



2121 E. Prater Way  
Sparks, NV 89434

Stamp



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

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# The Arbors Bulletin

May 2022 Newsletter



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# Creative Fitness & Hydration Ideas for Older Adults

*Follow your medical professional's advice and speak with them before changing diet, exercise, or supplements.*

Physical fitness and staying hydrated, while naturally easy and fun for some, can seem intimidating for others. Look forward to creative approaches to both this Senior Health and Fitness Month!

## Fun Fitness

For most of us, there's some type of physical fitness that appeals (workout machines, sports, dance, yoga, swimming), but sometimes creativity spurs extra motivation! Think outside the box with ideas like: in-air arm swim strokes, hula hooping laughter yoga, gardening, soft darts, bean bag toss, bowling, croquet, mini golf, striking poses and holding them, noodle ball volleying, and scavenger hunts.

Our community uses It's Never 2 Late (IN2L) that has many fitness avenues, from Conductorcize and Sit & Be Fit to Tai Chi and Chair Chi (for varying fitness levels). Explore the features with our life enrichment team.

## Themed Walks

Walks can be more fun when paired with an activity. Consider a bird walk, tree walk, or flower walk and mark observations with a field guide book. Get artsy by collecting flowers for pressing. Head out on a nature walk where each walker collects a leaf, twig, rock, wildflower, blade of grass, etc. Paint positive-message rocks and on a walk leave them places for others to find. Other ideas: museum walk or mall-window shop, or see which walker can write down the most street sign names or models of cars spotted.



Physical fitness is important for older adults. It makes activities of daily life easier to do, and it helps with bone density and muscle strength. An added bonus is a decreased likelihood for falls.

## Hydration Elation

For older adults, hydrating is especially important as thirst tends to decrease with age. Water doesn't have to be the only source for hydrating though. Some foods high in water content include celery, cucumbers, watermelon, cantaloupe, strawberries, bell peppers, grapes, and tomatoes. Soups, broths, and stews also can increase fluid intake, but watch for sodium content. When it comes to beverages, add some excitement to water with fruit or mint infused in it, or try milk, coconut water, or herbal caffeine-free teas like hibiscus or chamomile.

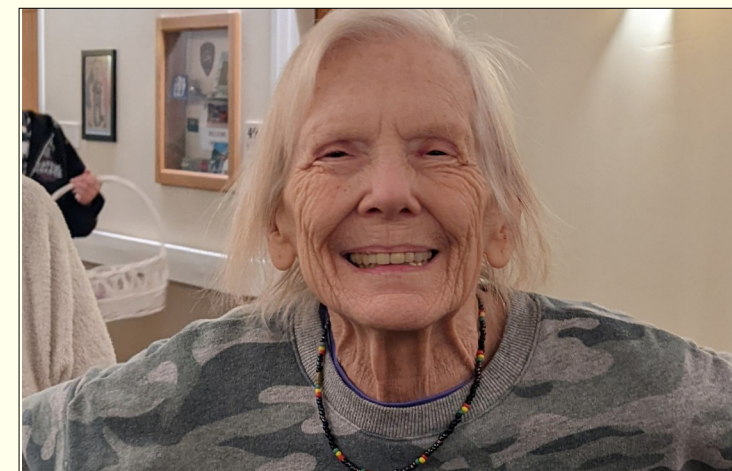
## Share Your Best Fitness/Hydration Idea

We hope you are inspired by these out of the box ideas for fitness and hydration! Did you think of a fun idea you would like to share? Please do so on our Facebook on the 1st!

# Special Moments



**Oh what fun! Our Easter festivities brought so many smiles!**



## A note from our new Executive Director, Assaad Zeid:

**Hello, as the new member of the team at Arbors Memory Care, I want to introduce myself. My role at the community is to support the team, residents, and family members. Please do not hesitate to reach out to me.**

**With the weather getting better, we will be hosting BBQ events outside. Our next events will be Memorial Day, Father's Day, the 4th of July and Labor Day, if weather permits; more info to come.**

**I look forward to meeting you and hearing the great stories about our heroes. Wish you all the best.**





# May 2022 Highlights

May includes awareness observances for mental health, asthma, blood pressure, osteoporosis, skin cancer, and strokes. It celebrates seniors, nurses, photography, strawberries, salsa, asparagus, and barbecues!

01 Chocolate Parfait Day; Lemonade Day  
02 Truffle Day; World Tuna Day  
03 Teachers Day; Two Different Shoes Day  
04 Firefighters' Day; Bird Day; Star Wars Day  
05 Astronauts' Day; Hoagie Day  
06 Nurses' Day; Crepe Suzette Day  
07 Kentucky Derby Day; Fitness Day; Trains Day  
08 Mother's Day; Coconut Cream Pie Day  
09 Lost Sock Memorial Day; Moscato Day  
10 Shrimp Day; Washington Day  
11 Receptionists' Day; 3rd Shift Staff Day  
12 Intl. Nurse Day; Nutty Fudge Day  
13 Apple Pie Day; Fruit Cocktail Day  
14 Buttermilk Biscuit Day; Dog Mom Day  
15 Chocolate Chip Day; World Baking Day  
16 BBQ Day; Sea Monkey Day  
17 Cherry Cobbler Day; Walnut Day; Idaho Day  
18 Museum Day; Juice Slushies Day  
19 Devil's Food Cake Day

20 Endangered Species Day; Pizza Party Day  
21 Waiters' Day; Strawberries and Cream Day  
22 Solitaire Day; Instrument Day  
23 Lucky Penny Day; Turtle Appreciation Day  
24 Brothers' Day; Scavenger Hunt Day  
25 Tappers' Day; Senior Health & Fitness Day  
26 Paper Plane Day; Blueberry Cheesecake Day  
27 Grape Popsicle Day; Road Trip Day  
28 Brisket Day; Enjoy a Hamburger Day  
29 Paperclip Day; Coq Au Vin Day  
30 Memorial Day; Creative Day; Mint Julep Day  
31 Macaroon Day; Save Your Hearing Day



Happy Mother's Day to all  
the moms out there!

## 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)

## In Our Words

In honor of Senior Health & Fitness Day, these are some of our favorite healthy food choices.

"Zucchini" - Lisa

"Scrambled eggs" - Cleta

"Salad" - Doris

"Vegetable soup" - Rita

"Spinach" - Tammy C.



Staff Spotlight: Danielle

Our employee of the month is Danielle. Danielle just recently joined the Arbors team and she has already gone above and beyond her usual duties as a Med Tech, by working on her off days in the kitchen when they needed it.

We are so proud to have such a wonderful person, so eager to help out the whole community the way that she has. Thank you for all you do Danielle!



Resident Spotlight: Rita

Our resident of the month is Rita. She was born and raised in Ohio. She is full Italian and loves Italian food. In fact, she and her husband Alex, who was Greek, owned and operated an Italian restaurant in Ohio.

She loves country music, watching cooking shows, playing Bingo and reading. Her favorite thing to eat is Spaghetti, of course!

We're so happy to have you here at the Arbors, Rita!



# MAY 2022

Arbors Memory Care

2121 E. Prater Way, Sparks, NV 89434

(775) 331-2229

| SUN  | MON   | TUE  | WED   | THU  | FRI   | SAT   |
|--|---|--|---|--|---|---|
| 1<br>9:00 Sunday News<br>10:00 Spiritual-iN2L<br>11:00 Exercise<br>2:30 Bingo<br>4:00 Social Time<br>6:15 Sunday Movie<br>7:00 Evening Relax                           | 2<br>9:00 Morning Update<br>10:00 Morning Exercise<br>11:00 Trivia<br>2:00 Music-iN2L<br>2:30 Catfish Music<br>4:00 Sunshine Visits<br>6:15 Evening News<br>7:00 TV Games Shows           | 3<br>9:00 Morning Update<br>10:00 Morning Exercise<br>11:00 Radiant Art<br>2:00 Group Pick-iN2L<br>2:30 Bingo<br>4:00 Afternoon Walk<br>6:15 Evening News<br>7:00 TV Games Shows                 | 4<br>9:00 Morning Update<br>10:00 Morning Exercise<br>11:00 Nail Time<br>2:00 Travel-iN2L<br>2:30 What's Cooking?<br>4:00 Music—iN2L<br>6:15 Evening News<br>7:00 TV Games Shows  | 5<br>9:00 Morning News<br>10:00 Morning Exercise<br>11:00 Travel-iN2L<br>2:00 Music-iN2L<br>2:30 Bingo<br>4:00 Reminiscing<br>6:15 Evening News<br>7:00 TV Game Shows  | 6<br>9:00 Morning News<br>10:00 Morning Exercise<br>11:00 Group Pick—iN2L<br>2:30 Golden Walkers<br>4:00 Table Games<br>6:15 Friday Flicks<br>7:00 Evening Relax  | 7<br>9:00 Morning News<br>10:00 Morning Exercise<br>11:00 Trivia<br>2:00 Travel-iN2L<br>2:30 Sing Along<br>4:00 Nail Time<br>6:15 Classic TV<br>7:00 Evening Relax  |
| 8 Mother's Day<br>9:00 Catholic Service<br>10:00 Spiritual-iN2L<br>11:00 Mother's Day Fun<br>2:30 Bingo<br>4:00 Social Time<br>6:15 Sunday Movie<br>7:00 Evening Relax | 9<br>9:00 Morning Update<br>10:00 Morning Exercise<br>11:00 Word Fun<br>2:00 Music-iN2L<br>2:30 Ball Toss<br>4:00 Sunshine Visits<br>6:15 Evening News<br>7:00 TV Games Shows             | 10<br>9:00 Morning Update<br>10:00 Morning Exercise<br>11:00 Balloon Noodle<br>2:00 Group Pick-iN2L<br>2:30 Sierra Arts Music<br>4:00 Afternoon Walk<br>6:15 Evening News<br>7:00 TV Games Shows | 11<br>9:00 Morning Update<br>10:00 Morning Exercise<br>11:00 Nail Time<br>2:00 Travel-iN2L<br>2:30 What's Cooking?<br>4:00 Music—iN2L<br>6:15 Evening News<br>7:00 TV Games Shows | 12<br>9:00 Morning News<br>10:00 Morning Exercise<br>11:00 Travel—iN2L<br>2:00 Music-iN2L<br>2:30 Bingo<br>4:00 Reminiscing<br>6:15 Evening News<br>7:00 TV Game Shows | 13<br>9:00 Morning News<br>10:00 Morning Exercise<br>11:00 Group Pick-iN2L<br>2:30 Golden Walkers<br>4:00 Table Games<br>6:15 Friday Flicks<br>7:00 Evening Relax | 14<br>9:00 Morning News<br>10:00 Morning Exercise<br>11:00 Trivia<br>2:00 Travel-iN2L<br>2:30 Sing Along<br>4:00 Nail Time<br>6:15 Classic TV<br>7:00 Evening Relax |
| 15<br>9:00 Sunday News<br>10:00 Spiritual-iN2L<br>11:00 Exercise<br>2:00 Bingo<br>4:00 Social Time<br>6:15 Sunday Movie<br>7:00 Evening Relax                          | 16<br>9:00 Morning Update<br>10:00 Morning Exercise<br>11:00 Trivia<br>2:00 Music-iN2L<br>2:30 Catfish Music<br>4:00 Sunshine Visits<br>6:15 Evening News<br>7:00 TV Games Shows          | 17<br>9:00 Morning Update<br>10:00 Morning Exercise<br>11:00 Radiant Art<br>2:00 Group Pick-iN2L<br>2:30 Bingo<br>4:00 Afternoon Walk<br>6:15 Evening News<br>7:00 TV Games Shows                | 18<br>9:00 Morning Update<br>10:00 Morning Exercise<br>11:00 Nail Time<br>2:00 Travel-iN2L<br>2:30 What's Cooking?<br>4:00 Music—iN2L<br>6:15 Evening News<br>7:00 TV Games Shows | 19<br>9:00 Morning News<br>10:00 Morning Exercise<br>11:00 Travel—iN2L<br>2:00 Music-iN2L<br>2:30 Bingo<br>4:00 Reminiscing<br>6:15 Evening News<br>7:00 TV Game Shows | 20<br>9:00 Morning News<br>10:00 Morning Exercise<br>11:00 Group Pick-iN2L<br>2:30 Golden Walkers<br>4:00 Table Games<br>6:15 Friday Flicks<br>7:00 Evening Relax | 21<br>9:00 Morning News<br>10:00 Morning Exercise<br>11:00 Trivia<br>2:30 Sing Along<br>4:00 Nail Time<br>6:15 Classic TV<br>7:00 Evening Relax                     |
| 22<br>9:00 Sunday News<br>10:00 Spiritual-iN2L<br>11:00 Exercise<br>2:30 Bingo<br>4:00 Social Time<br>6:15 Sunday Movie<br>7:00 Evening Relax                          | 23<br>9:00 Morning Update<br>10:00 Morning Exercise<br>11:00 Word Fun<br>2:00 Music-iN2L<br>2:30 Ball Toss<br>4:00 Sunshine Visits<br>6:15 Evening News<br>7:00 TV Games Shows            | 24<br>9:00 Morning Update<br>10:00 Morning Exercise<br>11:00 Balloon Noodle<br>2:00 Group Pick-iN2L<br>2:30 Bingo<br>4:00 Afternoon Walk<br>6:15 Evening News<br>7:00 TV Games Shows             | 25<br>9:00 Morning Update<br>10:00 Morning Exercise<br>11:00 Nail Time<br>2:00 Travel-iN2L<br>2:30 What's Cooking?<br>4:00 Music-iN2L<br>6:15 Evening News<br>7:00 TV Games Shows | 26<br>9:00 Morning News<br>10:00 Morning Exercise<br>11:00 Travel-iN2L<br>2:00 Music-iN2L<br>2:30 Bingo<br>4:00 Reminiscing<br>6:15 Evening News<br>7:00 TV Game Shows | 27<br>9:00 Morning News<br>10:00 Morning Exercise<br>11:00 Group Pick-iN2L<br>2:30 Golden Walkers<br>4:00 Table Games<br>6:15 Friday Flicks<br>7:00 Evening Relax | 28<br>9:00 Morning News<br>10:00 Morning Exercise<br>11:00 Trivia<br>2:30 Sing Along<br>4:00 Nail Time<br>6:15 Classic TV<br>7:00 Evening Relax                     |
| 29<br>9:00 Sunday News<br>10:00 Spiritual-iN2L<br>11:00 Exercise<br>2:30 Bingo<br>4:00 Social Time<br>6:15 Sunday Movie<br>7:00 Evening Relax                          | 30 Memorial Day<br>9:00 Morning Update<br>10:00 Morning Exercise<br>11:00 Memorial Day<br>Observance<br>2:00 Music-iN2L<br>2:30 Balloon Toss<br>4:00 Sunshine Visits<br>6:15 Evening News | 31<br>9:00 Morning Update<br>10:00 Morning Exercise<br>11:00 Radiant Art<br>2:00 Group Pick-iN2L<br>2:30 Bingo<br>4:00 Afternoon Walk<br>6:15 Evening News<br>7:00 TV Games Shows                |   |  |   | All activities<br>subject to change<br>per mandated<br>health guidelines.   |