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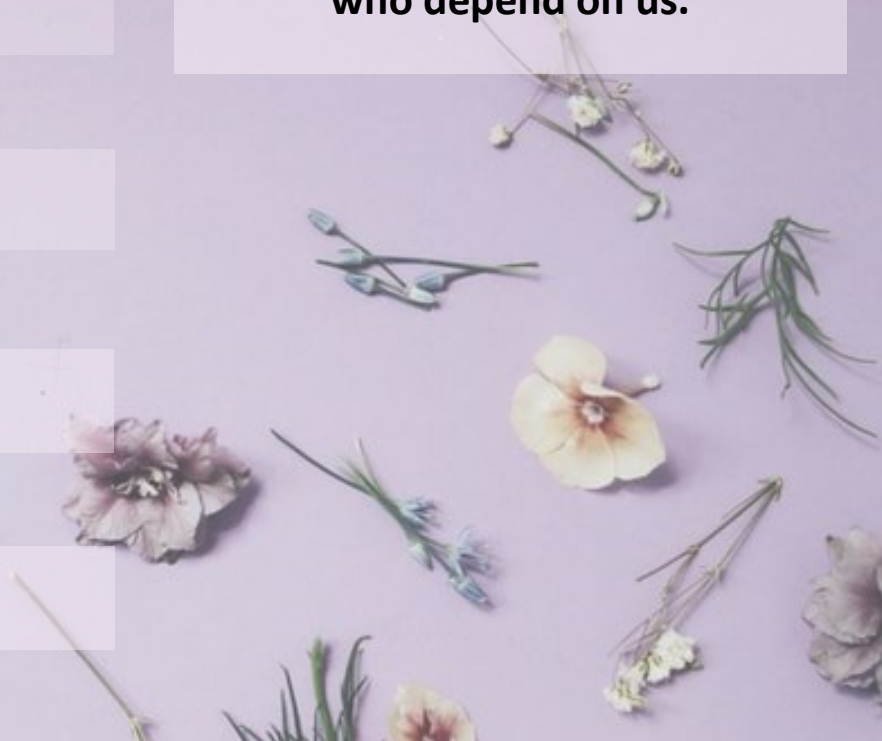
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Our mission is to create and sustain comfortable, caring environments for those who depend on us.



The Arbors Bulletin

March 2022 Newsletter



2 Caffeine: Friend or Foe?
3 Team & Resident Spotlight
4 - 5 Activities Calendar

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

Spilling the Beans on Caffeine: Is Your Cup of Joe a Friend ...or a Foe?

Most of us have a relationship with caffeine - whether we love it to love it, or wish we didn't want it. It's in coffee, soda, and tea that we drink (unless we opt for decaf, though even *that* has a little), and we turn to it in times of tiredness for a quick energy boost.

This National Caffeine Awareness Month, we've set out to unearth facts about caffeine that are worth poring over.

First off, if you're wondering what exactly caffeine is, ponder no further. Caffeine is a bitter stimulant substance whose chemical name is trimethyl xanthine. It occurs naturally in the fruit, leaves, and beans of coffee, cacao, and guarana plants. Human-made caffeine also exists and is added to some medicines, foods, and drinks.

When consumed, caffeine is typically absorbed by the human body within 45 minutes. An average 8-ounce cup of coffee has 95 milligrams of caffeine, but can vary. According to the Mayo Clinic, up to 400 milligrams of caffeine per day is safe for most healthy adults. Though, there are different recommendations for pregnant and breastfeeding women, and the American Academy of Pediatrics discourages caffeine for children.

There are both pros and cons to caffeine intake for adults. On the upside, it can increase energy, speed up reaction times,



Did you know? Caffeine can be found in chocolate. It can also be hidden in some yogurt, ice cream, and protein bars! If seeking a non-caffeinated energy boost, consider having some blueberries!

and aid in concentration. Coffee, specifically, is said to have some health benefits, from slowing cognitive decline in older adults to protecting against certain cancers and Type Two Diabetes. As for drawbacks, it may bring on stomach acid release (heartburn), increase blood pressure, and act as a diuretic. It can also interact poorly with some medications. For some with caffeine sensitivity, even small amounts can cause restlessness, sleep issues, and anxiety.

An area where opinions vary is its level of addictiveness. The facts are: it does raise dopamine a little, and can bring withdrawal symptoms if one stops intake.

So...Stick with or skip? For those who enjoy caffeinated beverages or foods, as with anything, it's best to enjoy in moderation. Let us know your thoughts about caffeine in our newsletter post on our facebook.

Special Moments



Happy Birthday!

Art: March 2
Marianne: March 2
Jeannette: March 9
Gloria: March 14
Lyn: March 24
Paul L.: March 29



Those born in March are Pisces (Feb. 19 - March 20) and Aries (March 21 - April 19). The birthstones for March are aquamarine and bloodstone (which is dark green). The birth flowers for March are the daffodil and jonquil. March babies

March 2022 Highlights

March observes Women's History Month, Nutrition Month, and Save Your Vision Month. It celebrates crafting, aviation, and cleaning!

- | | |
|--|---|
| 01 Peanut Butter Day; Music Therapy Day | 17 St. Patrick's Day |
| 02 Banana Cream Pie Day; Read Day | 18 Lacy Cookie Day; Sloppy Joe Day |
| 03 Cold Cuts Day; World Wildlife Day | 19 Certified Nurses Day; Poultry Day |
| 04 Marching Music Day; Pound Cake Day | 20 Spring Begins; Ravioli Day; Corn Dog Day |
| 05 Employee Appreciation Day | 21 French Bread Day; Puppetry & Poetry Day |
| 06 Dentists' Day; Oreo Day; Dress Day | 22 Bavarian Crepes Day; West Virginia Day |
| 07 Cereal Day; Flapjack Day | 23 Chip Dip Day; Puppy Day; Tamale Day |
| 08 Intl. Women's Day; Oregon Day | 24 Cheesesteak Day; Chocolate Raisins Day |
| 09 Barbie Day; Meatball Day | 25 Swedish Waffle Day; Physicians' Week |
| 10 Blueberry Popover Day; Bagpipe Day | 26 Nougat Day; Spinach Day |
| 11 Oatmeal Nut Waffles Day; Plumbing Day | 27 Spanish Paella Day; World Theatre Day |
| 12 Girl Scouts Day; Plant a Flower Day | 28 Black Forest Cake Day; Food on Stick Day |
| 13 Coconut Torte Day; K9 Veterans Day | 29 Vietnam Vet Day; Nevada Day; Piano Day |
| 14 Child Craft Day; Spider Day; Chip Day | 30 Doctors' Day; Park Walk Day |
| 15 Pears Helene Day; Health Care HR Week | 31 Crayon Day; Tater Day |
| 16 Artichoke Hearts Day; Panda Day | |

Spring forward! Sunday, March 13, set your clocks forward one hour!



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: arborsmemorycare.com.



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

March 12th celebrates Plant a Flower Day!

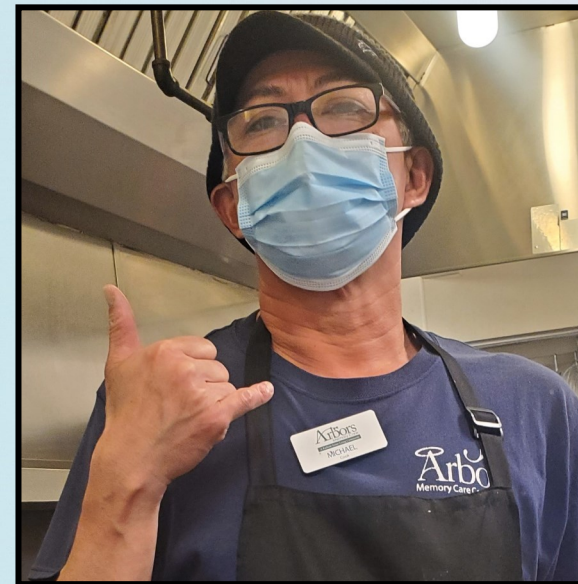
We're sharing our favorite flowers!



Roses were unanimously everybody's favorite flower.

All colors from red, white, yellow, to multi-colored are enjoyed.

Residents say about roses, "They are a classic and make the most beautiful bouquets and corsages."



Staff Spotlight: Michael

Our spotlight shines this month on one of our amazing cooks, Michael. You can catch him having fun with pots and pans as he sings happily to the radio while he creates wonderful nutritious meals for our residents.

Michael has worked at the Arbors for the past four years, coming to us with many years of experience in the food and beverage service industry.

Born and raised in the Philippines, Michael immigrated to America as a teenager. He shares a special bond with his beautiful daughter, lighting the path for her under his watchful eye. That similar care pours over into the work Michael does to provide for the unique dietary needs of our residents. The Arbors is thankful for all the hearty, healthy, and delicious meals that Michael and the culinary team prepare.



Resident Spotlight: Art

Art originally hails from Richmond, VA, where he was raised by a devoted Episcopalian priest and a supportive, loving mother. This upbringing led him to divinity school at Duke University and also pursuing his passion for football. His athletic accomplishments had him scouted by football legend and coach, Lou Holt. Art always loved college football, but his true calling came from helping others. He chose to follow his heart by becoming a therapist, working as the director at multiple facilities that rehabilitated adjudicated youths across the country. He also had a family therapist practice where he had the satisfaction of helping two or more people in every session. Art's deepest passion is centered around his family. His wife and he both received their doctorate degrees from BYU and raised three children: a son, and two daughters. Art is an avid reader, enjoys the outdoors, and the study of birds. Say hello to Art when you see him and be enthralled by his vast knowledge, stories of past experiences, and the many adventures that life has taken him on.

MARCH 2022

Arbors Memory Care Monthly Activities



SUN	MON	TUE	WED	THU	FRI	SAT		
All activities subject to change per mandated health guidelines.		1 9:00 Mardi Gras 10:00 Morning Update 11:00 Morning Exercise 11:00 Radiant Artists 2:00 Group Pick-iN2L 2:30 King Cake 4:00 Afternoon Social 6:15 Evening News 7:00 TV Games Shows	2 9:00 Ash Wednesday 10:00 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	3 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	4 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	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 9:00 Morning Update 10:00 Morning Exercise 11:00 Word Games 2:00 Music-iN2L 2:30 Catfish Music 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 4:30 Drinks by Maxx 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 Game Shows	11 9:00 Girl Scout Day 10:00 Morning News 11:00 Morning Exercise 11:00 Cookie Tasting 2:00 Scenic Bus Ride 2:30 Group Pick-iN2L 4:00 Hot Cocoa 6:15 Friday Flicks 7:00 Evening Relax	12 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
		13 9:00 Daylight Savings 10:00 Sunday News 11:00 Spiritual-iN2L 11:00 Sunday Stretches 2:00 Fancy Nails 4:00 Social Time 6:15 Sunday Movie 7:00 Evening Relax	14 9:00 Morning Update 10:00 Pet Therapy 11:00 Morning Exercise 2:00 Music-iN2L 2:30 Special Birthday 4:00 Sunshine Visits 6:15 Evening News 7:00 TV Games Shows	15 9:00 Morning Update 10:00 Morning Exercise 11:00 Radiant Artists 2:00 Group Pick-iN2L 2:30 Chocolate Tasting 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 Saint Patrick's Day 10:00 Morning News 11:00 Senior Chorus 11:00 St Paddy's Day 2:00 Music-iN2L 2:30 Bingo 4:00 Reminiscing 6:15 Evening News 7:00 TV Game Shows	18 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	19 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 Spring Begins 10:00 Sunday News 11:00 Spiritual-iN2L 11:00 Sunday Stretches 2:00 Fancy Nails 4:00 Social Time 6:15 Sunday Movie 7:00 Evening Relax	21 9:00 Morning Update 10:00 Morning Exercise 11:00 Word Games 2:00 Music-iN2L 2:30 Catfish Music 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 Doodle Fun 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 Scenic Bus Ride 2:30 Group Pick-iN2L 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 9:00 Morning Update 10:00 Pet Therapy 11:00 Morning Exercise 2:00 Music-iN2L 2:30 Floral Design 4:00 Sunshine Visits 6:15 Evening News 7:00 TV Games Shows	29 9:00 Morning Update 10:00 Morning Exercise 11:00 Radiant Artists 2:00 Group Pick-iN2L 2:30 Outdoor Walks 4:00 Afternoon Social 6:15 Evening News 7:00 TV Games Shows	30 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	31 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		