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



The Arbors Bulletin

February 2022 Newsletter



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Healthy Habits to Consider for Heart-Smart Living

Please follow advice of your medical professional and speak with them before changing diet, exercise, or supplements. This is for informational use only and should not be considered medical advice.

February is an important health month for all as it is heart-focused! It became so in 1963, when President Lyndon B. Johnson encouraged citizens to support solutions for a nationwide problem of heart diseases.

Solutions to better heart health—of which there are many—come from knowing risk factors, like high blood pressure, high cholesterol, smoking, diabetes, obesity, poor diet, physical inactivity, and excessive alcohol. Many risk factors can be addressed with lifestyle changes.

Where better to start than with an active lifestyle?! Getting out for a daily walk is great for weight management and the heart. The National Heart, Lung & Blood Institute recommends 30 minutes of moderate-level physical activity on most days of the week. Aerobic activity should be done in bouts of at least 10 minutes.

A healthy diet is also key. The American Heart Association lists a heart healthy diet as one that is rich in fruits, vegetables, whole-grains, low-fat dairy, skinless poultry and fish, nuts and legumes, and non-tropical vegetable oils. It limits saturated and trans fats, red meat, sweets, sugar-sweet beverages, and sodium. Items high in salt include tomato juice, soy sauce, and many prepared foods. The DASH Diet is a recommended one by the NHLBI.



Blood Pressure By the Numbers

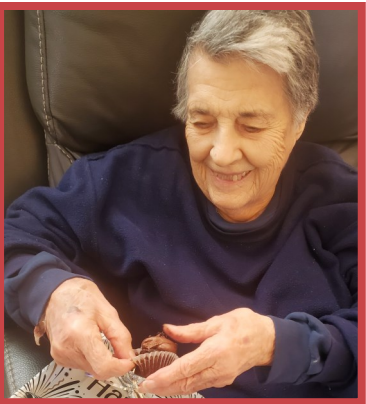
(Source: National Heart, Lung, & Blood Institute)
Monitoring blood pressure with your medical professional is a smart move. If one has Hypertension (high blood pressure), that can almost always be prevented with a healthy weight, being physically active, a healthy diet, low sodium, alcohol only in moderation, and taking prescribed medications as directed.

Blood Pressure Category	Systolic (Upper)	Diastolic (Lower Number)
Normal	Less than 120	& Less than 80
Prehypertension	120-139	Or 80-89
Hypertension	140 or above	Or 90 or above

For older adults, impactful actions can be taken to improve heart health, such as stopping smoking, being physically active, having a healthy diet, and reducing alcohol to no more than two drinks per day for men, and no more than one drink per day for women. Managing stress is also important and can be approached with mindfulness meditation, deep breathing, and physical activity.

Let us know what heart healthy choices you make as part of your daily routine on our Facebook post for this month’s newsletter. We’d love to hear of your efforts!

Special Moments



Paul P.: Feb. 5
Cathy: Feb. 8
Virginia: Feb. 11
Elsie: Feb. 20



Those born in February are either Aquarius “The Water Bearer” (Jan. 19-Feb. 19) or Pisces “The Fish” (Feb. 19-March 20). Aquarius birthstones are garnet or amethyst. Pisces birthstones are amethyst or aquamarine. The February birth flowers are iris and violet.

February 2022 Highlights

February is American Heart Month, Black History Month, Cancer Prevention Month and Wise Healthcare Consumer Month. It celebrates libraries, bird feeding, canned foods, embroidery, cherries, and American pies.

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|--|--|
| 01 Dark Chocolate Day; Baked Alaska Day | 15 Gumdrops Day; World Hippo Day |
| 02 Groundhog Day; Tater Tot Day; Ukulele Day | 16 Fat Tuesday; Almond Day; Anthropology Day |
| 03 Carrot Cake Day; Optimist Day | 17 Cabbage Day; Random Kind Acts Week |
| 04 Homemade Soup Day; Thank a Mail Carrier | 18 Wine Day; Pluto Day; Caregivers' Day |
| Day 05 World Nutella Day; Fun Outside Day | 19 Chocolate Mint Day; Arabian Horse Day |
| 06 FroYo Day; Chopsticks Day; Pizza Baking Day | 20 Cherry Pie Day; Muffin Day; Love Pets Day |
| 07 Alfredo Day; Periodic Table Day | 21 Presidents' Day; Sticky Bun Day |
| 08 Boy Scouts Day; Kite Flying Day; Iowa Day | 22 Sweet Potato Day; Margarita Day |
| 09 Bagel and Lox Day; Pizza Day | 23 Banana Bread Day; Dog Biscuit Day; Tile Day |
| 10 Cream Cheese Brownie Day; Donation Day | 24 Tortilla Chip Day; Toast Day; Chili Day |
| 11 Inventor Day; Backyard Bird Count Day | 25 Chocolate Nut Day; Clam Chowder Day |
| 12 Plum Pudding Day; Global Movie Day | 26 Pistachio Day; Tell a Fairy Tale Day |
| 13 Cheddar Day; Tortellini Day; Super Bowl LVI | 27 Retro Day; Strawberry Day; Kahlua Day |
| 14 Valentine's Day; Book Giving Day | 28 Floral Design Day; Chocolate Souffle Day |

February Facts: February is named for the Latin word Februum, or purification. The Welsh call February "y mis bach" meaning "little month." At one time, February had as few as 23 days! Together with January, it was the last of the months added to the Roman calendar.

Regarding Covid-19:

Safety and comfort of our residents and staff remains our first 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.



Visit our facebook at:
[Facebook.com/ArborsMemoryCare](https://www.facebook.com/ArborsMemoryCare)

Inventors' Day is Feb. 11. These are some inventions we are grateful for!

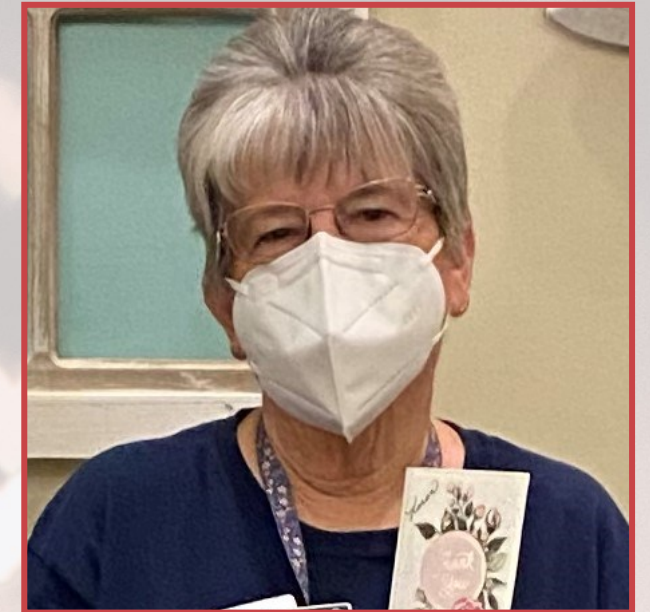
- "Electric Sheep Shears" - Wendy
- "Wall to Wall Carpets" - Ray
- "Makeup" - Jeri
- "HAM Radios" - Frank
- "Mobile Phones" - Scott
- "Modern Walkers" - Cathy
- "Color TV" - Elizabeth
- "Computers" - Paul L.



RESIDENT SPOTLIGHT

Rita

We spotlight this dynamo of businesswomen who opened her first pizzeria in Dover, Ohio. With her Italian roots in the kitchen and learning cooking skills at an early age combined with her husband's love for his Greek cultural cooking, their skills complemented each other to succeed. As demand grew, the pizzeria expanded its menu to include dinner entrees, as well as extended evening hours, becoming a successful Italian restaurant. Rita effectively juggled a demanding career, with the busy family life of raising a son and daughter. She says that her days were very long, but filled with many happy memories of not only her family, but of serving and giving back to the community she loved. Rita is quick to laugh, even at herself. She loves movies, music, and staying active. We are delighted to have this amazing social lady, who lends her very hospitable welcoming spirit to our community.










EMPLOYEE OF THE YEAR

Karen

We proudly celebrate Karen as the Arbors Caregiver of the Year, who we recognize for the important work she does every day with a joyful heart. Karen shows compassion to all her co-workers, is always there to help with resident care and is someone who can be relied on in a pinch to help out no matter what the need. She can build confidence between her coworkers with encouraging words and she offers her support to show she cares for everyone she comes in contact with. Exceptional care of all residents is her top priority, giving them individualized care that addresses their unique needs. On top of caregiving, Karen is a medication technician acting with timely accuracy, professionalism, and knowledge to ensure the safety of all the residents in her care. Karen is from Colorado Springs, and has a daughter and three growing grandsons. She is passionate about her pets: a dog and three furball cats. We are fortunate to have this extraordinary woman as part of the Arbors family.

FEBRUARY 2022 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 Paul P.: February 5th Cathy: February 8th Virginia: February 11th Elsie: February 20th</div>	1 Chinese New Year 9:00 Morning Update 10:00 Morning Exercise 11:00 Good Luck Decor 2:00 Group Pick-iN2L 2:30 Tea & Cookies 4:00 Afternoon Social 6:15 Evening News 7:00 TV Games Shows	2 Groundhog Day 9:00 Morning Update 10:00 Morning Exercise 11:00 Groundhog Fun 2:00 Travel-iN2L 2:30 What’s Cooking? 4:00 Sunshine Visits 6:15 Evening News 7:00 TV Games Shows	3 Go Red 9:00 Morning News 10:00 Morning Exercise 11:00 Heart Health 2:00 Music-iN2L 2:30 Bingo 4:00 Afternoon Social 6:15 Evening News 7:00 TV Games Shows	4 9:00 Morning News 10:00 Morning Exercise 11:00 Resident Council 2:00 Group Pick-iN2L 2:30 Craft Time 4:00 Sunshine Visits 6:15 Friday Flicks 7:00 Evening Relax	5 9:00 Morning News 10:00 Morning Exercise 11:00 Walking Time 2:00 Travel-iN2L 2:30 Sing Along 4:00 Resident Game 6:15 Classic TV 7:00 Evening Relax
		6 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	7 Monthly Birthday Party 9:00 Morning Update 10:00 Morning Exercise 11:00 Word Games 2:00 Music-iN2L 2:30 Birthday Bash 4:00 Sunshine Visits 6:15 Evening News 7:00 TV Games Shows	8 9:00 Morning Update 10:00 Morning Exercise 11:00 Radiant Artists 2:00 Group Pick-iN2L 2:30 Sierra Arts Music 4:00 Afternoon Social 6:15 Evening News 7:00 TV Games Shows	9 9:00 Morning Update 10:00 Morning Exercise 11:00 Nail Time 2:00 Travel-iN2L 2:30 What’s Cooking? 4:00 Fancy Nails 6:15 Evening News 7:00 TV Games Shows	10 9:00 Morning News 10:00 Morning Exercise 11:00 Ball Toss 2:00 Music-iN2L 2:30 Bingo 4:00 Reminiscing 6:15 Evening News 7:00 TV Games Shows
13  9:00 Sunday News 10:00 Spiritual-iN2L 11:00 Sunday Stretches 2:00 Fancy Nails 2:30 Party Fun 4:00 Social Time 6:15 Sunday Movie 7:00 Evening Relax	14 <i>Valentine's Day</i> 9:00 Morning Update 10:00 Morning Exercise 11:00 Word Games 2:00 Music-iN2L 2:30 Valentine’s Party 4:00 Sunshine Visits 6:15 Evening News 7:00 TV Games Shows	15 Gum Drop Day 9:00 Morning Update 10:00 Morning Exercise 11:00 Radiant Artists 2:00 Group Pick-iN2L 2:30 Gum Drop Design 4:00 Afternoon Social 6:15 Evening News 7:00 TV Games Shows	16 9:00 Morning Update 10:00 Morning Exercise 11:00 Nail Time 2:00 Travel-iN2L 2:30 What’s Cooking? 4:00 Fancy Nails 6:15 Evening News 7:00 TV Games Shows	17 9:00 Morning News 10:00 Morning Exercise 11:00 Noodle Ball 2:00 Music-iN2L 2:30 Bingo 4:00 Reminiscing 6:15 Evening News 7:00 TV Games Shows	18 9:00 Morning News 10:00 Morning Exercise 11:00 Reminiscing-iN2L 2:00 Group Pick-iN2L 2:30 Game Time 4:00 Hot Cocoa 6:15 Friday Flicks 7:00 Evening Relax	19 Andes Mints 9:00 Morning News 10:00 Morning Exercise 11:00 Walking Time 2:00 Travel-iN2L 2:30 Sing Along 4:00 Resident Game 6:15 Classic TV 7:00 Evening Relax
20 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	21 President's Day 9:00 Morning Update 10:00 Morning Exercise 11:00 President History 2:00 Music-iN2L 2:30 Music by Catfish 4:00 Sunshine Visits 6:15 Evening News 7:00 TV Games Shows	22 9:00 Morning Update 10:00 Morning Exercise 11:00 Radiant Artists 2:00 Group Pick-iN2L 2:30 Basketball 4:00 Afternoon Social 6:15 Evening News 7:00 TV Games Shows	23 9:00 Morning Update 10:00 Morning Exercise 11:00 Nail Time 2:00 Travel-iN2L 2:30 What’s Cooking? 4:00 Fancy Nails 6:15 Evening News 7:00 TV Games Shows	24 9:00 Morning News 10:00 Morning Exercise 11:00 Ball Toss 2:00 Music-iN2L 2:30 Bingo 4:00 Reminiscing 6:15 Evening News 7:00 TV Game Shows	25 9:00 Morning News 10:00 Morning Exercise 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	26 9:00 Morning News 10:00 Morning Exercise 11:00 Walking Time 2:00 Travel-iN2L 2:30 Sing Along 4:00 Resident Game 6:15 Classic TV 7:00 Evening Relax
27 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	28 Floral Day 9:00 Morning Update 10:00 Morning Exercise 11:00 Word Games 2:00 Music-iN2L 2:30 Floral Design 4:00 Sunshine Visits 6:15 Evening News 7:00 TV Games Shows	 Chinese New Year!	 HAPPY GROUNDHOG DAY	 American Heart Association. life is why™	 Go Red for women	 HAPPY VALENTINE'S DAY