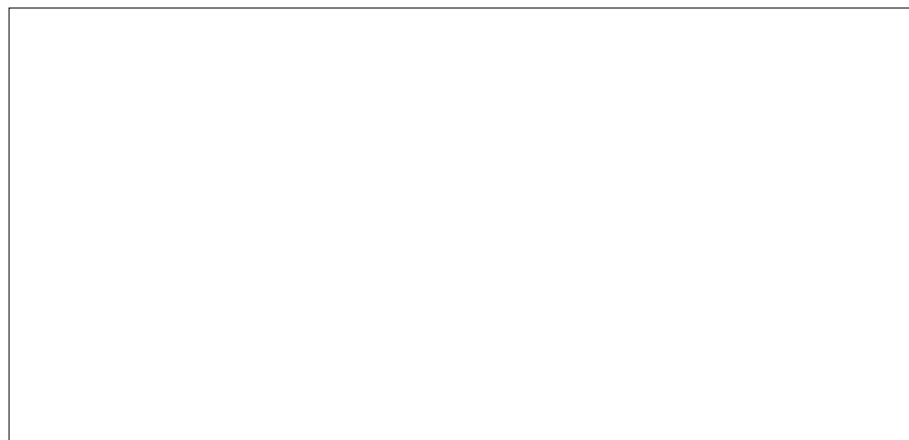




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Stamp



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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

November 2022 Newsletter



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The History of Veterans Day, A Day of Gratitude

On November 11th, U.S. citizens will honor and express gratitude for those who have served our country on what is known as Veterans Day.

What you may not know is that its history has had quite a few interesting twists and turns.

In 1918, during World War I, on the 11th hour of the 11th day of the 11th month, hostilities ended between the Allied nations and Germany—on “Armistice Day.” The Treaty of Versailles, which marked the end of the war, was signed on June 28, 1919, but the armistice date was the one most people considered the conflict’s end.

In November of 1919, Armistice Day was observed by many countries with parades, public celebrations, and pauses to business and school activities at 11 am.

Then, in June of 1926, Congress passed a resolution saying November 11 should be commemorated yearly. As of May 13, 1938, Armistice Day was a legal Federal holiday.

Changes would still occur though. During World War II, more than 16 million Americans served in the Army, Air Force, Marines, and Navy. Another 5.7 million served in the Korean War. Thus, Veteran’s service organizations lobbied for the words “Veterans Day” to replace Armistice Day in honor of the American veterans of all wars. In 1954,

President Dwight D. Eisenhower signed legislation for the name to be changed.

The day would still see some changes! As of 1971, Veterans Day was moved to the fourth Monday in October when Congress passed a Uniform Holidays Bill to make Monday “the” day for federal holidays. But in 1978, due to many states’ confusion and disapproval over the

change, the holiday was moved back to its original observance date.

Since then, Veterans Day continues to be observed on November 11th. That day, and throughout the year, we thank all who have served for our great nation.

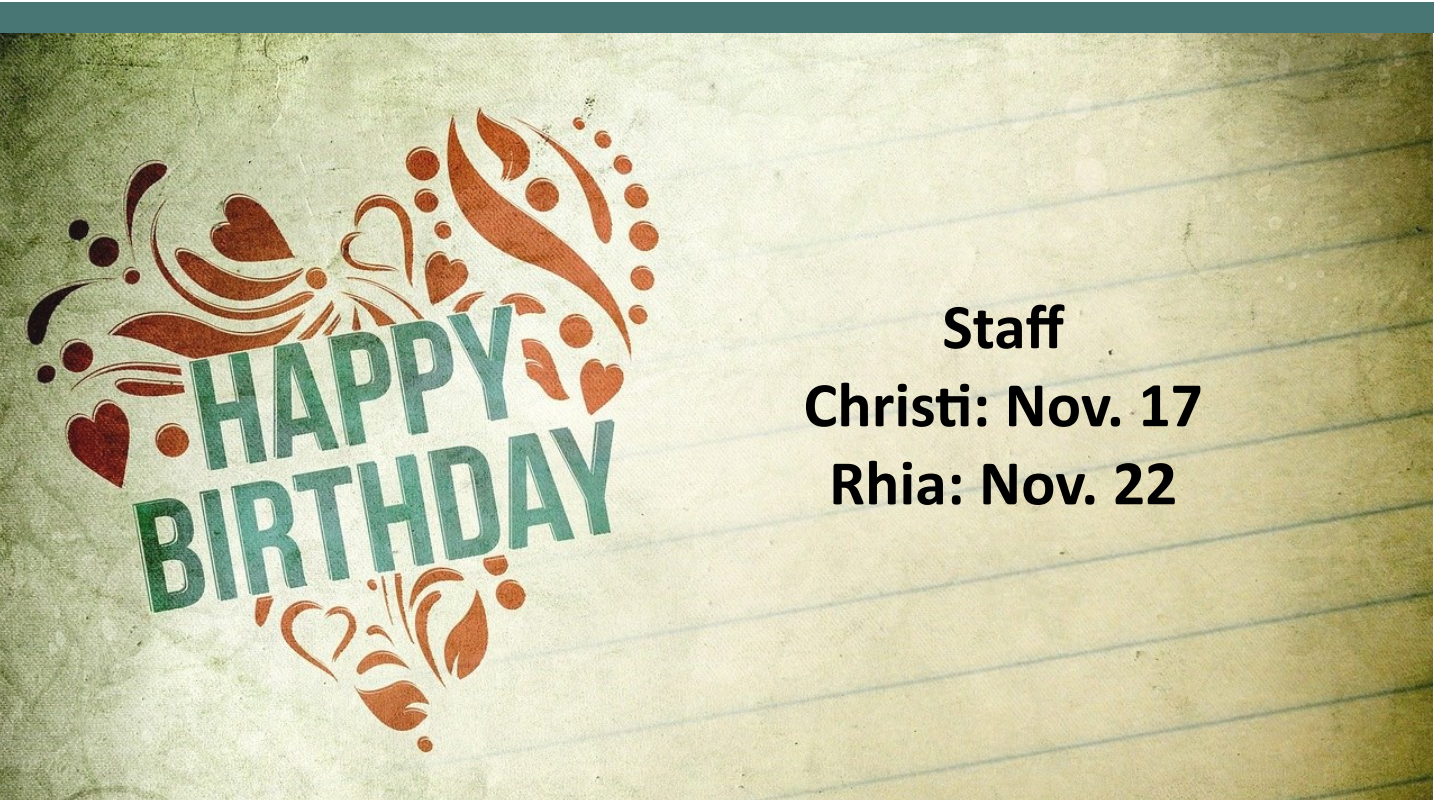
We welcome you to share messages of thanks for our Veterans on our Facebook post on the 11th of November.



What is the difference between Veterans Day and Memorial Day? Memorial Day, in May, is dedicated to Americans who have served and who passed away during (or as a result of) serving. Veterans Day honors all Veterans, alive and who have passed.



Special Moments



November 2022 Highlights

Observes: Natl. Alzheimer’s Awareness, COPD, Diabetes, Epilepsy, Hospice & Palliative Care, Long-term Care, and Lung Cancer

Celebrates: Aviation History, Career Development, Family Caregivers, Family Stories, Fondue, Gratitude, Life Writing, Movember, Military Families, Native American Heritage, Novels, Peanut Butter, Pomegranates, Raisin Bread, Spinach, and Squash

01 Calzone Day; Cinnamon Day; Fried Clams Day	17 Baklava Day; Homemade Bread Day; Guinness
02 Deviled Egg Day; Stress Awareness Day	World Record Book Day
03 Sandwich Day; World Jellyfish Day	18 Princess Day; Mickey Mouse’s Birthday
04 Candy Day	19 Intl. Men’s Day; Play Monopoly Day
05 Donut Day; Love Your Red Hair Day; Bison Day	20 Game & Puzzle Week; Peanut Butter Fudge Day
06 Daylight Savings End; Nacho Day; Saxophone Day	21 Gingerbread Cookie Day; Stuffing Day
07 Merlot Day; Bittersweet Chocolate & Almond Day	22 Cranberry Relish Day
08 Cappuccino Day; STEM Day	23 Cashew Day; Espresso Day; Jukebox Day
09 Scrapple Day	24 Thanksgiving Day; Unique Talent Day
10 Marine Corps Birthday; Vanilla Cupcake Day	25 Native American Heritage Day; Parfait Day
11 Veterans Day; Origami Day; Sundae Day	26 Cake Day; Small Business Saturday
12 Chicken Soup for Soul Day; French Dip Day	27 Bavarian Cream Pie Day; Craft Jerky Day
13 Nurse Practitioners’ Week; World Kindness Day	28 French Toast Day
14 PJ Day; Pickle Day; Spicy Guacamole Day	29 Day of Giving
15 Recycle Day; Philanthropy Day; Raisin Bran Day	30 Mason Jar Day; Mousse Day
16 Button Day; Fast Food Day	

Our Executive Director’s Corner

Dear residents, family members, and friends,

November 11th is Veterans Day! That day, and throughout the year, we thank all who have served for our great nation.

Daylight Savings Time Ends on Sunday, Nov. 6th. At 2 AM, your clocks go back one hour. Enjoy more light in the morning.

In October, we had the flu clinic for both the residents and staff, we are working on the Covid-19 Booster vaccine to be scheduled in November. Please stay tuned for the date and keep eye for an e-mail from with consent form.

On November 18th, We will be having a pre-Thanksgiving lunch for the residents. If you wish to take your love out on Thanksgiving day, please let us know in advance.

Wishing you all a safe and happy Thanksgiving holiday!



Staff Spotlight:
Taylor

November’s spotlight goes to Taylor! She has an easygoing personality, is always upbeat with the team and all around her—she is awesome. As a med tech and a caregiver, she can always be counted on to help out in every situation, puts the residents’ needs first, speaks up when it matters, and shows true dedication to the job. Taylor connects well with the team members and families. She was born in California, but was raised all over Nevada. In her spare time, she likes spending time with her boyfriend going on trips, traveling, and swimming. She has one doggy whose name is Whimsy. She loves taking Whimsy for walks.

Thank you, Taylor, for bringing enthusiasm and joy into the Arbors community.



Resident Spotlight:
Marilyn

This beautiful month, Marilyn takes the spotlight. She was raised in Alameda, California. In her childhood, she was a professional ballerina. Marilyn’s dad was a professional baseball player for the New York Giants. “Rowdy Richard” was his nickname. Marilyn was a teacher for 30 years. She taught elementary school and raised her one and only daughter Jennifer. She has loved to travel around the world and also play baseball. Mare has a love for cats and owned two of them: Felix and Radar. Here at the Arbors, we all love Marilyn. You will always catch her playing Bean Bag toss or dancing to any type of music. She is a good listener and is friendly. She makes everyone laugh with her sense of humor and joyful smile. We are so happy to have you, Marilyn.

NOVEMBER 2022

Arbors Memory Care

• 2121 E Prater Way, Sparks, NV

• 775.331.2229

SUN	MON	TUE	WED	THU	FRI	SAT
 <p>Fall Back - Daylight Savings Time Ends</p>	<p>All activities subject to change per mandated health guidelines</p>	<p>1 9:00 Morning News 10:00 Sit and Be Fit 11:00 Scenic Ride 2:00 Group Pick-iN2L 2:30 Trivia 4:00 Table Games 6:15 Classic TV 7:00 TV Games Shows</p>	<p>2 9:00 Morning Update 10:00 Morning Stretch 11:00 Nail Time 2:00 Travel-iN2L 2:30 What's Cooking? 4:00 Puzzle Table 6:15 Evening News 7:00 TV Games Shows</p>	<p>3 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>4 Candy 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>5 Donut Day 9:00 Morning News 10:00 Yoga Fit 11:00 Trivia-iN2L 2:00 Group Pick-iN2L 2:30 David's Music 4:00 Art Paint 6:15 iN2L- Classic TV 7:00 Evening Relax</p>
<p>6 Daylight Saving Time Ends 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>7 9:00 Morning Update 10:00 Morning Exercise 11:00 Word Games 2:00 Reminiscing 2:30 Golden walkers 4:00 Bingo 6:15 Evening News 7:00 TV Games Shows</p>	<p>8 9:00 Morning News 10:00 Music 11:00 Scenic Ride 2:00 Group Pick-iN2L 2:30 Trivia 4:00 Table Games 6:15 Classic TV 7:00 TV Games Shows</p>	<p>9 9:00 Morning Update 10:00 Morning Stretch 11:00 Nail Time 2:00 Travel-iN2L 2:30 What's Cooking? 4:00 Puzzle Table 6:15 Evening News 7:00 TV Games Shows</p>	<p>10 Cupcake Day 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>11 Veterans 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>12 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>13 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>14 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>15 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 Table Games 6:15 Evening News 7:00 TV Games Shows</p>	<p>16 9:00 Morning Update 10:00 Morning Stretch 11:00 Nail Time 2:00 Travel-iN2L 2:30 What's Cooking? 4:00 Puzzle Table 6:15 Evening News 7:00 TV Games Shows</p>	<p>17 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>18 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>19 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>20 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>21 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>22 9:00 Morning News 10:00 Sit and Be Fit 11:00 Scenic Ride 2:00 Group Pick-iN2L 2:30 Trivia 4:00 Table Games 6:15 Classic TV 7:00 TV Games Shows</p>	<p>23 9:00 Morning Update 10:00 Morning Stretch 11:00 Nail Time 2:00 Travel-iN2L 2:30 What's Cooking? 4:00 Puzzle Table 6:15 Evening News 7:00 TV Games Shows</p>	<p>24 Thanksgiving 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>25 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>26 Cake 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>27 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>28 9:00 Morning Update 10:00 Morning Exercise 11:00 Word Games 2:00 Music-iN2L 2:30 Catfish Music 4:00 Craft Activity 6:15 Evening News 7:00 TV Games Shows</p>	<p>29 Day Of Giving 9:00 Morning News 10:00 Sit and Be Fit 11:00 Scenic Ride 2:00 Group Pick-iN2L 2:30 Trivia 4:00 Table Games 6:15 Classic TV 7:00 TV Games Shows</p>	<p>30 9:00 Morning Update 10:00 Morning Stretch 11:00 Nail Time 2:00 Travel-iN2L 2:30 What's Cooking? 4:00 Puzzle Table 6:15 Evening News 7:00 TV Games Shows</p>			