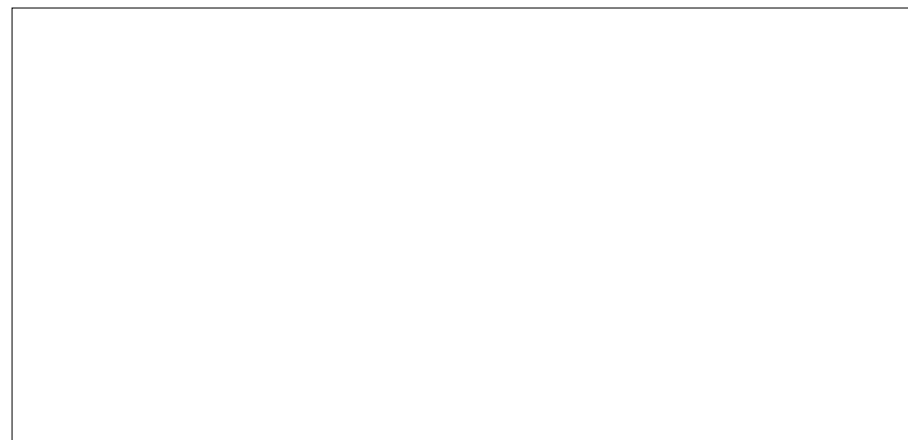





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Jennifer Perkins
Life Enrichment Director:
Ana Perez
Dining Services Director:
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Maintenance Director:
John Blackford



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

The Arbors Bulletin

April 2023 Newsletter



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3 Team & Resident Spotlight
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Exercise & Strength Building Tips for Older Adults

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

Engaging in physical activity is a good idea at any age. While it's true that with aging, our bodies naturally lose muscle mass and strength, exercise is key to helping reverse that. This month, we're sharing how seniors can benefit from exercise and improve strength for a more active lifestyle.

Why Being Active is Important

Physically active seniors can experience many benefits, including:

- Making activities of daily living much easier
- Reducing risk for falls and resulting injuries
- Helping control arthritis pain and joint swelling
- Lowering the risk of dementia
- Reducing anxiety and depression
- Improving mood and increasing socialization
- Improving physical function in frail adults (CDC, and Dept. of Health and Human Services)

How Much Physical Activity is Appropriate?

Those who know the great benefits of exercise may be inspired to set goals, but make sure to follow recommended guidelines and instructions from your medical professional first.

Start slow if needed. Older adults who have been sedentary should begin exercising in short intervals of 5 to 10 minutes and build up gradually, per the CDC. Sitting less and doing any amount of moderate to vigorous exercise will bring some health benefits.

Older adults seeking substantial benefits should do 2.5 to 5 hours of moderate-intensity aerobic activity or one hour and 15 minutes to 2.5 hours of vigorous-intensity aerobic activity—or a combination of the two- throughout the week, according to the DHHS.

Some physical activity is better than none. Older adults—even those with health challenges—should set safe physical goals that meet their abilities.



What Activities to Focus On

As for what exercise to do, there's no one size fits all program—and that makes planning exciting. Start a plan that you're enthusiastic to try.

Seniors ought to focus on aerobic activity (like walking, dancing, stationary bike riding, tennis, etc.) at least three days a week. Muscle strengthening (like using bands, hand held weights, or gardening with digging and lifting, etc.) should be done at least two days a week. A session of aerobic, strength, *and* balance work (like walking heel to toe or standing from sitting) is a great way to improve physical function.

Those with limited mobility can benefit greatly from chair exercises (like knee raises, arm lifts, and calf raises). Chair yoga is another wonderful exercise option. It has low impact on joints, but increases balance and flexibility. Also, Tai chi, which combines gentle movements and controlled breathing, can be great for strength building and balance. It can be done with modifications, while still being impactful. Using a stability ball is another way to make a workout gentler, but still effective for strength building.

We hope this article is helpful for your personal health journey. Let us know your fitness goals on our Facebook newsletter post on the 1st.

Special Moments



Happy Birthday to our Staff & Residents:

Mary: April 2
Rita: April 3
Howard: April 4
Doris: April 26
Bobbi: April 27
Darrell: April 27
Julia: April 30
Ana: April 10
Taylor: April 19
Jacqueline: April 27

April 2023 Highlights

Observes: Alcohol Awareness, Esophageal Cancer, Autism, Occupational Therapy, Parkinson's, Stress Awareness

Celebrates: Brunch, Afternoon Tea, Financial Literacy, Guitar, Decorating, Gardening, Jazz, Soft Pretzels, Poetry, Pecans, Volunteering

- | | |
|---|--|
| 01 Sourdough Bread Day; Handmade / DIY Day | 16 Bean Counter Day; Eggs Benedict Day |
| 02 PB&J Day; Ferrets Day; Geologists Day | 17 Cheeseball Day; Ellis Island Day; Haiku Day |
| 03 Chocolate Mousse Day; Film Score Day | 18 Animal Crackers Day |
| 04 Vitamin C Day; Jeep 4x4 Day; Carrot Day | 19 Banana Day; Garlic Day; North Dakota Day |
| 05 Deep Dish Pizza Day; Nebraska Day; Walk Day | 20 Cheddar Fries Day; Lima Bean Respect Day |
| 06 Burrito Day; Caramel Popcorn Day; Table Tennis Day | 21 Chocolate Cashews Day; Creativity Day |
| 07 Good Friday; Coffee Cake Day; World Health Day | 22 Earth Day; Girl Scouts' Day; Jelly Bean Day |
| 08 Empanada Day; Zoo Lovers Day | 23 Picnic Day; Talk Shakespearean Day |
| 09 Easter; Love Antiques Day | 24 Pigs in a Blanket Day |
| 10 Cinnamon Crescent Day; Farm Animals Day | 25 Zucchini Bread Day; Thank a Plumber Day |
| 11 Barber Shop Quartet Day; Cheese Fondue Day | 26 Denim Day; Admin. Staff Day; Pretzel Day |
| 12 Colorado Day; Grilled Cheese Day; Licorice Day | 27 Gummi Bear Day; Babe Ruth Day; Prime Rib Day |
| 13 Peach Cobbler Day; Scrabble Day | 28 Arbor Day; Blueberry Pie Day; Superhero Day |
| 14 Dolphin Day; Gardening Day; Pecan Day | 29 First Ladies Day; Zipper Day; Shrimp Scampi Day |
| 15 Spiral Ham Day; Take a Wild Guess Day | 30 Oatmeal Cookie Day; Hairstylists' Day |

Our Executive Director's Corner

Dear residents, family members, and friends,

Hello Spring. I am ready for warmer and dryer weather, hope you are too. We had a great St. Patrick's party in March and are planning a great Easter lunch event on April 7, 2023 from 12:30 pm—1:30 pm. Residents will enjoy traditional Easter meal.

In March, we started an Alzheimer's & Dementia support group. This group will be held on the last 3rd or 4th Thursday of the month depending on how many Thursdays are in the month. It will be from 4:30 pm—6:00 pm.

April's support group is on Thursday, April 20, 2023 from 4:30 pm—6 pm. Please join us.

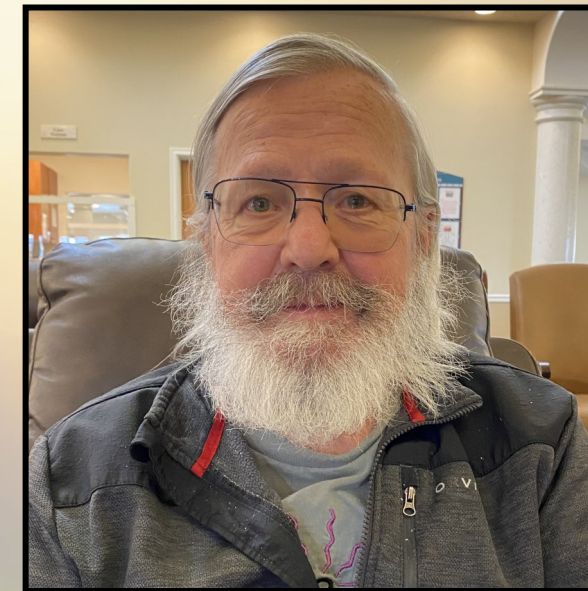


Staff Spotlight: Carlos

Carlos takes the spotlight this month. Being a caregiver and med-tech can be challenging, but Carlos has an easy yet respectful way about him that helps residents open up with trust and ease. This med-tech is a true team player. He consistently steps up to any task asked of him.

He was born and raised in Reno, NV, and graduated from Reed High School in 2022. In his spare time, he enjoys spending time with family, cooking, going to the gym, skateboarding, and playing disc golf.

Carlos is essential to the Arbors community, Thank you for being part of our family.



Resident Spotlight: Scott

Scott grew up in Foster City, CA, where his parents taught him the importance of hard work and independence. He eventually moved to Lake Tahoe. Visiting friends often in Incline Village, Scott fell in love with the area and bought his home in Kings Beach—only 5 blocks from the beach and a short drive to ski slopes of Squaw Valley. Skiing is Scott's greatest passion, and his friends took him on some of the most difficult courses of Squaw Valley. He loved teaching skiing to kids as a junior ski program instructor at Squaw. Scott worked for 20 years for the Tahoe City Public Utilities District with responsibility for Parks and Recreation. He maintained parks, the community center, and supervision of community service workers. He is very proud of the accomplishments of his two stepdaughters and son. Scott is thankful to have spent most of his life living and loving all the great outdoor adventures of Lake Tahoe. We are privileged to have Scott as part of the Arbors family.

APRIL 2023

Arbors Memory Care

• 2121 E. Prater Way, Sparks, NV 89434

• (775) 331-2229

SUN	MON	TUE	WED	THU	FRI	SAT
All activities subject to change per mandated health guidelines.						1 April Fool's 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
2 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	3 Find a Rainbow 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 	4 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	5 Caramel 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 	6 9:00 Morning News 10:00 Morning Exercise 11:00 Trivia-iN2L 2:00 Bing Bag Toss 2:30 Golden Walkers 4:00 Hot Tea 6:15 Friday Flicks	7 World Health Day 9:00 Morning News 10:00 Chair Dancing 11:00 Ball Toss 2:00 Music-iN2L 2:30 Happy hour 4:00 Craft Time 6:15 Classic TV 	8 9:00 Morning News 10:00 Yoga Fit 11:00 Trivia-iN2L 2:00 Group Pick-iN2L 2:30 Art Paint 4:00 Table Games 6:15 iN2L- Classic TV
9 Easter 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 	10 Farm Animals 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 	11 Pet Day 9:00 Morning News 10:00 Sit and Be Fit 11:00 Scenic Ride 2:00 Group Pick-iN2L 2:30 Sierra Arts Music 4:00 Ring Toss 6:15 Classic TV 	12 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	13 Peach Cobber Day 9:00 Morning News 10:00 Morning Exercise 11:00 Trivia-iN2L 2:00 Bing Bag Toss 2:30 Golden Walkers 4:00 Hot Tea 6:15 Friday Flicks 	14 9:00 Morning News 10:00 Chair Dancing 11:00 Ball Toss 2:00 Music-iN2L 2:30 Happy hour 4:00 Craft Time 6:15 Classic TV 	15 9:00 Morning News 10:00 Yoga Fit 11:00 Trivia-iN2L 2:00 Group Pick-iN2L 2:30 Art Paint 4:00 Table Games 6:15 iN2L- Classic TV
16 Pajamas at Work 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 	17 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 	18 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	19 Banana 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 	20 Cake Day 9:00 Morning News 10:00 Morning Exercise 11:00 Trivia-iN2L 2:00 Bing Bag Toss 2:30 Johns' Music 4:00 Hot Tea 6:15 Friday Flicks 	21 Creativity Day 9:00 Morning News 10:00 Chair Dancing 11:00 Ball Toss 2:00 Music-iN2L 2:30 Happy hour 4:00 Craft Time 6:15 Classic TV	22 Earth Day 9:00 Morning News 10:00 Yoga Fit 11:00 Trivia-iN2L 2:00 Group Pick-iN2L 2:30 Art Paint 4:00 Table Games 6:15 iN2L- Classic TV 
23 9:30 Church Service 10:00 Sunday News 11:00 Sunday Stretches 1:30 Sunshine Visits 2:00 Sunday Movie 4:00 Fancy Nails	24 Pigs in a Blanket 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 	25 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	26 Pretzel 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 	27 Poem in Your Pocket Day 9:00 Morning News 10:00 Morning Exercise 11:00 Trivia-iN2L 2:00 Bing Bag Toss 2:30 Golden Walkers 4:00 Hot Tea 6:15 Friday Flicks	28 Arbor Day 9:00 Morning News 10:00 Chair Dancing 11:00 Ball Toss 2:00 Music-iN2L 2:30 Monthly b/d party 4:00 Craft Time 6:15 Classic TV 	29 9:00 Morning News 10:00 Yoga Fit 11:00 Trivia-iN2L 2:00 Group Pick-iN2L 2:30 Davids' Music 4:00 Table Games 6:15 iN2L- Classic TV 
30 Oatmeal Cookie 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 						