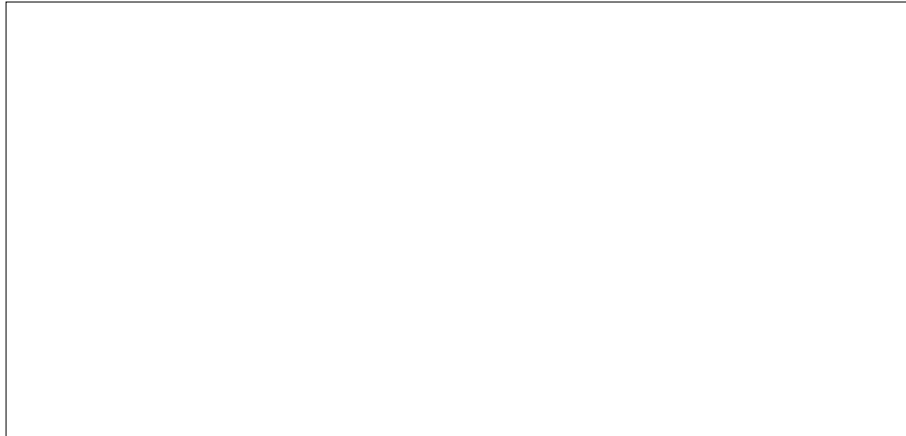




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Our mission is to create and sustain comfortable, caring environments for those who depend on us.

# The Arbors Bulletin

June 2023 Newsletter



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# Alzheimer's & Dementia Awareness & Updates

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

Summer solstice on June 21 is a notable date this Alzheimer's & Brain Awareness Month. The Alzheimer's Association observes it as the day with the most light, and the day we fight, encouraging fundraising toward an end to Alzheimer's. Our community hopes to bring awareness not only to this year's Longest Day, but also to this important month with facts and updates.

## Facts About Alzheimer's

- More than 6 million Americans are living with Alzheimer's.
- 1 in 3 seniors pass with Alzheimer's or dementia.
- Alzheimer's and dementias cost the U.S. \$321 billion in 2022.
- The difference between Alzheimer's and dementia is dementia is an overall term for a particular group of symptoms (difficulties with memory, language, problem-solving, and other thinking skills) while Alzheimer's disease is one cause of dementia.

## Updates and Research Studies

- Few Americans know about mild cognitive impairment, which can be an early stage of Alzheimer's. MCI causes cognitive changes that the affected person and those in their life can notice, but doesn't affect the ability to carry out everyday activities. Learn more at alz.org in a Special Report.
- Various studies indicate that keeping strong social connections and staying mentally active may lower the risk of cognitive decline and Alzheimer's.
- There seems to be a strong link between head trauma and future risk of cognitive



**The Longest Day:** Consider taking part in a fundraising activity to support an end to Alzheimer's. The options for activities are great: from board games, gardening, and bowling to Yoga or having a cookout, and beyond! You can register for a creative fundraising activity at [act.alz.org](http://act.alz.org).

- decline. Help fall-proof your living space by reducing poor light, loose rugs, and clutter.
- Some conditions known to increase the risk of cardiovascular disease like high blood pressure, diabetes, and high cholesterol increase the risk of developing Alzheimer's.
- Regular physical exercise and heart-healthy eating may help to protect the brain. Two recommended diets include The Dash Diet and Mediterranean Diet.
- A current clinical trial by DIAN is testing if antibodies to beta-amyloid can reduce beta-amyloid plaque in the brains of people with certain genetic mutations and reduce, delay or prevent Alzheimer's symptoms. Another trial, A4 by the Alzheimer's Disease Cooperative Study, is testing if antibodies to beta-amyloid can lower Alzheimer's disease risk in people 65-85 at high risk for the disease.

We hope all of this information has been helpful toward broadening awareness of Alzheimer's during this important month.

# Special Moments



**Happy Birthday to our Staff & Residents:**

**Gary : June 6**

**Tammy C. : June 4**

**Assaad : June 15**

**Carlos : June 26**

**Jimmy : June 29**



# June 2023 Highlights

**Observes: Men's Health, Headaches & Migraines, PTSD, Safety**

**Celebrates: Zoos & Aquariums, Fruit & Veggies, Camping, Dairy, Great Outdoors, Iced Tea, Roses, Papaya, Turkey, African American Music, LGBTQIA Pride**

01 Nail Polish Day; Olives Day; Pen Pal Day	16 Fudge Day; World Tapas Day
02 Donut Day; Rocky Road Day; Rotiss. Chicken Day	17 Apple Strudel Day; Eat Your Veggies Day
03 Egg Day; Chocolate Macaroons Day; Trails Day	18 Father's Day; Go Fishing Day; Turkey Day
04 Cancer Survivors' Day; Cheese Day; Corgi Day	19 Juneteenth; Garfield the Cat Day; Watch Day
05 Veggie Burger Day; World Environment Day	20 American Eagle Day; Ice Cream Soda Day
06 D-Day; Eyewear Day; Gardening Exercise Day	21 First Day of Summer; Peaches & Cream Day
07 Chocolate Ice-Cream Day; Oklahoma Day	22 Chocolate Éclair Day; Onion Rings Day
08 BFF Day; Positivity Day; World Oceans Day	23 Detroit-Style Pizza Day; Hydration Day
09 Donald Duck Day; Strawberry Rhubarb Pie Day	24 Pralines Day; Summersgiving
10 Egg Roll Day; Iced Tea Day; Rose' Day	25 Catfish Day; Strawberry Parfait Day; Beatles Day
11 Children's Day; Corn on Cob Day; Outlet Shop Day	26 Beautician Day; Choc Pudding Day; Coconut Day
12 Men's Health Week; Jerky Day; PB Cookie Day	27 Ice Cream Cake Day; Onion Day; Pineapple Day
13 World Softball Day; Weed Your Garden Day	28 Alaska Day; Parchment Day; Paul Bunyan Day
14 Flag Day; Strawberry Shortcake Day	29 Almond Buttercrunch Day; Waffle Iron Day
15 Photography Day; Smile Power Day	30 Meteor Watch Day; Social Media Day

## Our Executive Director's Corner

Dear residents, family members, and friends,

May was full of activities and celebrations. June will be just as exciting!

In June, we will be celebrating Flag Day, Father's Day, the first day of summer, and The Longest day of the year. (June 21st)

The Longest Day is the day with the most light—the summer solstice. The Corvette Club of Reno will be participating in our fundraising event for the Alzheimer's Association. We will also have hamburgers, hot dogs and root beer float. Hope you can join us.

Happy Father's Day to all!



**Staff Spotlight:**  
**Lisa**

This month's employee spotlight goes to Lisa! Lisa works with our team as the Wellness Director. Lisa continuously supports the team and residents with a smile on her face. She is very hard working and is someone that the Arbors family can count on. Lisa is known for her passion, dedication, sense of humor, and her spiritual heart. Lisa has been married to her high school sweetheart for 30 years! They have two children together with one granddaughter and another one on the way! In Lisa's free time, she enjoys spending time with her grandbaby and watching movies. Thank you for being a crucial part of the Arbors family, Lisa!



**Resident Spotlight:**  
**Delia**

Delia takes this month's resident spotlight! Delia was born just outside of San Diego and is number six out of 10 kids in her family! She loves the ocean and being with her family at the beach. Delia was a flag girl in high school, where she also met her high school sweetheart who she was married to for 60 years! She has a total of five children who she did everything she could to provide for. Delia has been an activist for her community and even started her own business. She loves to cook, bake, and dance to Mariachi music. Here at Arbors, you will always find Delia with a smile. Thank you for bringing more laughs to the community, Delia!



SUN	MON	TUE	WED	THU	FRI	SAT
<p><b>All activities subject to change per mandated health guidelines.</b></p>	<p><b>HAPPY FATHER'S DAY</b></p>		<p><i>It's SUMMER Time</i></p> 	<p><b>1 Nail Polish Day</b></p> <p>9:00 Morning Update 10:00 Chair Dancing 11:00 Ball Toss 2:00 Music-iN2L 2:30 What's Cooking? 4:00 Fancy Nails 6:15 Evening News</p> 	<p><b>2 Donuts Day</b></p> <p>9:00 Morning Update 10:00 Sit and Be Fit 11:00 Noodle Ball 2:00 Music-iN2L 2:30 Happy Hour 4:00 Craft Time 6:15 Evening News</p> 	<p><b>3 World Cider Day</b></p> <p>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><b>4 Cancer Survivors' Day</b></p> <p>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><b>5 World Environment Day</b></p> <p>9:00 Morning Update 10:00 Morning Exercise 11:00 Noodle Ball 2:00 Reminiscing <b>2:30 Catfish Music</b> 4:00 Bingo 6:15 Evening News</p> 	<p><b>6</b></p> <p>9:00 Morning News 10:00 Sit and Stretch 11:00 <b>Picnic at Pah Rah</b> 2:00 Trivia 2:30 Bowling 4:00 Dominos 6:15 Movie</p> 	<p><b>7 Chocolate Ice-Cream Day</b></p> <p>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><b>8 Best-Friends Day</b></p> <p>9:00 Morning News 10:00 Chair Dancing 11:00 Radiant Art 2:00 Family Feud 2:30 What's Cooking? 4:00 Bean Bag Toss 6:15 Classic TV</p> 	<p><b>9 Movie Night</b></p> <p>9:00 Morning Update 10:00 Outside Exercise 11:00 Trivia-iN2L 2:00 Friday Movie 2:30 Happy Hour 4:00 Ring Toss 6:15 Evening News</p> 	<p><b>10 Iced Tea Day</b></p> <p>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><b>11 Children's Day</b></p> <p>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><b>12 Men's Health Week</b></p> <p>9:00 Morning Update 10:00 Sit and Be Fit 11:00 Craft Time 2:00 Group Pick iN2L 2:30 Bean Bag Toss 4:00 Bingo 6:15 Classic TV</p>	<p><b>13 Random Kind Acts Day</b></p> <p>9:00 Morning News 10:00 Sit and Stretch 11:00 Noodle Ball 2:00 Trivia <b>2:30 Sierra Arts Music</b> 4:00 Ring Toss 6:15 Evening News</p> 	<p><b>14 Flag Day</b></p> <p>9:00 Morning Update 10:00 Chair Dancing 11:00 Dominos 2:00 Reminiscing 2:30 Flag Portrait Craft 4:00 Bingo 6:15 Classic TV</p> 	<p><b>15 Smile Power Day</b></p> <p>9:00 Morning News 10:00 Outside Exercise 11:00 Question Ball 2:00 Word Games 2:30 Group Pick iN2L 4:00 Bean Bag Toss 6:15 Evening News</p> 	<p><b>16 Wear Blue for Men's Health</b></p> <p>9:00 Morning Update 10:00 Sit and Be Fit 11:00 <b>Pre-Fathers Day Celebration</b> 2:00 Music -iN2L 2:30 Happy Hour 4:00 Fancy Nails 6:15 Classic TV</p>	<p><b>17 Eat Your Veggies Day</b></p> <p>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><b>18 Father's Day</b></p> <p>9:30 Church Service 10:00 Sunday News 11:00 Sunday Stretches 1:30 Father's Day Fun 2:00 Sunday Movie 4:00 Fancy Nails 6:15 Social Time</p> 	<p><b>19 Juneteenth</b></p> <p>9:00 Morning Update 10:00 Morning Exercise 11:00 Radiant Art 2:00 Reminiscing <b>2:30 Catfish Music</b> 4:00 Bingo 6:15 Evening News</p>	<p><b>20 Vanilla Shake Day</b></p> <p>9:00 Morning News 10:00 Sit and Be Fit 11:00 <b>Scenic Drive</b> 2:00 Group Pick iN2L 2:30 Ball Toss 3:30 <b>Ice-Cream Bar</b> 6:15 Classic TV</p> 	<p><b>21 First Day of Summer</b></p> <p>9:00 Morning Update 10:00 Chair Dancing 11:00 Fun in the Sun 2:00 Group Pick-iN2L 2:30 Trivia 4:00 <b>Longest Day Fundraiser</b></p> 	<p><b>22</b></p> <p>9:00 Morning News 10:00 Sit and Stretch 11:00 Noodle Ball 2:00 Music-iN2L 2:30 Bean Bag Toss 4:00 Reminiscing 6:15 Classic TV</p>	<p><b>23 Hydration Day</b></p> <p>9:00 Morning Update 10:00 Chair Yoga 11:00 Bowling 2:00 Trivia-iN2L 2:30 Happy Hour <b>3:00 McGollom's Music</b> 4:00 Bingo 6:15 Evening News</p> 	<p><b>24 Summersgiving</b></p> <p>9:00 Morning News 10:00 Sit and Be 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><b>25 The Beatles Day</b></p> <p>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><b>26 Chocolate Pudding Day</b></p> <p>9:00 Morning Update 10:00 Morning Exercise 11:00 Radiant Art 2:00 Group Pick-iN2L 2:30 Ring Toss 4:00 Bingo 6:15 Evening News</p> 	<p><b>27 Orange Blossom Day</b></p> <p>9:00 Morning News 10:00 Chair Dancing 11:00 What's Cooking? 2:00 Music-iN2L 2:30 Family Feud 4:00 Bean Bag Toss 6:15 Classic TV</p> 	<p><b>28</b></p> <p>9:00 Morning Update 10:00 Outside Exercise 11:00 Ball Toss 2:00 Golden Walkers 2:30 Trivia-iN2L 4:00 Bowling 6:15 Evening News</p>	<p><b>29</b></p> <p>9:00 Morning News 10:00 Sit and Be Fit 11:00 Noodle Ball <b>2:00 Diane Piano Music</b> 3:00 What's Cooking? 4:00 Bingo 6:15 Classic TV-iN2L</p>	<p><b>30 Meteor Watch Day</b></p> <p>9:00 Morning Update 10:00 Sit and Be Fit 11:00 Craft Time 2:30 Monthly B-Day Party 4:00 Group Pick-iNL2 6:15 Friday Night Movie</p> 	