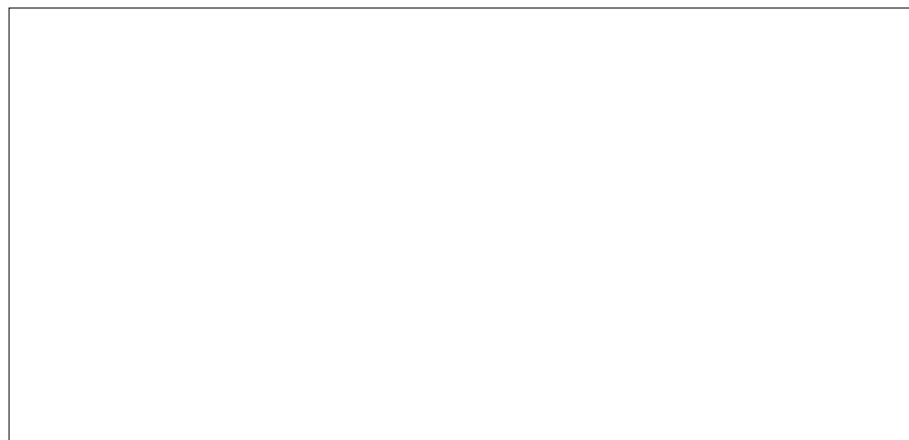




2121 E. Prater Way
Sparks, NV 89434

Stamp



Leadership Team
Phone: 775.331.2229
Email: info@arborsmemorycare.com
Website: arborsmemorycare.com
Facebook: [ArborsMemoryCare](https://www.facebook.com/ArborsMemoryCare)

Executive Director:
Assaad Zeid
Community Sales Director:
Beck thompson
Wellness Director:
Lisa Erck
Business Office Director:
Jennifer Perkins
Life Enrichment Director:
Ana Perez
Dining Services Director:
Yuko Rogers
Maintenance Director:
John Blackford



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

The Arbors Bulletin

March 2023 Newsletter



2 Making Friends Over 60
3 Team & Resident Spotlight
4 - 5 Activities Calendar

6 Highlights & Our ED's Corner
7 Special Moments & Birthdays
8 Mission & Team

Making Friends Over 60

Making friends at any age is all about seizing the social opportunities that come our way, and sometimes going out of our way to look for new ones. While older adults may not have a playground of potential friends all exploring simultaneously, they have plenty of avenues for gaining and maintaining friendships. Here are some tips for making new friends over 60.

Benefits to Seeking Out New Friendships

There are great benefits to increased social interactions and relationships. A 2019 study in “The Journals of Gerontology, Series B: Psychological Sciences and Social Sciences” determined seniors who engaged in social interactions outside of their inner circle experienced more positive moods, fewer negative emotions, and had higher levels of physical activity. Friends can also encourage us to follow healthier lifestyle habits, reduce the risk for health problems, and improve our confidence and self-worth, according to the Mayo Clinic.

Ways to Increase Your Net of Friends

Starting new friendships can be done in so many different ways. Step outside of your routine and explore options you may not have considered.

- Take part in a club or consider starting one focused on an area of your interest like baking, birding, books, exercise, fishing, gardening, knitting, or movies in your community.
- If you are religious or spiritual, take part in a local service or church group.
- Attend a class teaching something you've always wanted to learn where you'll be able to interact with other students and gain a skill. Even one-off painting sessions can lead to friendships!
- Seek out a support group if you are struggling through a tough time and need



Never underestimate the power of your smile or a wave. It signals to others that you're open for positive interactions.

some peer support or to feel less alone.

- Consider volunteering or participating in work for a charitable cause with other peers.
- Look into the social calendar at your local senior or community center. Many offer way more than Bingo nowadays.
- Refresh healthy connections from the past. If a relationship was good and time or distance led to a break, consider seeking out an old friend through social media or a mutual connection.

How to Break the Ice

When it comes to making a first approach in a social situation, you can start small. The act of simply saying hello and asking a question can lead into a conversation. If you need to start smaller, for residents at senior living communities, spending time in common areas or leaving your door open at times you would welcome social interactions can increase possibilities for them to take place.

Let us know if our tips have been helpful for your friendship quest, and please share any ideas that you think our readers would find helpful on our Facebook on the first.

Special Moments



Happy Birthday to our Residents & Staff:

Melody : March 23
Lyn : March 24
Paul : March 29

John : March 8
Christian : March 8
Shawna : March 9
Corina : March 24



March 2023 Highlights

Observes: Multiple Sclerosis, Cerebral Palsy, Endometriosis, Developmental Disabilities, Brain Injury Awareness, Caffeine Awareness, Hemophilia

Celebrates: Noodles, Peanuts, Women’s History, Nutrition, Celery, Crafting, Athletic Training

01 PB Lover’s Day; World Music Therapy Day	18 Corn Dog Day; Lacy Oatmeal Cookie Day
02 Banana Cream Pie Day; Read In America Day	19 Certified Nurses’ Day; Chocolate Caramel Day
03 Mulled Wine Day; Employee Appreciation Day	20 Spring Begins; Ravioli Day; Flour Day
04 Marching Music Day; Pound Cake Day; Sons’ Day	21 3-D Day; Strawberries Day; French Bread Day
05 Cheese Doodle Day	22 Bavarian Crepes Day; West Virginia Day
06 Oreo Cookie Day; White Choc. Cheesecake Day	23 Chip Dip Day; Melba Toast Day; Tamale Day
07 Flapjack Day; Tennis Day; Alex. Graham Bell Day	24 Cheesesteak Day; Choco Raisin Day; Cocktail Day
08 Intl. Women’s Day; Oregon Day	25 Medal of Honor Day; Intl. Waffle Day
09 Barbie Day; Popcorn Day; Meatball Day	26 Nougat Day; Spinach Day
10 Blueberry Popover Day; Bagpipe Day; Ranch Day	27 Spanish Paella Day; World Theatre Day
11 Oatmeal Nut Waffle Day; Johnny Appleseed Day	28 Black Forest Cake Day; Food on a Stick Day;
12 Daylight Savings; Plant a Flower Day	World Piano Day
13 Coconut Torte Day; Good Samaritan Day	29 Lemon Chiffon Cake Day; Nevada Day
14 Butterflies Day; Pi Day; Potato Chip Day	30 Doctors’ Day; Park Walking Day;
15 Kansas Day; Pears Helene Day; Shoe Drive Day	Virtual Vacation Day
16 Artichoke Hearts Day; Panda Day	31 Tater Day; Prom Day; Clams on Half Shell Day;
17 St. Patrick’s Day; Corned Beef & Cabbage Day	Cream Cheese Frosting Day

Our Executive Director’s Corner

Dear residents, family members, and friends,

Spring is almost here. Say goodbye to those dark and gloomy winter evenings. Temperatures get higher, colors get brighter and longer days come. We have a full and eventful calendar to celebrate Spring.

Last month, the residents enjoyed a wonderful Valentine’s Day party, decorated with balloons and red hearts to go along with wonderful treats.

I look forward to see you here at the Arbors community.



Staff Spotlight

Rachel is our spotlighted employee this month. She's been a Med Tech for over four years. You can always count on her for help; she shows integrity to her team and residents,

Any challenge at work Rachel can rise up with the most gentle solution showing love and compassion to our residents. She has a great sense of humor and brings positivity to the Arbors’ family.

She is an amazing mom of three wonderful boys: Connor, Declan, and Owen. She loves to spend time with her kids and family; she shows true dedication to her home and family values.

We are lucky to have Rachel as part of our Arbors team.



Resident Spotlight

This very bubbly lady is always looking for ways to help others every day. Kay was born and raised in Los Angeles. She became a teacher in preschool and taught at TMCC. Some of her hobbies back home were gardening, sailing, skiing and crafting. Kay and her husband George raised three wonderful kids. She was a homemaker and liked spending time in the garden and water painting while listening to smooth Jazz. Here at the arbors, you find Kay enjoying exercise classes, taking walks, and mostly coming to our art painting class.

Kay adds a bright spot to all our lives here at the Arbors.

MARCH 2023

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

SUN	MON	TUE	WED	THU	FRI	SAT
All activities subject to change per mandated health guidelines.			1 Peanut Butter Day 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 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 9:30 Church Service 10:00 Sunday News 11:00 Sunday Stretches 1:30 Sunshine Visits 2:00 Sunday Movie 4:00 Fancy Nails 6:15 Social Time	6 Oreo Cookie 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 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 Popcorn Lover's 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 Daylight Savings  9:30 Church Service 10:00 Sunday News 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 All About Butterflies  9:00 Morning Update 10:00 Morning Exercise 11:00 Word Games 2:00 Reminiscing 2:30 Sierra Arts Music  4:00 Coloring Fun 6:15 Evening News	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 Panda 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	17 St. Patrick Day 9:00 Morning Update 10:00 Morning Stretch 11:00 World Trivia 2:00 Travel-iN2L 2:30 St. Patrick Party 4:00 Puzzle Table 6:15 Evening News	18 Corn Dog Day  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 Let's Laugh Day 9:30 Church Service 10:00 Sunday News 11:00 Sunday Stretches 1:30 Sunshine Visits 2:00 Sunday Movie 4:00 Fancy Nails 6:15 Social Time	20 Spring Begins  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 Music-iN2L 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 3:00 The Mc Collum's 4:00 Coloring Fun 6:15 Evening News	23 Chip and Dip 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 Cocktail Day  9:00 Morning News 10:00 Sit and Be Fit 11:00 Scenic Ride 2:00 Group Pick-iN2L 2:30 Happy Hour 4:00 Bingo 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 9:30 Church Service 10:00 Sunday News 11:00 Sunday Stretches 1:30 Sunshine Visits 2:00 Sunday Movie 4:00 Fancy Nails 6:15 Social Time	27  9:00 Morning News 10:00 Sit and Be Fit 11:00 Scenic Ride 2:00 Group Pick-iN2L 2:30 Bingo 4:00 Ring Toss 6:15 Classic TV	28 World Piano Day  9:00 Morning Update 10:00 Morning Exercise 11:00 Word Games  2:00 Reminiscing 2:30 Diane Buck Music 4:00 Coloring Fun 6:15 Evening News	29 Nevada Day  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	30 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	31 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	