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Stamp



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

The Arbors Bulletin

October 2022 Newsletter



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Breast Cancer Awareness Month is Here!

Note: This 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.

October observes Breast Cancer Awareness! It's a month for wearing pink, promoting knowledge, raising research funds, supporting those in and through the cancer fight, and taking steps to help detect the disease in early stages.

This October, increase your awareness with some breast cancer facts and early detection information. Your knowledge could help a loved one, friend, or yourself.

What is Breast Cancer?

Cells are tissue building blocks and are where cancer starts. During cell growth, sometimes new cells that are not needed form and mutate, and old or damaged cells do not die as they ought to. In the breast, when these cells spread to surrounding tissues, breast cancer occurs. This process is often slow. If a lump can be felt, it may have been growing for years. Finding a lump in the breast does not necessarily mean one has cancer, though if one is found, seeing a physician for a clinical breast exam is recommended.

Breast cancer may occur in men or women, but affects women more often than men. According to the National Breast Cancer Foundation, Inc., (NCBFI) in 2022, 287,500 estimated new cases of breast cancer will have been diagnosed in women in the U.S., as well as 51,400 new cases of non-invasive breast cancer. For men in the U.S. in 2022, 2,710 men will have been diagnosed with breast cancer.

Early Detection is Key

There are ways to detect breast cancer early, such as regular self-examinations and clinical



Did you know? 1 in 8 women in the U.S. will be diagnosed with breast cancer in their lifetime. There is hope though: There are more than 3.8 million U.S. breast cancer survivors. (NBCFI)

screenings. Clinical screenings include mammograms (breast x-rays); clinical breast exams (where a trained provider feels for abnormalities); and in certain cases, breast MRIs (usually in addition to a screening mammogram). Learn more on screening options at cancer.org.

Men at high risk for breast cancer should discuss managing their risk with their doctor. Women should be familiar with how their breasts normally look and report changes to a medical provider. Women at average risk for breast cancer between 40-44 have the option to start annual mammograms. The American Cancer Society recommends average-risk women ages 45-54 get annual mammograms, earlier for those who are high-risk for breast cancer. Those 55+ can switch to every other year if in good health. Learn more about risk level at cancer.org.

Some Positive News

Death rates from breast cancer have been on the decline since 1990 due to better screening, early detection, increased awareness, and improved treatments. In addition, for women over 50 and older, in recent years breast cancer incidence rates have decreased. (NCBFI)

This month and in those to follow, we hope to encourage breast cancer awareness and continued learning. We welcome your feedback on this article on our Facebook page on the 1st.



Special Moments



Happy Birthday!

Those born in October are Libras (Sept. 23-Oct. 22) or Scorpios (Oct. 23-Nov. 21). Their birthstones are opals & tourmaline. Their birth flower is the Calendula. More American presidents have October birthdays than any other month!

Residents

Scott : Oct.16
Betsey : Oct.17
Paul : Oct.18
Frances : Oct.30

Staff

Summer: Oct.07
Destiny: Oct.17
Annakay: Oct.20
Maria Garcia: Oct.24



October 2022 Highlights

October observes Breast Cancer Awareness, Dental Hygiene, Emotional Wellness, Financial Planning, Physical Therapy, and Protecting Hearing. It Celebrates: Apples, Arts, Humanities, Baking, Books, Caramel, Chili, Cookies, Pasta, Pizza, Sausage, Seafood, Stamp Collecting, Pears, Pineapples, Spinach, and Vegetarianism.

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| 01 Day for Seniors; Hair Day; Homemade Cookies Day; Pumpkin Spice Day | 17 Bosses Day; Pasta Day |
| 02 Custodial Day; Cards Day; Fried Scallops Day | 18 Pharmacy Tech Day; Choco Cupcake Day; No Beard Day |
| 03 Smoothie Day; Consign Day; Chili Week | 19 Chamber of Commerce Day; Seafood Bisque Day |
| 04 Cinn. Bun Day; Golf Day; Taco Day; Fruit Day | 20 Chefs' Day; Chicken & Waffles Day |
| 05 Teachers' Day; Do Something Nice Day | 21 Nachos Day; Pumpkin Cheesecake Day; Reptile Day |
| 06 Mad Hatter Day; Noodle Day | 22 Color Day; Nut Day; Make A Difference Day |
| 07 Choco Pretzel Day; Frappe Day; Smile Day | 23 Mother-in-Laws' Day; Boston Cream Pie Day |
| 08 Podiatry Day; Pierogi Day; Chess Day | 24 Bologna Day; UN Day |
| 09 Clergy Day; Migratory Birds Day | 25 Pasta Day; Opera Day; Greasy Food Day |
| 10 Columbus Day; Native American Day; Decorate Cake Day; Park Walk Day | 26 Day of the Deployed; Pumpkin Day |
| 11 Sausage Pizza Day | 27 Black Cat Day; Civics Day; Navy Day |
| 12 ER Nurse Day; Gumbo Day; Fossil Day | 28 First Responders' Day; Breadstick Day |
| 13 Train Your Brain Day; Yorkshire Pudding Day | 29 Cat Day; Oatmeal Day; World Stroke Day |
| 14 Dessert Day | 30 Orthopedic Nurse Day |
| 15 Cheese Curd Day; I Love Lucy Day | 31 Halloween; Girl Scout Day; Caramel Apple Day |
| 16 Pharmacy Week; Cat Day; Sports Day | |

Our Executive Director's Corner

Dear residents, family members, and friends,

It is that time of the year again. We are hosting a Flu Vaccine Clinic on October 5, 2022. If you have not turned in the consent form, please do so. We will be scheduling the Covid-19 booster shot shortly after the flu vaccine clinic. Please stay tuned for more info.

October 8, 2022 is the end Alzheimer's Walk at the Sparks Marina. We encourage you join us for this amazing cause. Registration starts at 8 am. We hope to see you there!

We wish you a safe and exciting October!



Staff Spotlight:
Christina

Christina is our spotlighted employee who shows more than just integrity. She goes beyond and above! Caregiving and housekeeping are two roles she takes part in at our community. Housekeeping can be challenging and Christina is dedicated to making sure there are no dust bunnies left behind. She puts time and energy into keeping our community polished and beautiful. She also is an extraordinary caregiver and leader to her team. Christina works hard to ensure that each resident is treated with personal quality care and dignity with her warm smile and caring heart.

Thank you, Christina, for your dedication and hard work here at the Arbors.



Resident Spotlight:
Mike



Mike is our spotlighted resident this month. He was born and raised in Saginaw, Michigan. He married his beautiful wife Lisa and raised four incredible kids: Megan, Matthew, Gregory and Jack. This kind and caring gentleman was a geotechnical engineer. He also would volunteer at county jail in Dublin, CA, as a church volunteer with inmates. Mike is always helping around our community. He is polite, a great dancer, and enjoys country music and engaging in most every activity here. Some of his hobbies have included karate, hiking, exercise, watching movies and taking his loving dog Sam for a walk.

Thank you for being so awesome Mike and for being part of the Arbors community.

OCTOBER 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 Homemade Cookies Day 9:00 Morning News 10:00 Yoga Fit 11:00 Trivia-iN2L 2:00 Group Pick-iN2L 2:30 Golden Walkers 4:00 Art Paint 6:15 iN2L– Classic TV 7:00 Evening Relax</p>   
<p>2 9:00 Sunday News 10:00 Spiritual-iN2L 11:00 Sunday Stretches 2:00 Bing Bag Toss 3:45 Sunday Movie 6:15 Social Time 7:00 Evening Tea</p>	<p>3 9:00 Morning Update 10:00 Morning Exercise 11:00 Word Games 2:00 Reminiscing 2:30 Catfish Music 4:00 Bingo 6:15 Evening News</p> 	<p>4 Eat Fruit Day 9:00 Morning News 10:00 Sit and Be Fit 11:00 Scenic Ride 2:00 Group Pick-iN2L 2:30 Trivia 4:00 Puzzle Table 6:15 Classic TV</p> 	<p>5 Do Something Nice Day 9:00 Morning Update 10:00 Morning Stretch 11:00 Nail Time 2:00 Travel-iN2L 2:30 What's Cooking? 4:00 Table Games 6:15 Evening News</p>	<p>6 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</p>	<p>7 9:00 Morning News 10:00 Morning Exercise 11:00 Trivia-iN2L 2:00 Group Pick-iN2L 2:30 Golden Walkers 4:00 Bing Bag Toss 6:15 Friday Flicks</p>	<p>8 9:00 Morning News 10:00 Yoga Fit 11:00 Trivia-iN2L 2:00 Group Pick-iN2L 2:30 Golden Walkers 4:00 Art Paint 6:15 iN2L– Classic TV</p>
<p>9 9:00 Sunday News 10:00 Spiritual-iN2L 11:00 Sunday Stretches 2:00 Bing Bag Toss 3:45 Sunday Movie 6:15 Social Time 7:00 Evening Tea</p>	<p>10 Columbus Day 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>11 9:00 Morning News 10:00 Sit and Be Fit 11:00 Trivia-iN2L 2:00 Group Pick-iN2L 2:30 Sierra Arts Music 4:00 Afternoon Social 6:15 Evening News 7:00 TV Games Shows</p> 	<p>12 9:00 Morning Update 10:00 Morning Stretch 11:00 Nail Time 2:00 Travel-iN2L 2:30 What's Cooking? 4:00 Table Games 6:15 Evening News 7:00 TV Games Shows</p>	<p>13 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>14 Dessert Day 9:00 Morning News 10:00 Morning Exercise 11:00 Trivia-iN2L 2:00 Group Pick-iN2L 2:30 Mike's Music 4:00 Bing Bag Toss 6:15 Friday Flicks 7:00 Evening Relax</p>  	<p>15 9:00 Morning News 10:00 Yoga Fit 11:00 Trivia-iN2L 2:00 Group Pick-iN2L 2:30 Golden Walkers 4:00 Art Paint 6:15 iN2L– Classic TV 7:00 Evening Relax</p>
<p>16 Sports Day 9:00 Sunday News 10:00 Spiritual-iN2L 11:00 Sunday Stretches 2:00 Bing Bag Toss 3:45 Sunday Movie 6:15 Social Time 7:00 Evening Tea</p> 	<p>17 9:00 Morning Update 10:00 Morning Exercise 11:00 Word Games 2:00 Reminiscing 2:30 Catfish Music 4:00 Bingo 6:15 Evening News</p> 	<p>18 9:00 Morning News 10:00 Sit and Be Fit 11:00 Scenic Ride 2:00 Group Pick-iN2L 2:30 Trivia 4:00 Puzzle Table 6:15 Classic TV</p>	<p>19 9:00 Morning Update 10:00 Morning Stretch 11:00 Nail Time 2:00 Travel-iN2L 2:30 What's Cooking? 4:00 Table Games 6:15 Evening News</p>	<p>20 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</p>	<p>21 Nachos Day 9:00 Morning News 10:00 Morning Exercise 11:00 Trivia-iN2L 1:00 Music 2:30 Golden Walkers 4:00 Bing Bag Toss 6:15 Friday Flicks</p> 	<p>22 Color Day 9:00 Morning News 10:00 Yoga Fit 11:00 Trivia-iN2L 2:00 Group Pick-iN2L 2:30 Golden Walkers 4:00 Art Paint 6:15 iN2L– Classic TV 7:00 Evening Relax</p> 
<p>23 9:00 Sunday News 10:00 Spiritual-iN2L 11:00 Sunday Stretches 2:00 Bing Bag Toss 3:45 Sunday Movie 6:15 Social Time 7:00 Evening Tea</p>	<p>24 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>25 9:00 Morning News 10:00 Sit and Be Fit 11:00 Scenic Ride 2:00 Group Pick-iN2L 2:30 Trivia 4:00 Puzzle Table 6:15 Classic TV 7:00 TV Games Shows</p>	<p>26 Pumkin Day 9:00 Morning Update 10:00 Morning Stretch 11:00 Nail Time 2:00 Travel-iN2L 2:30 What's Cooking? 4:00 Table Games 6:15 Evening News 7:00 TV Games Shows</p>  	<p>27 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>28 Chocolate Day 9:00 Morning News 10:00 Morning Exercise 11:00 Trivia-iN2L 2:00 Group Pick-iN2L 2:30 Golden Walkers 4:00 Bing Bag Toss 6:15 Friday Flicks 7:00 Evening Relax</p> 	<p>29 9:00 Morning News 10:00 Yoga Fit 11:00 Trivia-iN2L 2:00 Group Pick-iN2L 2:30 Golden Walkers 4:00 Art Paint 6:15 iN2L– Classic TV 7:00 Evening Relax</p>
<p>30 9:00 Sunday News 10:00 Spiritual-iN2L 11:00 Sunday Stretches 2:00 Bing Bag Toss 3:45 Sunday Movie 6:15 Social Time 7:00 Evening Tea</p>	<p>31 Halloween 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>HAPPY HALLOWEEN</p> 				