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

The Arbors Bulletin

May 2023 Newsletter



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Staying on Top of Dental Care

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

It's May and that means it's Dental Care Month, a time for all of us to focus on taking good care of our teeth. In observance, we're sharing best practices and information to help adults and older adults improve dental habits.

First comes the advice you've likely heard: make sure to brush your teeth twice a day, in the morning and at night. However, we'll expand on that. After breakfast and before bedtime are best times to do it, and at least two minutes of brushing is recommended. It's wise to use a toothpaste with the American Dental Association (ADA) Seal on it signifying the paste has fluoride for fighting plaque and decay, per Harvard Health. As for what type of toothbrush to use, the ADA suggests one with soft bristles—manual or powered as both work effectively.

Flossing is another smart part of the daily dental health process. The National Institute on Aging recommends using small circular motions and short back and forth strokes to do so, and making sure to rinse after. It's best to floss after meals, and more than once daily.

When it comes to diet, some foods are better than others for our teeth. Acidic foods can erode enamel and crunchy foods like chips can lead to build up between teeth. For dental health, try low-sugar dairy, lean proteins, less acidic fruits and vegetables, nuts, and high-fiber foods.

Certain conditions can affect dental health in



Did you know? The ADA recommends replacing your toothbrush every three to four months to prevent bacteria build up on the brush.

older adults, and one of them is dry mouth, when a person doesn't make enough saliva to keep their mouth wet. If you think you have dry mouth, be sure to let your dental professional know. It can increase the risk for cavities, tooth decay, and fungal infections. Dry mouth is a side effect of some medications and can be due to some conditions, like diabetes. Fortunately, according to the NIA, sipping water or sugarless drinks, or having hard candy, or tart gum, can help. Avoiding smoking, alcohol, acidic juices, and spicy or salty foods can also be beneficial.

Another area that older adults may need to pay attention to is denture care. For those with dentures, make sure to brush them every day with a denture-care product and soak them in water or a denture-cleaner at night. To help gums, avoid small crunchy foods that can get stuck under dentures, and leave dentures out of your mouth when you sleep.

We hope this information has been helpful to you this Dental Care Month. Let us know on our Facebook newsletter post on the 1st.

Special Moments



Happy Birthday to our Staff & Residents:

Luella: May 10
Maxie: May 16
Shirley: May 22
Robert: May 24

Lisa: May 13
Karen: May 28
Autumn: May 28

May 2023 Highlights

Observes: ALS, Improving Posture, Dental Care, Stroke Awareness, Mental Health Awareness, Blood Pressure Awareness, Brain Cancer, Skin Cancer

Celebrates: Older Americans, American Cheese, Drums, Asparagus, Our Military, Barbecues, Bicycles, Photography, Salad, Salsa, Strawberries, Eggs

01 Chocolate Parfait Day; Mother Goose Day	17 Cherry Cobbler Day; Idaho Day; Baking Day
02 Truffle Day; World Asthma Day	18 Cheese Souffle Day; Intl. Museum Day
03 Garden Meditation Day; Raspberry Popover Day	19 Nascar Day; Devil's Food Cake Day; Pizza Fun Day
04 Bird Day; Orange Juice Day; Star Wars Day	20 Pick Strawberries Day; Quiche Lorraine Day
05 Astronaut Day; Hoagie Day; Space Day	21 Strawberries & Cream Day; Thank a Server Day
06 Kentucky Derby; Crepe Suzette Day; Nurses' Day	22 Solitaire Day; Vanilla Pudding Day
07 Lemonade Day; Paste-Up Day; Leg of Lamb Day	23 Lucky Penny Day; Taffy Day; Library Staff Day
08 Coconut Cream Pie Day; Have a Coke Day	24 Brother's Day; Scavenger Hunt Day
09 Butterscotch Brownie Day; Lost Sock Talk Day	25 Tap Dance Day; Wine Day
10 Receptionists' Day; 3rd Shift Staff Day; WA Day	26 Paper Airplane Day; Road Trip Day
11 Twilight Zone Day; Eat What You Want Day	27 Grape Popsicle Day; Sunscreen Day
12 Limerick Day; Nutty Fudge Day	28 Brisket Day; Hamburger Day
13 Apple Pie Day; Fruit Cocktail Day; Mini Golf Day	29 Memorial Day; Paperclip Day; Cookie Day
14 Mother's Day; Buttermilk Biscuit Day	30 Creativity Day; Mint Julep Day
15 Chocolate Chip Day; Straw Hat Day	31 Macaroon Day; Senior Health & Fitness Day
16 Barbecue Day; Love a Tree Day; Mimosa Day	

Our Executive Director's Corner

Dear residents, family members, and friends,

The month of May is filled with the sounds of birds, the smell of fresh flowers and summer breezes from time to time. The month marks the end of spring and the beginning of summer. There's growing anticipation of backyard barbecue get togethers and outdoor activities. My favorite days in May are Mother's Day May 14th (top of the list), National Devil's Food Cake Day on May 20th and Memorial Day on May 29th. We will be having a Pre-Mother's Day special event on Friday, May 12th and a pre-Memorial Day BBQ on Friday, May 26th.

Wishing all the mothers a Happy Mother's Day.



Staff Spotlight:
Skyler

Skyler takes our employee spotlight this month! Skyler recently joined our team in the food service department and is already making a difference in our residents' lives. Skyler works with the team to ensure the residents are satisfied with food presentation, quality and flavor. She goes above and beyond with the residents with no hesitation. Besides being an excellent cook, Skyler is compassionate, kind, and funny. She grew up in Reno, NV, and enjoys cooking, drawing, and spending time with friends. Skyler has one dog named Simba, and has two chinchilla's named Rusty and Rue. Thank you for being a dependable and positive part of the Arbors family, Skyler!



Resident Spotlight:
Thomas (Tim)

Tim (also known as Granny in college) grew up in Carson City, NV, where his family taught him the importance of honesty and integrity. Tim eventually moved to Sparks to attend UNR and further his career in Education. He was the principle at Reed High School for 20 years, and was also the Vice Principle at Sparks High School for 15 years. Tim enjoys playing golf, poker, and loves to travel and be around people. Tim has been married to his wife, Pam, for 60 years! They have three children together that Tim adores. He also has five grandchildren that keep him on his toes. The Arbors community would describe Tim as kind, outgoing, and very funny. One of Tim's favorite sayings is, "Treat people how you want to be treated." Thank you for being part of the Arbors family, Tim!

SUN	MON	TUE	WED	THU	FRI	SAT
<p>All activities subject to change per mandated health guidelines.</p>	<p>1 9:00 Morning Update 10:00 Morning Exercise 11:00 Radiant Art 2:00 Reminiscing 2:30 Catfish Music 4:00 Bingo 6:15 Evening News</p>	<p>2 Teacher Appreciation Day 9:00 Morning News 10:00 Chair Dancing 11:00 Question Ball 2:00 Group Pick-iN2L 2:30 Trivia 4:00 Ring Toss 6:15 Classic TV</p> 	<p>3 9:00 Morning News 10:00 Chair Dancing 11:00 Ball Toss 2:00 Music-iN2L 2:30 Bingo 4:00 Reminiscing 6:15 Evening News</p>	<p>4 Star Wars Day 9:00 Morning News 10:00 Morning Exercise 11:00 Trivia-iNL2 2:00 Bean Bag Toss 3:00 Golden Walkers 4:00 Hot Tea 6:15 Classic TV</p> 	<p>5 Cinco De Mayo 9:00 Morning Update 10:00 Sit and Be Fit 11:00 Ball Toss 2:00 Music-iN2L 2:30 Happy Hour 4:00 Craft Time 6:15 Evening News</p>	<p>6 Nurses Day 9:00 Morning News 10:00 Yoga Fit 11:00 Trivia-iNL2 2:00 Group Pick-iN2L 2:30 Art Paint 4:00 Table Games 6:15 iN2L-Classic TV</p>
<p>7 Lemonade 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</p> 	<p>8 Have a Coke Day 9:00 Morning Update 10:00 Sit and Be Fit 11:00 Word Games 2:00 Group Pick-iN2L 2:30 Trivia 4:00 Ring Toss 6:15 Evening News</p> 	<p>9 9:00 Morning News 10:00 Chair Dancing 11:00 Mini Golf 2:00 Group Pick-iN2L 2:30 Sierra Arts Music 4:00 Bowling 6:15 Classic TV</p> 	<p>10 9:00 Morning News 10:00 Morning Exercise 11:00 Ball Toss 2:00 Group Pick-iN2L 2:30 What's Cooking? 4:00 Bingo 6:15 Evening News</p>	<p>11 Twilight Zone Day 9:00 Morning News 10:00 Chair Dancing 11:00 Ball Toss 2:00 Bean Bag Toss 2:30 Group Pick-iN2L 4:00 Bingo 6:15 Classic TV</p>	<p>12 Military Spouses Day 9:00 Morning Update 10:00 Sit and Be Fit 11:00 Ball Toss 2:00 Reminiscing 2:30 Happy Hour 4:00 Craft Time 6:15 Evening News</p> 	<p>13 Fruit Cocktail Day 9:00 Morning News 10:00 Yoga Fit 11:00 Trivia-iNL2 2:00 Group Pick-iN2L 2:30 Art Paint 4:00 Table Games 6:15 iN2L-Classic TV</p> 
<p>14 Mother's Day 9:30 Church Service 10:00 Sunday News 11:00 Mother's Day Fun 1:30 Sunshine Visits 2:00 Sunday Movie 4:00 Fancy Nails 6:15 Social Time</p> 	<p>15 Straw Hat Day 9:00 Morning Update 10:00 Sit and Be Fit 11:00 Scenic Drive 2:00 Group Pick-iN2L 2:30 Catfish Music 4:00 Bean Bag Toss 6:15 Evening News</p> 	<p>16 Love a Tree Day 9:00 Morning News 10:00 Chair Dancing 11:00 Gardening 2:00 Group Pick-iN2L 2:30 Trivia 4:00 Ring Toss 6:15 Classic TV</p> 	<p>17 World Baking Day 9:00 Morning Update 10:00 Chair Dancing 11:00 Ball Toss 2:00 Music-iN2L 2:30 What's Cooking? 4:00 Bingo 6:15 Evening News</p> 	<p>18 9:00 Morning News 10:00 Morning Exercise 11:00 Trivia-iNL2 2:00 Bean Bag Toss 3:00 Golden Walkers 4:00 Hot Tea 6:15 Classic TV</p>	<p>19 Pizza Party Day 9:00 Morning Update 10:00 Sit and Be Fit 11:00 Ball Toss 2:00 Music-iN2L 2:30 Happy Hour 4:00 Craft Time 6:15 Evening News</p> 	<p>20 Rescue Dog Day 9:00 Morning News 10:00 Yoga Fit 11:00 Trivia-iNL2 2:00 Group Pick-iN2L 2:30 Art Paint 4:00 Table Games 6:15 iN2L-Classic TV</p> 
<p>21 Thank a Server 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</p> 	<p>22 9:00 Morning Update 10:00 Chair Dancing 11:00 Radiant Art 2:00 Group Pick-iN2L 2:30 Catfish Music 4:00 Ball Toss 6:15 Evening News</p>	<p>23 9:00 Morning News 10:00 Sit and Be Fit 11:00 Radiant Art 2:00 Group Pick-iN2L 2:30 Trivia 4:00 Bean Bag Toss 6:15 Classic TV</p>	<p>24 Brother's Day 9:00 Morning Update 10:00 Morning Exercise 11:00 Ball Toss 2:00 Music-iN2L 2:30 Bingo 4:00 Reminiscing 6:15 Evening News</p> 	<p>25 9:00 Morning News 10:00 Chair Dancing 11:00 Trivia-iNL2 2:00 Bean Bag Toss 3:00 Golden Walkers 4:00 Hot Tea 6:15 Classic TV</p>	<p>26 Road Trip Day 9:00 Morning Update 10:00 Sit and Be Fit 11:00 Scenic Ride 2:30 Monthly B-Day Party 4:00 Group Pick-iN2L 6:15 Evening News</p> 	<p>27 9:00 Morning News 10:00 Yoga Fit 11:00 Trivia-iNL2 2:00 Group Pick-iN2L 2:30 Art Paint 4:00 Table Games 6:15 iN2L-Classic TV</p>
<p>28 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</p>	<p>29 Memorial Day 9:00 Morning News 10:00 Morning Exercise 11:00 Word Games 2:00 Group Pick-iN2L 1:30 Bingo 4:00 Ring Toss 6:15 Classic TV</p> 	<p>30 Creativity Day 9:00 Morning Update 10:00 Chair Dancing 11:00 Radiant Art 2:00 Group Pick-iN2L 2:30 Trivia 4:00 Ring Toss 6:15 Evening news</p> 	<p>31 Senior Health and fitness Day 9:00 Morning News 10:00 Sit and Be Fit 11:00 Ball Toss 2:00 Music-iN2L 2:30 Bingo 4:00 Reminiscing 6:15 iN2L-Classic TV</p> 	<p>HAPPY MOTHER'S DAY</p>  <p>Nurses Week May 6 - 12</p> 	<p>HAPPY CINCO DE MAYO</p>  <p>FIESTA</p>	