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

The Arbors Bulletin

August 2023 Newsletter



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10 Ways to Increase Happiness: Some You Wouldn't Have Guessed!

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

"Come on get happy," so goes the Partridge Family theme song. But is it that easy? We hope to make it so with tips we've gathered toward happiness for older adults. Come on read along!

There are many different types of steps you can take to make a difference toward your happiness. Here are some actions to consider:

- **Keep connected.** Build and maintain social connections to boost mood, reduce stress, and improve self-esteem, per PsychCentral.
- Stop and smell the roses. Enjoy moments as they come by focusing on the present.
- **Brighten someone's day.** Lifting another person's mood with a kind comment can also benefit you by making you feel good.
- **Make your living space your own.** A recent study showed when living spaces reflect the personality and preferences of their inhabitants, older adults reported an increased sense of well-being.
- **Learn.** Investing time and energy into learning brings a sense of purpose and increased feelings of positivity.
- **Laugh.** If you can tune into a source that will make you laugh each day, do it. Laughing lowers the stress hormone cortisol and increases endorphins for a happy boost.

Physical health also plays a large role in how we feel. The way that we treat our bodies can go a long way, even as we face conditions that affect us. Prioritizing some key areas can boost happiness.



Try starting a daily gratitude journal. It can become your go-to happy spot!

- **Eat a healthy diet.** Make sure to consult your health professional to find out dietary advice specific to you. For most seniors, the plate should look like a rainbow with lean protein, fruits and vegetables, whole grains, and low-fat dairy, per the National Council on Aging. MyPlate.gov is a great source for plate specifics based on age.
- **Keep hydrated.** The NCOA recommends drinking small amounts of fluids consistently through the day.
- **Stay physically active.** Adults 65 and over ought to have a least 150 minutes of moderate intensity activity weekly, per the CDC.
- **Address hearing challenges and consider using a hearing aid to help with hearing loss.** The University of Michigan conducted a 2019 study that found seniors who got a hearing aid when diagnosed with hearing loss had reduced depression and anxiety, as well as a reduced risk for falling.

Do you have a special tip for boosting your happiness that we haven't shared? We'd love to hear it on our Facebook post for this month's newsletter.

Special Moments



Happy Birthday to our Staff & Residents:
Margaret: Aug. 2
William: Aug. 17
Mike: Aug. 17
Marilyn: Aug. 22
Matthew: Aug. 28

Mari: Aug. 13
Jennifer: Aug. 17
Chris: Aug. 23
Larry: Aug. 23



August 2023 Highlights

Observes: Children’s Eye Health, Eye Exams, Medic Alert Awareness, Immunizations, Water Quality, and Wellness

Celebrates: Black Businesses, Catfish, Crayons, Dogs, Family Fun, Goat Cheese, Golf, Happiness, Heading Back to School, Peace, and Sandwiches

01: Raspberry Cream Pie Day; Intl. Mahjong Day
02: Coloring Book Day; Ice Cream Sandwich Day
03: Georgia Day; Watermelon Day; IPA Day
04: Choc Chip Cookie Day; Beer Day
05: Oyster Day; Disc Golf Day; Mustard Day
06: Family Day; Root Beer Float Day; Sisters' Day
07: Lighthouse Day; Raspberries N’ Cream Day
08: Frozen Custard Day; Sleep Under Stars Night
09: Book Lovers Day; Rice Pudding Day
10: Connecticut Day; S’mores Day
11: Sons & Daughters’ Day; Raspberry Bombe Day
12: Julienne Fries Day; Vinyl Day; Bowling Day
13: Filet Mignon Day; Prosecco Day
14: Creamsicle Day; V-J Day; Spirit of ‘45 Day
15: Leathercraft Day; Lemon Meringue Pie Day

16: Airborne Day; Rum Day; Tell a Joke Day
17: Black Cat Day; Thrift Shop Day
18: Fajita Day; Ice Cream Pie Day; Pinot Noir Day
19: Aviation Day; Potato Day; Soft Ice Cream Day
20: Chocolate Pecan Pie Day; Radio Day
21: Seniors' Day; Spumoni Day
22: Be An Angel Day; Pecan Torte Day
23: Cuban Sandwich Day; Sponge Cake Day
24: Maryland Day; Peach Pie Day; Waffle Day
25: Banana Split Day; Park Service Founders Day
26: Cherry Popsicle Day; Dog Day
27: Just Because Day; Pots Dè Crème Day
28: Bow Tie Day; Cherry Turnover Day
29: Chop Suey Day; Lemon Juice Day
30: Beach Day; Toasted Marshmallow Day
31: Eat Outside Day; Trail Mix Day

Our Executive Director’s Corner

Dear residents, family members, and friends,
The heat is on. August is upon us bringing with it some very warm weather. If you are out and about or simply outside, please drink lots of water and stay hydrated.

We will be hosting a Hot August night event on August 16th from 4:30 PM—6 PM with a display of classic cars, hot dogs, hamburgers, root beer floats and goodie basket to raffle. All proceeds will benefit the Alzheimer Association. Come join for an afternoon of fun.

We continue to host with our partners the Alzheimer/Dementia support group. This month it will be on Thursday August 24th from 4:30 PM—6 PM. Come join us.



Staff Spotlight:
Terra

Terra earned this months employee spotlight! Terra has spent the majority of her life here in Reno. She loves to ride dirt bikes, quads, and four wheeling. Terra also enjoys camping and most importantly, spending time with her daughter—they do everything together!

Here at Arbors, Terra Is known for her great compassion and care she has for the residents. She is also a true team player, someone the team and residents can truly count on. Thank you Terra for everything you do!



Resident Spotlight:
Kathy

This months resident spotlight shines bright on Kathy! Kathy grew up in San Jose, CA., with her parents and brother. She worked in a dental office as front desk staff for her career. Kathy was married to her wonderful husband for over 20 years! She loved to entertain friends in her home and enjoys to go shopping.

Here at Arbors you will find Kathy enjoying a game of bingo and listening to music. She also loves to watch a good movie. Kathy is kind, funny, and generous. We are so lucky to have such a wonderful lady here at Arbors! Thank you, Kathy!

AUGUST 2023

Arbors Memory Care • 2121 E Prater Way Sparks, NV. 89436 • (775) 331-2229

SUN	MON	TUE	WED	THU	FRI	SAT
<p>All activities subject to change per mandated health guidelines.</p>		<p>1 Raspberry Cream Pie Day</p> <p>9:00 Morning News 10:00 Sit and Be Fit 11:00 Noodle Ball 2:00 Music iN2L 2:30 Trivia 3:00 Out for Ice-Cream 4:00 Fancy Nails 6:15 Classic TV</p> 	<p>2 Ice Cream Sandwich Day</p> <p>9:00 Morning Update 10:00 Chair Dancing 11:00 Radiant Art 2:00 Group Pick iN2L 2:30 Kendell on the Piano 4:00 Bingo 6:15 Evening News</p> 	<p>3 IPA Day</p> <p>9:00 Morning News 10:00 Yoga Fit 11:00 Noodle Balloon 2:00 Family Feud 2:30 What's Cooking? 4:00 Bean Bag Toss 6:15 Classic TV</p>	<p>4 Intl. Beer 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>5</p> <p>9:00 Morning News 10:00 Sit and Stretch 11:00 Family Feud 2:00 Group Pick iN2L 2:30 Art Paint 4:00 Table Games 6:15 iN2L Classic TV</p>
<p>6 Friendship Day</p> <p>9:30 Spiritual Piano Music 10:00 Sunday News 11:00 Sunday Stretches 2:00 Book Club 2:45 National Geographic 4:00 Fancy Nails 6:15 Social Time</p> 	<p>7 Lighthouse Day</p> <p>9:00 Morning Update 10:00 Out to Lighthouse Coffee 11:00 Coloring 2:00 Group Pick iN2L 2:30 Catfish Music 4:00 Bingo 6:15 Classic TV</p> 	<p>8 Happiness Happens Day</p> <p>9:00 Morning News 10:00 Sit and Be Fit 11:00 Noodle Ball 2:00 Group Pick iN2L 2:30 Sierra Arts Music 4:00 Fancy Nails 6:15 Classic TV</p> 	<p>9 Book Lovers Day</p> <p>9:00 Morning Update 10:00 Chair Dancing 11:00 Radiant Art 2:00 Music iN2L 2:30 Book Club Party 4:00 Bingo 5:00 Mountain Music Parlor -Old Time Jams 6:15</p> 	<p>10 S'mores Day</p> <p>9:00 Morning News 10:00 Yoga Fit 11:00 Noodle Balloon 2:00 Music iN2L 2:30 Family Feud 4:00 Bean Bag Toss 6:15 Classic TV</p> 	<p>11 Sons & Daughters 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>12 Bowling Day</p> <p>9:00 Morning News 10:00 Sit and Stretch 11:00 Family Feud 2:00 Group Pick iN2L 2:30 Bowling 4:00 Table Games 6:15 iN2L Classic TV</p> 
<p>13 Intl. Left Handers Day</p> <p>9:30 Spiritual Piano Music 10:00 Sunday News 11:00 Sunday Stretches 2:00 Book Club 2:45 National Geographic 4:00 Fancy Nails 6:15 Social Time</p>	<p>14 Creamsicle Day</p> <p>9:00 Morning Update 10:00 Outside Exercise 11:00 Craft Time 2:00 Group Pick iN2L 2:30 Bean Bag Toss 4:00 Bingo 6:15 Classic TV</p> 	<p>15 Relaxation Day</p> <p>9:00 Morning News 10:00 Scenic Drive 2:00 Music iN2L 2:30 Group Pick iN2L 4:00 Aromatherapy 6:15 Evening News</p> 	<p>16 Tell a Joke Day</p> <p>9:00 Morning Update 10:00 Chair Dancing 11:00 Radiant Art 2:00 Group Pick iN2L 2:30 A Beautiful Violin&Piano 3:30 Bingo 4:30 Hot August Nights</p>	<p>17</p> <p>9:00 Morning News 10:00 Yoga Fit 11:00 Noodle Balloon 2:00 Music iN2L 2:30 Family Feud 4:00 Bean Bag Toss 6:15 Classic TV</p>	<p>18 Ice Cream Pie 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>19 World Honey Bee Day</p> <p>9:00 Morning News 10:00 Sit and Stretch 11:00 Family Feud 2:00 Group Pick iN2L 2:30 Art Paint 4:00 Table Games 6:15 iN2L Classic TV</p> 
<p>20</p> <p>9:30 Spiritual Piano Music 10:00 Sunday News 11:00 Sunday Stretches 2:00 Book Club 2:45 National Geographic 4:00 Fancy Nails 6:15 Social Time</p>	<p>21 Seniors' Day</p> <p>9:00 Morning Update 10:00 Outside Exercise 11:00 Craft Time 2:00 Group Pick iN2L 2:30 Bean Bag Toss 4:00 Bingo 6:15 Classic TV</p> 	<p>22</p> <p>9:00 Morning News 10:00 Sit and Be Fit 11:00 Noodle Ball 2:00 Group Pick iN2L 2:30 Bowling 3:30 Jim on the Guitar 4:00 Fancy Nails 6:15 Classic TV</p>	<p>23</p> <p>9:00 Morning Update 10:00 Chair Dancing 11:00 Radiant Art 2:00 Music iN2L 2:30 Pictionary 4:00 Bingo 6:15 Evening News</p>	<p>24 Waffle Day</p> <p>9:00 Morning News 10:00 Yoga Fit 11:00 Noodle Balloon 2:00 Family Feud 2:30 What's Cooking? 4:00 Bean Bag Toss 6:15 Movie in the Courtyard</p> 	<p>25 Banana Split Day</p> <p>9:00 Morning Update 10:00 Outside Exercise 11:00 Trivia iN2L 2:00 Diane Pianist 2:30 Monthly B-Day Party 4:00 Ring Toss 6:15 Evening News</p> 	<p>26 Dog Day</p> <p>9:00 Morning News 10:00 Sit and Stretch 11:00 Family Feud 2:00 Group Pick iN2L 2:30 Companion Dogs 4:00 Table Games 6:15 iN2L Classic TV</p> 
<p>27</p> <p>9:30 Spiritual Piano Music 10:00 Sunday News 11:00 Sunday Stretches 2:00 Book Club 2:45 National Geographic 4:00 Fancy Nails 6:15 Social Time</p>	<p>28 Bow Tie Day</p> <p>9:00 Morning Update 10:00 Outside Exercise 11:00 Craft Time 2:00 Group Pick iN2L 2:30 Bean Bag Toss 4:00 Bingo 6:15 Classic TV</p> 	<p>29</p> <p>9:00 Morning News 10:00 Sit and Be Fit 11:00 Noodle Ball 2:00 Music iN2L 2:30 Group Pick iN2L 4:00 Fancy Nails 6:15 Classic TV</p>	<p>30 Beach Day</p> <p>9:00 Morning Update 10:00 Chair Dancing 11:00 Radiant Art 2:00 Music iN2L 2:30 Trivia 4:00 Pictionary 6:15 Evening News</p> 	<p>31 Eat Outside Day</p> <p>9:00 Morning News 10:00 Yoga Fit 11:00 Noodle Balloon 12:00 Picnic at the Park 2:00 Family Feud 2:30 Bingo 4:00 Bean Bag Toss 6:15 Classic TV</p> 		