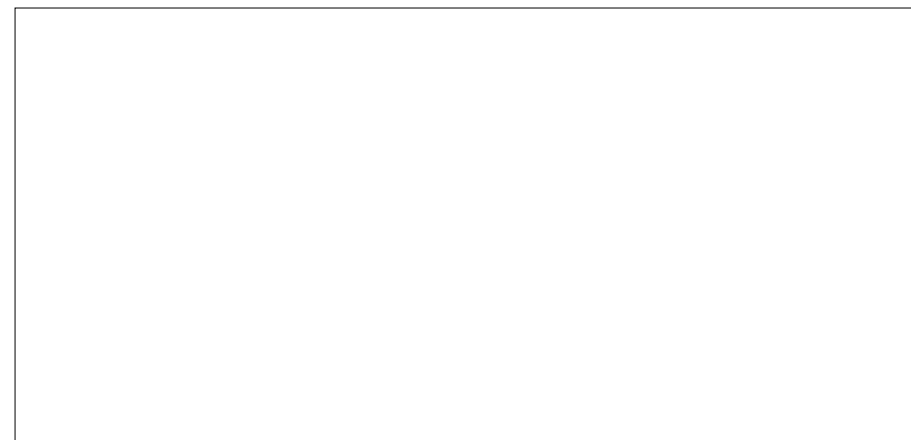




2121 E. Prater Way  
Sparks, NV 89434

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### Administrative Team:

Executive Director: Barb Heywood  
Community Relations Director: Suzie Kuczynski  
Business Office Director: Siana Williams  
Wellness Director: Sarah Conroy & Lisa Erck  
Wellness Coordinator: Jesse Bright & Julia Nelson  
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.

### 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)

# The Arbors Bulletin

September 2021 Newsletter



2 Achieving Better Balance  
3 Team & Resident Spotlight  
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# Achieving Better Balance & A More Active Lifestyle

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

Do you ever feel lightheaded upon standing or feel your surroundings spin when taking a step? These are signs of balance issues. Most stem from the inner ear, but can be related to medications, the circulatory system, or blood pressure, among other causes. Fortunately, balance issues can be improved with attention to health, and action.

In September, Balance Awareness Week takes place, the 19th-25th. In observance, we’re sharing causes and improvement ideas.

### Balance Issue Causes

Vertigo, lightheadedness, unsteadiness, and dizziness are four symptoms that can point to specific causes, per the Mayo Clinic. Causes are not limited to these, but can include: motion sickness, migraine, and Meniere's behind **vertigo**; cardiovascular issue or blood pressure change with movement behind **lightheadedness**; eyesight issue, medication, inner ear issue, leg nerve damage, or neurological issue behind **unsteadiness**; and inner ear issue, medication, or psychiatric issue behind **dizziness**. Balance disorders can bring about symptoms including but not limited to: confusion, disorientation, nausea and vomiting, diarrhea, changes in heart rate and blood pressure, fear, anxiety, or panic.

If you suspect you have an issue, speak with your medical professional for diagnosis and treatment. Depending on the issue, treatment can include medications to control dizziness and vomiting, balance retraining, inner ear



positioning procedures, surgery, change to diet (specific to the cause), and lifestyle change.

Lifestyle change many can benefit from is increased physical activity for muscle strength and flexibility. If your health professional approves, here are a few ideas to try, with a spotter present!

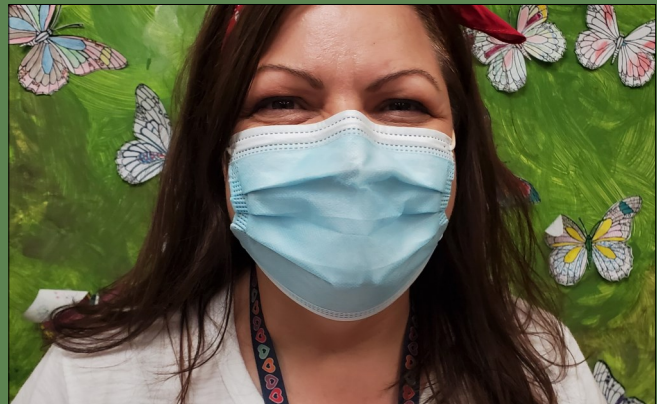
### Exercises

- Tai Chi or Chair Chi! This is meditation in motion, with movements that shift weight from foot to foot, helping posture and balance.
- Hold a chair and stand on one leg at a time for several intervals.
- Tightrope Walking: Hold arms straight out at your sides. Walk a straight line with a 1-2 second pause as your back leg lifts from the ground. Have head up and eyes fixed ahead.
- Wall Pushups: Stand arm’s length from a wall. Lean forward slightly with palms flat on wall at height and width of shoulders. Keep feet in place as you move your body forward. Gently push back until arms are straight.

Let us know if this information has been helpful to you on our facebook page!



## Special Moments



Francine: Sept. 4  
Collin: Sept. 20  
Arlene: Sept. 25



Those born in September are either Virgo (Aug. 23-Sept. 22) or Libra (Sept. 23-Oct. 22). The birthstone for September is sapphire. The birth flowers for September are asters and morning glory. Virgos are best known for being practical, loyal, and organized. Libras are balanced, social, and fair-minded. September has 11 of the top birthdates in the nation with more babies born on September 9 than any other day of the year!



# September 2021 Highlights

**September is Healthy Aging Month, Cholesterol Education Month, Food Safety Education Month, and World Alzheimer's Month. It celebrates Hispanic Heritage, Sewing, Piano, Honey, Chicken, and Americana!**

01 Building & Code Staff Day; Write Letters Day	16 Cinnamon Raisin Bread Day; Guacamole Day
02 Blueberry Popsicle Day	17 Apple Dumpling Day; Country Music Day
03 Bowling League Day; College Colors Day	18 Cheeseburger Day; Dance Day
04 Macadamia Nut Day; Tailgating Day	19 Butterscotch Pudding Day
05 Cheese Pizza Day; Intl. Day of Charity	20 Pepperoni Pizza Day; String Cheese Day
06 Labor Day; Rosh Hashanah; Book Day	21 Chai Day; NY Day; World Alzheimer's Day
07 Acorn Squash Day; Salami Day	22 Centenarians' Day; White Chocolate Day
08 Intl. Literacy Day; Ampersand Day	23 Pot Pie Day; Snack Stick Day
09 Teddy Bear Day; Wiener Schnitzel Day	24 Cherries Jubilee Day; Punctuation Day
10 Swap Ideas Day; TV Dinner Day	25 Family Health & Fitness Day; Quesadilla Day;
11 Hot Cross Bun Day; Patriot Day	26 HR Prof's Day; Pancake Day; Dumpling Day
12 Assisted Living Week Kickoff; Grandparent Day	27 Family Day; Corned Beef Hash Day; Scarf Day
13 Peanut Day	28 Good Neighbor Day; North Carolina Day
14 Cream Filled Donut Day; Hoagie Day	29 Coffee Day; Women's Health Day
15 Yom Kippur; Learn Online Day; Linguine Day	30 Hot Mulled Cider Day; Love Others Day

**"O sweet September, thy first breezes bring. The dry leaf's rustle and the squirrel's laughter. The cool fresh air whence health and vigor spring. And promise of exceeding joy hereafter." — George Arnold, September Days**

**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.

## **Autumn Begins September 22!**

**Our residents and staff shared what they love most about Autumn!**

**"Rustling sound of leaves" - Jen**

**"Falling leaves" - Edenia**

**"Colors of leaves and making bouquets - Christine**

**"Colors" - David**

**"Smell of the cool air" - Viki**

**"Seeing family" - Ray**

**"Pies" - Wendy**



## **Staff Spotlight: Sarah**

Sarah, our LPN, brings a real ray of light to the Arbors. With a twinkle in her eyes, a radiant smile, a calm demeanor, and maybe a bit of fairy dust, Sarah has been our in-house nurse for over 4 years. She has a way of providing honest, straight forward answers in a reassuring manner, bringing trust to our residents and confidence to our staff. Sarah has been a nurse for the past 11 years and has guided her career towards the geriatric field, since she loves working with seniors. Spending time connecting with residents can be the greatest reward of all, says Sarah. Sarah loves talking and interacting with residents as they express their stories, talking about life experiences, and sharing cherished memories. This type of nursing is actually a calling and worth every chance to make a difference in someone's life.

Sarah states she "has a happy life and is a lucky wife." She is a devoted wife and loving mother of three of the most adorable small children you will ever see. Being a mom has made Sarah a better nurse because coming home reminds her of why she is working so hard. Being a nurse makes her a better mom because she is perusing her dreams and modeling for her children how to pursue their dreams.

Arbors is lucky to have someone like you, Sarah!



## **Resident Spotlight: Gerry**

This outgoing, humorous resident, is full of interesting, enlightening, educational, and just plain funny stories. Gerry grew up in the small town of Paso Robles, CA, where the Santa Lucia Coastal Mountain Range was his playground. He is proud to have received his varsity letter by playing football and running track for 3 years. Gerry went to Cal Poly, San Luis Obispo, and majored in Physics and other disciplines. Out of college, he moved to Colorado working for Samsonite, where he fell for the love of his life. They were married in just three months, after 7 proposals. His persistence paid off and has given him 58 wonderful years of marriage. He has been successful in many adventures such as forming, buying, and overseeing many businesses in the United States. With his wife at his side, they raised two wonderful daughters, and grandchildren that he lovingly refers to as his "Tribe". He loves traveling and has been to many countries and enjoyed mixing business and pleasure often in Hawaii. After much research, Gerry and his wife decided to retire to Sparks, which he is proud to now call his home for the past 10 years. We are happy to have Gerry with his ever-engaging stories as part of our Arbors family.



SUN	MON	TUE	WED	THU	FRI	SAT
<p>All activities subject to change per mandated health guidelines.</p>			<p>1</p> <p>9:00 Morning Update 10:00 Morning Stretch 11:00 Fancy Nails 2:00 Lady Bug Toss 2:30 Trivia-iN2L 4:00 Sunshine Visits 6:15 Classic TV 7:00 Evening Relax</p>	<p>2</p> <p><b>VJ Day WW II</b> 9:00 Morning News 10:00 Sit and Be Fit 11:00 Bowling 2:00 VJ Day-iN2L 2:30 Crosswords-iN2L 4:00 Social Time 6:15 Classic TV 7:00 Evening Relax</p>	<p>3</p> <p>9:00 Morning News 10:00 Sit and Be Fit 11:00 Word Fun 2:00 Group Pick-iN2L 2:30 Nature Walk 4:00 Social Time 6:15 Friday Flicks 7:00 Evening Relax</p>	<p>4</p> <p>9:00 Morning News 10:00 Stretch-iN2L 11:00 Reminisce-School 2:00 Travel-iN2L 2:30 Sing Along 4:00 Sunshine Visits 6:15 Classic TV 7:00 Evening Relax</p>
<p>5</p> <p>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</p>	<p>6</p> <p><b>Labor Day</b> 9:00 Morning News 10:00 Exercise 11:00 Scenic Ride 2:00 Music-iN2L 2:30 Balloon Fun 4:00 Social Time 6:15 Classic TV 7:00 Evening Relax</p>	<p>7</p> <p><b>Grandma Moses</b> 9:00 Morning Update 10:00 Chair Dancing 11:00 Folk Art-iN2L 2:00 Trivia-iN2L 2:30 Bingo 4:00 Social Time 6:15 Classic TV 7:00 Evening Relax</p>	<p>8</p> <p>9:00 Morning Update 10:00 Morning Stretch 11:00 Fancy Nails 2:00 Ring Toss 2:30 Trivia-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 Bowling 2:00 Music-iN2L 2:30 Crosswords-iN2L 4:00 Social Time 6:15 Classic TV 7:00 Evening Relax</p>	<p>10</p> <p>9:00 Morning News 10:00 Sit and Be Fit 11:00 Word Fun 2:00 Group Pick-iN2L 2:30 Patio Time 4:00 Social Time 6:15 Friday Flicks 7:00 Evening Relax</p>	<p>11</p> <p><b>9/11 Remembrance</b> 9:00 Morning News 10:00 Stretch-iN2L 11:00 Reminiscing-9/11 2:00 Travel-iN2L 2:30 Sing Along 4:00 Sunshine Visits 6:15 Classic TV 7:00 Evening Relax</p>
<p>12</p> <p><b>GRANDPARENTS DAY</b> 9:00 Sunday News 10:00 Spiritual-iN2L 11:00 Sunday Stretches 2:00 Fancy Nails 4:00 Walk 6:15 Sunday Movie 7:00 Evening Relax</p>	<p>13</p> <p><b>Peanut Day</b> 9:00 Morning News 10:00 Exercise 11:00 Peanut Game 2:00 Music-iN2L 2:30 Nature Walk 4:00 Social Time 6:15 Classic TV 7:00 Evening Relax</p>	<p>14</p> <p>9:00 Morning Update 10:00 Chair Dancing 11:00 Ring Toss 2:00 Trivia-iN2L 2:30 Arts &amp; Craft 4:00 Social Time 6:15 Classic TV 7:00 Evening Relax</p>	<p>15</p> <p><b>Yom Kippur</b> 9:00 Morning Update 10:00 Morning Stretch 11:00 Fancy Nails 2:00 Lady Bug Toss 2:30 Trivia-iN2L 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 Bowling 2:00 Music-iN2L 2:30 Crosswords-iN2L 4:00 Social Time 6:15 Classic TV 7:00 Evening Relax</p>	<p>17</p> <p>9:00 Morning News 10:00 Sit and Be Fit 11:00 Word Fun 2:00 Music-iN2L 2:30 Nature Walk 4:00 Social Time 6:15 Friday Flicks 7:00 Evening Relax</p>	<p>18</p> <p>9:00 Morning News 10:00 Stretch-iN2L 11:00 Reminiscing-60's 2:00 Travel-iN2L 2:30 Table Games 4:00 Sunshine Visits 6:15 Classic TV 7:00 Evening Relax</p>
<p>19</p> <p><b>Pirate Day</b> 9:00 Sunday News 10:00 Spiritual-iN2L 11:00 Sunday Stretches 2:00 Fancy Nails 4:00 National Geo 6:15 Sunday Movie 7:00 Evening Relax</p>	<p>20</p> <p>9:00 Morning News 10:00 Exercise 11:00 2:00 Music-iN2L 2:30 Ball Toss 4:00 Social Time 6:15 Classic TV 7:00 Evening Relax</p>	<p>21</p> <p><b>Miniature Golf Day</b> 9:00 Morning Update 10:00 Chair Dancing 11:00 Golf 2:00 Trivia-iN2L 2:30 Nature Walk 4:00 Social Time 6:15 Classic TV 7:00 Evening Relax</p>	<p>22</p> <p><b>FALL</b> 9:00 Morning Update 10:00 Morning Stretch 11:00 Fancy Nails 2:00 Lady Bug Toss 2:30 Fall Trivia 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 Bowling 2:00 Music-iN2L 2:30 Crosswords-iN2L 4:00 Social Time 6:15 Classic TV 7:00 Evening Relax</p>	<p>24</p> <p>9:00 Morning News 10:00 Sit and Be Fit 11:00 Word Fun 2:00 Dancing-iN2L 2:30 Nature Walk 4:00 Social Time 6:15 Friday Flicks 7:00 Evening Relax</p>	<p>25</p> <p>9:00 Morning News 10:00 Stretch-iN2L 11:00 Reminiscing-70's 2:00 Travel-iN2L 2:30 Sing Along 4:00 Sunshine Visits 6:15 Classic TV 7:00 Evening Relax</p>
<p>26</p> <p><b>Jonny Appleseed</b> 9:00 Sunday News 10:00 Spiritual-iN2L 11:00 Sunday Stretches 2:00 Fancy Nails 4:00 National Geo 6:15 Sunday Movie 7:00 Evening Relax</p>	<p>27</p> <p>9:00 Morning News 10:00 Exercise 11:00 Family Feud 2:00 Music-iN2L 2:30 Nature Walks 4:00 Social Time 6:15 Classic TV 7:00 Evening Relax</p>	<p>28</p> <p>9:00 Morning Update 10:00 Chair Dancing 11:00 Bowling 2:00 Trivia-iN2L 2:30 Fall Art 4:00 Social Time 6:15 Classic TV 7:00 Evening Relax</p>	<p>29</p> <p><b>Coffee Day</b> 9:00 Morning Update 10:00 Morning Stretch 11:00 Fancy Nails 2:00 Ring Toss 2:30 Coffee/Tea Time 4:00 Sunshine Visits 6:15 Classic TV 7:00 Evening Relax</p>	<p>30</p> <p>9:00 Morning News 10:00 Sit and Be Fit 11:00 Bowling 2:00 Music-iN2L 2:30 Crosswords-iN2L 4:00 Social Time 6:15 Classic TV 7:00 Evening Relax</p>		