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

The Arbors Bulletin

February 2023 Newsletter



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February is for Heart Health

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

It's American Heart Month, a time when we can all focus on cardiovascular health. There are actions we can take to know more about heart health, and to help improve it for ourselves.

Knowing heart-health risk factors is an important part in learning about heart healthy living. Risk factors include high blood pressure, high cholesterol, smoking, diabetes, obesity, poor diet, physical inactivity, and excessive alcohol.

According to Harvard Health Publishing, preventative measures for a healthier heart include controlling high blood pressure, high cholesterol, and excess weight, not smoking and having long-term healthy habits for diet, exercise, and sleep. It is also helpful to reduce alcohol consumption.

In order to help you measure how heart healthy you are, it is important to know your cholesterol, blood pressure, and blood glucose levels. With your health provider, you can determine if there are goals you should set to help you improve your heart health.

Lifestyle recommendations that many can benefit from include getting regular physical activity and following a healthy diet.

Going for a daily walk is great for weight management and the heart. The National Heart, Lung & Blood Institute recommends 30 minutes of moderate-level physical activity on



Heart healthy diets include plenty of vegetables!

most days of the week. Aerobic activity should be done in sessions of at least 10 minutes. A creative way to increase your activity level is to add extra distance or movement when you are traveling to or from a destination.

As for eating, the American Heart Association lists a heart healthy diet as one that is rich in fruits, vegetables, whole-grains, low-fat dairy, skinless poultry and fish, nuts and legumes, and non-tropical vegetable oils. It limits saturated and trans fats, red meat, sweets, sugar-sweet beverages, and sodium. Items high in salt include tomato juice, soy sauce, and many prepared foods. The DASH Diet is a recommended one by the NHLBI.

Managing stress is also important when it comes to heart health, and can be approached with mindfulness meditation, deep breathing, and physical activity.

Let us know what heart healthy choices you make on our Facebook post for this month's newsletter.

Special Moments



Happy Birthday to our Staff & Residents:

**Paul P : Feb. 5
Virginia : Feb. 11
Joanne: Feb. 12**

February 2023 Highlights

Observes: Cancer Prevention, Self-Checks, American Heart Month, Black History, Heart Health

Celebrates: Canned Foods, American Pies, Baking, Bird Feeding, Cherries, Libraries, Hot Breakfast, Embroidery, Vegan Cuisine

- | | |
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| 01 Baked Alaska Day, Dark Chocolate Day | 15 Gumdrops Day, Wisconsin Day, World Hippo Day |
| 02 Groundhog Day, Tater Tot Day, Ukulele Day | 16 Almond Day, Innovation Day |
| 03 Bubble Gum Day, Carrot Cake Day | 17 Cabbage Day, Caregivers' Day, Kind Acts Day |
| 04 Homemade Soup Day, Fun Outside Day | 18 Wine Day, Pluto Day |
| 05 Nutella Day, Yorkshire Pudding Day | 19 Arabian Horse Day, Chocolate Mint Day |
| 06 Frozen Yogurt Day, Chopsticks Day | 20 President's Day, Cherry Pie Day, Pet Love Day |
| 07 Fettuccine Alfredo Day, Send a Card Day | 21 Mardi Gras, Sticky Bun Day, Pancake Day |
| 08 Boy Scouts' Day, Opera Day, Molasses Bar Day | 22 Ash Wednesday, Sweet Potato Day, Yoga Day |
| 09 Bagel & Lox Day, Donate Day, Pizza Day | 23 Banana Bread Day, Chili Day, Toast Day |
| 10 Cream Cheese Brownie Day | 24 Tortilla Chip Day, Tartar Sauce Day |
| 11 Movie Day, Inventor Day, Peppermint Patty Day | 25 Chocolate Coated Nuts Day, Clam Chowder Day |
| 12 Plum Pudding Day, Pork Rind Day | 26 Pistachio Day, Tell a Fairy Tale Day |
| 13 Cheddar Day, Tortellini Day, World Radio Day | 27 Polar Bear Day, Retro Day, Strawberry Day |
| 14 Valentine's Day, Cream-Filled Chocolate Day | 28 Chocolate Souffle Day, Floral Design Day |

"February is the border between winter and spring."
— Terri Guillemets, Years

Our Executive Director's Corner

Dear residents, family members, and friends,

February, The month of Love. There is a lot going on this month. However, one way or another it circles back around love.

Part of expressing love is to take care of what we love. Love isn't something we feel, but something we express and it is expressed at Arbors Memory Care by way of caring for our residents and their love ones and the team.

I look forward to continue to raise the bar in the care and services at Arbors. Thank you for trusting us with your love ones.



Staff Spotlight: Genevieve

Genevieve has been selected by her teammates as the caregiver of the month.

Genevieve has been with us at the Arbors since May of 2022. She loves taking on any task with a huge smile on her face. She is always there when needed. Quality care of all residents is her top priority. She is always showing love and compassion, and giving individualized care that addresses unique needs. She is calm, composed, reliable, and is an essential part of making our work team cohesive.

Genevieve is a mother of two beautiful kids. In her spare time, she likes to relax at home and spend time with the family.

We are fortunate to have Genevieve as part of our Arbors' family.



Resident Spotlight: Gary

Gary is our spotlighted resident this month. He was born and raised in San Jose, CA. He married Donna and they raised four beautiful daughters. Gary owned a retail and wholesale distribution of audio sound products. He is a fan of the 49ers. Back home in sun or rain, he would have a cup of coffee every morning with his wife and his dog Gibbs in their backyard. He loves being a grandpa of four grandchildren. Gary volunteered at the Elk's Moose Club and was the president of an elementary school parent group in his home town. Some of his hobbies have included lunch with his friends, target shooting, and one of his specialties—being able to fix anything mechanical. Here at the Arbors, you will see him walking the halls enjoying some snacks or watching the football game. We are happy to have you at Arbors, Gary!

February 2023

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> |  |  | 1 Chinese New Year 9:00 Morning News 10:00 Chair Dancing 11:00 Ball Toss 2:00 Music-iN2L 2:30 Reminiscing 4:00 Craft Time 6:15 Evening News | 2 9:00 Morning News 10:00 Morning Exercise 11:00 Trivia-iN2L 2:00 Bing Bag Toss 2:30 Golden Walkers 4:00 Move Time-IN2L 6:15 Friday Flicks  | 3 Bubble Gum Day  9:00 Morning Update 10:00 Morning Stretch 11:00 World Trivia 2:00 Travel-iN2L 2:30 What's Cooking? 4:00 Puzzle Table 6:15 Evening News | 4 9:00 Morning News 10:00 Yoga Fit  11:00 Trivia-iN2L 2:00 Group Pick-iN2L 2:30 David's Music 4:00 Ring Toss 6:15 iN2L– Classic TV |
| 5 Nutella Day  9:00 Sunday News 10:00 Spiritual-iN2L 11:00 Sunday Stretches 1:30 Sunshine Visits 2:00 Sunday Movie 4:00 Fancy Nails 6:15 Social Time | 6 Frozen Yogurt Day 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 | 7 Roses 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 Ring Toss 6:15 Classic TV | 8 9:00 Morning Update 10:00 Morning Stretch 11:00 World Trivia 2:00 Travel-iN2L 2:30 What's Cooking? 4:00 Puzzle Table 6:15 Evening News | 9 Pizza Day  9:00 Morning News 10:00 Morning Exercise 11:00 Trivia-iN2L 2:00 Bing Bag Toss 2:30 Golden Walkers 4:00 Move Time-IN2L 6:15 Friday Flicks | 10 9:00 Morning News 10:00 Chair Dancing 11:00 Ball Toss 2:00 Music-iN2L 2:30 Reminiscing 4:00 Craft Time 6:15 Evening News | 11 9:00 Morning News 10:00 Yoga Fit 11:00 Trivia-iN2L 2:00 Group Pick-iN2L 2:30 Art Paint 4:00 Ring Toss 6:15 iN2L– Classic TV |
| 12 9:00 Sunday News 10:00 Spiritual-iN2L 11:00 Sunday Stretches 1:30 Sunshine Visits 2:00 Sunday Movie 4:00 Fancy Nails 6:15 Social Time | 13 9:00 Morning News 10:00 Chair Dancing 11:00 Ball Toss 2:00 Music-iN2L 2:30 Reminiscing 4:00 Craft Time 6:15 Evening News | 14 Valentine's Day  9:00 Morning News  10:00 Morning Exercise 11:00 Trivia-iN2L 2:00 Valentine's Party 2:30 Sierra Arts Music 4:00 Move Time-IN2L 6:15 Friday Flicks | 15 9:00 Morning News 10:00 Sit and Be Fit 11:00 Scenic Ride 2:00 Group Pick-iN2L 2:30 Trivia 4:00 Ring Toss 6:15 Classic TV | 16 9:00 Morning Update 10:00 Morning Exercise 11:00 Word Games 2:00 Reminiscing 2:30 Bingo 4:00 Coloring Fun 6:15 Evening News | 17 Caregivers' Day  9:00 Morning Update 10:00 Morning Stretch 11:00 World Trivia 2:00 Travel-iN2L 2:30 What's Cooking? 4:00 Puzzle Table 6:15 Evening News | 18 9:00 Morning News 10:00 Yoga Fit 11:00 Trivia-iN2L 2:00 Group Pick-iN2L 2:30 Art Paint 4:00 Ring Toss 6:15 iN2L– Classic TV |
| 19 9:00 Sunday News 10:00 Spiritual-iN2L 11:00 Sunday Stretches 1:30 Sunshine Visits 2:00 Sunday Movie 4:00 Fancy Nails 6:15 Social Time | 20 Presidents' Day  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 | 21 9:00 Morning News 10:00 Chair Dancing 11:00 Ball Toss 2:00 Mardi Gras party 2:30 Reminiscing 4:00 Craft Time 6:15 Evening News | 22 9:00 Morning Update 10:00 Morning Exercise 11:00 Word Games 2:00 Reminiscing 2:30 Bingo 4:00 Coloring Fun 6:15 Evening News | 23 Banana Bread Day  9:00 Morning News 10:00 Morning Exercise 11:00 Trivia-iN2L 2:00 Bing Bag Toss 2:30 Golden Walkers 4:00 Move Time-IN2L 6:15 Friday Flicks | 24 9:00 Morning News 10:00 Sit and Be Fit 11:00 Scenic Ride 2:00 Group Pick-iN2L 2:30 Trivia 4:00 Ring Toss 6:15 Classic TV | 25 9:00 Morning News 10:00 Yoga Fit 11:00 Trivia-iN2L 2:00 Group Pick-iN2L 2:30 Art Paint 4:00 Ring Toss 6:15 iN2L– Classic TV |
| 26 9:00 Sunday News 10:00 Spiritual-iN2L 11:00 Sunday Stretches 1:30 Sunshine Visits 2:00 Sunday Movie 4:00 Fancy Nails 6:15 Social Time | 27 Strawberry 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 Ring Toss  6:15 Classic TV | 28 Floral Design Day  9:00 Morning Update 10:00 Morning Exercise 11:00 Word Games 2:00 Reminiscing 2:30 Bingo 4:00 Coloring Fun 6:15 Evening News |  | |  | |