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



The Arbors Bulletin

November 2021 Newsletter



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Flu Prevention Steps for Seniors This Season

Autumn brings much to be excited for: gatherings, delicious foods, crisp air, and beautiful sights outdoors! Less exciting, the influenza virus, a respiratory illness that infects the nose, throat, and lungs, makes its rounds in fall, typically on through February.

Anyone can catch the flu, but those 65+ or at senior living communities are at increased risk for flu-related complications like pneumonia, bronchitis, or sinusitis. The good news is older adults can take actions to avoid the flu. The best for many is an annual flu vaccine early in the flu season, with approval from one's medical professional.

All of us can benefit from knowing how to avoid getting and spreading the flu. It can spread in tiny drops when people with the flu cough, sneeze, or talk. The drops can transfer to nearby mouths, noses, or surfaces. Those with flu are most contagious in three to four days after their illness starts. They can pass it to others before or while aware they're sick. Time between exposure and infection is often two days, but can be one to four.

Best preventions, aside from the flu vaccine for many, include: covering mouth and nose when coughing and sneezing; washing hands with soap and



Differences Between Flu and a Cold

Flu is fast-coming and often brings fever, chills, cough, bodyache, headache, and tiredness. It only sometimes includes sneezing, sore throat, or stuffy nose. The flu can be tested for, and antiviral drugs exist for it. A cold brings gradual effects including a runny or stuffy nose, chest discomfort, cough, sore throat, sneezing, and sometimes fatigue and aches. Colds don't often bring chills, fever, or headache. (CDC)

warm water for 15-20 seconds several times daily and after coughing/sneezing; and avoiding contact with eyes, nose, and mouth. Since the Covid-19 pandemic began, many have been wearing masks, social distancing, hand washing, and staying home when ill, which can help prevent the flu.

With many great habits in place, we're set up to stand up to this year's flu virus. We hope this information helps everyone navigate this year's flu season!

Follow your medical professional's advice and speak with them before changing diet, exercise, or medications. This article is for informational use only and should not be considered medical advice.

Special Moments



November 11th is Veterans Day!
It is a U.S. holiday that honors veterans of all wars. That day, and throughout the year, we thank all who have served for our great nation.



Happy Birthday!



**Kitty
Nov. 10**

- Those born in November are Scorpios (Oct. 23-Nov. 21) or Sagittarius (Nov. 22-Dec 21.)
- Their birthstone is topaz or citrine.
- Their birth flower is the Chrysanthemum, said to bring happiness and laughter!

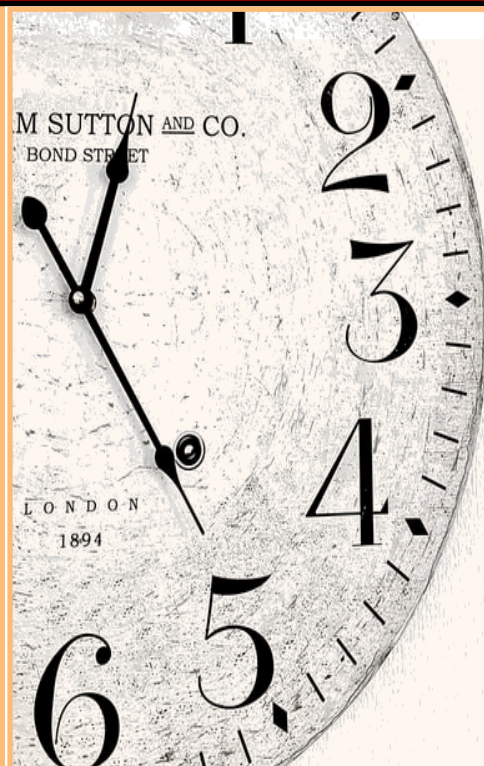
November 2021 Highlights

November observes Alzheimer's Disease Month, Diabetes Month, Gratitude Month, and Native American Heritage Month. It celebrates such foods as: pomegranates, raisin bread, squash, and peanut butter. It is Novel Writing Month so it's a great time to work on writing!

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|--------------------------------------------|-------------------------------------------|
| 01 Calzone Day; Cinnamon Day | 16 Button Day; Fast Food Day |
| 02 Deviled Egg Day; Traffic Directors' Day | 17 Hike Day; Homemade Bread Day |
| 03 Sandwich Day; Stress Awareness Day | 18 Mickey's Birthday |
| 04 Candy Day; Men Make Dinner Day | 19 Monopoly Day; Intl. Men's Day |
| 05 Donut Day; Favorite Team Jersey Day | 20 Peanut Butter Fudge Day |
| 06 Nachos Day; Saxophone Day | 21 Gingerbread Cookie Day; Stuffing Day |
| 07 Bittersweet Almond Chocolate Day | 22 Cranberry Relish Day |
| 08 Cappuccino Day | 23 Espresso Day; Cranberry Day |
| 09 Louisiana Day; Scrapple Pork Day | 24 Sardines Day; Jukebox Day |
| 10 Vanilla Cupcake Day; Accounting Day | 25 Thanksgiving Day; Parfait Day |
| 11 Veterans' Day; Sundae Day | 26 Cake Day; Native American Heritage Day |
| 12 Pizza with Works Day; French Dip Day | 27 Bavarian Cream Pie Day; Small Biz Sat. |
| 13 World Kindness Day | 28 Hannukah Begins; French Toast Day |
| 14 Pickle Day; Spicy Guacamole Day | 29 Electronic Greetings Day |
| 15 Recycle Day; Raisin Bran Cereal Day | 30 Mason Jar Day; Mousse Day |

Regarding Covid-19:

Safety and comfort of our residents and staff remains our number one priority during the Coronavirus cases that have happened nationwide. We are following mandated health guidelines. Please note that all activities are subject to cancellation per current mandated health guidelines. To read a full list of measures taken, and our current visitor policy, please visit our website.



Daylight Savings Time Ends! On Sunday, November 7th, at 2 AM, turn your clocks back one hour. Enjoy more light in the morning.



RESIDENT SPOTLIGHT:

Howard

Our spotlight shines on this distinguished firefighter and chief pilot of the fire department helitak program in Southern, CA, until retiring. Howard placed his life on the line time and time again to save citizens. He used his high degree of skill and flying helicopters efficiently, along with a great deal of courage, to make the rescues he performed. Howard earned Medals of Valor for the heroic rescue of 18 flood victims, amongst the many times of true heroism during his 30 years with the LAFD and its helicopter fleet.

Howard considers himself a "jack of all trades," and can fix about anything. He has a passion for scuba diving, motor cycles, and jazz music. He sat on the water board in Oregon, and is very active with government and politics. His daughter and his son are very proud of their fathers' accomplishments.

We are honored to have Howard as part of the Arbors community.



STAFF SPOTLIGHT:

Viki

This month, Viki, our Director of Life Enrichment, is our employee of the month. In the nine years that she has worked at Arbors Memory Care, she has dedicated herself to advocate for each resident's unique needs and ensure that every day at the Arbors is filled with joy, activity and laughter. Speaking of laughter, Viki loves to laugh and when she does, it permeates the whole community. Viki always rises to occasion, whether it is to schedule visits, phone calls or Zoom visits, shopping for special goodies for the staff or planning a special event or celebrations for both residents and employees, she makes sure everyone has a great time. She also makes planning and coordinating events look so easy. She takes pride in putting together the monthly newsletter and activity calendar and is always open to new and creative ideas. When she is not working, she is enjoying her time with her two daughters and grandsons or planning her next trip to the ocean. Please take a moment to let her know how much you appreciate all her hard work and the care she brings to everything she does.

NOVEMBER 2021

Arbors Memory Care Monthly Activities

SUN	MON	TUE	WED	THU	FRI	SAT
All activities subject to change per mandated health guidelines.	1 9:00 Morning Update 10:00 Chair Dancing 11:00 Scenic Ride  2:00 Music-iN2L 2:30 Catfish  4:00 Sunshine Visits 6:15 Classic TV 7:00 Evening Relax	2 9:00 Morning Update 10:00 Chair Dancing 11:00 Scenic Ride  2:00 Group Pick-iN2L 2:30 Arts & Crafts 4:00 Guess the Smell 6:15 Classic TV 7:00 Evening Relax	3 9:00 Morning Update 10:00 Morning Stretch 11:00 Fancy Nails 2:00 Travel-iN2L 2:30 Lady Bug Toss 4:00 Social Time 6:15 Classic TV 7:00 Evening Relax	4 9:00 Morning News 10:00 Sit and Be Fit 11:00 Ring Toss 2:00 Trivia-iN2L 2:30 Music-iN2L 4:00 Puzzles 6:15 Classic TV 7:00 Evening Relax	5 9:00 Morning News 10:00 Sit and Be Fit 11:00 Word Games 2:00 Group Pick-iN2L 2:30 Color Time 4:00 Social Time 6:15 Friday Flicks 7:00 Evening Relax	6 9:00 Morning News 10:00 Stretch-iN2L 11:00 Reminiscing 2:00 Travel-iN2L 2:30 Sing Along 4:00 Coloring 6:15 Classic TV 7:00 Evening Relax
7 Daylight Savings Ends 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	8 9:00 Morning Update 10:00 Chair Dancing 11:00 Scenic Ride  2:00 Music-iN2L 2:30 Tic-Tac-Toe 4:00 Sunshine Visits 6:15 Classic TV 7:00 Evening Relax	9 9:00 Morning Update 10:00 Chair Dancing 11:00 Scenic Ride  2:00 Group Pick-iN2L 2:30 Stringbeings  4:00 Fancy Nails 6:15 Classic TV 7:00 Evening Relax	10 9:00 Morning Update 10:00 Morning Stretch 11:00 Fancy Nails 2:00 Travel-iN2L 2:30 Golf 4:00 Sunshine Visits 6:15 Classic TV 7:00 Evening Relax	11 Veteran's Day 9:00 Morning News 10:00 Sit and Be Fit 11:00 Nature Walk 2:00 Trivia-iN2L 2:30 Music-iN2L 4:00 Sing Along 6:15 Classic TV 7:00 Evening Relax	12 9:00 Morning News 10:00 Sit and Be Fit 11:00 Word Games 2:00 Group Pick-iN2L 2:30 Ring Toss 4:00 Social Time 6:15 Friday Flicks 7:00 Evening Relax	13 World Kindness 9:00 Morning News 10:00 Stretch-iN2L 11:00 Kind Acts 2:00 Travel-iN2L 2:30 Table Games 4:00 Hot Cocoa 6:15 Classic TV 7:00 Evening Relax
14 9:00 Sunday News 10:00 Spiritual-iN2L 11:00 Sunday Stretches 2:00 Fancy Nails 4:00 Sing Along 6:15 Sunday Movie 7:00 Evening Relax	15 9:00 Morning Update 10:00 Chair Dancing 11:00 Scenic Ride  2:00 Music-iN2L 2:30 Catfish  4:00 Sunshine Visits 6:15 Classic TV 7:00 Evening Relax	16 9:00 Morning Update 10:00 Chair Dancing 11:00 Scenic Ride  2:00 Group Pick-iN2L 2:30 Turkey Craft 4:00 Play Dough 6:15 Classic TV 7:00 Evening Relax	17 9:00 Morning Update 10:00 Morning Stretch 11:00 Fancy Nails 2:00 Travel-iN2L 2:30 Ring Toss 4:00 Build Towers 6:15 Classic TV 7:00 Evening Relax	18 Mickey Mouse Day 9:00 Morning News 10:00 Sit and Be Fit 11:00 Nature Walk 2:00 Trivia-iN2L 2:30 Music-iN2L 4:00 Game Time 6:15 Classic TV 7:00 Evening Relax	19 9:00 Morning News 10:00 Sit and Be Fit 11:00 Word Games 2:00 Group Pick-iN2L 2:30 Color Time 4:00 Social Time 6:15 Friday Flicks 7:00 Evening Relax	20 9:00 Morning News 10:00 Stretch-iN2L 11:00 Reminiscing 2:00 Travel-iN2L 2:30 Karaoke 4:00 Knots 6:15 Classic TV 7:00 Evening Relax
21 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	22 9:00 Morning Update 10:00 Chair Dancing 11:00 Scenic Ride  2:00 Music-iN2L 2:30 Turkey Toss 4:00 Sunshine Visits 6:15 Classic TV 7:00 Evening Relax	23 9:00 Morning Update 10:00 Chair Dancing 11:00 Scenic Ride  2:00 Group Pick-iN2L 2:30 Bingo 4:00 Table Games 6:15 Classic TV 7:00 Evening Relax	24 9:00 Morning Update 10:00 Morning Stretch 11:00 Nail Time 2:00 Travel-iN2L 2:30 Fancy Nails 4:00 Social Time 6:15 Classic TV 7:00 Evening Relax	25 Thanksgiving 9:00 Morning News 10:00 Sit and Be Fit 11:00 Social Time 2:00 Travel-iN2L 2:30 Music-iN2L 4:00 Thread Pasta 6:15 Classic TV 7:00 Evening Relax	26 Black Friday 9:00 Morning News 10:00 Sit and Be Fit 11:00 Word Games 2:00 Group Pick-iN2L 2:30 Ring Toss 4:00 Mocktails 6:15 Friday Flicks 7:00 Evening Relax	27 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
28 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	29 9:00 Morning Update 10:00 Chair Dancing 11:00 Scenic Ride  2:00 Music-iN2L 2:30 Balloon Toss 4:00 Sunshine Visits 6:15 Classic TV 7:00 Evening Relax	30 9:00 Morning Update 10:00 Chair Dancing 11:00 Scenic Ride  2:00 Group Pick-iN2L 2:30 Arts & Crafts 4:00 Sorting 6:15 Classic TV 7:00 Evening Relax	 HAPPY BIRTHDAY Kitty Nov. 10th	Daylight-saving time ends ■ Turn your clock back one hour tonight before going to bed. ■ It's also time to change batteries in your smoke detectors. 		