-colored clothing. Wide-brimmed hats and sunglasses are smart for protective purposes. It is good to have a lightweight jacket handy to protect the skin from sun exposure. If possible, find a shady spot to be in.



Did You Know? Water, snow, sand and concrete reflect light and raise sunburn risk.

## Try to avoid the sun during peak hours.

Peak sun hours are between 10 am and 4 pm, with the sun highest in the sky at noon and the temp. highest at 3 pm. UV rays from the sun are greatest between late spring and early summer in the U.S.

## Pay attention to the heat index and UV index.

The Heat Index measures how hot it feels in a place when relative humidity is factored in with actual air temperature. It can be found on local weather websites. There is also a UV index for seeing how strong UV light is where you are at [www.epa.gov/sunsafety/uv-index-1](http://www.epa.gov/sunsafety/uv-index-1)

## Medications and sun don't always mix.

Certain medications can increase sensitivity to sunlight. Sunburns, hives and rashes can result if one is not careful while on such medications. Research your medications before going out.

**Have a great, safe summer!** We hope these suggestions are helpful to you in your preparation for summer fun this year!

## Special Moments



Barbara J.: July 22  
Nelda: July 25



Those born in July are either Cancer (June 21-July 22) or Leo (July 23-August 22). The birthstone for July is ruby. The birth flowers for July are larkspurs (delphinium) and water lilies. July babies are said to have a sunny disposition and great self control.



# July 2021 Highlights

July observes Eye Injury Prevention, UV Safety, and Social Wellness. It celebrates Blueberries, Peaches, Ice Cream, and Watercolors!

01 Stamp Day; Creative Ice Cream Day	17 Peach Ice Cream Day; Emoji Day
02 Anisette Day; World UFO Day	18 Sour Candy Day; Ice Cream Day
03 Chocolate Wafer Day; Eat Beans Day;	19 Daiquiri Day
04 Independence Day; Scarecrow Build Day	20 Fortune Cookie Day; Penn. Day; Chess Day
05 Apple Turnover Day; Graham Cracker Day	21 Be Someone Day; Junk Food Day
06 Fried Chicken Day; Sushi Hand Rolls Day	22 Penuche Fudge Day; Hot Dog Day
07 Macaroni Day; Strawberry Sundae Day	23 Vanilla Ice Cream Day; Lovely Grandma Day
08 Almond Chocolate Day; Blueberry Day	24 A. Earhart Day; Drive Thru Day; Cowboy Day
09 Sugar Cookie Day	25 Culinarrians' Day; Parents' Day
10 Collector Car Day; Pina Colada Day	26 Bagelfest Day; Coffee Milkshake Day
11 Blueberry Muffin Day; Amer. Pet Pic Day	27 Creme Brulee Day; New Jersey Day
12 Pecan Pie Day; Jell-O Day	28 Milk Chocolate Day; Waterpark Day
13 Beans N' Franks Day; French Fries Day	29 Intern Day; Eat Chicken Wings Day
14 Mac and Cheese Day; Tape Measure Day	30 Cheesecake Day; Chili Dog Day
15 Give Something Away Day; Tapioca Day	31 Mutt Day; Avocado Day
16 Corn Fritter Day; Personal Chefs' 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.

## July 1st is Creative Ice Cream Day

Our residents and staff shared creative, unique combinations they came up with!

"Any Ice Cream with Chocolate" - Wendy

"Ice Cream & Chocolate Chip Cookie Dough" - Viki

"Ice cream Cake" - Christine

"S'mores Ice Cream" - Trevor

"Salted Pretzels with Brownies" - Carter

"Strawberry Cheesecake Ice Cream" - Tammy

"Vanilla Ice Cream With Chocolate" - Jackie



**Staff Spotlight:**  
**Barbara**

Our spotlight shines on Barbara, Arbors' remarkable Business Office Manager for the past 15 years. Barbara has unapparelled flexibility and can handle anything that comes her way. She has stellar organizational skills and follow through, making sure every task is done well. She is accessible to all employees and makes individuals feel valued and special. She is tops at communication, making sure staff are aware of necessary tasks that must be done. What makes her a rockstar is a high degree of emotional intelligence. Barbara has been the face of the Arbors over the years, getting to know everyone who walks through the doors. She takes everything in stride, stays composed, and aims to befriend everyone.

As for her personal life, she met the love of her life in junior high and they had an amazing 46-year marriage. Her pride and joy come from her four children, her grand-children and great grand-children. She is committed to serving God by using her beautiful vocal skills, as well as being an accomplished pianist.

Barbara's greatest gift to all of us is that our lives have been enriched by knowing her!











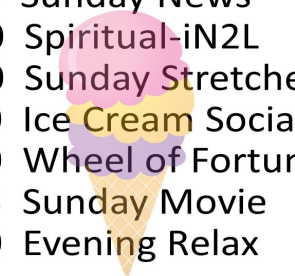








**Resident Spotlight:**  
**John**

John hails from the small ranch town of Goldthwaite, TX. He graduated from North Texas University and went into medical sales, where he excelled quickly, becoming medical salesman of the year. While raising 3 children, he attended night school and earned honors as he received his Master's in business from the University of Dallas. He joined 3M and quickly became the Sales Manager for the Western United States. His leadership abilities were always admired and John mentored and taught many colleagues. John and his wife Linda have shared 62 wonderful years together, living in many states throughout the country from Texas, Louisiana, New Mexico, California, and Washington, to Nevada. His family means the world to him. He has two sons and a daughter, 12 grandchildren, and 5 great grandchildren. He gives everyone in his family special nicknames attached to their names to create individual bonds with each and every one of them. He is committed to God's word and is always willing to pray for others. We are privileged to have John as part of our Arbors family.



# July 2021 ARBORS MEMORY CARE MONTHLY ACTIVITIES

You are my Sunshine

SUN	MON	TUE	WED	THU	FRI	SAT
<p><b>All activities subject to change per mandated health guidelines.</b></p> <p><b>HAPPY BIRTHDAY</b> Barbara, July 22 Nelda, July 25</p> <p><b>Happy 4th of July!</b></p>				<p><b>1 Creative Ice Cream</b> 9:00 Morning News 10:00 Sit and Be Fit 11:00 Nature Walk 2:00 Jokes-iN2L 2:30 Ice Cream Time 4:00 Story Time 6:15 Classic TV 7:00 Evening Relax</p>	<p><b>2</b> 9:00 Morning News 10:00 Chair Fit 11:00 Fancy Nails 2:00 Travel- iN2L 2:30 Nature Walk 4:00 Mocktails 6:15 Friday Flicks 7:00 Evening Relax</p>	<p><b>3</b> 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</p>
<p><b>4</b> 9:00 Sunday News 10:00 Spiritual-iN2L 11:00 Sunday Balloons 2:00 4th of July-iN2L 4:00 Social Time 6:15 Sunday Movie 7:00 Evening Relax</p>	<p><b>5</b> 9:00 Morning News 10:00 Exercise 11:00 Scenic Ride  2:00 Music-iN2L 2:30 Trivia 4:00 Sunshine Visits 6:15 Classic TV 7:00 Evening Relax</p>	<p><b>6 Fried Chicken Day</b> 9:00 Morning Update 10:00 Chair Dancing 11:00 Morning Stretch 2:00 Travel-iN2L 2:30 Coloring Fun 4:00 Scenic Ride  6:15 Classic TV 7:00 Evening Relax</p>	<p><b>7 Chocolate Day</b> 9:00 Morning Update 10:00 Morning Stretch 11:00 Fancy Nails 2:00 Trivia-iN2L 2:30 Music-iN2L 4:00 Sunshine Visits 6:15 Classic TV 7:00 Evening Relax</p>	<p><b>8</b> 9:00 Morning News 10:00 Sit and Be Fit 11:00 Nature Walk 2:00 Balloon Noodle 2:30 Travel-iN2L 4:00 Story Time 6:15 Classic TV 7:00 Evening Relax</p>	<p><b>9</b> 9:00 Morning News 10:00 Morning Stretch 11:00 Word Fun 2:00 Travel- iN2L 2:30 Kick Ball 4:00 Ice Cream Treats 6:15 Friday Flicks 7:00 Evening Relax</p>	<p><b>10 Kitten Day</b> 9:00 Morning News 10:00 Stretch-iN2L 11:00 Kittens-iN2L 2:00 Trivia iN2L 2:30 Sing Along 4:00 Sunshine Visits 6:15 Classic TV 7:00 Evening Relax</p> 
<p><b>11</b> 9:00 Sunday News 10:00 Spiritual-iN2L 11:00 Sunday Stretches 2:00 Fancy Nails 4:00 Social Time 6:15 Sunday Movie 7:00 Evening Relax</p>	<p><b>12 Jell-O Day</b> 9:00 Morning News 10:00 Exercise 11:00 Scenic Ride  2:00 Love Bug Toss 2:30 Jell-O Treats 4:00 Sunshine Visits 6:15 Classic TV 7:00 Evening Relax</p>	<p><b>13 French Fry Day</b> 9:00 Morning Update 10:00 Chair Dancing 11:00 French Fry Ride 2:00 Trivia-iN2L 2:30 Live Music 4:00 Scenic Ride  6:15 Classic TV 7:00 Evening Relax</p>	<p><b>14</b> 9:00 Morning Update 10:00 Morning Stretch 11:00 Fancy Nails 2:00 Banana Splits 2:30 Music-iN2L 4:00 Sunshine Visits 6:15 Classic TV 7:00 Evening Relax</p>	<p><b>15 Gummy Worm Day</b> 9:00 Morning News 10:00 Sit and Be Fit 11:00 Nature Walk 2:00 Trivia-iN2L 2:30 Dirt Cups 4:00 Story Time 6:15 Classic TV 7:00 Evening Relax</p> 	<p><b>16</b> 9:00 Morning News 10:00 Sit and Be Fit 11:00 Word Fun 2:00 Travel- iN2L 2:30 Patio Fun 4:00 Mocktails 6:15 Friday Flicks 7:00 Evening Relax</p>	<p><b>17</b> 9:00 Morning News 10:00 Stretch-iN2L 11:00 Reminiscing 2:00 Trivia iN2L 2:30 Hula Hoop Ball 4:00 Sunshine Visits 6:15 Classic TV 7:00 Evening Relax</p>
<p><b>18 Ice Cream Day</b> 9:00 Sunday News 10:00 Spiritual-iN2L 11:00 Sunday Stretches 2:00 Ice Cream Social 4:00 Wheel of Fortune 6:15 Sunday Movie 7:00 Evening Relax</p> 	<p><b>19</b> 9:00 Morning News 10:00 Exercise 11:00 Scenic Ride  2:00 Golf 2:30 Fancy Nails 4:00 Sunshine Visits 6:15 Classic TV 7:00 Evening Relax</p>	<p><b>20 Lollipop Day</b> 9:00 Morning Update 10:00 Chair Dancing 11:00 Scenic Ride  2:00 Trivia-iN2L 2:30 Lollipop Art 4:00 Scenic Ride  6:15 Classic TV 7:00 Evening Relax</p>	<p><b>21 Hot Dog Day</b> 9:00 Morning Update 10:00 Morning Stretch 11:00 Fancy Nails 2:00 Shaved Ice 2:30 Music-iN2L 4:00 Sunshine Visits 6:15 Classic TV 7:00 Evening Relax</p> 	<p><b>22</b> 9:00 Morning News 10:00 Sit and Be Fit 11:00 Nature Walk 2:00 Balloon Noodle 2:30 Music-iN2L 4:00 Story Time 6:15 Classic TV 7:00 Evening Relax</p>	<p><b>23</b> 9:00 Morning News 10:00 Sit and Be Fit 11:00 Fancy Nails 2:00 Travel- iN2L 2:30 Kick Ball 4:00 Mocktails 6:15 Friday Flicks 7:00 Evening Relax</p>	<p><b>24</b> 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</p>
<p><b>25 Hot Fudge Sundaes</b> 9:00 Sunday News 10:00 Spiritual-iN2L 11:00 Sunday Stretches 2:00 Sundaes 4:00 Wheel of Fortune 6:15 Sunday Movie 7:00 Evening Relax</p> 	<p><b>26</b> 9:00 Morning News 10:00 Exercise 11:00 Scenic Ride  2:00 Travel-iN2L 2:30 Trivia-iN2L 4:00 Sunshine Visits 6:15 Classic TV 7:00 Evening Relax</p>	<p><b>27</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</p>	<p><b>28</b> 9:00 Morning Update 10:00 Morning Stretch 11:00 Fancy Nails 2:00 Golf 2:30 Music-iN2L 4:00 Sunshine Visits 6:15 Classic TV 7:00 Evening Relax</p>	<p><b>29</b> 9:00 Morning News 10:00 Sit and Be Fit 11:00 Nature Walk 2:00 Bowling 2:30 Music-iN2L 4:00 Story Time 6:15 Classic TV 7:00 Evening Relax</p>	<p><b>30 Friendship Day</b> 9:00 Morning News 10:00 Sit and Be Fit 11:00 Word Fun 2:00 Travel- iN2L 2:30 Nature Walk 4:00 Social Time 6:15 Friday Flicks 7:00 Evening Relax</p>	<p><b>31</b> 9:00 Morning News 10:00 Stretch-iN2L 11:00 Reminiscing 2:00 Trivia iN2L 2:30 Ball Toss 4:00 Social Time 6:15 Classic TV 7:00 Evening Relax</p>