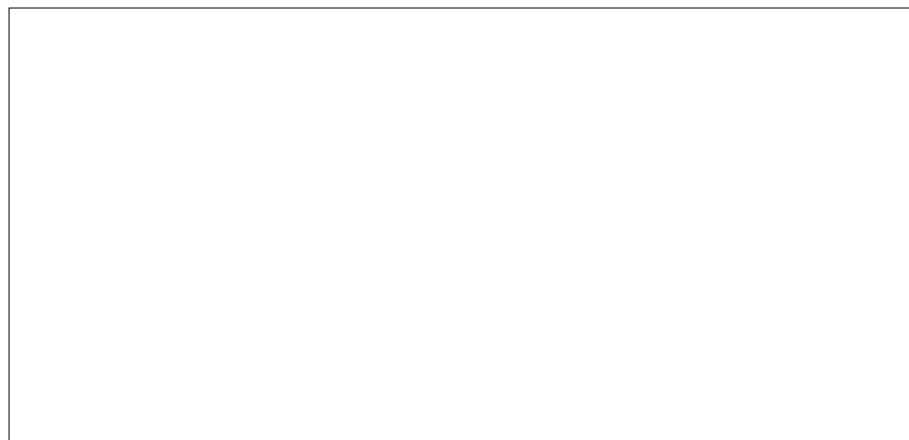




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Stamp



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**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

July 2022 Newsletter



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# Social Wellness Efforts Impact Overall Health

July, with its warm weather and ample gathering opportunities, is the perfect occasion for **Social Wellness Month**. It's a time for celebrating connections and relationships with others, as well as support systems we have in place.

The counseling group Words of Wellness so-named the monthlong observance, but social wellness has long been valued. In July of 1905, Dr. Joseph Hersey Pratt pioneered group therapy among tuberculosis patients in Boston, making its mark for decades to follow. Then in 1948, the World Health Organization identified how social wellness positively impacts overall health.

According to the Mayo Clinic, research shows strong social nets positively impact our ability to handle stress, cardiovascular functions, and self-esteem. Harvard Medical School shared that studies indicate people with satisfying relationships have fewer health problems and live longer, while those lacking social ties may suffer from depression and cognitive decline in later life.

At our community, we encourage social wellness through group activities and events. Live music is an interactive opportunity we love opening our doors for. We welcome visitors and volunteers of all walks of life who share their time and talents with us. We also welcome the greater community to our events in the hope that connections will be made, and great times will be had.

## Steps Toward a More Social You

To increase your social wellness, consider actions you can work into your daily life.

- Know you can start small. Wave, smile, and say, "Hi, How are you?" That can open doors for great conversation.



**The more, the merrier! Taking part in a holiday event can be a fun, easy way to naturally engage with others.**

- Take part in art, fitness, music, cooking gardening, spiritual, or game groups.
- Volunteer to share your experience with others or teach a skill to others.
- Be there for people by being present with them and being a good listener.
- Be an active conversationalist. Ask others questions in conversation, and let people know when you relate with them.
- Express gratitude and compliments toward others in a genuine manner.
- Enjoy others' successes with them.
- Schedule things on your calendar. It may encourage or remind you to engage more.

While social wellness is an area that takes time to grow, it's certainly one whose benefits can be felt after socializing. We hope that you find some of the suggestions here helpful if you're looking to grow in relationships with others. Let us know how these ideas work for you on our Facebook on the 1st!

# Special Moments



## Happy Birthday!

**Dyan: July 5**

**Jeri: July 18**

**Barbara: July 22**

Those born in July are either Cancer (June 21-July 22) or Leo (July 23-August 22). The birthstone for July is ruby. The birth flowers for July are larkspurs (delphinium) and water lilies. July babies are said to have a sunny disposition and great self control.



# July 2022 Highlights

**July observes Eye Injury Prevention, Minority Mental Health, Social Wellness, and UV Safety. It celebrates: Blueberries, Baked Beans, Culinary Arts, Grilling, Horseradish, Hot Dogs, Ice Cream, Independent Retailers, Peaches, Picnics, and Watercolors!**

01 Unique Ice Cream Day; Gingersnap Day; Joke Day	20 Fortune Cookie Day; Hot Dog Day; Chess Day
02 Made in the USA Day	21 Junk Food Day
03 Chocolate Wafer Day; Beans Day; Fried Clam Day	22 Hammock Day; Mango Day; Penuche Fudge Day;
04 Independence Day; Caesar Salad Day	23 Gorgeous Grandma Day; Vanilla Ice Cream Day
05 Apple Turnover Day; Hawaii Day	24 Parents' Day; A. Earhart Day; Drive Thru Day
06 Fried Chicken Day; Hand Roll Day	25 Hire Veterans Day; Sundae Day; Wine/Cheese Day
07 Macaroni Day; Chocolate Day	26 Aunt & Uncle Day; Bagel Day; Coffee Shake Day
08 Chocolate Almonds Day; Freezer Pop Day	27 Crème Brûlée Day; Love Is Kind Day
09 Sugar Cookie Day; Collector Car Day; Kebab Day	28 Intern Day; Milk Chocolate Day; Chili Dog Day
10 Kitten Day; Pina Colada Day	29 Chicken Wing Day; Lasagna Day; Lipstick Day
11 US Pet Pics Day; 711 Day; Blueberry Muffin Day	30 Friends Day; Father-in-Law Day; Cheesecake Day
12 Jell-O Day; Pecan Pie Day	31 Avocado Day; Mutt Day; Raspberry Cake Day
13 Barbershop Music Day; French Fry Day	
14 Mac & Cheese Day; Tape Measure Day	
15 Gummi Worm Day; Tapioca Day; Horses Day	
16 Corn Fritters Day	
17 Peach Ice Cream Day; Ice Cream Day	
18 Caviar Day; Sour Candy Day	
19 Daiquiri Day	

## In Our Words...

July celebrates ice cream so we asked residents and team members their favorite ice cream flavors and combinations. Here's what they shared!

Doris: "Chocolate with strawberries"  
 Ana K: "Cookies & cream with blueberries"  
 Rita: "Cherry Jubilee"  
 Mike: "Chocolate with Reese's"  
 Lyn: "Butter Pecan and Rocky Road"  
 Tamia: "Vanilla with Oreos"



**Staff Spotlight: Tammy C**

Our staff spotlight this month shines on Tammy C.! She joined the Arbors team in March and we are so pleased to be working with her. Every day, she brightens the lives of visitors, residents, and staff with her warm smile that she greets people with. She will sometimes join others on a stroll through the garden. She has been a great asset to the team and is always helping out wherever she can. When she is not working she loves spending time with her family and her three golden retrievers.

**Thanks Tammy, for shining radiantly every day!**



**Resident Spotlight: Jeri**

This very outgoing lady makes friends easily and is always so warm and welcoming to those around her. Jeri comes from Youngstown, OH, prior to making her home in Reno, NV. Working as an administrator for the Nevada Dairy Commission, Jeri excelled at customer service with her strong listening skills and her ability to provide superior personalized attention to all. She has a wonderful sense of humor and makes others around her smile and laugh. She is blessed with the love and support of her daughter and grandchildren. Jeri is a fashionista with a flair for unique, classic clothing and a put together, polished look. The Arbors is thankful to have Jeri as such a blessing in our community



# JULY 2022

Arbors Memory Care \* 2121 E. Prater Way, Sparks, NV 89434

SUN	MON	TUE	WED	THU	FRI	SAT
<p><b>All activities subject to change per mandated health guidelines.</b></p>					<p><b>1 Creative Ice Cream Day</b></p> <p>9:00 Morning News 10:00 Morning Exercise 11:00 Trivia-iN2L 2:00 Group Pick-iN2L 2:30 <b>Ice Cream Time</b> 4:00 Friday Flicks 6:15 Social Time 7:00 Evening News</p> 	<p><b>2</b></p> <p>9:00 Morning News 10:00 Yoga Fit 11:00 Trivia-iN2L 2:00 Group Pick-iN2L 2:30 Golden Walkers 4:00 Table Games 6:15 iN2L– Classic TV 7:00 Evening Relax</p>
<p><b>3</b></p> <p>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 Tea</p>	<p><b>4 Independence Day</b></p> <p>9:00 Morning Update 10:00 Morning Exercise 11:00 Word Games 2:00 4th of July iN2L 2:30 <b>Catfish Music</b> 4:00 Craft Activity 6:15 Evening News 7:00 TV Games Shows</p> 	<p><b>5</b></p> <p>9:00 Morning News 10:00 Sit and Be Fit 11:00 Coloring Fun 2:00 Group Pick-iN2L 2:30 Trivia 4:00 Scenic Ride 6:15 Classic TV 7:00 TV Games Shows</p>	<p><b>6</b></p> <p>9:00 Morning Update 10:00 Morning Stretch 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><b>7 Chocolate Day</b></p> <p>9:00 Morning News 10:00 Chair Dancing 11:00 Ball Toss 2:00 Music-iN2L 2:30 Reminiscing 4:00 Bingo 6:15 Evening News 7:00 TV Game Shows</p> 	<p><b>8</b></p> <p>9:00 Morning News 10:00 Morning Exercise 11:00 Trivia-iN2L 2:00 Group Pick-iN2L 2:30 Golden Walkers 4:00 Friday Flicks 6:15 Social Time 7:00 Evening News</p>	<p><b>9</b></p> <p>9:00 Morning News 10:00 Yoga Fit 11:00 Trivia-iN2L 2:00 Group Pick-iN2L 2:30 Golden Walkers 4:00 Table Games 6:15 iN2L– Classic TV 7:00 Evening Relax</p>
<p><b>10 Kitten Day</b></p> <p>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 Tea</p> 	<p><b>11</b></p> <p>9:00 Morning Update 10:00 Morning Exercise 11:00 Word Games 2:00 Music-iN2L 2:30 Golden Walkers 4:00 Craft Activity 6:15 Evening News 7:00 TV Games Shows</p>	<p><b>12</b></p> <p>9:00 Morning News 10:00 Sit and Be Fit 11:00 Trivia-iN2L 2:00 Group Pick-iN2L <b>2:30 Sierra Arts Music</b> 4:00 Afternoon Social 6:15 Evening News 7:00 TV Games Shows</p>	<p><b>13</b></p> <p>9:00 Morning Update 10:00 Morning Stretch 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><b>14</b></p> <p>9:00 Morning News 10:00 Chair Dancing 11:00 Ball Toss 2:00 Music-iN2L 2:30 Reminiscing 4:00 Bingo 6:15 Evening News 7:00 TV Game Shows</p>	<p><b>15 Gummy Worm Day</b></p> <p>9:00 Morning News 10:00 Morning Exercise 11:00 Trivia-iN2L 2:00 Group Pick-iN2L 2:30 Golden Walkers 4:00 Friday Flicks 6:15 Social Time 7:00 Evening News</p>	<p><b>16</b></p> <p>9:00 Morning News 10:00 Yoga Fit 11:00 Trivia-iN2L 2:00 Group Pick-iN2L 2:30 Golden Walkers 4:00 Table Games 6:15 iN2L– Classic TV 7:00 Evening Relax</p>
<p><b>17 Ice Cream Day</b></p> <p>9:00 Sunday News 10:00 Spiritual-iN2L 11:00 Sunday Stretches 2:00 <b>Ice Cream Social</b> 4:00 Social Time 6:15 Sunday Movie 7:00 Evening Tea</p> 	<p><b>18</b></p> <p>9:00 Morning Update 10:00 Morning Exercise 11:00 Word Games 2:00 Music-iN2L <b>2:30 Catfish Music</b> 4:00 Craft Activity 6:15 Evening News 7:00 TV Games Shows</p>	<p><b>19</b></p> <p>9:00 Morning News 10:00 Sit and Be Fit 11:00 Coloring Fun 2:00 Group Pick-iN2L 2:30 Trivia 4:00 Scenic Ride 6:15 Classic TV 7:00 TV Games Shows</p>	<p><b>20 Lollipop Day</b></p> <p>9:00 Morning Update 10:00 Morning Stretch 11:00 Nail Time 2:00 Travel-iN2L 2:30 <b>Lollipop Art</b> 4:00 Fancy Nails 6:15 Evening News 7:00 TV Games Shows</p> 	<p><b>21 Hot Dog Day</b></p> <p>9:00 Morning News 10:00 Chair Dancing 11:00 Ball Toss 2:00 Music-iN2L 2:30 Reminiscing 4:00 Bingo 6:15 Evening News 7:00 TV Game Shows</p> 	<p><b>22</b></p> <p>9:00 Morning News 10:00 Morning Exercise 11:00 Trivia-iN2L 2:00 Group Pick-iN2L 2:30 Golden Walkers 4:00 Friday Flicks 6:15 Social Time 7:00 Evening News</p>	<p><b>23</b></p> <p>9:00 Morning News 10:00 Yoga Fit 11:00 Trivia-iN2L 2:00 Group Pick-iN2L 2:30 Golden Walkers 4:00 Table Games 6:15 iN2L– Classic TV 7:00 Evening Relax</p>
<p><b>24</b></p> <p>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 Tea</p>	<p><b>25 Hot Fudge Sundaes</b></p> <p>9:00 Morning Update 10:00 Morning Exercise 11:00 Word Games 2:00 Music-iN2L 3:00 <b>Sundaes</b> 4:00 Craft Activity 6:15 Evening News 7:00 TV Games Shows</p> 	<p><b>26</b></p> <p>9:00 Morning News 10:00 Sit and Be Fit 11:00 Trivia 2:00 Group Pick-iN2L 2:30 Trivia 4:00 Scenic Ride 6:15 Classic TV 7:00 TV Games Shows</p>	<p><b>27</b></p> <p>9:00 Morning Update 10:00 Morning Stretch 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><b>28</b></p> <p>9:00 Morning News 10:00 Chair Dancing 11:00 Ball Toss 2:00 Music-iN2L 2:30 Reminiscing 4:00 Bingo 6:15 Evening News 7:00 TV Game Shows</p>	<p><b>29</b></p> <p>9:00 Morning News 10:00 Morning Exercise 11:00 Trivia-iN2L 2:00 Group Pick-iN2L 2:30 Golden Walkers 4:00 Friday Flicks 6:15 Social Time 7:00 Evening News</p>	<p><b>30 Friendship Day</b></p> <p>9:00 Morning News 10:00 Yoga Fit 11:00 Trivia-iN2L 2:00 Group Pick-iN2L 2:30 Golden Walkers 4:00 Table Games 6:15 iN2L– Classic TV 7:00 Evening Relax</p>
<p><b>31</b></p> <p>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 Tea</p>						