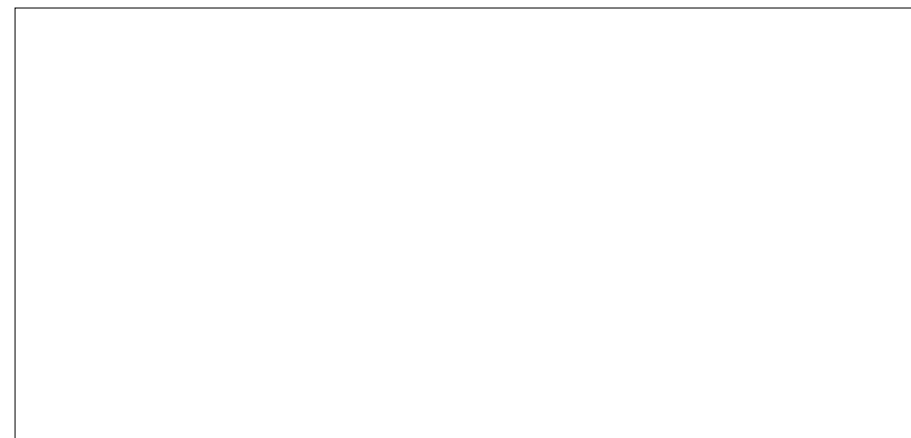




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Sparks, NV 89434

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

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

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The Arbors Bulletin

August 2021 Newsletter



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Explore Paths to Improved Eye Wellness

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

August is Eye Exam Month and in observance, we've gathered some insight for eyesight! It can be frustrating to experience changes to eyes which result from an array of factors. Luckily, there are many ways to address eye health.

One of the best ways to stay on top of eye health is to have annual eye exams. Practicing precautionary measures through lifestyle is also important. People with diabetes, high blood pressure, or medications that affect eyes have increased risk for vision problems.

Some lifestyle recommendations from the National Eye Institute include having a diet rich in fruits and vegetables—particularly dark, leafy greens; maintaining a healthy weight; wearing glasses, goggles, and safety shields as appropriate; avoiding smoking; reducing eyestrain from screens by looking 20 feet before you for 20 seconds every 20 minutes; and cleaning hands often to avoid infections.

Knowing family eye history, and being educated about vision issues and symptoms that may affect seniors is also helpful toward eye wellness.

Four Eye Issues That Can Affect Older Adults:

- Dry eye is a common issue for seniors, in which not enough tears or quality tears are made, and poor vision may result.
- Age-related macular degeneration is an issue that causes central (not side) vision loss. The macula of the eye allows people to see fine details and colors, so when it is affected, activities like reading, watching movies, and recognizing faces could be challenging



Did you know? UV rays can negatively affect your eye's surface tissue, cornea, and lens. When in the sun, protect your eyes with sunglasses that have 100% UV or UV400 protection.

- Cataracts are cloudy areas in the eye lens (usually in both eyes, to different degrees) that can cause blurry vision, poor contrast awareness, dulled colors, and glare sensitivity.
- Glaucoma is a group of issues which damage the optic nerve and in time can take away side vision. While glaucoma is often painless with no symptoms, older adults are at risk for it.

With all that in mind, there are many ways to help vision conditions, per the American Optometric Association. Some optometrists have rehabilitation programs to help with low vision for daily routines. Prescription devices are also available, like spectacle-mounted magnifiers for close-up tasks; hand-held or spectacle-mounted telescopes for near and far vision; handheld and stand magnifiers to assist with short-term reading; and video magnification that enlarges items on video.

Let us know if this information has been helpful for you in the comments section of our newsletter Facebook post on the first.

Special Moments



Those born in August are either Leo (Aug. 1-22) or Virgo (August 23-31). The birthstone for August is peridot. The birth flower for August is the gladiola. August babies are said to be natural leaders and teachers who thrive in the spotlight. They can often be described as charismatic.

August 2021 Highlights

August is Eye Exam Month, Wellness Month, and Sun Safety Month. It celebrates peaches, paninis, golf, catfish, sandwiches, and goat cheese!



01 Mahjong Day; Sister Day; Colorado Day	19 Aviation Day; Potato Day; Hair Bow Day
02 Coloring Day; Ice Cream Sandwich Day	20 Radio Day; Lemonade Day
03 Watermelon Day; National Night Out Day	21 Senior Day; Spumoni Day; Geocache Day
04 Chocolate Chip Cookie Day	22 Pecan Torte Day; Be an Angel Day
05 Oyster Day; Work Like a Dog Day; IPA Day	23 Sponge Cake Day; Cuban Sandwich Day
06 Root Beer Float Day; Water Balloon Day	24 Maryland Day; Waffle Day; Peach Pie Day
07 Mustard Day; Disc Golf Day	25 Banana Split Day
08 Froyo Custard Day; Zucchini Day; Cat Day	26 Cherry Popsicle Day; Dog Day
09 Book Lovers' Day; Rice Pudding Day	27 Pots de Crème Custard Day; Just Cuz Day
10 S'mores Day; Connecticut Day	28 Bow Tie Day; Cherry Turnover Day
11 Son & Daughter Day; Kinetic Sand Day	29 Chop Suey Day; Lemon Juice Day
12 Vinyl Record Day; World Elephant Day	30 Toasted Marshmallow Day; Beach Day
13 Intl. Left Handers' Day; Prosecco Day	31 Trail Mix Day; Intl. Bacon Day
14 Creamsicle Day; Bowling Day	
15 Lemon Meringue Pie Day; Honey Bee Day	
16 Tell a Joke Day; Airborne Day	
17 Black Cat Day; Thrift Shop Day	
18 Fajita Day; Ice Cream Pie 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.

August 9th is Book Lovers Day!

Our residents and staff shared their favorites!

"Witcher" - Trevor

"The Help" - Lisa

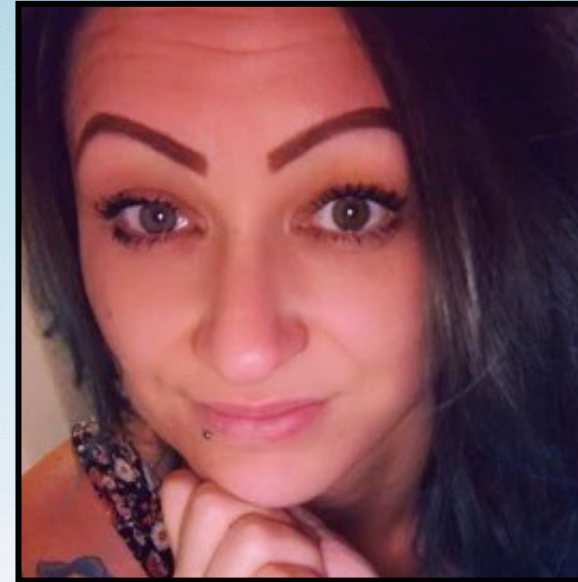
"Life's Golden Ticket" - Viki

"The Pillars of The Earth" - Gail

"The Bible" - Mary

"A Tale of Two Cities" - Wendy

"Water the Bamboo" - Stand Up Team



Staff Spotlight:
Melissa

Our spotlight this month shines on Med Tech Melissa. She is someone who has compassion for others because of her understanding and empathy of what others are going through. Melissa embraces the opportunity to fully immerse herself in having a positive connection with the residents, with kind and considerate interactions. She respects our residents and is an advocate for their optimal quality of care. With a listening ear, eyes, and heart, she forms close, caring relationships with all here, who know they can depend on her for support. Her three children are her world and motherhood is the biggest and most important adventure in her life. Melissa creates beautiful blankets and many other items with her talented crocheters skill. She is very artistic and also creates beautiful paintings. We are fortunate to have Melissa as part of our Arbors family.



Resident Spotlight:
Scott

Scott grew up in Foster City, CA, where his parents taught him the importance of hard work and independence. He eventually moved to Lake Tahoe. Visiting friends often in Incline Village, Scott fell in love with the area and bought his home in Kings Beach - only 5 blocks from the beach and a short drive to ski slopes of Squaw Valley. Skiing is Scott's greatest passion, and his friends took him on some of the most difficult courses of Squaw Valley. He loved teaching skiing to kids as a junior ski program instructor at Squaw. Scott worked for 20 years for the Tahoe City Public Utilities District, with responsibility for Parks and Recreation. He maintained parks, the community center, and supervised community service workers. He is very proud of the accomplishments of his two stepdaughters and son. Scott is thankful to have spent most of his life living and loving all the great outdoor adventures of Lake Tahoe. We are so excited to have Scott at Arbors.

AUGUST 2021

Arbors Memory Care Monthly Activities



 SUN	MON	TUE	WED	THU	FRI  ROOT BEER FLOAT	SAT
1 Sister Day 9:00 Sunday News 10:00 Spiritual-iN2L 11:00 Sunday Stretches 2:00 Fancy Nails 4:00 Wheel of Fortune 6:15 Sunday Movie 7:00 Evening Relax	2 Ice Cream Sandwich Day 9:00 Morning News 10:00 Exercise 11:00 Scenic Ride  2:00 Music-iN2L 2:30 Catfish Music  4:00 Social Time 6:15 Classic TV 7:00 Evening Relax	3 Watermelon Day 9:00 Morning Update 10:00 Chair Dancing 11:00 Scenic Ride  2:00 Trivia-iN2L 2:30 Butterfly Art 4:00 Social Time 6:15 Classic TV 7:00 Evening Relax	4 Chocolate Chip Cookies 9:00 Morning Update 10:00 Morning Stretch 11:00 Fancy Nails 2:00 Trivia-iN2L 2:30 Lady Bug Toss 4:00 Sunshine Visits 6:15 Classic TV 7:00 Evening Relax	5 9:00 Morning News 10:00 Sit and Be Fit 11:00 Golf 2:00 Music-iN2L 2:30 Crosswords-iN2L 4:00 Social Time 6:15 Classic TV 7:00 Evening Relax	6 9:00 Morning News 10:00 Sit and Be Fit 11:00 Word Fun 2:00 Root Beer Floats 2:30 Nature Walk 4:00 Social Time 6:15 Friday Flicks 7:00 Evening Relax	7 9:00 Morning News 10:00 Stretch-iN2L 11:00 Reminiscing 2:00 Travel-iN2L 2:30 Sing Along 4:00 Sunshine Visits 6:15 Classic TV 7:00 Evening Relax
8 9:00 Sunday News 10:00 Spiritual-iN2L 11:00 Sunday Stretches 2:00 Fancy Nails 4:00 Games 6:15 Sunday Movie 7:00 Evening Relax	9 Book Day 9:00 Morning News 10:00 Exercise 11:00 Scenic Ride  2:00 Books-iN2L 2:30 Balloon Noodle 4:00 Social Time 6:15 Classic TV 7:00 Evening Relax	10 S'mores Day 9:00 Morning Update 10:00 Chair Dancing 11:00 Scenic Ride  2:00 Trivia-iN2L 2:30 Sierra Arts  4:00 Social Time 6:15 Classic TV 7:00 Evening Relax	11 9:00 Morning Update 10:00 Morning Stretch 11:00 Fancy Nails 2:00 Trivia-iN2L 2:30 Lady Bug Toss 4:00 Sunshine Visits 6:15 Classic TV 7:00 Evening Relax	12 Elephant Day 9:00 Morning News 10:00 Sit and Be Fit 11:00 Golf 2:00 Elephant's-iN2L 2:30 Music-iN2L 4:00 Social Time 6:15 Classic TV 7:00 Evening Relax	13 9:00 Morning News 10:00 Sit and Be Fit 11:00 Word Fun 2:00 Travel- iN2L 2:30 Puzzles 4:00 Social Time 6:15 Friday Flicks 7:00 Evening Relax	14 9:00 Morning News 10:00 Stretch-iN2L 11:00 Reminiscing 2:00 Travel- iN2L 2:30 Table Games 4:00 Sunshine Visits 6:15 Classic TV 7:00 Evening Relax
15 9:00 Sunday News 10:00 Spiritual-iN2L 11:00 Sunday Stretches 2:00 Fancy Nails 4:00 Games 6:15 Sunday Movie 7:00 Evening Relax	16 Joke Day 9:00 Morning News 10:00 Exercise 11:00 Scenic Ride  2:00 Jokes-iN2L 2:30 Catfish Music  4:00 Social Time 6:15 Classic TV 7:00 Evening Relax	17 Soft Serve Ice Cream 9:00 Morning Update 10:00 Chair Dancing 11:00 Ice Cream  2:00 Travel-iN2L 2:30 Bingo 4:00 Social Time 6:15 Classic TV 7:00 Evening Relax	18 9:00 Morning Update 10:00 Morning Stretch 11:00 Fancy Nails 2:00 Trivia-iN2L 2:30 Lady Bug Toss 4:00 Sunshine Visits 6:15 Classic TV 7:00 Evening Relax	19 9:00 Morning News 10:00 Sit and Be Fit 11:00 Golf 2:00 Music-iN2L 2:30 Crosswords-iN2L 4:00 Social Time 6:15 Classic TV 7:00 Evening Relax	20 Radio Day 9:00 Morning News 10:00 Sit and Be Fit 11:00 Classic Radio-iN2L 2:00 Travel- iN2L 2:30 Patio Fun 4:00 Social Time 6:15 Friday Flicks 7:00 Evening Relax	21 9:00 Morning News 10:00 Stretch-iN2L 11:00 Reminiscing 2:00 Travel-iN2L 2:30 Sing Along 4:00 Sunshine Visits 6:15 Classic TV 7:00 Evening Relax
22 9:00 Sunday News 10:00 Spiritual-iN2L 11:00 Sunday Stretches 2:00 Fancy Nails 4:00 Wheel of Fortune 6:15 Sunday Movie 7:00 Evening Relax	23 9:00 Morning News 10:00 Exercise 11:00 Scenic Ride  2:00 Music-iN2L 2:30 Balloon Noodle 4:00 Social Time 6:15 Classic TV 7:00 Evening Relax	24 9:00 Morning Update 10:00 Chair Dancing 11:00 Scenic Ride  2:00 Trivia-iN2L 2:30 Arts & Crafts 4:00 Social Time 6:15 Classic TV 7:00 Evening Relax	25 9:00 Morning Update 10:00 Morning Stretch 11:00 Fancy Nails 2:00 Lady Bug Toss 2:30 Banana Splits 4:00 Sunshine Visits 6:15 Classic TV 7:00 Evening Relax	26 Dog Day 9:00 Morning News 10:00 Sit and Be Fit 11:00 Nature Walk 2:00 Dogs-iN2L 2:30 Crosswords 4:00 Social Time 6:15 Classic TV 7:00 Evening Relax	27 9:00 Morning News 10:00 Sit and Be Fit 11:00 Word Fun 2:00 Travel- iN2L 2:30 Puzzles 4:00 Social Time 6:15 Friday Flicks 7:00 Evening Relax	28 Bow Tie Day 9:00 Morning News 10:00 Stretch-iN2L 11:00 Reminiscing 2:00 Trivia iN2L 2:30 Table Games 4:00 Sunshine Visits 6:15 Classic TV 7:00 Evening Relax
29 9:00 Sunday News 10:00 Spiritual-iN2L 11:00 Sunday Stretches 2:00 Fancy Nails 4:00 Games 6:15 Sunday Movie 7:00 Evening Relax	30 9:00 Morning News 10:00 Exercise 11:00 Scenic Ride  2:00 Music-iN2L 2:30 Balloon Toss 4:00 Social Time 6:15 Classic TV 7:00 Evening Relax	31 Trail Mix Day 9:00 Morning Update 10:00 Chair Dancing 11:00 Scenic Ride  2:00 Tic-Tac-Toe-iN2L 2:30 Bingo 4:00 Social Time 6:15 Classic TV 7:00 Evening Relax				All activities subject to change per mandated health guidelines.