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

The Arbors Bulletin

December 2022 Newsletter



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Ways to Give Back This Holiday Season

The holiday season is the perfect time to embrace feelings of warmth and joy with loved ones. It's also a wonderful time of year to help give love and care toward the greater community.

This year, consider compassionate actions you can take to help those around you. In turn you may even help yourself! Studies show that giving back boosts happiness, health, self-esteem, and gives a greater sense of purpose.

Find Causes That Speak to You

If you're looking for a place to figure out how you could give your time or talent in the world, check out **VolunteerMatch.org** where you can select areas of interest in your vicinity. There are thousands of opportunities there.

Support Area Food Banks

Contact a local food bank and see what support they are seeking. Typical volunteer experiences include: sorting and packing food, delivering meals, assisting at drive-thru pantries, and garden harvesting.

A resource to start with is:

www.feedingamerica.org/take-action/volunteer

Donate for Meaningful Causes

Before getting rid of items you no longer want, look online to see where you could make donations to make a difference in others' lives. Habitat For Humanity which helps provide homes across the world is one example. They accept building materials, furniture, and appliances at Habitat ReStores.



Buy from Local Businesses

From heading to the farmers' market for local produce to checking out a new local artisan or coffee house, support the small businesses in your area. If you have relatives who you'll be sending holiday gifts to, consider buying from a unique local business.

Give Your Time & Talent

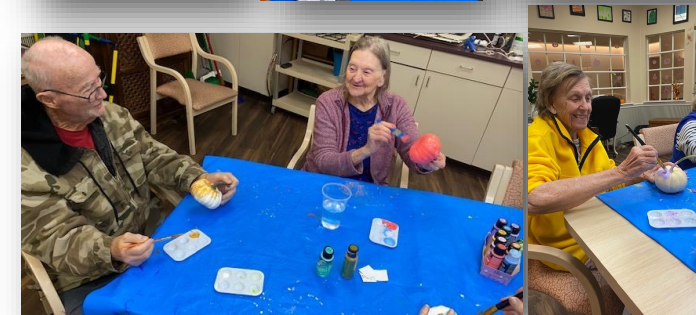
If you have a skillset you could use to help in the community, teach others or provide entertainment, you would be enriching others' lives. Try contacting local recreation/senior centers, schools, community theatre programs, the library, or senior living communities to see where volunteers/entertainers may be needed. We welcome volunteers at our community! Contact our Life Enrichment Team for volunteer information.

Put Pen to Paper

Throughout the year, and especially during the holidays, it brightens' people's hearts receiving mail. Consider sending some heart-felt cards to soldiers abroad! There are various websites online that orchestrate mail to our troops. Operation Gratitude is one to try.

We hope these ideas spark inspiration toward giving. Let us know of great ideas you have beyond this list on our facebook on the 1st.

Special Moments



Happy Birthday to our Staff & Residents:

Patty: Dec. 7
Frank: Dec. 26
Cora: Dec. 31

Tamara: Dec. 19
Rachel: Dec 21
Eileen: Dec 17
Maria: Dec 2

December 2022 Highlights

Observes: Sharps Injury Prevention, Human Rights, Safe Toys and Gifts, Universal Human Rights, and Worldwide Food Service Safety

Celebrates: Bingo, Car Donating, Fruit Cake, Learning Foreign Languages, Pears, Root Veggies & Exotic Fruits, and Spiritual Literacy

| | |
|---|---|
| 01 Eat a Red Apple Day; Pie Day | 17 Maple Syrup Day; Wright Bros Day; Wreath Day |
| 02 Fritters Day; Mutt Day; Special Ed Day | 18 Hanukkah Start; Twin Day; Roast Suckling Pig Day |
| 03 Play Outside Day | 19 Hard Candy Day; Oatmeal Muffin Day |
| 04 Thanks Team Day; Cookie Day; Sock Day | 20 Go Caroling Day; Sangria Day |
| 05 Volunteers' Day; Sacher Torte Day | 21 Crossword Puzzle Day; French Fried Shrimp Day |
| 06 Gazpacho Day | 22 Date Nut Bread Day; Forefathers' Day |
| 07 Cotton Candy Day; Pearl Harbor Day | 23 Festivus; Pfeffernusse Day |
| 08 Brownie Day; Be a Time Traveler Day | 24 Christmas Eve; Eggnogg Day |
| 09 Sales Staff Day; Holiday Card Day; Pastry Day | 25 Christmas Day; Pumpkin Pie Day |
| 10 Human Rights Day; Lager Day; Nobel Prize Day | 26 Kwanzaa Begin; Hanukkah End; Candy Cane Day |
| 11 Intl. Mountain Day; Noodle Ring Day | 27 Fruitcake Day |
| 12 Gingerbread House Day; Poinsettia Day | 28 Card Play Day; Choco Candy Day; Short Film Day |
| 13 Cocoa Day; Violin Day; National Guard Birthday | 29 Pepper Pot Day |
| 14 Bouillabaisse Day; Monkey Day | 30 Bacon Day |
| 15 Tea Day; Cupcake Day; Wear Pearls Day | 31 New Year's Eve; Champagne Day |
| 16 Choco-Covered Day; Ugly Holiday Sweater Day | |

Our Executive Director's Corner

Dear residents, family members, and friends,

In November, we celebrated Thanksgiving day with a traditional Thanksgiving meal. We had food tables displayed in the dining room where the residents enjoyed the turkey and all the trimmings. Now, we are decorating for the upcoming holidays.

I want to thank you all for your support and understanding during 2022. We had challenges, however you helped us improve on our mission and values in providing better care to our residents.

Wishing you all a happy holiday season!



Staff Spotlight:
Kalli

Our spotlight shines on Kali this month for her kindness, respect, integrity, compassion and being a great team player. She is always there to help her coworkers and management.

As a strong med-tech/caregiver, Kali takes the opportunity to connect fully with our residents and supports their individual needs.

In her spare time, she loves to spend time with her son, family and friends. She likes Netflix shows and likes to listen to music. She loves doing nail art and make up.

Thank you Kali for your dedication to Arbors and for all the care you give the residents.



Resident Spotlight:
Doris

Doris takes the spotlight of the month. She was born and raised in Hagerstown, Maryland. In 1952, she graduated from Union Memorial Nursing School as a pediatric nurse. A few years later she married Charles, the love of her life and they raised their twins. She relocated to Palos Verdes, CA with her family where she had a huge beautiful home with a tennis court and large backyard. Some of Doris's hobbies have included playing tennis, going on walks, cooking, listening to classical music, travel and she has loved being a grandma of her two grandson's Amy and Ken. At the Arbors, Doris is very social and outgoing. She loves to exercise, play bingo, take walks, do puzzles and go on outings on the Arbor's bus. She makes us all smile with her outspoken ways.

Thank you Doris for brightening our days with your bright spirit.

DECEMBER 2022

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

| SUN | MON | TUE | WED | THU | FRI | SAT |
|--|---|--|---|--|---|--|
| <p>All activities subject to change per mandated health guidelines.</p> |  |  | | <p>1 Red Apple Day 9:30 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>2 9:30 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 Movie Time</p> | <p>3 9:00 Morning News 10:00 Yoga Fit 11:00 Sparks xmas parade 11:00 Trivia-iN2L 2:00 Group Pick-iN2L 2:30 David's Music 4:00 Art Paint</p>  |
| <p>4 Cookie Day 9:30 Spiritual-iN2L 10:00 Sunday Stretches 11:00 Fancy Nails 2:00 Holiday Craft 3:45 Sunday Movie 6:15 Social Time 7:00 Evening Tea</p>  | <p>5 9:30 Morning Update 10:00 Morning Exercise 11:00 Word Games 2:30 Catfish Music 3:30 Xmas Reminiscing 4:00 Bingo 6:15 Evening News</p> | <p>6 9:30 Morning News 10:00 Craft 11:00 Pictures w/Santa 2:00 Group Pick-iN2L 2:30 Trivia 4:00 Water Pong 6:15 Classic TV</p> | <p>7 9:30 Morning Update 10:00 Morning Stretch 11:00 Fancy Nails 2:00 Christmas Movie 2:30 What's Cooking? 4:00 Puzzle Table 6:15 Evening News</p> | <p>8 Brownie Day 9:30 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>9 Christmas Card Day 9:30 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 Movie Time</p>  | <p>10 9:30 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>11 9:30 Spiritual-iN2L 10:00 Sunday Stretches 11:00 Fancy Nails 2:00 Balloon Toss 3:45 Sunday Movie 6:15 Social Time</p> | <p>12 Gingerbread House Day 9:30 Morning Update 10:00 Morning Exercise 11:00 Trivia 2:00 Xmas Craft 4:00 Bingo 6:15 Evening News</p>  | <p>13 9:30 Morning News 10:00 Sit and Be Fit 11:00 Trivia-iN2L 2:00 Group Pick-iN2L 2:30 Sierra Arts Music 4:00 Water Pong 6:15 Evening News</p>  | <p>14 Monkey Day 9:30 Morning Update 10:00 Morning Stretch 11:00 Fancy Nails 2:00 Holiday Reminiscing 4:00 Puzzle Table 6:15 TV Game Shoes</p>  | <p>15 Tea Day 9:30 Morning News 10:00 Chair Dancing 11:00 Ball Toss 2:00 Music-iN2L 2:30 Reminiscing 4:00 Bingo 6:15 TV Game Shoes</p>  | <p>16 Ugly Christmas Sweater Day 9:30 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 Movie Time</p>  | <p>17 Xmas Performance 9:30 Morning News 10:00 Yoga Fit 11:00 Trivia-iN2L 2:00 Group Pick-iN2L 2:30 Xmas Performance 4:00 Art Paint 6:15 iN2L- Classic TV</p>  |
| <p>18 Hanukkah Begins 9:30 Spiritual-iN2L 10:00 Sunday Stretches 11:00 Christmas Stories 2:00 Fancy Nails 3:45 Sunday Movie 6:15 Social Time</p>  | <p>19 9:30 Morning Update 10:00 Morning Exercise 11:00 Word Games 2:30 Catfish Music 3:30 Reminiscing 4:00 Bingo 6:15 Evening News</p>  | <p>20 Twin Day 9:30 Morning News 10:00 Sit and Be Fit 11:00 Craft 2:00 Group Pick-iN2L 2:30 Trivia 4:00 Water Pong 6:15 Classic TV</p>  | <p>21 Crossword Puzzle Day Winter Begins 9:30 Morning Update 10:00 Morning Stretch 11:00 Fancy Nails 2:00 Crossword Puzzle's 4:00 Social Time 6:15 TV Game Shoes</p>   | <p>22 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>23 9:30 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 Movie Time</p> | <p>24 Christmas Eve 9:30 Morning News 10:00 Yoga Fit 11:00 Trivia-iN2L 2:00 Christmas Tree Pong 2:30 Family Time 4:00 Stocking Game 6:15 Christmas Movie</p>   |
| <p>25 Christmas Day 9:30 Spiritual-iN2L 10:00 Sunday Stretches 11:00 Holiday Memories 2:00 Balloon Toss 2:30 Family Time 3:45 Christmas Movie 6:15 Evening Tea</p>   | <p>26 Candy Cane Day 9:30 Morning Update 10:00 Morning Exercise 11:00 Word Games 2:00 Reminiscing 2:30 Bingo 4:00 Family Time 6:15 Evening News</p>  | <p>27 Fruitcake Day 9:30 Morning News 10:00 Sit and Be Fit 11:00 Craft 2:00 Group Pick-iN2L 2:30 What's Cooking 4:00 Water Pong 6:15 Classic TV</p>  | <p>28 9:30 Morning Update 10:00 Morning Stretch 11:00 Fancy Nails 2:00 Travel-iN2L 2:30 What's Cooking? 4:00 Puzzle Table 6:15 Evening News</p> | <p>29 9:30 Morning News 10:00 Chair Dancing 11:00 Ball Toss 2:00 Music-iN2L 2:30 Bing Bag Toss 4:00 Bingo 6:15 Evening News</p> | <p>30 9:30 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 Movie Time</p> | <p>31 New Year's Eve 9:30 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>  |