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

The Arbors Bulletin

January 2022 Newsletter



2 Healthy New Year's Resolutions
 3 Team & Resident Spotlight
 4 - 5 Activities Calendar

6 Highlights, Notes
 7 Special Moments & Birthdays
 8 Mission & Team

Here's to You in 2022: Healthy New Year's Resolutions

A new year is a great time to focus on health and look at what great habits you have in place for yourself, and what areas you could improve upon. There's so many ways to approach taking on better habits, from exercise to sleep. These are just a few to consider!

Get Social

Taking part in group activities, being with others, and sharing your feelings boosts overall health. Ways to bring out your social butterfly:

- Attend group activities. Set small social goals each time you take part. Greet and share an observation or compliment.
- Have your hearing and vision tested to ensure that you aren't missing things.
- Practice your favorite hobby in a common area. Others may join you!
- If religious, attend group services.
- Use IN2L with your Life Enrichment Director.

Make Exercise Fun

Being active helps the whole body. Do some thinking about your favorite ways to be active and set small goals for daily activities (walking, dancing, stretching, lifting, bowling, golfing, or chair exercises). Work out with a buddy for motivation and safety. Share your successes!

Hydrate

Dehydration can affect people of all ages, but especially older adults. Ask your health professional how much water you should get each day, as it varies from person to person. To make hydration fun, in addition to water, try foods like watermelon, spinach, cucumbers, green peppers, and celery. Ways to detect fluid intake is adequate include rarely feeling thirsty and colorless or light yellow urine.

Prioritize Your Wellness

Reach out to your medical and dental health



Goal Idea: Eat more blueberries! Did you know blueberries can: improve brain function, protect the body from unstable molecules, lower blood pressure, and help prevent heart disease? These little blue buddies pack quite the health punch!

professionals as you head into 2022 to schedule wellness appointments. Staying on top of your well-being is the best gift you can give yourself.

Sleep Well

Sleep quality can be compromised in many ways. Try these goals to improve your sleep:

- Follow a pre-sleep routine / sleep schedule
- Avoid late afternoon naps or caffeine
- Avoid screens, lights, & large pre-bed meals

Have A Rainbow A Day...

It's true, the saying goes "an apple a day..." but a rainbow is more fun. When you eat, improve nutrition with a rainbow of different colored foods on your plate at each meal, with many colors coming from fruits and vegetables.

We wish you a healthy 2022! Let us know which of these focus areas spark your interest on our Facebook post on the 1st. 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



Happy Birthday!

Wendy: Jan. 3

Ray: Jan. 19

Edenia: Jan. 4

Cleta: Jan. 21

Those born in January are Capricorn (Jan. 1-19) or Aquarius (Jan. 20-31). Their birthstone is garnet, symbolizing love and was discovered in Ancient Egypt. Their birth flowers are Carnations and Snow Drops. Carnations are among few flowers that can bloom in the cold!

January 2022 Highlights

January observes bath safety, mentoring, and braille literacy. It celebrates oatmeal, soup, hot tea, slow cooking, and Sunday suppers. It's Hobby Month so it's a great time to indulge in and share about hobbies!

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|---|---|
| 01 Bloody Mary Day; Set Resolutions | 17 MLK Jr. Day; Hot Buttered Rum Day |
| 02 Cream Puff Day; Science Fiction Day | 18 Pooh Bear Day; Thesaurus Day |
| 03 Chocolate Covered Cherry Day | 19 Popcorn Day; World Quark Day |
| 04 Spaghetti Day; Trivia Day; Braille Day | 20 Cheese Lovers' Day; Buttercrunch Day |
| 05 Whip Cream Day; Bird Day; Keto Day | 21 Granola Bar Day; Squirrels Day |
| 06 Bean Day; Tech Day; Shortbread Day | 22 Blonde Brownie Day |
| 07 Bobblehead Day; Tempura Day | 23 Pie Day; Handwriting Day |
| 08 Argyle Day; English Toffee Day | 24 Compliment Day; Peanut Butter Day |
| 09 Law Enforcement Day; Apricot Day | 25 Opposite Day; Intl. Irish Coffee Day |
| 10 Bittersweet Chocolate Day; Eagles Day | 26 Green Juice Day; Peanut Brittle Day |
| 11 Arkansas Day; Milk Day | 27 Chocolate Cake Day |
| 12 Pharmacists' Day; Chicken Curry Day | 28 Kazoo Day; Blueberry Pancake Day |
| 13 Stickers Day; Peach Melba Day | 29 Corn Chip Day; Puzzle Day |
| 14 Dress Pet Day; Pastrami Sandwich Day | 30 Croissant Day |
| 15 Hat Day; Bagel Day | 31 Artsy Day; Backwards Day; Cocoa Day |
| 16 Fig Newton Day; Eat Hot & Spicy 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.

Cheesy Talk! Jan. 20th is Cheese Lover's Day. For fun, some of us shared our favorite kinds of cheese!

- "Swiss" - Frank
- "Cheddar" - Wendy
- "Mozzarella" - Paul
- "Brie" - Jeri
- "Feta" - Scott
- "Goat" - Gloria
- "Queso fresco" - Bermie
- "Parmesan" - Viki



RESIDENT SPOTLIGHT:
Cathy

The Arbors Family welcomes this very kind, sweet lady, into her new home and has the pleasure of spotlighting her this month so everyone can get to know her. Cathy is a gentlewoman who worked at UNR for many years as a medical billing clerk and is beloved by all her coworkers. She is very family-oriented and has a deep passion for her sons and all extended family. She was married to the love of her life for 64 amazing years. Cathy has been enjoying the live entertainment at the Arbors and some of her favorite genres of music are Christian, classical, and country music, which touches her soul. She loves to make crafts and is a sewing expert. Cathy is known for creating beautiful blankets with love, that are gifted to family and friends to treasure forever. Stop by and introduce yourself to this remarkable woman and welcome her to the Arbors family.



STAFF SPOTLIGHT:
Tamara

Our Med Tech Caregiver Tammy has been part of the Arbors family for over a year with her bright and cheerful personality. Tammy is compassionate, reliable, and possesses strong interpersonal skills with residents and team members alike. No matter the situation that arises, she maintains a friendly resident-focused posture. Most of all, Tammy has been a caregiver for over five years and is dedicated to improving the quality of resident lives.

Tammy loves fun fashions and sentimental pretty jewelry. Her three children mean the world to her and she adores the time she can spend with her granddaughter. Tammy has a huge heart and we are fortunate to have her grow as part of the Arbors team.

JANUARY 2022 Arbors Memory Care Monthly Activities

SUN	MON	TUE	WED	THU	FRI	SAT
2 (1st in last box) 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	3 9:00 Morning Update 10:00 Chair Dancing 11:00 Word Fun 2:00 Music-iN2L 2:30 Birthday Bash 4:00 Sunshine Visits 6:15 Classic TV 7:00 Evening Relax	4 9:00 Morning Update 10:00 Chair Dancing 11:00 Radiant Artists 2:00 Group Pick-iN2L 2:30 Scenic Ride 4:00 Afternoon Social 6:15 Classic TV 7:00 Evening Relax	5 9:00 Morning Update 10:00 Morning Stretch 11:00 Nail Time 2:00 Travel-iN2L 2:30 What's Cooking? 4:00 Fancy Nails 6:15 Classic TV 7:00 Evening Relax	6 Shortbread Day 9:00 Morning News 10:00 Sit and Be Fit 11:00 Scrabble 2:00 Music-iN2L 2:30 Thread Pasta 4:00 Reminiscing 6:15 Classic TV 7:00 Evening Relax	7 9:00 Morning News 10:00 Sit and Be Fit 11:00 Trivia-iN2L 2:00 Group Pick-iN2L 2:30 Balloon Toss 4:00 Hot Cocoa 6:15 Friday Flicks 7:00 Evening Relax	8 9:00 Morning News 10:00 Stretch-iN2L 11:00 Reminiscing 2:00 Travel-iN2L 2:30 Sing Along 4:00 Picture Cutting 6:15 Classic TV 7:00 Evening Relax
9 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	10 9:00 Morning Update 10:00 Chair Dancing 11:00 Word Games 2:00 Music-iN2L 2:30 Bingo 4:00 Sunshine Visits 6:15 Classic TV 7:00 Evening Relax	11 9:00 Morning Update 10:00 Chair Dancing 11:00 Radiant Artists 2:00 Group Pick-iN2L 2:30 Sierra Arts Music 4:00 Bingo 6:15 Classic TV 7:00 Evening Relax	12 9:00 Morning Update 10:00 Morning Stretch 11:00 Nail Time 2:00 Travel-iN2L 2:30 What's Cooking? 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 Golden Walkers 2:00 Music-iN2L 2:30 Ring Toss 4:00 Color Thread 6:15 Classic TV 7:00 Evening Relax	14 9:00 Morning News 10:00 Sit and Be Fit 11:00 Make Snowflakes 2:00 Group Pick-iN2L 2:30 Parachute Ball 4:00 Happy Hour 6:15 Friday Flicks 7:00 Evening Relax	15 9:00 Morning News 10:00 Stretch-iN2L 11:00 Winter Poetry 2:00 Travel-iN2L 2:30 Ice Cream Social 4:00 Matching 6:15 Classic TV 7:00 Evening Relax
16 Fig Newton Day 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	17 M L King Day 9:00 Morning Update 10:00 Chair Dancing 11:00 Word Fun 2:00 Music-iN2L 2:30 Catfish Carl Music 4:00 Sunshine Visits 6:15 Classic TV 7:00 Evening Relax	18 9:00 Morning Update 10:00 Chair Dancing 11:00 Radiant Artists 2:00 Group Pick-iN2L 2:30 Scenic Ride 4:00 Table Games 6:15 Classic TV 7:00 Evening Relax	19 Popcorn Day 9:00 Morning Update 10:00 Morning Stretch 11:00 Nail Time 2:00 Travel-iN2L 2:30 Popcorn Fun 4:00 Hot Cocoa 6:15 Classic TV 7:00 Evening Relax	20 9:00 Morning News 10:00 Sit and Be Fit 11:00 Balloon Toss 2:00 Music-iN2L 2:30 Sing Along 4:00 Social Time 6:15 Classic TV 7:00 Evening Relax	21 9:00 Morning News 10:00 Sit and Be Fit 11:00 Trivia-iN2L 2:00 Group Pick-iN2L 2:30 Bowling 4:00 Hot Cocoa 6:15 Friday Flicks 7:00 Evening Relax	22 9:00 Morning News 10:00 Stretch-iN2L 11:00 Reminiscing 2:00 Travel-iN2L 2:30 Sing Along 4:00 Fidget Games 6:15 Classic TV 7:00 Evening Relax
23 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	24 9:00 Morning Update 10:00 Chair Dancing 11:00 Word Games 2:00 Music-iN2L 2:30 Bingo 4:00 Sunshine Visits 6:15 Classic TV 7:00 Evening Relax	25 9:00 Morning Update 10:00 Chair Dancing 11:00 Radiant Artists 2:00 Group Pick-iN2L 2:30 Scenic Ride 4:00 Social Time 6:15 Classic TV 7:00 Evening Relax	26 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	27 Chocolate Cake Day 9:00 Morning News 10:00 Sit and Be Fit 11:00 Golden Walkers 2:00 Trivia-iN2L 2:30 Cake/Ice Cream 4:00 Sing Along 6:15 Classic TV 7:00 Evening Relax	28 9:00 Morning News 10:00 Sit and Be Fit 11:00 Craft Time 2:00 Group Pick-iN2L 2:30 Balloon Toss 4:00 Happy Hour 6:15 Friday Flicks 7:00 Evening Relax	29 9:00 Morning News 10:00 Stretch-iN2L 11:00 Reminiscing 2:00 Travel-iN2L 2:30 Family Feud 4:00 Fancy Nails 6:15 Classic TV 7:00 Evening Relax
30 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	31 9:00 Morning Update 10:00 Chair Dancing 11:00 Word Fun 2:00 Music-iN2L 2:30 Bingo 4:00 Sunshine Visits 6:15 Classic TV 7:00 Evening Relax	All activities subject to change per mandated health guidelines.	 Wendy: January 3rd Edenia: January 4th Ray: January 19th Cleta: January 21			1st New Year's Day 9:00 Morning News 10:00 Stretch-iN2L 11:00 Resolutions 2:00 Travel-iN2L 2:30 Family Feud 4:00 Social Hour 6:15 Classic TV 7:00 Evening Relax