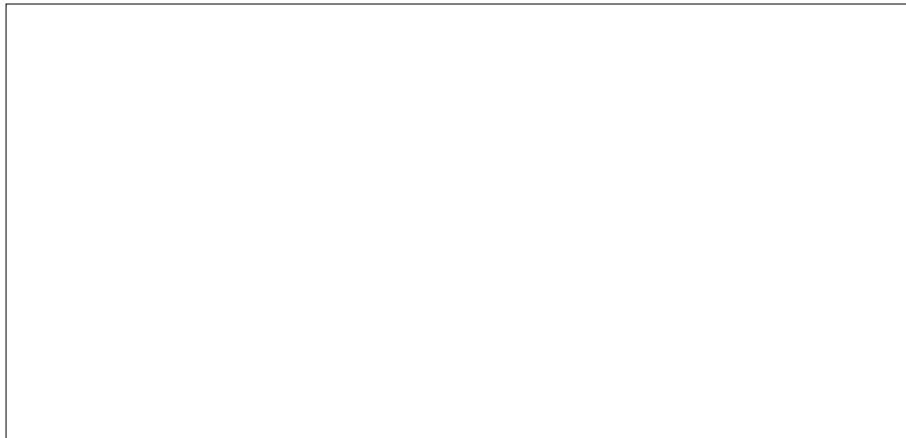




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Yuko Rogers

**Maintenance Director:**  
Maxx Fritz

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

# The Arbors Bulletin

September 2022 Newsletter



|       |                           |   |                                |
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# Pain Points: Tips for Managing Chronic Pain

*Note: This article is for informational purposes and should not be mistaken for medical advice. Please consult a physician or other medical professional or specialist for all health matters.*

While pain is a fact of life, for some it is more than an occasional occurrence. One in five adults in America experiences chronic pain. It is one of the most common reasons adults seek medical care and it can last for months, years, and possibly for life.

There are many reasons a person may experience pain, including injury, illness, birth defect, and bodily wear and tear over time. Pain is personal, and everyone experiences it differently, making diagnosis and treatment difficult. However, there are several ways to combat pain, and find relief.

## Ways to Manage Pain (without or in conjunction with the use of pharmaceuticals):

- Regular exercise, particularly activities that are designed to improve flexibility and muscle tone (think yoga, Pilates, swimming) can be therapeutic and help you manage and even prevent pain. We suggest working with your medical provider to outline an appropriate exercise plan that meets your needs.
- In the same spirit as exercise, physical therapy is an excellent way to manage pain by treating it at its source. Maintaining your physical therapy exercises, even after your visits are over, can also help prevent future injury and pain to compromised joints and ligaments.
- Cognitive Behavioral Therapy is a form of psychotherapy that has been shown to be an effective way to manage pain and associated emotions through exercising mindfulness, ultimately improving quality of life. When pain is constant, it wears down more than just your body. Instances of depression and anxiety are higher in those who experience chronic pain.



There are various paths to relief. Strength and resistance training—like using elastic bands shown above—can improve muscle strength, decrease stiffness, and lead to some relief from pain. Aerobic exercise like walking and swimming are linked to weight loss and can reduce joint pressure, improving pain symptoms. Explore what may work for you.

## Pain Management for Seniors

As we age, our bodies become more susceptible to experiencing pain and injury. Additionally, those who experience cognitive impairment in the form of Alzheimer's and other related dementia may find that pain management is complicated due to the difficulty they might experience in verbalizing the location and severity of pain.

It's important to know that you and your loved ones don't have to handle this alone. At our community, our care approach focuses on the individual needs of each resident, meeting them where they are. We incorporate the latest advances in building design and care philosophies to minimize the impact of our residents' symptoms, enabling them to live comfortably and securely.

As with any medical topic, we suggest that your journey begins with an open conversation with your medical provider. Don't be discouraged if it takes a while to find the answers you're looking for – health is a journey after all.

# Special Moments



## August Birthdays





# September 2022 Highlights

**September Observes: World Alzheimer's Awareness, Healthy Aging, Intergenerational Ties, Pain Awareness, Prostate Health, and Self-Care.**

**September Celebrates: Americana, Chicken, Classical Music, Honey, Little League, Mushrooms, Piano, Potatoes, Rice, Sewing, and Square Dancing.**

- |   |  |
|---|--|
| 01 World Letter Writing Day   | 20 Fried Rice Day, Pepperoni Pizza Day, Punch Day      |
| 02 Coconut Day, College Colors Day, Food Bank Day                           | 21 World Alzheimer's Day, Chai Day, Pecan Cookie Day   |
| 03 Bacon Day, U.S. Bowling League Day, Tailgating Day                       | 22 Centenarians' Day, Hobbit Day, White Chocolate Day  |
| 04 Macadamia Nut Day, Wildlife Day  | 23 Autumn Begins, Pot Pie Day, Snack Stick Day         |
| 05 Labor Day, Beautician Week, Cheese Pizza Day                             | 24 Family Health & Fitness Day, Hunting & Fishing Day  |
| 06 Coffee Ice Cream Day, Read a Book Day                                    | 25 Dining Staff Day, Daughters' Day, Quesadilla Day    |
| 07 Acorn Squash Day, Beer Day, Salami Day                                   | 26 HR Staff Day, Family Day, Dumpling Day, Pancake Day |
| 08 Literacy Day, Ampersand Day  | 27 Chocolate Milk Day, Scarf Day, Corned Beef Hash Day |
| 09 Sudoku Day, Teddy Bear Day, Wiener Schnitzel Day                         | 28 Strawberry Cream Pie Day, Ladies Health Day         |
| 10 World First Aid Day, Swap Ideas Day                                      | 29 VFW Day, Coffee Day                                 |
| 11 Assisted Living Week, Grandparents' Day,<br>Day of Service & Remembrance | 30 Chewing Gum Day, Hot Cider Day, Love People Day     |
| 12 Chocolate Milkshake Day, Video Games Day                                 |  |
| 13 Bald Is Beautiful Day, Peanut Day, Ants on a Log Day                     |  |
| 14 Cream Donut Day, Eat a Hoagie Day, Live Creative Day                     |  |
| 15 Cheese Toast Day, Linguine Day, Online Learning Day                      |  |
| 16 Raisin Bread Day, Guac Day, POW/MIA Recognition Day                      |  |
| 17 Thank Police Day, House Cleaners' Day, Dance Day                         |  |
| 18 Bamboo Day, Air Force Bday, Cheeseburger Day                             |  |
| 19 Butterscotch Pudding Day, Talk Like a Pirate Day                         |  |

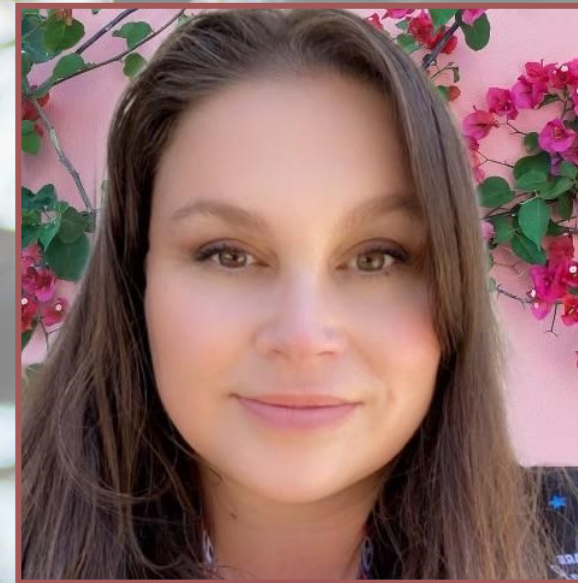
**"By all these lovely tokens, September days are here. With summer's best of weather and autumn's best of cheer." – Helen Hunt Jackson**



Those born in September are either Virgo (Aug. 23-Sept. 22) or Libra (Sept. 23-Oct. 22). The birthstone for September is sapphire. The birth flowers are asters and morning glory. Virgos are best known for being practical, loyal, and organized. Libras are balanced, social, and fair-minded. September has 11 of the top birthdates in the nation with more babies born on Sept. 9 than any other day of the year!

**Residents**  
**Francine: Sept.4**

**Staff:**  
**Christina: Sept. 11**  
**Genevieve: Sept. 20**



**Staff Spotlight:**  
**Rhia**

It takes a very special individual to be a caregiver and a medication technician. Their heart needs to be bursting with compassion, and a deep desire to help others is at core of their being. That is why we are spotlighting our team member Rhia this month who exemplifies these attributes, by focusing on the needs of those around her. She is always looking for ways to help others.

Rhia grew up in Anaheim, Ca., where her father was the executive chef for Disney. As a perk, her family and friends received free entrance into Disneyland, 25 times per year. How awesome must that have been? She has spent her adult life enjoying the riches of the Reno area.

Rhia is the proud mother of a daughter and son, which keeps her on her toes. She loves everything about pugs and enjoys the unconditional love from her own pug.

**We thank you, Rhia, for being such an amazing team member!**



**Resident Spotlight:**  
**Joanne**

Joanne takes the spotlight this month! She brightens everyone's day with her smile and sense of humor. She has a love for fishing and many type of animals, but mostly dogs. She own 3 pugs: Louie, Lana, and Pinkie. Her cup of tea is having adventures and traveling, and listening to country and blue grass music. Joanne was born and raised in Windsor, Ontario, Canada. Back home, she enjoyed biking, hiking, and cross country skiing. She married Bob, the love of her life who she raised two incredible kids with. She is also a proud grandmother. You well find JoJo reading a noble book, knitting, or interacting in every activity at the Arbors

**Thank you, Joanne, for being a ray of sunshine at the Arbors community.**



# SEPTEMBER 2022

Arbors Memory Care \* 2121 E. Prater Way, Sparks, NV 89434 \* 775.331.2229

| SUN  | MON   | TUE   | WED  | THU   | FRI  | SAT  |
|--|---|---|--|---|--|--|
| <p><b>All activities subject to change per mandated health guidelines.</b></p>   |    |   |   | <p>1</p> <p>9:00 Morning News<br/>10:00 Chair Dancing<br/>11:00 Ball Toss<br/>2:00 Music-iN2L<br/>2:30 Reminiscing<br/>4:00 Bingo<br/>6:15 Evening News<br/>7:00 TV Game Shows</p>  | <p>2 <b>Blueberry Popsicle</b></p> <p>9:00 Morning News<br/>10:00 Morning Exercise<br/>11:00 Trivia-iN2L<br/>2:00 Group Pick-iN2L<br/>2:30 Golden Walkers<br/>4:00 Bing Bag Toss<br/>6:15 Friday Flicks<br/>7:00 Evening Relax</p>  | <p>3</p> <p>9:00 Morning News<br/>10:00 Yoga Fit<br/>11:00 Trivia-iN2L<br/>2:00 Group Pick-iN2L<br/>2:30 <b>David's Music</b><br/>4:00 Art Paint<br/>6:15 iN2L– Classic TV<br/>7:00 Evening Relax</p>               |
| <p>4</p> <p>9:00 Sunday News<br/>10:00 Spiritual-iN2L<br/>11:00 Sunday Stretches<br/>2:00 Bing Bag Toss<br/>3:45 Sunday Movie<br/>6:15 Social Time<br/>7:00 Evening Tea</p>  | <p>5 <b>Labor Day</b></p> <p>9:00 Morning Update<br/>10:00 Morning Exercise<br/>11:00 Word Games<br/>2:00 Reminiscing<br/>2:30 <b>Catfish Music</b><br/>4:00 Bingo<br/>6:15 Evening News<br/>7:00 TV Games Shows</p>           | <p>6</p> <p>9:00 Morning News<br/>10:00 Sit and Be Fit<br/>11:00 Scenic Ride<br/>2:00 Group Pick-iN2L<br/>2:30 Trivia<br/>4:00 Puzzle Table<br/>6:15 Classic TV<br/>7:00 TV Games Shows</p>   | <p>7</p> <p>9:00 Morning Update<br/>10:00 Morning Stretch<br/>11:00 Nail Time<br/>2:00 Travel-iN2L<br/>2:30 What's Cooking?<br/>4:00 Table Games<br/>6:15 Evening News<br/>7:00 TV Games Shows</p>                         | <p>8</p> <p>9:00 Morning News<br/>10:00 Chair Dancing<br/>11:00 Ball Toss<br/>2:00 Music-iN2L<br/>2:30 Reminiscing<br/>4:00 Bingo<br/>6:15 Evening News<br/>7:00 TV Game Shows</p>  | <p>9</p> <p>9:00 Morning News<br/>10:00 Morning Exercise<br/>11:00 Trivia-iN2L<br/>2:00 Group Pick-iN2L<br/>2:30 Golden Walkers<br/>4:00 Bing Bag Toss<br/>6:15 Friday Flicks<br/>7:00 Evening Relax</p>   | <p>10</p> <p>9:00 Morning News<br/>10:00 Yoga Fit<br/>11:00 Trivia-iN2L<br/>2:00 Group Pick-iN2L<br/>2:30 Golden Walkers<br/>4:00 Art Paint<br/>6:15 iN2L– Classic TV<br/>7:00 Evening Relax</p>   |
| <p>11 <b>Grandparents Day</b></p> <p>9:00 Sunday News<br/>10:00 Spiritual-iN2L<br/>11:00 Sunday Stretches<br/>2:00 Bing Bag Toss<br/>3:45 Sunday Movie<br/>6:15 Social Time<br/>7:00 Evening Tea</p>  | <p>12 <b>Milkshake Day</b></p> <p>9:00 Morning Update<br/>10:00 Morning Exercise<br/>11:00 Word Games<br/>2:00 Music-iN2L<br/>2:30 Golden Walkers<br/>4:00 Craft Activity<br/>6:15 Evening News<br/>7:00 TV Games Shows</p>  | <p>13 <b>Peanut Day</b></p> <p>9:00 Morning News<br/>10:00 Sit and Be Fit<br/>11:00 Trivia-iN2L<br/>2:00 Group Pick-iN2L<br/>2:30 <b>Sierra Arts Music</b><br/>4:00 Afternoon Social<br/>6:15 Evening News<br/>7:00 TV Games Shows</p>  | <p>14 <b>Willy Wonka Day</b></p> <p>9:00 Morning Update<br/>10:00 Morning Stretch<br/>11:00 Nail Time<br/>2:00 Travel-iN2L<br/>2:30 What's Cooking?<br/>4:00 Table Games<br/>6:15 Evening News<br/>7:00 TV Games Shows</p> | <p>15 <b>Crazy Hat Day</b></p> <p>9:00 Morning News<br/>10:00 Chair Dancing<br/>11:00 Ball Toss<br/>2:00 Music-iN2L<br/>2:30 Reminiscing<br/>4:00 Bingo<br/>6:15 Evening News<br/>7:00 TV Game Shows</p>        | <p>16 <b>Guacamole Day</b></p> <p>9:00 Morning News<br/>10:00 Morning Exercise<br/>11:00 Trivia-iN2L<br/>2:00 Group Pick-iN2L<br/>2:30 Golden Walkers<br/>4:00 Bing Bag Toss<br/>6:15 Friday Flicks<br/>7:00 Evening Relax</p>    | <p>17 <b>Dance Day</b></p> <p>9:00 Morning News<br/>10:00 Yoga Fit<br/>11:00 Trivia-iN2L<br/>2:00 Group Pick-iN2L<br/>2:30 Golden Walkers<br/>4:00 Art Paint<br/>6:15 iN2L– Classic TV<br/>7:00 Evening Relax</p>  |
| <p>18 <b>Bamboo Day</b></p> <p>9:00 Sunday News<br/>10:00 Spiritual-iN2L<br/>11:00 Sunday Stretches<br/>2:00 Bing Bag Toss<br/>3:45 Sunday Movie<br/>6:15 Social Time<br/>7:00 Evening Tea</p>        | <p>19</p> <p>9:00 Morning Update<br/>10:00 Morning Exercise<br/>11:00 Word Games<br/>2:00 Reminiscing<br/>2:30 <b>Catfish Music</b><br/>4:00 Bingo<br/>6:15 Evening News<br/>7:00 TV Games Shows</p>                         | <p>20 <b>Pepperoni Pizza Day</b></p> <p>9:00 Morning News<br/>10:00 Sit and Be Fit<br/>11:00 Scenic Ride<br/>2:00 Group Pick-iN2L<br/>2:30 Trivia<br/>4:00 Puzzle Table<br/>6:15 Classic TV<br/>7:00 TV Games Shows</p>                | <p>21</p> <p>9:00 Morning Update<br/>10:00 Morning Stretch<br/>11:00 Nail Time<br/>2:00 Travel-iN2L<br/>2:30 What's Cooking?<br/>4:00 Table Games<br/>6:15 Evening News<br/>7:00 TV Games Shows</p>                        | <p>22 <b>Ice Cream Cone Day</b></p> <p>9:00 Morning News<br/>10:00 Chair Dancing<br/>11:00 Ball Toss<br/>2:00 Music-iN2L<br/>2:30 Reminiscing<br/>4:00 Bingo<br/>6:15 Evening News<br/>7:00 TV Game Shows</p>  | <p>23</p> <p>9:00 Morning News<br/>10:00 Morning Exercise<br/>11:00 Trivia-iN2L<br/>2:00 Group Pick-iN2L<br/>2:30 Golden Walkers<br/>4:00 Bing Bag Toss<br/>6:15 Friday Flicks<br/>7:00 Evening Relax</p>  | <p>24</p> <p>9:00 Morning News<br/>10:00 Yoga Fit<br/>11:00 Trivia-iN2L<br/>2:00 Group Pick-iN2L<br/>2:30 Golden Walkers<br/>4:00 Art Paint<br/>6:15 iN2L– Classic TV<br/>7:00 Evening Relax</p>   |
| <p>25 <b>Quesadilla Day</b></p> <p>9:00 Sunday News<br/>10:00 Spiritual-iN2L<br/>11:00 Sunday Stretches<br/>2:00 Bing Bag Toss<br/>3:45 Sunday Movie<br/>6:15 Social Time<br/>7:00 Evening Tea</p>    | <p>26 <b>Family Day</b></p> <p>9:00 Morning Update<br/>10:00 Morning Exercise<br/>11:00 Word Games<br/>2:00 Music-iN2L<br/>2:30 Golden Walkers<br/>4:00 Craft Activity<br/>6:15 Evening News<br/>7:00 TV Games Shows</p>     | <p>27 <b>Chocolate Milk Day</b></p> <p>9:00 Morning News<br/>10:00 Sit and Be Fit<br/>11:00 Scenic Ride<br/>2:00 Group Pick-iN2L<br/>2:30 Trivia<br/>4:00 Puzzle Table<br/>6:15 Classic TV<br/>7:00 TV Games Shows</p>                 | <p>28</p> <p>9:00 Morning Update<br/>10:00 Morning Stretch<br/>11:00 Nail Time<br/>2:00 Travel-iN2L<br/>2:30 What's Cooking?<br/>4:00 Table Games<br/>6:15 Evening News<br/>7:00 TV Games Shows</p>                        | <p>29 <b>Coffee Day</b></p> <p>9:00 Morning News<br/>10:00 Chair Dancing<br/>11:00 Ball Toss<br/>2:00 Music-iN2L<br/>2:30 Reminiscing<br/>4:00 Bingo<br/>6:15 Evening News<br/>7:00 TV Game Shows</p>          | <p>30</p> <p>9:00 Morning News<br/>10:00 Morning Exercise<br/>11:00 Trivia-iN2L<br/>2:00 Group Pick-iN2L<br/>2:30 Golden Walkers<br/>4:00 Bing Bag Toss<br/>6:15 Friday Flicks<br/>7:00 Evening Relax</p>  |  |