

Leadership Team

Phone: 775.331.2229

Email: info@arborsmemorycare.com

Website: arborsmemorycare.com

Executive Director:

Amanda Jenkins

Community Relations Director:

Suzie Kuczynski

Wellness Director:

Aileene Nguyen

Wellness Coordinator:

Lisa Erck

Business Office Director:

Jennifer Perkins

Life Enrichment Director:

Viki Lowrey

Dining Services Director:

Yuko Rogers

Maintenance Director:

Maxx Fritz

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

The Arbors Bulletin

April 2022 Newsletter



2 Spring Into Volunteering
3 Team & Resident Spotlight
4 - 5 Activities Calendar

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

Spring Into Volunteering!

You've probably heard the famous Aesop quote: "No act of kindness, no matter how small is ever wasted." It's true - we can better the world in so many different ways. This Spring, consider making a difference in a way you feel passionately about. It's the perfect time of year for giving as the season brings re-growth, warmer weather for connecting, and more opportunities to do so outdoors.

Starting right here at our senior living community, we offer options for volunteering including companionship, therapy animal visits, interactive lessons for many skillsets, and talent showcases (musical instrument playing, singing, magic, art, etc.). Reach out to our life enrichment director at our main number for information on how to sign-up.

In the greater community, consider numerous options for making a difference!

- Seek out a local community gardening group that gets together to grow vegetables or plant trees. Gardening with others of all ages is a great way to better the community, source produce locally, and grow intergenerational relationships.
- Head to a nearby animal shelter or call up an animal rescue organization to see how you can be of service. Rescues can benefit from animal companions, fosters, and donators. You may just fall in love with some fuzzy friends in the process!
- Contact a local food bank. FeedingAmerica.org is a great spot to start as it can link you to food banks in need of volunteers. Efforts vary from sorting and packing food for distribution to assisting at drive-up pantries, delivering meals, fundraising, food drives, and beyond.

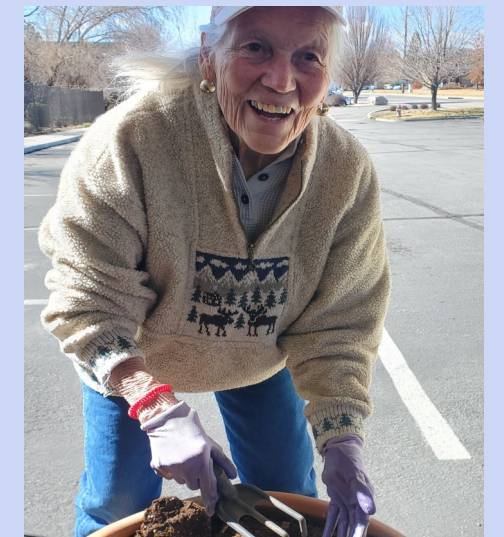


Ring Ring! Let the doorbell signal to supplies on the front step for one in need. Giving to others is also giving to yourself! Those who volunteer may experience mental health benefits and an increased sense of belonging in the greater community.

- Join a clean up crew! Keep America Beautiful has an online portal for volunteering. This Spring, you can participate in the Great American Cleanup program between March 21 and June 22.
- Visit the library and spend some time assisting with shelving books, helping with story time, hosting classes, or doing outreach. This option is great for inspiring responsibility among young volunteers.
- Get creative. Knit some hats for local NICU babies, create craft kits for children's hospitals, or write letters for seniors or soldiers who would love to receive them!

Check out VolunteerMatch.org for more ideas local to your area and interests. If you have a chance, let us know your favorite ways to volunteer or ideas for others to do so on our Facebook newsletter post on the first!

Special Moments



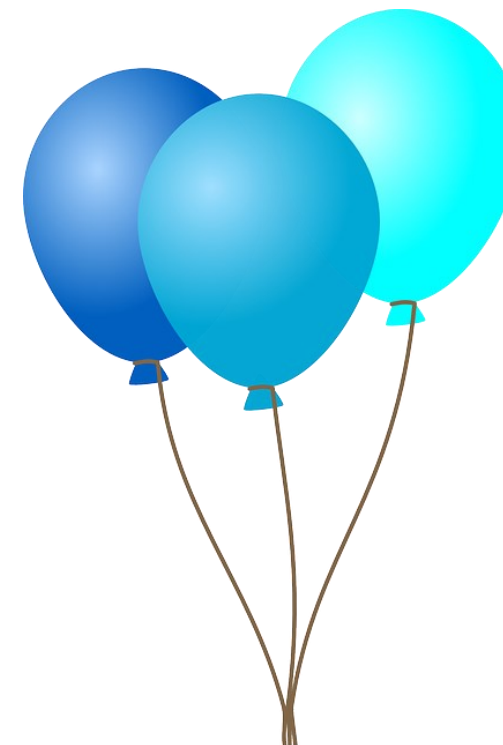
Happy Birthday!

Mary: April 2
Rita: April 3
Howard: April 4
Winnie April 5
Doris April 26

Bobbi: April 27
Julia: April 30



Those born in April are Aries (March 21 - April 19) and Taurus (April 20-May 20). The birthstone for April is the diamond. The birth flowers for April are the daisy and the sweet pea. April babies are said to be fearless, enthusiastic, and optimistic!



April 2022 Highlights

April observes Volunteering, Stress Awareness, and Healthcare Innovations. It celebrates guitars, jazz, poetry, humor, and gardening!

01 April Fool's Day; Sourdough Bread Day
 02 PBJ Day; Ferret Day; Handmade Day
 03 Film Score Day; Chocolate Mousse Day
 04 Walk Around Things Day; Vitamin C Day
 05 Caramel Day; Deep Dish Pizza Day
 06 Bookmobile Day; Walking Day
 07 World Health Day; Beer Day; Burrito Day
 08 Zoo Lovers' Day; Reflect on Gratitude Day
 09 Cherish Antiques Day; Name Yourself Day
 10 Farm Animal Day; Cinnamon Crescent Day
 11 Barbershop Quartet Day; Pet Day
 12 Grilled Cheese Day; Colorado Day
 13 Scrabble Day; Peach Cobbler Day
 14 Gardening Day; Pecan Day; Dolphin Day
 15 Good Friday; Glazed Ham Day
 16 Bean Count Day; Eggs Benedict Day; PJ Day
 17 Easter; Haiku Day; Ellis Island History Day
 18 Intl. Monuments & Sights Day; Radio Day
 19 Amaretto Day; Garlic Lovers' Day

20 Twin Day; Pineapple Upside Down Day;
 21 British Tea Day; Chocolate Cashews Day
 22 Earth Day; Jelly Bean Day
 23 Picnic Day; Cherry Cheesecake Day
 24 Pigs in Blankets Day; Pet Parent Day
 25 Hairstylist Day; Zucchini Bread Day;
 26 Audubon Day; Pretzel Day
 27 Prime Rib Day; Administrative Staff Day
 28 Poem Day; Superhero Day
 29 Arbor Day; Dance Day
 30 Oatmeal Cookie Day; Raisin Day; Jazz Day

Did you know?
 Earth Day, first
 celebrated in 1970,
 has a new theme
 each year. In 2022,
 it's "Invest in Our
 Planet!"



Regarding Covid-19:

Our resident and staff safety and comfort remain our first priority as Coronavirus cases have occurred nationwide. We are following mandated health guidelines. All activities are subject to cancellation per those 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)



April 26th is Audubon Day celebrating the birth of John James Audubon in 1785. He was a French-American bird expert and painter famous for his illustrations and studies of American birds. These are some of the birds we admire:

"Dove" -Doris
 "Duck" - Joanne
 "Robin -Rita
 "Blue Jay" -Geri
 "Bald Eagle" -Kim
 "Finch" -Wendy



Becky

Becky is our spotlighted employee of the month. Housekeeping can be challenging and Becky is dedicated to making sure no dust bunnies are left behind. She is hardworking and puts in the time and energy it takes to keep our community polished and beautiful. Life is never as planned and in this unique community, Becky has the ability to be flexible and handle any situation that arises. She is always pleasant with our residents and is a great team player, doing everything with a smile. Becky has an optimistic attitude and she shows love, integrity, and compassion.

Becky shares a wonderful friendship with her two daughters and cherishes the special time she spends with her granddaughter. We are blessed to have a team member that makes a meaningful difference in all the lives she touches.

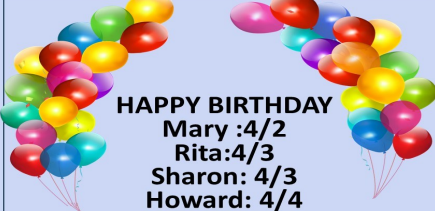




Gloria

Gloria turned 101 years young in March. It was our honor to help her celebrate this special day with distinguished guests from Sparks City Council that recognized her for the enormous contribution she has made to her community. Having grown up in Ely, NV with her immigrant parents from Spain, her childhood was spent embracing the Basque way of life and celebrating the Basque culture. Moving to Sparks, NV in 1958, Gloria served many years on the board of directors for the Reno Basque Club, Zazoiak Bat, and worked to make the annual Basque Festival a success. She was an RN for over 75 years, with her early beginnings being part of the US Army Nurses Corps during World War II. Her nursing career has taken her on a journey of living in many parts of the United States and working in various hospitals including Reno Washoe Health System. For Gloria, her family has always come first and she dedicated her life to caring for her disabled brother. As a beloved friend by so many, Gloria is an inspiration to us all.

APRIL 2022

Arbors Memory Care Monthly Activities

SUN	MON	TUE	WED	THU	FRI	SAT
<p>All activities subject to change per mandated health guidelines.</p>	 <p>HAPPY BIRTHDAY Mary :4/2 Rita:4/3 Sharon: 4/3 Howard: 4/4 Winnie: 4/5 Doris: 4/26 Darrell: 4/27 Bobbi: 4/27 Julia: 4/30</p>				<p>1 9:00 Morning News 10:00 Morning Exercise 11:00 Trivia-iN2L 2:00 Group Pick-iN2L 2:30 Golden Walkers 4:00 Social Time 6:15 Friday Flicks 7:00 Evening Relax</p>	<p>2 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</p>
<p>3 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</p>	<p>4 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</p>	<p>5 9:00 Morning Update 10:00 Morning Exercise 11:00 Radiant Artists 2:00 Group Pick-iN2L 2:30 Bingo 4:00 Afternoon Social 6:15 Evening News 7:00 TV Games Shows</p>	<p>6 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</p>	<p>7 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</p>	<p>8 9:00 Morning News 10:00 Morning Exercise 11:00 Trivia-iN2L 2:00 Group Pick-iN2L 2:30 Golden Walkers 4:00 Social Time 6:15 Friday Flicks 7:00 Evening Relax</p>	<p>9 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</p>
<p>10 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</p>	<p>11 9:00 Morning Update 10:00 Morning Exercise 11:00 Word Games 2:00 Music-iN2L 2:30 Golden Walkers 4:00 Sunshine Visits 6:15 Evening News 7:00 TV Games Shows</p>	<p>12 9:00 Morning Update 10:00 Morning Exercise 11:00 Licorice Fun 2:00 Group Pick-iN2L 2:30 Sierra Arts Music 4:00 Afternoon Social 6:15 Evening News 7:00 TV Games Shows</p>	<p>13 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</p>	<p>14 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</p>	<p>15 Good Friday 9:00 Morning News 10:00 Morning Exercise 11:00 Trivia-iN2L 2:00 Group Pick-iN2L 2:30 Golden Walkers 4:00 Social Time 6:15 Friday Flicks 7:00 Evening Relax</p>	<p>16 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</p>
<p>17 Easter 9:00 Sunday News 10:00 Spiritual-iN2L 11:00 Easter Egg Hunt 2:00 Fancy Nails 4:00 Social Time 6:15 Sunday Movie 7:00 Evening Relax</p>	<p>18 9:00 Morning Update 10:00 Morning Exercise 11:00 Animal Crackers 2:00 Music-iN2L 2:30 Catfish Music 4:00 Sunshine Visits 6:15 Evening News 7:00 TV Games Shows</p>	<p>19 9:00 Morning Update 10:00 Morning Exercise 11:00 Radiant Artists 2:00 Group Pick-iN2L 2:30 Spring Fun 4:00 Afternoon Social 6:15 Evening News 7:00 TV Games Shows</p>	<p>20 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</p>	<p>21 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</p>	<p>22 Jelly Bean Day 9:00 Morning News 10:00 Morning Exercise 11:00 Trivia-iN2L 2:00 Group Pick-iN2L 2:30 Golden Walkers 4:00 Social Time 6:15 Friday Flicks 7:00 Evening Relax</p>	<p>23 8:9:00 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</p>
<p>24 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</p>	<p>25 9:00 Morning Update 10:00 Morning Exercise 11:00 Word Games 2:00 Music-iN2L 2:30 Centerpieces 4:00 Sunshine Visits 6:15 Evening News 7:00 TV Games Shows</p>	<p>26 9:00 Morning Update 10:00 Morning Exercise 11:00 Radiant Artists 2:00 Group Pick-iN2L 2:30 Pretzel Art 4:00 Afternoon Social 6:15 Evening News 7:00 TV Games Shows</p>	<p>27 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</p>	<p>28 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</p>	<p>29 9:00 Morning News 10:00 Morning Exercise 11:00 Trivia-iN2L 2:00 Group Pick-iN2L 2:30 Golden Walkers 4:00 Social Time 6:15 Friday Flicks 7:00 Evening Relax</p>	<p>30 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</p>