



Leadership Team
Phone: 775.331-2229
Email: info@arborsmemorycare.com
Website: arborsmemorycare.com
Facebook: ArborsMemoryCare

Executive Director:
Assaad Zeid
Community Relations Director:
Michelle Trabert
Wellness Director:
Lisa Erck
Business Office Director:
Jennifer Perkins
Life Enrichment Director:
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

August 2022 Newsletter



2 A Look Into Eye Wellness
3 Team & Resident Spotlight
4 - 5 Activities Calendar

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

Looking Forward Toward Improved Eye Wellness

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

Do either of these scenarios sound familiar? You’re excitedly diving into a new book and you need to squint to see the words more clearly—or you’re taking a walk and you look to the street signs, but they’re not as clear as you expect them to be. Both frustrating instances example changes having occurred in the eyes. Fortunately, this Eye Exam Month, we've gathered insight that may be helpful toward improving eye wellness.

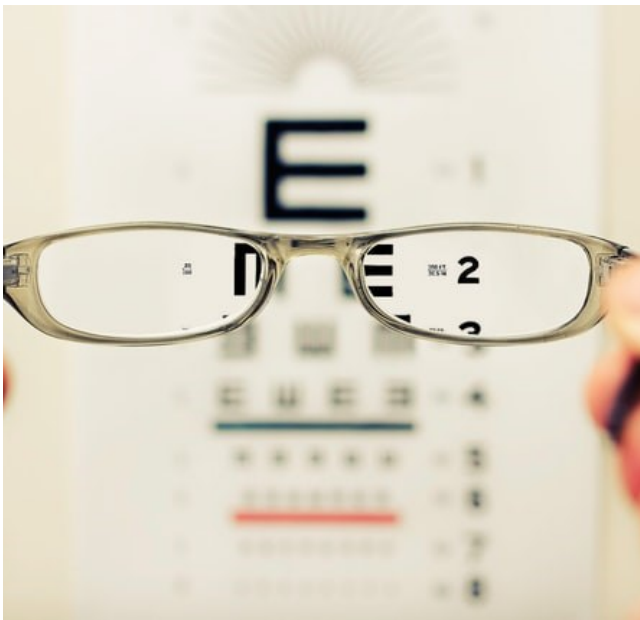
One of the best ways to stay on top of eye health is to have annual eye exams. That is at the top of all eye wellness insights we have to share.

Proactive measures through lifestyle are also important. Some recommendations from the National Eye Institute include having a diet rich in fruits and vegetables—particularly dark, leafy greens; maintaining a healthy weight; wearing glasses, goggles, and safety shields as appropriate; avoiding smoking; reducing screen eyestrain by looking 20 feet before you for 20 seconds every 20 minutes; and cleaning hands often to avoid infections.

Knowing family eye history, and being educated about vision issues and symptoms is also helpful toward eye wellness. People with diabetes, high blood pressure, or medications that affect eyes have increased risk for vision problems.

When it comes to older adults, there are specific eye issues to watch for. A few include:

- Dry eye, in which not enough tears or quality tears are made, leading to poor vision
- Age-related macular degeneration, an issue that causes central (not side) vision loss. The



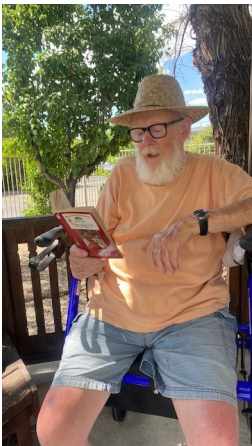
macula of the eye allows for fine detail and color, so when affected, reading, watching tv, and recognizing faces could be challenging.

- Cataracts, cloudy areas in the eye lens (usually in both eyes, to different degrees) can cause blurry vision, poor contrast awareness, dulled colors, and glare sensitivity.
- Glaucoma, a group of issues which damage the optic nerve, can in time take away side vision. While glaucoma is often painless with no symptoms, older adults are at risk for it.

With all that in mind, there are many ways to help vision conditions, per the American Optometric Association. Some optometrists have rehabilitation programs to help with low vision for daily routines. There are also many prescription devices, like spectacle-mounted magnifiers for close tasks; hand-held or spectacle-mounted telescopes for near and far vision; handheld and stand magnifiers to assist with short-term reading; and video magnification that enlarges items on video.

Let us know if this information has been helpful for you in the comments section of our newsletter Facebook post on the first.

Special Moments



In Our Words...

August 8th is Happiness Happens Day. We asked our residents and staff, “What brings you great happiness?” Here’s what they shared!

- Wendy Finch** - A sunny day brings her happiness.
- Joanne** - Reading a book and playing with her 3 pugs
- Mike** - Great music and good movies
- Doris** - Taking a walk

- Taylor B** - Hanging with friends and a nice day at the lake
- James** - Gardening
- Lilly** - Her fun Cat (Oliver)
- Maria Garcia** - Having Days off and food



August 2022 Highlights

Observes: Eye Exams, Medic Alert Awareness, Immunizations, Water Quality, and Wellness

Celebrates: Black Businesses, Catfish, Crayons, Dogs, Family Fun, Goat Cheese, Golf, Happiness, Peace, and Sandwiches

- | | |
|---|--|
| 01 Mahjong Day; Raspberry Cream Pie Day | 17 Black Cat Day; Massachusetts Day; Thrift Day |
| 02 Coloring Book Day; National Night Out Day | 18 Fajita Day; Ice Cream Pie Day; Pinot Noir Day |
| 03 Georgia Day; Nuts Day; Watermelon Day | 19 Bow Day; Aviation Day; Potato Day |
| 04 Coast Guard Day; Chocolate Chip Cookie Day | 20 Chocolate Pecan Pie Day; Radio Day |
| 05 Oyster Day; Beer Day; Water Balloon Day | 21 Seniors Day; Spumoni Day |
| 06 Root beer Float Day; Disc Golf Day | 22 Pecan Torte Day |
| 07 Raspb. & Cream Day; Family Day; Friend Day | 23 Cuban Sandwich Day; Sponge Cake Day |
| 08 Frozen Custard Day; Happiness Happens Day | 24 Maryland Day; Peach Pie Day; Waffle Day |
| 09 Book Lovers Day; Rice Pudding Day | 25 Banana Split Day; Park Service Founders Day |
| 10 Connecticut Day; S'mores Day | 26 Dog Day; Cherry Popsicle Day |
| 11 Raspberry Bombe Day; Son & Daughter Day | 27 Just Because Day; Pots De Creme Day |
| 12 Julienne Fries Day; Vinyl Record Day | 28 Bow Tie Day; Cherry Turnovers Day |
| 13 Left Handers Day; Bowling Day | 29 Chop Suey Day; Lemon Juice Day |
| 14 Creamsicle Day; Spirit of '45 Day | 30 Beach Day; Toasted Marshmallow Day |
| 15 Leathercraft Day; Lemon Meringue Pie Day | 31 Eat Outside Day; Trail Mix Day |
| 16 Airborne Day; Tell a Joke Day | |

Happy Birthday!

Residents:

Margaret - August 2
Helen - August 4
Shizuko - August 5
Mike - August 17
Marilyn - August 22

Those born in August are either Leo (Aug. 1-22) or Virgo (August 23-31). The birthstone for August is peridot. The birth flower for August is the gladiola. August babies are said to be natural leaders and teachers who thrive in the spotlight. They can often be described as charismatic.



Staff Spotlight: James

James is one of the newer caregivers on our team, and has already shown himself to be a shining star! The residents trust him because of his kind, gentle and caring ways. He helps to engage residents to participate in innovative activities that support their individual needs. James was born and raised in Reno, NV. He was in the class of 2021 at Sparks High School. In his spare time, he likes working on cars, he cultivates vegetables in his green house, and likes to spend quality time with friends and family. We are fortunate to have such a compassionate person watching over our residents! Thanks for being a great member of the Arbors Team, James!



Resident Spotlight: Paul

Paul is our spotlighted resident of the month! He was born and raised in Ireland. He is an avid reader who enjoys Fox News and classic movies. You are bound to catch Paul in the gazebo almost every day, enjoying the gardens and reading the newspaper or a good book. Moving to America as an adult, he made his home in Riverside, CA, with his wife, while raising three children. He worked as a long-distance truck driver and mover throughout his career. It is fun to talk with Paul and listen to his Irish Brogue. We're so Happy to have you here, Paul!

AUGUST 2022

Arbors Memory Care

• 2121 E. Prater Way, Sparks, NV 89434

SUN	MON	TUE	WED	THU	FRI	SAT
<p>All activities subject to change per mandated health guidelines.</p>	<p>1</p> <p>9:00 Morning Update</p> <p>10:00 Morning Exercise</p> <p>11:00 Word Games</p> <p>2:00 Reminiscing</p> <p>2:30 Catfish Music</p> <p>4:00 Bingo</p> <p>6:15 Evening News</p> <p>7:00 TV Games Shows</p>	<p>2 Ice Cream Sandwich Day</p> <p>9:00 Morning News</p> <p>10:00 Sit and Be Fit</p> <p>11:00 Scenic Ride</p> <p>2:00 Group Pick-iN2L</p> <p>2:30 Trivia</p> <p>4:00 Puzzle Table</p> <p>6:15 Classic TV</p> <p>7:00 TV Games Shows</p>	<p>3 Watermelon Day</p> <p>9:00 Morning Update</p> <p>10:00 Morning Stretch</p> <p>11:00 Nail Time</p> <p>2:00 Travel-iN2L</p> <p>2:30 What's Cooking?</p> <p>4:00 Table Games</p> <p>6:15 Evening News</p> <p>7:00 TV Games Shows</p>	<p>4 Chocolate Chip Cookie Day</p> <p>9:00 Morning News</p> <p>10:00 Chair Dancing</p> <p>11:00 Ball Toss</p> <p>2:00 Music-iN2L</p> <p>2:30 Bingo</p> <p>4:00 Reminiscing</p> <p>6:15 Evening News</p> <p>7:00 TV Game Shows</p>	<p>5</p> <p>9:00 Morning News</p> <p>10:00 Morning Exercise</p> <p>11:00 Water Balloon Toss</p> <p>2:00 Group Pick-iN2L</p> <p>2:30 Golden Walkers</p> <p>4:00 Bing Bag Toss</p> <p>6:15 Friday Flicks</p> <p>7:00 Evening Relax</p>	<p>6</p> <p>9:00 Morning News</p> <p>10:00 Yoga Fit</p> <p>11:00 Trivia-iN2L</p> <p>2:00 Root Beer Floats</p> <p>2:30 Golden Walkers</p> <p>4:00 Art Paint</p> <p>6:15 iN2L- Classic TV</p> <p>7:00 Evening Relax</p>
	<p>7</p> <p>9:00 Sunday News</p> <p>10:00 Spiritual-iN2L</p> <p>11:00 Sunday Stretches</p> <p>2:00 Bing Bag Toss</p> <p>3:45 Sunday Movie</p> <p>6:15 Social Time</p> <p>7:00 Evening Tea</p>	<p>8</p> <p>9:00 Morning Update</p> <p>10:00 Morning Exercise</p> <p>11:00 Word Games</p> <p>2:00 Music-iN2L</p> <p>2:30 Bingo</p> <p>4:00 Coloring Fun</p> <p>6:15 Evening News</p> <p>7:00 TV Games Shows</p>	<p>9</p> <p>9:00 Morning News</p> <p>10:00 Sit and Be Fit</p> <p>11:00 Trivia-iN2L</p> <p>2:00 Group Pick-iN2L</p> <p>2:30 Sierra Arts Music</p> <p>4:00 Craft Activity</p> <p>6:15 Evening News</p> <p>7:00 TV Games Shows</p>	<p>10 S'mores Day</p> <p>9:00 Morning Update</p> <p>10:00 Morning Stretch</p> <p>11:00 Nail Time</p> <p>2:00 Travel-iN2L</p> <p>2:30 What's Cooking?</p> <p>4:00 Table Games</p> <p>6:15 Evening News</p> <p>7:00 TV Games Shows</p>	<p>11</p> <p>9:00 Morning News</p> <p>10:00 Chair Dancing</p> <p>11:00 Ball Toss</p> <p>2:00 Trivia iN2L</p> <p>2:30 Catfish Music</p> <p>4:00 Reminiscing</p> <p>6:15 Evening News</p> <p>7:00 TV Game Shows</p>	<p>12 Elephant Day</p> <p>9:00 Morning News</p> <p>10:00 Morning Exercise</p> <p>11:00 Trivia-iN2L</p> <p>2:00 Group Pick-iN2L</p> <p>2:30 Golden Walkers</p> <p>4:00 Bing Bag Toss</p> <p>6:15 Friday Flicks</p> <p>7:00 Evening Relax</p>
	<p>14</p> <p>9:00 Sunday News</p> <p>10:00 Spiritual-iN2L</p> <p>11:00 Sunday Stretches</p> <p>2:00 Bing Bag Toss</p> <p>3:45 Sunday Movie</p> <p>6:15 Social Time</p> <p>7:00 Evening Tea</p>	<p>15</p> <p>9:00 Morning Update</p> <p>10:00 Morning Exercise</p> <p>11:00 Word Games</p> <p>2:00 Reminiscing</p> <p>2:30 Catfish Music</p> <p>4:00 Bingo</p> <p>6:15 Evening News</p> <p>7:00 TV Games Shows</p>	<p>16 Soft Ice Cream Day</p> <p>9:00 Morning News</p> <p>10:00 Sit and Be Fit</p> <p>11:00 Coloring Fun</p> <p>2:00 Group Pick-iN2L</p> <p>2:30 Scenic Ride</p> <p>4:00 Afternoon Social</p> <p>6:15 Classic TV</p> <p>7:00 TV Games Shows</p>	<p>17</p> <p>9:00 Morning Update</p> <p>10:00 Morning Stretch</p> <p>11:00 Nail Time</p> <p>2:00 Travel-iN2L</p> <p>2:30 What's Cooking?</p> <p>4:00 Table Games</p> <p>6:15 Evening News</p> <p>7:00 TV Games Shows</p>	<p>18</p> <p>9:00 Morning News</p> <p>10:00 Chair Dancing</p> <p>11:00 Ball Toss</p> <p>2:00 Music-iN2L</p> <p>2:30 Bingo</p> <p>4:00 Reminiscing</p> <p>6:15 Evening News</p> <p>7:00 TV Game Shows</p>	<p>19</p> <p>9:00 Morning News</p> <p>10:00 Morning Exercise</p> <p>11:00 Trivia-iN2L</p> <p>2:00 Group Pick-iN2L</p> <p>2:30 Golden Walkers</p> <p>4:00 Bing Bag Toss</p> <p>6:15 Friday Flicks</p> <p>7:00 Evening Relax</p>
	<p>21</p> <p>9:00 Sunday News</p> <p>10:00 Spiritual-iN2L</p> <p>11:00 Sunday Stretches</p> <p>2:00 Bing Bag Toss</p> <p>3:45 Sunday Movie</p> <p>6:15 Social Time</p> <p>7:00 Evening Tea</p>	<p>22</p> <p>9:00 Morning Update</p> <p>10:00 Morning Exercise</p> <p>11:00 Word Games</p> <p>2:00 Music-iN2L</p> <p>2:30 Bingo</p> <p>4:00 Social Time</p> <p>6:15 Evening News</p> <p>7:00 TV Games Shows</p>	<p>23 Sponge Cake Day</p> <p>9:00 Morning News</p> <p>10:00 Sit and Be Fit</p> <p>11:00 Coloring Fun</p> <p>2:00 Group Pick-iN2L</p> <p>2:30 What's Cooking?</p> <p>4:00 Puzzle Table</p> <p>6:15 Classic TV</p> <p>7:00 TV Games Shows</p>	<p>24</p> <p>9:00 Morning Update</p> <p>10:00 Morning Stretch</p> <p>11:00 Trivia</p> <p>2:00 Travel-iN2L</p> <p>2:30 Nail Time</p> <p>4:00 Table Games</p> <p>6:15 Evening News</p> <p>7:00 TV Games Shows</p>	<p>25 Banana Split Day</p> <p>9:00 Morning News</p> <p>10:00 Chair Dancing</p> <p>11:00 Ball Toss</p> <p>2:00 Music-iN2L</p> <p>2:30 Bingo</p> <p>4:00 Reminiscing</p> <p>6:15 Evening News</p> <p>7:00 TV Game Shows</p>	<p>26 Dog Day</p> <p>9:00 Morning News</p> <p>10:00 Morning Exercise</p> <p>11:00 Trivia-iN2L</p> <p>2:00 Group Pick-iN2L</p> <p>2:30 Golden Walkers</p> <p>4:00 Bing Bag Toss</p> <p>6:15 Friday Flicks</p> <p>7:00 Evening Relax</p>
	<p>28</p> <p>9:00 Sunday News</p> <p>10:00 Spiritual-iN2L</p> <p>11:00 Sunday Stretches</p> <p>2:00 Bing Bag Toss</p> <p>3:45 Sunday Movie</p> <p>6:15 Social Time</p> <p>7:00 Evening Tea</p>	<p>29</p> <p>9:00 Morning Update</p> <p>10:00 Morning Exercise</p> <p>11:00 Word Games</p> <p>2:00 Music-iN2L</p> <p>2:30 Bingo</p> <p>4:00 Puzzle Table</p> <p>6:15 Evening News</p> <p>7:00 TV Games Shows</p>	<p>30 Toasted Marshmallow Day</p> <p>9:00 Morning News</p> <p>10:00 Sit and Be Fit</p> <p>11:00 Scenic Ride</p> <p>2:00 Group Pick-iN2L</p> <p>2:30 Trivia</p> <p>4:00 Coloring Fun</p> <p>6:15 Classic TV</p> <p>7:00 TV Games Shows</p>	<p>31</p> <p>9:00 Morning Update</p> <p>10:00 Morning Stretch</p> <p>11:00 Nail Time</p> <p>2:00 Travel-iN2L</p> <p>2:30 What's Cooking?</p> <p>4:00 Table Games</p> <p>6:15 Evening News</p> <p>7:00 TV Games Shows</p>		