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Wellness Director: Sarah Conroy & Lisa Erck
Wellness Coordinators: Ana Perez & 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.

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The Arbors Bulletin

October 2021 Newsletter



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Physical Therapy for Improved Quality of Life

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

You may think of a physical therapist as one to go to for healing and strengthening after an injury. While physical therapists are great for that, they also do much more. Physical therapists can help people by diagnosing physical conditions, improving movement, managing pain, restoring function, and preventing disabilities, according to the American Physical Therapy Association.

Physical therapists help people through all stages of life with care, education, and treatment plans that aim to improve overall quality of life. They may approach issues with proper stretching techniques, strengthening and core-focused exercises, ice and heat, or ultrasound, to name a few approaches.

This Physical Therapy Month, we've delved into five ways physical therapy can help people, especially older adults.

5 Potential Physical Therapy Benefits

Improved Movement: Physical therapists can identify, diagnose, and treat movement challenges, and in some cases can help people to avoid having surgery.

Pain Relief or Prevention: Physical therapy can provide long-term pain solutions with exercises, joint and soft tissue mobilization, ice/heat therapy, ultrasound, and electrical stimulation for relief or restoring function.



Did you know? There are many physical therapy focus areas, including but not limited to: orthopedic, neurological, vestibular, and cardiovascular!

Management of Issues with Diabetes: Physical therapists can help prescribe and teach exercise for lowering blood glucose levels, treat chronic pain, improve walking ability, treat sores, help with assistive devices, and restore normal movement and balance.

Management of Issues As We Age: Physical Therapists may be able to help with managing arthritis, managing pain, osteoporosis and/or recovering from procedures like joint replacements. They may also be able to help prevent or recover from falls with exercises.

Strengthening After a Stroke: Physical therapists can help improve function and balance with Constraint-Induced Movement Therapy, functional electrical stimulation, and motor imagery, among others.

For those who haven’t tried physical therapy, but are interested, a great first step would be to reach out to a local physical therapist and see how they might be able to play a positive role in healthy living. Let us know if this information has been helpful to you on our facebook page!

Special Moments



Happy Birthday!

- Nita: Oct. 7
- Scott: Oct. 17
- Betsey: Oct. 16
- Hilla Oct. 19
- Gene: Oct. 29



Those born in October are Libras (Sept. 23-Oct. 22) or Scorpios (Oct. 23-Nov. 21). Their birthstones are opals & tourmaline. Their birth flower is the Calendula. More American presidents have October birthdays than any other month!

October 2021 Highlights

October is Emotional Wellness Month, Physical Therapy Month, Dental Hygiene Month, and Breast Cancer Awareness Month. It celebrates Chili, Pretzels, Global Diversity, Adopting Shelter Dogs, and World Space Week!

01 Intl. Seniors Day; Homemade Cookies Day	17 Pasta Day
02 Custodial Workers' Day; Fried Scallops Day	18 Chocolate Cupcake Day; No Beard Day
03 Techies' Day	19 Seafood Bisque Day; Kentucky Day
04 Golf Love Day; Taco Day; Cinnamon Bun Day	20 Confident Youth Day; Medical Asst. Day
05 Nice Act Day; International Teachers' Day	21 Pumpkin Cheesecake Day; Reptile Day
06 Mad Hatter Day; Pumpkin Seed Day	22 Color Day; Nut Day; Make a Dog's Day
07 Frappe Day; Chocolate Pretzel Day	23 Boston Cream Pie Day; Make Difference Day
08 Fluffernutter Day; Pierogi Day; Heroes Day	24 Bologna Day; Mother-In-Laws' Day
09 Leif Ericson Day; Chess Day; I Love Yarn Day	25 Greasy Food Day; Sourest Day
10 Decorate Cake Day; Clergy Appreciation Day	26 Pumpkin Day; Mincemeat Day
11 Native Americans' Day; Columbus Day	27 Navy Day; American Beer Day; Black Cat Day
12 World Arthritis Day; Farmers' Day	28 Chocolate Day; First Responders' Day
13 Navy Birthday; Train Brain Day; Fossil Day	29 Cat Day; Oatmeal Day; Nevada Day
14 Dessert Day	30 Candy Corn Day
15 I Love Lucy Day; Bosses Day	31 Halloween; Girl Scout Founder's Day
16 Global Cat Day; Sports Day; Sweetest Day	

"I wish that every day was Saturday and every month was October." - Charmaine J. Forde

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.

October 14 is Dessert Day!

Our residents and staff shared their favorites!

"Apple Pie Alamode" - Jen

"Pastries" - Lisa

"Cookies" - Viki

"Anything Chocolate" - Ray

"Chocolate Pudding" - Paul

"Carrot Cake" - Collin

"Oreos" - Scott



Staff Spotlight: Jackie

This month we are pleased to spotlight our Life Enrichment Assistant, Jackie. Jackie has been with us for one year and has grown into her role as Life Enrichment Assistant. She started her career in healthcare as a candy striper and continued on in caring for others until owning a home health care business of her own. Once the impact from the pandemic hit, we were fortunate enough to have Jackie join our community. She has been dedicated to improve the quality of life for our residents and does not hesitate to go above and beyond to help other staff in any way she can. When she is not giving of herself to her Arbors family, Jackie is enjoying her son and grandchildren. Jackie and her husband Fred have a natural affection for pets and enjoy spending time with their dogs and cockatiel.

We are thankful to have Jackie as part of the Arbors team.



Resident Spotlight: Jeri

This very outgoing lady makes friends easily and is always so warm and welcoming to those around her. Jeri comes from Youngstown, OH, prior to making her home in Reno, NV. Working as an administrator for the Nevada Dairy Commission, Jeri excelled at customer service with her good listening skills and her ability to provide superior personalized attention to all. She has a wonderful sense of humor and makes others around her smile and laugh. She is blessed with the love and support of her daughter and grandchildren. Jeri is a fashionista with a flair for unique, classic clothing and a put together, polished look.

The Arbors is thankful to have Jeri as such a blessing in our community.

OCTOBER 2021

Arbors Memory Care Monthly Activities

SUN	MON	TUE	WED	THU	FRI	SAT
<div>All activities subject to change per mandated health guidelines.</div>	<div>HAPPY BIRTHDAY</div> <div></div> <div>Nita-Oct 7 Betsey-Oct 16 Scott-Oct 17 Hilla-Oct 19 Gene-Oct 29</div>	<div>WALK TO END ALZHEIMER'S</div> <div></div> <div>alzheimer's association</div>	<div></div>	<div></div>	<div>1</div> <div>9:00 Morning News 10:00 Sit and Be Fit 11:00 Nail Time 2:00 Group Pick-iN2L 2:30 Puzzles 4:00 Social Time 6:15 Friday Flicks 7:00 Evening Relax</div>	<div>2 Alzheimer's Walk</div> <div>9:00 Morning News 10:00 Stretch-iN2L 11:00 Reminiscing 2:00 Travel-iN2L 2:30 Table Games 4:00 Coloring Fun 6:15 Classic TV 7:00 Evening Relax</div>
<div>3</div> <div>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</div>	<div>4</div> <div>9:00 Morning News 10:00 Exercise 11:00 Scenic Bus Ride 2:00 Music-iN2L 2:30 Ball Toss 4:00 Social Time 6:15 Classic TV 7:00 Evening Relax</div>	<div>5 Teachers Day</div> <div>9:00 Morning Update 10:00 Chair Dancing 11:00 Scenic Bus Ride 2:00 Trivia-iN2L 2:30 Arts & Crafts 4:00 Guess the Smell 6:15 Classic TV 7:00 Evening Relax</div>	<div>6</div> <div>9:00 Morning Update 10:00 Morning Stretch 11:00 Bowling 2:00 Nail Time 2:30 More Fancy Nails 4:00 Sunshine Visits 6:15 Classic TV 7:00 Evening Relax</div>	<div>7</div> <div>9:00 Morning News 10:00 Sit and Be Fit 11:00 Nature Walk 2:00 Trivia-iN2L 2:30 Music-iN2L 4:00 Social Time 6:15 Classic TV 7:00 Evening Relax</div>	<div>8</div> <div>9:00 Morning News 10:00 Sit and Be Fit 11:00 Word Fun 2:00 Group Pick-iN2L 2:30 Puzzles 4:00 Hot Cocoa Treat 6:15 Friday Flicks 7:00 Evening Relax</div>	<div>9</div> <div>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</div>
<div>10</div> <div>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</div>	<div>11 Columbus Day</div> <div>9:00 Morning News 10:00 Exercise 11:00 Scenic Bus Ride 2:00 Music-iN2L 2:30 Balloon Noodle 4:00 Social Time 6:15 Classic TV 7:00 Evening Relax</div>	<div>12</div> <div>9:00 Morning Update 10:00 Chair Dancing 11:00 Scenic Bus Ride 2:00 Group Pick-iN2L 2:30 Bingo 4:00 Build Towers 6:15 Classic TV 7:00 Evening Relax</div>	<div>13</div> <div>9:00 Morning Update 10:00 Morning Stretch 11:00 Golf 2:00 Fancy Nails 2:30 More Nail Care 4:00 Sunshine Visits 6:15 Classic TV 7:00 Evening Relax</div>	<div>14</div> <div>9:00 Morning News 10:00 Sit and Be Fit 11:00 Nature Walk 2:00 Music-iN2L 2:30 Crosswords-iN2L 4:00 Play Dough 6:15 Classic TV 7:00 Evening Relax</div>	<div>15 "I Love Lucy" Day</div> <div>9:00 Morning News 10:00 Sit and Be Fit 11:00 Word Fun 2:00 Group Pick-iN2L 2:30 Reminiscing 4:00 Social Time 6:15 Friday Flicks 7:00 Evening Relax</div>	<div>16 Boss Day</div> <div>9:00 Morning News 10:00 Stretch-iN2L 11:00 Reminiscing 2:00 Travel-iN2L 2:30 Table Games 4:00 Knots 6:15 Classic TV 7:00 Evening Relax</div>
<div>17 Sweetest Day</div> <div>9:00 Sunday News 10:00 Spiritual-iN2L 11:00 Sunday Stretches 2:00 Fancy Nails 2:30 Heart Craft 4:00 Games 6:15 Sunday Movie 7:00 Evening Relax</div>	<div>18</div> <div>9:00 Morning News 10:00 Exercise 11:00 Scenic Bus Ride 2:00 Music-iN2L 2:30 Ball Toss 4:00 Social Time 6:15 Classic TV 7:00 Evening Relax</div>	<div>19</div> <div>9:00 Morning Update 10:00 Chair Dancing 11:00 Scenic Bus Ride 2:00 Travel-iN2L 2:30 Pumpkin Painting 4:00 Thread Pasta 6:15 Classic TV 7:00 Evening Relax</div>	<div>20</div> <div>9:00 Morning Update 10:00 Morning Stretch 11:00 Ring Toss 2:00 Fancy Nails 2:30 More Nail Care 4:00 Social Time 6:15 Classic TV 7:00 Evening Relax</div>	<div>21</div> <div>9:00 Morning News 10:00 Sit and Be Fit 11:00 Nature Walk 2:00 Trivia-iN2L 2:30 Music-iN2L 4:00 Social Time 6:15 Classic TV 7:00 Evening Relax</div>	<div>22</div> <div>9:00 Morning News 10:00 Sit and Be Fit 11:00 Word Games 2:00 Group Pick-iN2L 2:30 Puzzles 4:00 Mocktails 6:15 Friday Flicks 7:00 Evening Relax</div>	<div>23</div> <div>9:00 Morning News 10:00 Stretch-iN2L 11:00 Reminiscing 2:00 Travel-iN2L 2:30 Sing Along 4:00 Shapes 6:15 Classic TV 7:00 Evening Relax</div>
<div>24</div> <div>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</div>	<div>31 Halloween</div> <div>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</div>	<div>25</div> <div>9:00 Morning News 10:00 Exercise 11:00 Scenic Bus Ride 2:00 Music-iN2L 2:30 Balloon Noodle 4:00 Social Time 6:15 Classic TV 7:00 Evening Relax</div>	<div>26</div> <div>9:00 Morning Update 10:00 Chair Dancing 11:00 Scenic Bus Ride 2:00 Travel-iN2L 2:30 Bingo 4:00 Sorting 6:15 Classic TV 7:00 Evening Relax</div>	<div>27</div> <div>9:00 Morning Update 10:00 Morning Stretch 11:00 Tic-Tac-Toe 2:00 Fancy Nails 2:30 More Nail Care 4:00 Sunshine Visits 6:15 Classic TV 7:00 Evening Relax</div>	<div>28</div> <div>9:00 Morning News 10:00 Sit and Be Fit 11:00 Walk About 2:00 Trivia-iN2L 2:30 Music-iN2L 4:00 Social Time 6:15 Classic TV 7:00 Evening Relax</div>	<div>29 Nevada Day</div> <div>9:00 Morning News 10:00 Sit and Be Fit 11:00 Walk Fun 2:00 Group Pick-iN2L 2:30 Puzzles 4:00 Hot Chocolate 6:15 Friday Flicks 7:00 Evening Relax</div>
		<div>30</div> <div>9:00 Morning News 10:00 Stretch-iN2L 11:00 Reminiscing 2:00 Travel-iN2L 2:30 Table Games 4:00 Golden Walk 6:15 Classic TV 7:00 Evening Relax</div>				