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

# The Arbors Bulletin

January 2023 Newsletter



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# Stress Free in 2023

*Follow your doctor's instructions and consult with them before changing your diet, exercise routine, or supplements.*

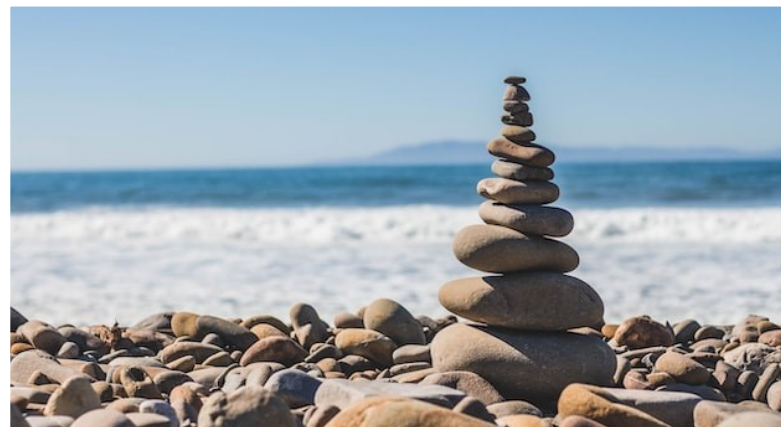
Stress affects us all. The human body uses stress responses to confront or avoid dangerous situations, but when stress occurs often enough, it can compromise one's immune system and affect overall health. While eliminating stressors may be difficult to do, changing how we respond to stressors is an achievable goal we'd love to help you with for 2023. Here are some techniques to try out.

## Get Physically Active

A top recommendation when looking into stress relievers is physical activity. According to the Mayo Clinic, any aerobic activity can increase endorphins, the brain's "happy" neurotransmitters. It also can help you focus on the task at hand, resulting in calmness and positivity. If done on a regular basis, exercise can positively affect sleep, self-confidence, and mood. As for how much exercise to get, most healthy adults should aim for 150 minutes of moderate aerobic activity or 75 minutes of vigorous aerobic activity weekly.

## Practice Deep Breathing Daily

Taking time out of each day to habitually sit in a quiet space and do deep breathing for 10-20 minutes can bring great results. Harvard Health shared just how to do it: Head to a quiet spot and sit down. Breath slowly in through the nose, letting your chest and lower stomach rise as your lungs fully fill with air. Then exhale very slowly through your mouth. Doing this with eyes closed, and while imagining different images can increase your



relaxed state. Apps like Calm and Headspace can assist with deep breathing sessions.

## Try Aromatherapy

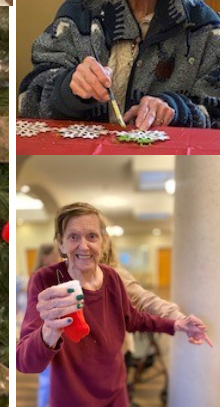
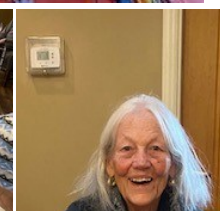
Aromatherapy involves the use of essential oils inhaled through the nose or absorbed by the skin in massage. The scents from the oil act upon the hypothalamus, and in turn affect the hormonal system, according to Cleveland Clinic. The results are fast, with different scents bringing different effects. Lavender is a perfect one for stress - touted for its ability to calm, soothe, and relax people. As a Radiant Senior Living community, we use lavender oils from Red Chair Lavender in Eagle, Idaho.

## Do's for Your Diet

Cortisol is a main hormone responsible for stress. Magnesium-high foods like bananas, broccoli, pumpkin seeds, and spinach help lower inflammation and metabolize cortisol. Foods high in Vitamin B, like beef, chicken, and eggs, can help the body metabolize cortisol. Those high in omega-3 fatty acid such as avocados, chia seeds, olive oil, salmon, tuna, and walnuts help lower inflammation. Good overall rules of thumb are to eat fewer processed foods and more whole foods, and to not skip meals. (Cleveland Clinic).

Let us know if these ideas have inspired you or if you have others on our facebook on the 1st.

# Special Moments



## Happy Birthday to our Staff & Residents:

**Ginger: Jan. 1**

**Wendy: Jan. 3**

**James: Jan. 19**

**Raymond: Jan. 19**

**Cleta: Jan. 21**

**Jeffrey: Jan. 05**

**Joseph: Jan. 08**

**Denasheia: Jan. 15**

**Daze: Jan. 27**

**Beatriz: Jan. 27**

**Kalli: Jan. 30**



# January 2023 Highlights

**Observes:** Bath Safety, Blood Donors, Braille Literacy, Glaucoma Awareness, Cervical Health, Thyroid Awareness

**Celebrates:** Hobbies, Hot Tea, Menudo, Oatmeal, Slow Cooking, Soup, Brainteasers, Getting Organized, Creativity, Mentoring

- |  |   |
|--|---|
| 01 Bloody Mary Day; Family Day                   | 17 Classy Day; Hot Buttered Rum Day; Mentor Day     |
| 02 Cream Puff Day; Science Fiction Day           | 18 Peking Duck Day; Pooh Bear Day; Fancy Coffee Day |
| 03 Chocolate Cherries Day; Wellness Day          | 19 Popcorn Day                                      |
| 04 Missouri Day; Spaghetti Day; Trivia Day       | 20 Buttercrunch Day; Cheese Day; Disc Jockey Day    |
| 05 Bird Day; Whipped Cream Day                   | 21 Granola Bar Day; Squirrel Appreciation Day       |
| 06 Bean Day; Shortbread Day; Technology Day      | 22 Blonde Brownie Day; Polka Dot Day; Hot Sauce Day |
| 07 Tempura Day; Fun Outside Day                  | 23 Handwriting Day; Pie Day                         |
| 08 Argyle Day; English Toffee Day; Elvis' Bday   | 24 Compliment Day; Peanut Butter Day                |
| 09 Apricot Day; Static Day; Police Officers' Day | 25 Florida Day; Irish Coffee Day; Opposite Day      |
| 10 Bittersweet Chocolate Day; Houseplants Day    | 26 Green Juice Day; Peanut Brittle Day; Spouse Day  |
| 11 Arkansas Day; Milk Day; Take the Stairs Day   | 27 Chocolate Cake Day; National Geographic Day      |
| 12 Curry Chicken Day; Pharmacists' Day; Tea Day  | 28 Blueberry Pancake Day; Seed Swapping Day         |
| 13 Peach Melba Day; Sticker Day; Rubber Duck Day | 29 Corn Chip Day; Puzzle Day; Carnation Day         |
| 14 Pet Dress Up Day; Hot Pastrami Sandwich Day   | 30 Croissant Day; Bubble Wrap Day                   |
| 15 Bagel Day; Hat Day; Fresh Squeezed Juice Day  | 31 Backwards Day; Hot Chocolate Day                 |
| 16 Martin Luther King Day; Fig Newton Day        |   |

## Our Executive Director's Corner

Dear residents, family members, and friends,

**Goodbye 2022 and Hello 2023.** 2022 was both rewarding and challenging. For us at Arbors, every day is rewarding; we get to care, serve and love our residents.

Some of the highlights in 2022: We improved our food menu, had a car show in August, resurfaced the parking lot, got a new phone system (still working on glitches), and honored our veterans at the NV Veteran Memorial Plaza, just to name a few. We also continue to recruit team members to support and provide the care and services our residents deserve. However, we also had our challenges with Covid-19 outbreaks which was frustrating and upsetting to the residents and their loved ones. The team did a great job trying to keep every one healthy by following the state and CDC guidelines. I want to remind all to please keep your mask on when visiting and wash and sanitize your hands.

I am looking forward to what 2023 will bring us. I wish you all and your love ones a happy and a healthy 2023.



## Staff Spotlight: Denasheia

Denasheia takes the spotlight this month. She is one of our cooks in our community. She addresses the dietary needs of our residents and staff by preparing deliciously satisfying meals. With dedication and hard work, she has shown her growth both personally and professionally. If there is one thing that contributes to the quality of life of our residents, it's the food.

Denasheia cares for our residents and connects well with staff. When you see her around our residents, she shows love and compassion.

She has a deep commitment to family and enjoys spending her spare time with her loving son Jayden; some of her hobbies are going to the gym, crafting, and listening to any type of music.

We are thankful for her great food and for being a part of our team and Arbors family.



## Resident Spotlight: Melba








Melba's caring personality captivates everyone here at the Arbors. She was raised in Missouri and later moved to Downey, CA. During her childhood, Mel was very close to her little sister Jeanne. They created many memories together. One of her favorites was jumping off their fathers' haystack onto the wagon full of hay, how fun! Melba married her husband Chet. They raised Phil and Gayle. When Chet was in WWII, she worked in an office as a clerk and was a homemaker. Some of her hobbies were painting, crafting, cooking, designing, reading, and bible studies. She loved spending quality time with friends and family. Every Sunday, her family would get together to eat food she'd prepare for her loved ones. She was Mrs. Pink Lady. She volunteered for 45 years at local hospitals, taught Sunday school, and was a wonderful greeter at church in her home town Oakdale, CA. Mel's favorite movie is "The Man Who Knew Too Much." She likes soap operas and listens to classical, and religious music. Thank you, Melba, for being part of the Arbors Family, and for your kind ways.



# JANUARY 2023

Arbors Memory Care



| <i>SUN</i>   | <i>MON</i>  | <i>TUE</i>   | <i>WED</i>  | <i>THU</i>   | <i>FRI</i>   | <i>SAT</i>  |
|--|---|--|---|--|--|---|
| <b>1 New Year's Day</b><br>9:00 Sunday News<br>10:00 Spiritual-iN2L<br>11:00 Sunday Stretches<br>1:30 Sunshine Visits<br>2:00 Sunday Movie<br>4:00 Fancy Nails<br>6:15 Social Time   | <b>2 Cream Puff Day</b> <br>9:00 Morning Update<br>10:00 Morning Exercise<br>11:00 Word Games<br>2:00 Reminiscing<br><b>2:30 Catfish Music</b> <br>4:00 Bingo<br>6:15 Evening News            | <b>3</b><br>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 Ring Toss<br>6:15 Classic TV   | <b>4 Trivia Day</b><br>9:00 Morning Update<br>10:00 Morning Stretch<br>11:00 World Trivia<br>2:00 Travel-iN2L<br>2:30 What's Cooking?<br>4:00 Puzzle Table<br>6:15 Evening News   | <b>5 Bird Day</b> <br>9:00 Morning News<br>10:00 Morning Exercise<br>11:00 Trivia-iN2L<br>2:00 Bing Bag Toss<br>2:30 Golden Walkers<br>4:00 Move Time-IN2L<br>6:15 Friday Flicks  | <b>6</b><br>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 Craft Time<br>6:15 Evening News   | <b>7</b><br>9:00 Morning News<br>10:00 Yoga Fit<br>11:00 Trivia-iN2L<br>2:00 Group Pick-iN2L<br>2:30 Art Paint<br>4:00 Ring Toss<br>6:15 iN2L- Classic TV   |
| <b>8</b><br>9:00 Sunday News<br>10:00 Spiritual-iN2L<br>11:00 Sunday Stretches<br>1:30 Sunshine Visits<br>2:00 Sunday Movie<br>4:00 Fancy Nails<br>6:15 Social Time  | <b>9</b><br>9:00 Morning Update<br>10:00 Morning Exercise<br>11:00 Word Games<br>2:00 Reminiscing<br>2:30 Bingo<br>4:00 Coloring Fun<br>6:15 Evening News   | <b>10 Houseplant Lovers' Day</b> <br>9:00 Morning News<br>10:00 Sit and Be Fit<br>11:00 Trivia-iN2L<br>2:00 Group Pick-iN2L<br><b>2:30 Sierra Arts Music</b><br>4:00 Word Teaser's<br>6:15 Evening News | <b>11</b><br>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  | <b>12 Hot Tea Day</b> <br>9:00 Morning News<br>10:00 Morning Exercise<br>11:00 Trivia-iN2L<br>2:00 Bing Bag Toss<br>2:30 Golden Walkers<br>4:00 Hot Tea<br>6:15 Friday Flicks   | <b>13</b><br>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 Craft Time<br>6:15 Classic TV  | <b>14</b><br>9:00 Morning News<br>10:00 Yoga Fit<br>11:00 Trivia-iN2L<br>2:00 Group Pick-iN2L<br>2:30 Art Paint<br>4:00 Table Games<br>6:15 iN2L- Classic TV  |
| <b>15 Bagel Day</b> <br>9:00 Sunday News<br>10:00 Spiritual-iN2L<br>11:00 Sunday Stretches<br>1:30 Sunshine Visits<br>2:00 Sunday Movie<br>4:00 Fancy Nails<br>6:15 Social Time   | <b>16 Martin Luther King Day</b><br>9:00 Morning Update<br>10:00 Morning Exercise<br>11:00 Word Games<br>2:00 Reminiscing<br>2:30 Bingo<br>4:00 Coloring Fun<br>6:15 Evening News   | <b>17</b><br>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 Ring Toss<br>6:15 Classic TV  | <b>18</b><br>9:00 Morning Update<br>10:00 Morning Stretch<br>11:00 World Trivia<br>2:00 Travel-iN2L<br>2:30 What's Cooking?<br>4:00 Word Teaser's<br>6:15 Evening News  | <b>19 Popcorn Day</b> <br>9:00 Morning News<br>10:00 Chair Dancing<br>11:00 Ball Toss<br>2:00 Bing Bag Toss<br><b>2:30 Music</b> <br>4:00 Popcorn Fun<br>6:15 Evening News | <b>20 Cheese Lover's Day</b><br>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  | <b>21 Granola Bar Day</b> <br>9:00 Morning News<br>10:00 Yoga Fit<br>11:00 Trivia-iN2L<br>2:00 Group Pick-iN2L<br>2:30 Art Paint<br>4:00 Ring Toss<br>6:15 iN2L- Classic TV |
| <b>22</b><br>9:00 Sunday News<br>10:00 Spiritual-iN2L<br>11:00 Sunday Stretches<br>1:30 Sunshine Visits<br>2:00 Sunday Movie<br>4:00 Fancy Nails<br>6:15 Social Time   | <b>23 Pie Day</b> <br>9:00 Morning Update<br>10:00 Morning Exercise<br>11:00 Word Games<br>2:00 Reminiscing<br>2:30 Bingo<br>4:00 Coloring Fun<br>6:15 Evening News  | <b>24</b><br>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 Word Teaser's<br>6:15 Classic TV  | <b>25 Irish Coffee Day</b> <br>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 | <b>26</b><br>9:00 Morning Update<br>10:00 Morning Stretch<br>11:00 Fancy Nails<br>2:00 Bean Bag Toss<br>4:00 Puzzle Table<br>6:15 Evening News<br>7:00 TV Games Shows  | <b>27 Chocolate Cake Day</b> <br>9:00 Morning News<br>10:00 Sit and Be Fit<br>11:00 Valentine Craft<br>2:00 Group Pick-iN2L<br>2:30 Craft Time<br>4:00 Table Games<br>6:15 Classic TV | <b>28</b> <br>9:00 Morning News<br>10:00 Yoga Fit<br>11:00 Trivia-iN2L<br>2:00 Group Pick-iN2L<br><b>2:30 Davis's Music</b><br>4:00 Table Games<br>6:15 iN2L- Classic TV   |
| <b>29 Puzzle Day</b> <br>9:00 Sunday News<br>10:00 Spiritual-iN2L<br>11:00 Sunday Stretches<br>1:30 Sunshine Visits<br>2:00 Puzzle Time<br>4:00 Fancy Nails<br>6:15 Social Time | <b>30 Croissant Day</b> <br>9:00 Morning Update<br>10:00 Morning Exercise<br>11:00 Word Games<br>2:00 Reminiscing<br><b>2:30 Catfish Music</b> <br>4:00 Coloring Fun<br>6:15 Evening News | <b>31 Hot Chocolate Day</b> <br>9:00 Morning News<br>10:00 Sit and Be Fit<br>11:00 Valentine Craft<br>2:00 Group Pick-iN2L<br>2:30 Trivia<br>4:00 Hot Cocoa<br>6:15 Classic TV                        |   |  |  | All activities<br>subject to change<br>per mandated<br>health guidelines.   |