



2121 E. Prater Way
Sparks, NV 89434

Stamp



Administrative Team:

Executive Director: Amanda Jenkins
Community Relations Director: Suzie Kuczynski
Business Office Director: Siana Williams
Wellness Director: Lisa Erck
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

December 2021 Newsletter



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Cold Weather Safety & Wellness Tips

We've all heard—and many agree, it's "the most wonderful time of the year!" With the changing weather in mind, here are a few ways to keep as safe and merry as possible!

Dress for Warmth

Stay toasty throughout winter with appropriate clothing for your surroundings. Outdoors, if it's very cold, be sure to wear warm socks, gloves, a heavy coat, a scarf, and a hat or ear muffs, and make sure exposed skin is covered. Indoors, if cold, dress in layers and keep feet covered. One's body temperature should never dip below 95 degrees.

Avoid Falling

In the winter, falls may occur due to slips on icy sidewalks and roads or wet indoor spaces. Avoid injury by wearing shoes with good traction and non-skid soles. Stay inside when at all possible, and wait to walk on sidewalks until you know that they have been treated for ice. It is also smart to have a walking buddy or two if you do head outdoors. If you have been outside and are returning to an indoor space, take off your shoes to avoid slipping due to wet soles.

Ward off Wintertime Blues

In the winter, there are fewer opportunities for people to get regular exercise and sunshine. There are also some stressors that come along with the holidays. These changes in routine may lead to feelings of loneliness, isolation, and sadness. Help fight off the winter blues by getting regular



exercise, participating in social activities, and eating a varied diet of Vitamin D fortified foods.

Avoid Fire Hazards & Carbon Monoxide Poisoning

It's lovely to enjoy the warmth of the fireplace or a scented candle in winter, but be prepared to avoid fire dangers. Heaters, fireplaces, stoves, candles, and holiday decorations can pose fire risks. Avoid possible fires and carbon monoxide poisoning by following fire safety rules, abiding by device manufacturer instructions, and making sure all alarms are functional. Also, practice routine fireplace maintenance, make sure electrical sockets are operating properly, and keep holiday decorations neat and in good repair. There's no shame in reaching out to a friend or loved one for help tending to these tasks.

We wish everyone a safe, warm, and fun-filled winter season this year! Let us know if you've found this information helpful in the comments section when we post our newsletter on the 1st!

Special Moments



Happy Birthday!



Ann: Dec. 7	Maria: Dec. 2
Patty: Dec. 7	Samantha: Dec. 4
Frank: Dec. 26	Sarah: Dec. 8
Christine: Dec. 28	Gladys: Dec. 11
Cora: Dec. 31	Tammy: Dec. 19
	Rachael : Dec. 21

Those born in December are Sagittarius (Nov. 22-Dec 21) or Capricorn (Dec. 22-Jan. 19). Their birthstone is Turquoise, zircon, or tanzanite. Their birth flower is Narcissus or Holly. Narcissus symbolizes rebirth and respect.

December 2021 Highlights

December observes human rights, handwashing awareness, older driver's safety awareness, spiritual literacy, learning languages, and food service safety! December celebrates writing to friends, being neighborly, root vegetables, pears, bingo, tropical fruits, eggnog, and art and architecture!

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| 01 Red Apple Day; Pie Day; Rosa Park Day | 17 Syrup Day; Ugly Holiday Sweater Day |
| 02 Mutt Day; Special Ed. Day; Fritter Day | 18 Twin Day; Roast Suckling Pig Day |
| 03 Persons w/ Disabilities Day; Faux Fir Day | 19 Oatmeal Muffin Day; Hard Candy Day |
| 04 Team Appreciation Day; Sock Day | 20 Sangria Day |
| 05 Sacher Torte Day; Intl. Volunteers' Day | 21 Winter Begins; Crossword Puzzle Day |
| 06 Gazpacho Day; Microwave Day | 22 Date Nut Bread Day; Forefathers' Day |
| 07 Remember Pearl Harbor Day; Illinois Day | 23 Pfeffernusse Cookies Day |
| 08 Be a Time Traveler Day; Brownie Day | 24 Christmas Eve; Eggnog Day |
| 09 Pastry Day; Christmas Card Day | 25 Christmas Day; Pumpkin Pie Day |
| 10 Chanukah Begins; Nobel Prize Day | 26 Kwanzaa Begins; Candy Cane Day; Thank You Note Day |
| 11 Noodle Ring Day; App Day; Indiana Day | 27 Fruitcake Day |
| 12 Gingerbread House Day; Ambrosia Day | 28 Chocolate Day; Cards Day; Short Film Day |
| 13 Cocoa Day; Violin Day; Horse Day | 29 Pepper Pot Day |
| 14 Alabama Day; Monkey Day | 30 Bacon Day |
| 15 Cupcake Day; Wear Pearls Day; Tea Day | 31 New Year's Eve; Champagne Day |
| 16 Chocolate Covered Anything Day | |

Regarding Covid-19:

Resident and staff safety and comfort remains our number one priority. 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.

Winter Begins December 21st!

Our residents and staff shared what they love most about the season!

"Grandparents" - Julia

"Calm of Weather Change" - Rhia

"Warmed Cinnamon Pinecones" -Leticia

"Father Christmas" - Wendy

"Surrounded by Family" - Group

"Food" - Paul



Staff Spotlight: Rhia

It takes a very special individual to be a caregiver and a medication technician. Their heart needs to be bursting with compassion and a deep desire to help others is at the core of their being and is who they are. That is why we are spotlighting our team member Rhia this month, who exemplifies these attributes, by focusing on the needs of those around her and is always looking for ways to help.

Rhia has been in caregiving for the past 9 years and joined the Arbors family this year.

Rhia grew up in Anaheim, CA, where her father was the executive chef for Disney. As a perk, her family and friends received free entrance into Disneyland, 25 times per year. How awesome must that have been? She has spent her adult life enjoying the riches of the Reno area. Rhia is the proud mother of a daughter and son, which keeps her on her toes. She loves everything about Pug dogs and enjoys the unconditional love from her own Pug.

We thank you, Rhia for being such an amazing team member.



Resident Spotlight: Paul

Our spotlighted resident of the month is Paul, who hails from County Cork in Ireland. Paul immigrated to America as an adult, eventually making his home in Riverside, CA. He met his bride Teresa and they raised three children, while Paul worked as a long-distance truck driver and mover. Paul bursts with pride over the many accomplishments of his identical twin granddaughters. He is an avid reader, enjoys Fox News, classic movies, and an eclectic genre of music. You are bound to catch Paul in the gazebo almost every day, enjoying the gardens, or walking the meandering paths, while enjoying the sunshine. It is a pleasure to have Paul as part of our Arbors family.

DECEMBER 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 Morning Stretch 11:00 Nail Time 2:00 Travel-iN2L 2:30 What Cooking? 4:00 Mocktails 6:15 Classic TV 7:00 Evening Relax	2 9:00 Morning News 10:00 Sit and Be Fit 11:00 Golden Walkers 2:00 Music-iN2L 2:30 Table Games 4:00 Fancy Nails 6:15 Classic TV 7:00 Evening Relax	3 9:00 Morning News 10:00 Sit and Be Fit 11:00 Word Fun 2:00 Group Pick-iN2L 2:30 Tree Trimming 4:00 Hot Cocoa 6:15 Friday Flicks 7:00 Evening Relax	4 National Cookie Day 9:00 Morning News 10:00 Stretch-iN2L 11:00 Reminiscing 2:00 Travel-iN2L 2:30 Decorate Cookies 4:00 Holiday Movies 6:15 Classic TV 7:00 Evening Relax
	5 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	6 9:00 Morning Update 10:00 Chair Dancing 11:00 Balloon Noodle 2:00 Music-iN2L 2:30 Birthday Bash 4:00 Sunshine Visits 6:15 Classic TV 7:00 Evening Relax	7 9:00 Morning Update 10:00 Chair Dancing 11:00 Radiant Artists 2:00 Group Pick-iN2L 2:30 Scenic Ride 4:00 Holiday Colors 6:15 Classic TV 7:00 Evening Relax	8 Brownie Day 9:00 Morning Update 10:00 Morning Stretch 11:00 Nail Time 2:00 Travel-iN2L 2:30 What Cooking? 4:00 Table Games 6:15 Classic TV 7:00 Evening Relax	9 9:00 Morning News 10:00 Sit and Be Fit 11:00 Nature Walk 2:00 Music-iN2L 2:30 Golf 4:00 Hot Cocoa 6:15 Classic TV 7:00 Evening Relax	10 Hanukkah Begins 9:00 Morning News 10:00 Sit and Be Fit 11:00 Word Games 2:00 Group Pick-iN2L 2:30 Elf Craft 4:00 Holiday Music 6:15 Friday Flicks 7:00 Evening Relax
12 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	13 9:00 Morning Update 10:00 Chair Dancing 11:00 Ring Toss 2:00 Music-iN2L 2:30 Trivia-iN2L 4:00 Sunshine Visits 6:15 Classic TV 7:00 Evening Relax	14 9:00 Morning Update 10:00 Chair Dancing 11:00 Radiant Artists 2:00 Group Pick-iN2L 2:30 Sierra Arts Music 4:00 Holiday Cookies 6:15 Classic TV 7:00 Evening Relax	15 9:00 Morning Update 10:00 Morning Stretch 11:00 Nail Time 2:00 Travel-iN2L 2:30 What Cooking? 4:00 Hand Massage 6:15 Classic TV 7:00 Evening Relax	16 Las Posadas Begins 9:00 Morning News 10:00 Sit and Be Fit 11:00 Golden Walkers 2:00 Music-iN2L 2:30 Sann Dee Music 4:00 Memory Box 6:15 Classic TV 7:00 Evening Relax	17 Ugly Sweater Day 9:00 Morning News 10:00 Sit and Be Fit 11:00 Word Fun 2:00 Group Pick-iN2L 2:30 Ugly Sweater Craft 4:00 Folding Towels 6:15 Friday Flicks 7:00 Evening Relax	18 9:00 Morning News 10:00 Stretch-iN2L 11:00 Reminiscing 2:00 Travel-iN2L 2:30 Wrapping 4:00 Making Patterns 6:15 Classic TV 7:00 Evening Relax
19 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	20 Caroling Day 9:00 Morning Update 10:00 Chair Dancing 11:00 Caroling 2:00 Music-iN2L 2:30 Catfish Music 4:00 Singing Carols 6:15 Classic TV 7:00 Evening Relax	21 Winter Solstice 9:00 Morning Update 10:00 Chair Dancing 11:00 Radiant Artists 2:00 Group Pick-iN2L 2:30 Trivia-iN2L 4:00 Guess the Smell 6:30 Holiday Lights Ride 7:00 Evening Relax	22 9:00 Morning Update 10:00 Morning Stretch 11:00 Nail Time 2:00 Travel-iN2L 2:30 What Cooking? 4:00 Hot Cocoa 6:15 Classic TV 7:00 Evening Relax	23 9:00 Morning News 10:00 Sit and Be Fit 11:00 Golden Walkers 2:00 Trivia-iN2L 2:30 Fancy Nails 4:00 Table Games 6:15 Classic TV 7:00 Evening Relax	24 Christmas Eve 9:00 Morning News 10:00 Sit and Be Fit 11:00 Word Games 2:00 Group Pick-iN2L 2:30 Afternoon Social 4:00 Treat Taste Fun 6:15 Friday Flicks 7:00 Evening Relax	25 Christmas Day 9:00 Morning News 10:00 Stretch-iN2L 11:00 Holiday Memories 2:00 Travel-iN2L 2:30 Holiday Fun 4:00 Christmas Star 6:15 Classic TV 7:00 Evening Relax
26 Kwanzaa 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	27 9:00 Morning Update 10:00 Chair Dancing 11:00 Balloon Toss 2:00 Bingo 2:30 Bingo Continues 4:00 Sunshine Visits 6:15 Classic TV 7:00 Evening Relax	28 Pledge of Allegiance 9:00 Morning Update 10:00 Chair Dancing 11:00 Radiant Artists 2:00 Group Pick-iN2L 2:30 Scenic Ride 4:00 Hot Cocoa 6:15 Classic TV 7:00 Evening Relax	29 9:00 Morning Update 10:00 Morning Stretch 11:00 Nail Time 2:00 Travel-iN2L 2:30 What Cooking? 4:00 Social Time 6:15 Classic TV 7:00 Evening Relax	30 9:00 Morning News 10:00 Sit and Be Fit 11:00 Golden Walkers 2:00 Trivia-iN2L 2:30 Thread Pasta 4:00 Social Time 6:15 Classic TV 7:00 Evening Relax	31 New Years Eve 9:00 Morning News 10:00 Sit and Be Fit 11:00 Word Fun 2:00 Group Pick-iN2L 2:30 New Year's Fun 4:00 Resolutions 6:15 Friday Flicks 7:00 Evening Relax	 Ann: December 7th Patty: December 7th Frank: December 26th Christine : December 28th Cora: December 31st