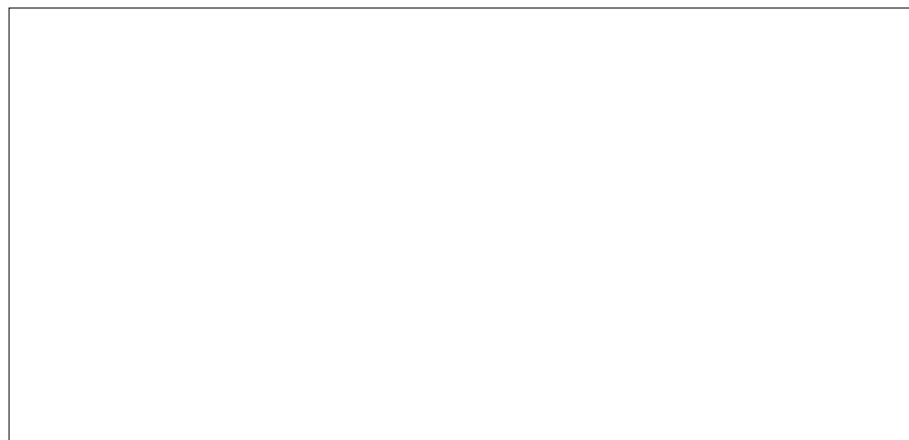




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Stamp



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Ana Perez
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

June 2022 Newsletter



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Share in the Hope for an End to Alzheimer's Disease

This **Alzheimer's & Brain Awareness Month**, take action in the fight to end Alzheimer's! The Alzheimer's Association has many types of opportunities for getting involved. Check out the information and links here to start supporting!

Join the Fight Against Alzheimer's

- Participate in the Longest Day on June 21—the day with the most light, the day we fight—by taking an activity you enjoy and making it a fundraiser to fight Alzheimer's.
- Walk in the Walk to End Alzheimer's! Register for your local walk as part of a team or independently. Set up a Tribute or Memorial Page with fundraising support options at act.alz.org
- Participate in the Ride to End Alzheimer's on August 28, 2022. You can bike ride anywhere for this Summer Challenge.
- Help with Research. TrialMatch is a free service that pairs potential participants with clinical studies. See: trialmatch.alz.org
- Advocate. Urge congress to support the Alzheimer's and dementia community. There are online fillable forms for contacting congress about vital issues at alz.org/get-involved-now/advocate
- Donate vehicles, boats, and RVs through the Donate-A-Car Program. Proceeds support the Alzheimer's Association and may provide tax benefits. Visit alz.careasy.org/home
- Be a Volunteer:
 - ⇒ Support Group Facilitator, creating safe environments for sharing feelings or experiences of Alzheimer's or dementia.
 - ⇒ Volunteer Faith Outreach Representative, sharing information and free resources through the Alzheimer's Association.



Alzheimer's Facts

- Americans who have Alzheimer's is growing. More than 6.5 million Americans have Alzheimer's in 2022.
- 1 in 3 seniors pass with Alzheimer's or Dementia. Deaths from Alzheimer's increased 145% from 2000 to 2019.
- Early diagnosis can: provide medical, emotional, and social benefits; aid with participation in vital clinical trials; enable individuals to be in control of their legal and financial wishes; and create significant cost savings in medical and long-term care.

⇒ Volunteer Community Educator, providing education and expanding program reach. Learn more at: volunteer.alz.org/Volunteeropportunities/becoming

The more information about Alzheimer's that is shared, the more people will support the fight against Alzheimer's. Follow along with our Facebook pages this month as we "Go Purple for Alzheimer's" and as we share resources and information to support the cause. Don't forget to hashtag your efforts on social media with #endalz.



June 2022 Highlights

June includes awareness observances for cataracts, headaches and migraines, liver health, men's health, and PTSD. It celebrates camping, dairy, the outdoors, roses, papayas, and fresh fruits and vegetables!

- | | |
|---|---|
| 01 Olive Day; Kind Words Day; Intl. Parent Day | 20 Vanilla Shake Day; Ice Cream Soda Day; Hike Day |
| 02 Rocky Road Day; Rotisserie Chicken Day | 21 Summer!; Peaches N' Cream Day; Selfie Day |
| 03 Egg Day; Donut Day; World Bike Day | 22 Éclair Day; Onion Ring Day; World Rainforest Day |
| 04 Cheese Day; Fish/Chips Day; Trail Day | 23 Hydrate Day; Pecan Sandies Day; Color Pink Day |
| 05 Veggie Burger Day; Cancer Survivors' Day | 24 Pralines Day; World UFO Day; Cream Tea Day |
| 06 Applesauce Cake Day; Garden Exercise Day | 25 Strawberry Parfait Day; Summersgiving |
| 07 Chocolate Ice Cream Day; World Food Safety Day | 26 Coconut Day; Beautician Day; Choc. Pudding Day |
| 08 Best Friends Day; World Oceans Day | 27 Ice-Cream Cake Day; Sunglasses Day; Onion Day |
| 09 Donald Duck Day; Strawberry Rhubarb Pie Day | 28 Alaska Day; Paul Bunyan Day |
| 10 Egg Roll Day; Iced Tea Day; Spice Day | 29 Camera Day; Waffle Iron Day; Buttercrunch Day |
| 11 Corn on Cob Day; German Chocolate Cake Day | 30 Meteor Day; Show off Your Personal Style Day |
| 12 PB Cookie Day; Red Rose Day; Jerky Day | |
| 13 Weeding Garden Day; Men's Health Week | |
| 14 Army Bday; Flag Day; Strawberry Shortcake Day | |
| 15 Nature Photography Day; Smile Power Day | |
| 16 Fudge Day; Intl. Tapas Day; Nurse Assistant Day | |
| 17 Waste Collectors' Day; Mascot Day; Apple Strudel Day; Wear Blue Day (for Men's Health) | |
| 18 Go Fishing Day; Intl. Picnic Day | |
| 19 Father's Day; Juneteenth; Turkey Lovers' Day | |



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)



Happy Birthday!

Gary: June 6

Those born in June are Gemini (May 21-June 20) and Cancer (June 21-July 22). The birthstones for June are pearl and alexandrite. The birth flowers for June are roses and honeysuckles. People born in June are said to be sociable and enthusiastic.



Staff Spotlight: Maria

This month we are pleased to spotlight our Life Enrichment Assistant and Caregiver Maria. She has a heart full of compassion, love, and honesty for the residents and teammates. She shows the residents great respect with great positive energy, keeping our residents smiling and accommodating their every need.

Maria was born in Guadalajara, Mexico. It is known for the Mariachi music, tequila, and great rodeos. Maria grew up in Sacramento, CA. She loves quality time with her family, especially her two nieces. She enjoys the outdoors, hiking, road trips, and cooking. She's a unique, beautiful soul. We are lucky to have her bright shining personality with us here at the Arbors.

Thank you for always making a difference Maria!



Resident Spotlight: Lyn

Lyn takes the Resident Spotlight this month. She was born and raised in San Francisco. She graduated from the University of California, Berkley. In 1952, she achieved two degrees, one in Chemistry and the other in Physics. She wanted to become the first woman astronaut of her time.

Lyn was married to the love of her life for 42 amazing years. They owned a furniture store in Modesto, CA. After years of success together, Lyn became a travel agent, allowing she and her family to travel around the world. She's very family-oriented and has a deep passion for her son and grandson. Lyn is a Bingo Queen. In her spare time, she enjoys crosswords, tv game shows, music and NFL sports. She's a fan of the 49ers.

We are privileged to have Lyn as part of the Arbors Family.

SUN	MON	TUE	WED	THU	FRI	SAT
All activities subject to change per mandated health guidelines.			1 World Milk Day  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	2 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	3 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	4 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
5 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	6 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	7 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	8 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	9 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	10 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	11 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
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19 Father's 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	20 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	21 Summer Begin 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	22 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	23 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	24 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	25 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
26 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	27 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	28 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	29 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	30 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		