



2121 E. Prater Way
Sparks, NV 89434

Stamp



Leadership Team
Phone: 775.331.2229
Email: info@arborsmemorycare.com
Website: arborsmemorycare.com
Facebook: ArborsMemoryCare

Executive Director:
Assaad Zeid
Community Sales Director:

Wellness Director:
Lisa Erck
Business Office Director:
Jennifer Perkins
Life Enrichment Director:
Taylor Bostelman
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

July 2023 Newsletter



2 All About UV Safety
3 Team & Resident Spotlight
4 - 5 Activities Calendar

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

All About UV Safety: Summer Skin Protection Tips

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

It's a delight for many when colder weather gives way to warm and hot sunny days that allow for fun outdoor activities. It's also a great time to refresh knowledge about sun safety. This UV Safety Month, tune in to learn some safety tips for greeting golden rays.

If you're one who loves to head out into the sunshine, you're likely drawn to its benefits, from stress reduction and the opportunity for physical activity to the Vitamin D boost it brings. That being said, it's smart to know about its risks. A little UV-ray knowledge can go a long way toward protecting you outside.

UV Rays are invisible and are part of energy from the sun (as well as from sun lamps and tanning beds). UV rays that reach the Earth include UVA and UVB. UVA rays have the lowest energy of UV rays, but can cause aging in skin cells and indirect damage to cell DNA. They can damage the skin, cause wrinkles, and may have a role in some skin cancers. UVB rays bring more energy, can damage skin cells directly, and bring sunburn. They are the cause of most skin cancers. (American Cancer Society).

Avoiding the harmful effects of the sun's rays, while enjoying the sun's benefits can be as easy as setting up some routine sun rules. Before you head outside, consider these tips from the American Academy of Dermatology:

- Know that even when it doesn't seem like the sun could affect you, it can. The sun's UV rays can reach you on cloudy or cool



days, and they can reflect off of water, snow, sand, and cement.

- Apply a generous amount of broad-spectrum and water-resistant sunscreen with an SPF of at least 30 to all exposed skin 30 minutes before going out. Make sure to re-apply it every two hours and after sweating or going in water. Don't forget to cover your lips, ears, back of neck and tops of feet and hands. Wearing an SPF 15 lip balm is also a good idea.
- Dress in protective clothing, such as a long-sleeved shirt and pants in tightly-woven fabric, along with a wide brimmed hat and sunglasses.
- Know when to seek shade. The sun's rays are strongest between 10 am and 4 pm.
- Be aware that some medications can make us more sensitive to the sun. Read labels carefully in case of sun restrictions.
- Check out your local UV Index online for the level of UV exposure currently in your area. The lower the number, the safer it is.

We hope you feel confident to embrace summer fun under the sun. Let us know your outdoor plans on our Facebook on the 1st.

Special Moments



Happy Birthday to our Staff & Residents:

Dyan– July 5
Mary-Jeri: July 18
Peggy: July 18

Yuko: July 1
Melissa: July 18
Elena: July 19



July 2023 Highlights

Observes: Eye Injury Prevention, Minority Mental Health, Social Wellness, and UV Safety

Celebrates: Blueberries, Baked Beans, Culinary Arts, Grilling, Horseradish, Hot Dogs, Ice Cream, Peaches, Picnics, and Watercolors

- | | |
|--|---|
| 01: Postal Worker Day; Creative Ice Cream Day | 16: Corn Fritters Day; Ice Cream Day |
| 02: Anisette Day; Wildland Firefighter Day | 17: Lottery Day; Peach Ice Cream Day; Emoji Day |
| 03: Chocolate Wafer Day; Fried Clams Day | 18: Caviar Day; Sour Candy Day |
| 04: Barbecued Spareribs Day; Caesar Salad Day | 19: Daiquiri Day; Hot Dog Day |
| 05: Apple Turnover Day; Graham Cracker Day | 20: Fortune Cookie Day; Lollipop Day; Moon Day |
| 06: Fried Chicken Day; Hand Roll Day | 21: Be Someone Day; Junk Food Day |
| 07: Macaroni Day; Strawberry Sundae Day | 22: Mango Day; Penuche Fudge Day; Cowboy Day |
| 08: Chocolate with Almonds Day; Freezer Pop Day | 23: Gorgeous Grandma Day; Parents' Day |
| 09: Dimples Day; Sugar Cookie Day | 24: Amelia Earhart Day; Drive-Thru Day |
| 10: Clerihew Day; Kitten Day; Pina Colada Day | 25: Hot Fudge Sundae Day; Wine & Cheese Day |
| 11: 7-Eleven Day; Blueberry Muffin Day; Mojito Day | 26: Bagelfest Day; Coffee Milkshake Day |
| 12: Eat Jello Day; Pecan Pie Day; Simplicity Day | 27: Intern Day; Crème Brûlée Day; Chili Dog Day |
| 13: Barbershop Music Day; Beans 'N' Franks Day | 28: Milk Chocolate Day; Waterpark Day |
| 14: Mac & Cheese Day; Collector Car Day; Fries Day | 29: Chicken Wing Day; Lasagna Day; Lipstick Day |
| 15: Love Horses Day; Tapioca Pudding Day | 30: Father-in-Law Day; Cheesecake Day |
| | 31: Avocado Day; Raspberry Cake Day; Mutt Day |

Our Executive Director's Corner

Dear residents, family members, and friends,

I hope you all enjoyed Spring and are ready for summer. I can't believe we are in the middle of the year. Our flowers are blooming with beautiful colors, residents have gone out on multiple field trips, and we enjoyed a pre-Father's Day BBQ lunch and happy hour.

June 21st was the first day of summer and The Longest Day Fundraising event for the Alzheimer's Association. It was a great success!

We will celebrate Independence Day with a BBQ lunch on July 3rd. I am looking forward to our celebration.



Staff Spotlight: Christian

This month's employee spotlight shine on Christian! Christian is originally from North Carolina, but he grew up in Virginia. He eventually moved to Nevada where he met his wife. They have been married for almost two years and have two cats together! In his free time, he enjoys playing video games and spending time with his wife.






















The Arbors team would describe Christian as a hard worker and as an essential part of the team. He is known for being compassionate, respectful, and kind. Thank you for all you do, Christian!



Resident Spotlight: Larry

Larry has earned the spot for the resident of the month! Larry was born in Seattle, Washington, but he grew up in Dodge City, Kansas. Larry built airplanes for Boeing until he was 75 years old! He then moved to Reno to be with his niece. Larry was very passionate about his work. Here at Arbors, Larry loves going out on our field trips and reading his comic books.

The Arbors team knows Larry for his very kind and respectful personality. We are lucky to have you here, Larry!

SUN	MON	TUE	WED	THU	FRI	SAT
<p>All activities subject to change per mandated health guidelines.</p>						<p>1 U.S. Postage Stamp Day</p> <p>9:00 Morning News 10:00 Yoga Fit 11:00 Family Feud 2:00 Group Pick iN2L 2:30 Art Paint 4:00 Table Games 6:15 iN2L Classic TV</p> 
<p>2 Wildland Firefighters' Day</p> <p>9:30 Church Service 10:00 Sunday News 11:00 Sunday Stretches 1:30 Sunshine Visits 2:00 Music iN2L 2:30 National Geographic 4:00 Fancy Nails 6:15 Social Time</p> 	<p>3 Compliment Yourself Day</p> <p>9:00 Morning Update 10:00 Sit and Be Fit 11:00 Craft Time 2:00 Group Pick iN2L 2:30 Catfish Music 4:00 Bingo 6:15 Classic TV</p> 	<p>4 Independence Day</p> <p>9:00 Morning News 10:00 Sit and Stretch 11:30 Noodle Ball 2:00 Trivia 2:30 Bowling 4:00 Fancy Nails 6:15 Movie</p> 	<p>5 Hawaii Day</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>6</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>7 Strawberry Sundae Day</p> <p>9:00 Morning Update 10:00 Outside Exercise 11:00 Trivia-iN2L 2:00 Music iN2L 2:30 Happy Hour 4:00 Ring Toss 6:15 Evening News</p> 	<p>8 Freezer Pop Day</p> <p>9:00 Morning News 10:00 Yoga Fit 11:00 Family Feud 2:00 Group Pick iN2L 2:30 Art Paint 4:00 Table Games 6:15 iN2L Classic TV</p> 
<p>9 Dimples Day</p> <p>9:30 Church Service 10:00 Sunday News 11:00 Sunday Stretches 1:30 Sunshine Visits 2:00 Music iN2L 2:30 National Geographic 4:00 Fancy Nails 6:15 Social Time</p>	<p>10 Pina Colada Day</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>11</p> <p>9:00 Morning News 10:00 Sit and Stretch 11:00 Picnic at Lazy 5 2:00 Trivia 2:30 Sierra Arts Music 4:00 Ring Toss 6:15 Evening News</p> 	<p>12</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>13</p> <p>9:00 Morning News 10:00 Chair Dancing 11:00 Radiant Art 2:00 Music iN2L 2:30 Family Feud 4:00 Bean Bag Toss 6:15 Classic TV</p> 	<p>14 French Fry Day</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>15 I Love Horses Day</p> <p>9:00 Morning News 10:00 Yoga Fit 11:00 Family Feud 2:00 Group Pick iN2L 2:30 Art Paint 4:00 Table Games 6:15 iN2L Classic TV</p> 
<p>16 Personal Chef's Day</p> <p>9:30 Church Service 10:00 Sunday News 11:00 Sunday Stretches 1:30 Sunshine Visits 2:00 Music iN2L 2:30 National Geographic 4:00 Fancy Nails 6:15 Social Time</p>	<p>17</p> <p>9:00 Morning Update 10:00 Sit and Be Fit 11:00 Craft Time 2:00 Group Pick iN2L 2:30 Catfish Music 4:00 Bingo 6:15 Classic TV</p> 	<p>18</p> <p>9:00 Morning News 10:00 Chair Dancing 10:30 What's Cooking? 2:00 Music-iN2L 2:30 Family Feud 4:00 Bean Bag Toss 6:15 iN2L Classic TV</p>	<p>19 Daiquiri Day</p> <p>9:00 Morning Update 10:00 Sit & Stretch 11:00 Sunshine Visits 2:00 Group Pick iN2L 2:30 Bingo 3:30 Jim on the Guitar 6:15 Evening News</p> 	<p>20 Moon Day</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>21 Be Someone Day</p> <p>9:00 Morning Update 10:00 Outside Exercise 11:00 Trivia-iN2L 2:00 Music iN2L 2:30 Happy Hour 4:00 Ring Toss 6:15 Evening News</p>	<p>22 Mango Day</p> <p>9:00 Morning News 10:00 Yoga Fit 11:00 Family Feud 2:00 Group Pick iN2L 2:30 Art Paint 4:00 Table Games 6:15 iN2L Classic TV</p> 
<p>23 Gorgeous Grandma Day</p> <p>9:30 Church Service 10:00 Sunday News 11:00 Sunday Stretches 1:30 Sunshine Visits 2:00 Music iN2L 2:30 National Geographic 4:00 Fancy Nails 6:15 Social Time</p> 	<p>24 Amelia Earhart Day</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 Evening News</p> 	<p>25 Hire a Veteran Day</p> <p>9:00 Morning News 10:00 Chair Dancing 10:30 Scenic Drive 2:00 Music-iN2L 2:30 Family Feud 4:00 Bean Bag Toss 6:15 Classic TV</p>	<p>26 Aunts & Uncles' Day</p> <p>9:00 Morning Update 10:00 Sit and Stretch 11:00 Noodle Balloon 2:00 Trivia iN2L 2:30 Nancy Piano & Sing 4:00 Bingo 6:15 Evening News</p> 	<p>27</p> <p>9:00 Morning News 10:00 Chair Dancing 11:00 Radiant Art 2:00 Music iN2L 2:30 Group Pick iN2L 4:00 Bean Bag Toss 6:15 Classic TV</p>	<p>28 Milk Chocolate Day</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>29 Lipstick Day</p> <p>9:00 Morning News 10:00 Yoga Fit 11:00 Family Feud 2:00 Group Pick iN2L 2:30 Art Paint 4:00 Table Games 6:15 iN2L Classic TV</p> 
<p>30 Father-in-Law's Day</p> <p>9:30 Church Service 10:00 Sunday News 11:00 Sunday Stretches 1:30 Sunshine Visits 2:00 Music iN2L 2:30 National Geographic 4:00 Fancy Nails 6:15 Social Time</p> 	<p>31 Avocado Day</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> 