



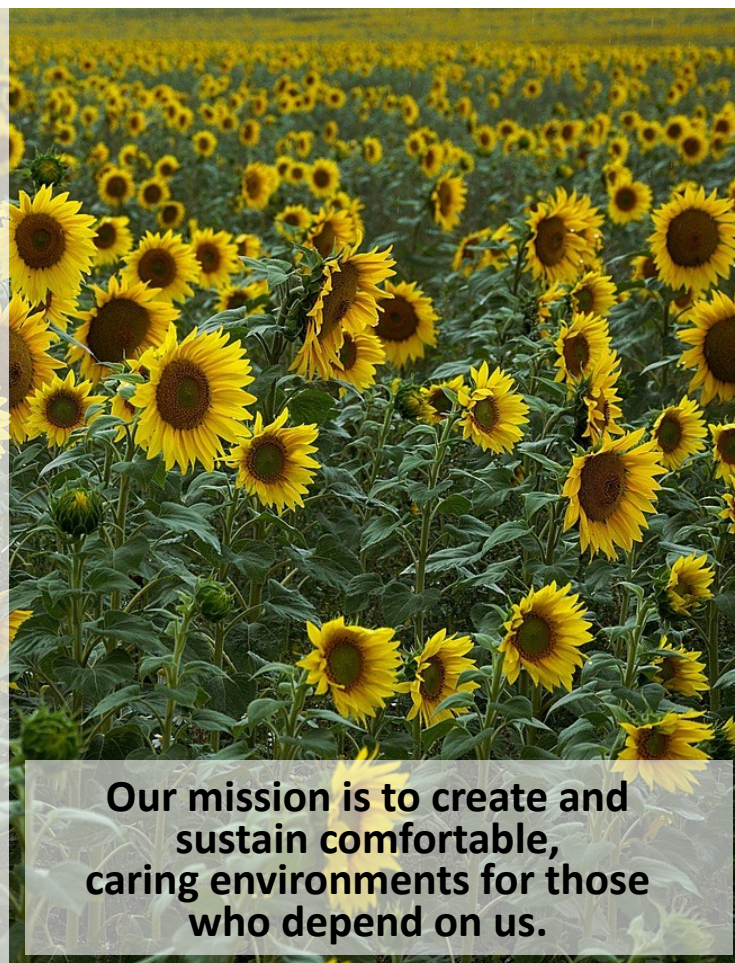
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**Our mission is to create and sustain comfortable, caring environments for those who depend on us.**

# The Arbors Bulletin

September 2023 Newsletter



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# Ways to Support an End to Alzheimer's Disease

This autumn, our community is looking forward to the Alzheimer’s Association’s Walk to End Alzheimer’s. The walk takes place in more than 600 communities across the United States each year, fundraising toward Alzheimer’s care, support, and research. For those looking to take action toward an end to Alzheimer’s, here are some ways you can support the cause, from the walk and beyond.

- Walk in the Walk to End Alzheimer’s! Register for your local walk as part of a team or independently. Set up a Tribute or Memorial Page with fundraising support options at [act.alz.org](http://act.alz.org)

**Our local walk will be taking place:**  
Saturday, October 14th  
at Sparks Marina (300 Howard Dr., Sparks, NV 89434)  
Registration at 8:00 AM  
Opening Ceremony at 9:00 AM  
Walk at 9:30 AM  
(Subject to change. Please check [alz.org](http://alz.org))

- Participate in the Ride to End Alzheimer’s. You can bike ride anywhere for this Summer Challenge and raise funds toward research.
- Help with Research. TrialMatch is a free service that pairs potential participants with clinical studies. See: [trialmatch.alz.org](http://trialmatch.alz.org)
- Advocate. Urge congress to support the Alzheimer’s and dementia community. There are online fillable forms for contacting congress about vital issues at [alz.org/get-involved-now/advocate](http://alz.org/get-involved-now/advocate)
- Donate vehicles, boats, and RVs with the Donate-A-Car Program. Proceeds support the Alzheimer’s Association and may provide tax benefits. Call 855.277.6227.



**Alzheimer’s Fast Facts:** Americans who have Alzheimer’s is growing. More than 6.7 million Americans have Alzheimer’s and 1 in 3 seniors pass with Alzheimer’s or Dementia. Early diagnosis can provide medical, emotional, and social benefits; aid with clinical trial participation; enable people to be in control of their legal and financial wishes; and create cost savings in medical and long-term care.

- Be a Volunteer Support Group Facilitator, creating safe environments for sharing feelings or experiences of Alzheimer’s or dementia.
- Be a Volunteer Faith Outreach Representative, sharing information and free resources through the Alzheimer’s Association.
- Be a Volunteer Community Educator, providing education and expanding program reach. Vist: [volunteer.alz.org/Volunteeropportunities/becoming](http://volunteer.alz.org/Volunteeropportunities/becoming)
- Share on social media: The more accurate information about Alzheimer’s that is shared, the more people will support the fight against Alzheimer’s. Don’t forget to hashtag your efforts with #endalz.

Let us know on the first of the month on our facebook what efforts you’re excited about taking part in toward an end to Alzheimer’s!

# Special Moments



Happy 50th Anniversary!



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

- Sept. 11: Christina
- Sept. 19: Stephanie
- Sept. 27: Joyce



# September 2023 Highlights

**Observes:** World Alzheimer’s Awareness, Healthy Aging, Intergenerational Ties, Pain Awareness, Prostate Health, and Self-Care

**Celebrates:** Americana, Chicken, Classical Music, Honey, Little League, Mushrooms, Piano, Potatoes, Rice, Sewing, and Square Dancing

01: Chianti Day; College Colors Day; Food Bank Day	16: Raisin Bread Day; Guac Day; Play-Doh Day
02: V-J Day; World Beard Day; Tailgating Day	17: Apple Dumpling Day; Monte Cristo Day
03: Cinema Day; U.S. Bowling League Day	18: Air Force Birthday; Cheeseburger Day
04: Labor Day; Macadamia Nut Day; Wildlife Day	19: Butterscotch Pudding Day; Talk Like Pirates Day
05: Cheese Pizza Day	20: Fried Rice Day; Pepperoni Pizza Day; Punch Day
06: Coffee Ice Cream Day; Read A Book Day	21: Chai Day; New York Day; Pecan Cookie Day
07: Acorn Squash Day; Beer Lovers Day; Salami Day	22: Centenarian’s Day; States and Capitals Day
08: Star Trek Day; World Ampersand Day	23: Fall Begins; Family Health & Fitness Day
09: Teddy Bear Day; Wiener Schnitzel Day	24: Cherries Jubilee Day; Punctuation Day
10: Grandparent’s Day; Ideas Day; TV Dinner Day	25: Daughter’s Day; Quesadilla Day; Family Day
11: Hot Cross Bun Day; Patriot Day	26: Dumpling Day; Pancake Day
12: Chocolate Milkshake Day; Ants on a Log Day	27: Women Health Fitness Day; Chocolate Milk Day
13: Peanut Day; Uncle Sam Day	28: Good Neighbor Day; Strawberry Cream Pie Day
14: Cream Filled Donut Day; Eat a Hoagie Day	29: Coffee Day; VFW Day
15: Cheese Toast Day; Felt Hat Day; Linguine Day	30: Chewing Gum Day; Hot Mulled Cider Day

## Our Executive Director’s Corner

Dear residents, family members, and friends,

This summer has flown by and now we are heading into September. Last month the residents enjoyed a display of classic cars, hamburgers, hot dogs and root beer floats.

We have few more outings this month before the change of weather.

We are gearing up for our Alzheimer walk at the Marina on October 14. I hope you can join us! A reminder we have the Alzheimer/Dementia support group on Thursday September 21 from 4:30 pm—6 pm, come and join us.



**Staff Spotlight:**  
**Chris**

This month's employee spotlight radiates on Chris! Chris has been a Med Tech and a Caregiver at Arbors for over a year but has been in the industry for much longer. When Chris isn't working, he enjoys spending time with his five lovely cats and doing arts and crafts.

The Arbors team describes Chris as Compassionate, caring, and as someone who is always a pleasure to work with. Chris connects well with the residents and is able to brighten everyone's day with his sense of humor and contagious smile. Thank you for being a reliable part of the team, Chris!



**Resident Spotlight:**  
**John**

John takes the light for this month's resident spotlight!

John has been happily married for 50 years this month — Congratulations! John served in the Navy for 22 years where he realized his love for planes. He was also a member of the Blue Angels Air Show as the Maintenance Chef in Florida for many years. John loves to watch the Cardinals play baseball, go camping, and to go to his Winter home in Arizona. He is also a History Wiz!

Here at Arbors, John loves live entertainment, watching movies (particularly the Back to the Future series), and enjoying the lovely company of his family and friends. We are thrilled to have you as part of the Arbors family, John!



# SEPTEMBER 2023

Arbors Memory Care • 2121 E Prater Way Sparks, NV. 89436

• (775) 331-2229

SUN	MON	TUE	WED	THU	FRI	SAT
<p><b>All activities subject to change per mandated health guidelines.</b></p>					<p><b>1</b></p> <p>9:00 Morning Update 10:00 Trivia iN2L 11:30 Outside Exercise 12:30 <b>Labor Day BBQ</b> 2:00 Music iN2L 2:30 <b>Sorbet Tasting</b> 4:00 Ring Toss 6:15 Evening News</p>	<p><b>2 Blueberry Popsicle Day</b></p> <p>9:00 Morning News 10:00 Family Feud 11:30 Sit and Stretch 2:00 Group Pick iN2L 2:30 Art Paint 4:00 Table Games 6:15 iN2L Classic TV</p> 
<p><b>3 Cinema Day</b></p> <p>9:30 Spiritual Piano Music 10:00 Sunday News 11:00 Sunday Stretches 2:00 Book Club 2:45 <b>Cinema Movie</b> 4:00 Fancy Nails 6:15 Social Time</p> 	<p><b>4 Labor Day</b></p> <p>9:00 Morning Update 10:00 Coloring 11:30 Outside Exercise 2:00 Group Pick iN2L 2:30 <b>Catfish Music</b> 4:00 Bingo 6:15 Classic TV</p> 	<p><b>5 Cheese Pizza Day</b></p> <p>9:00 Morning News 10:00 Group Pick iN2L 2:00 Music iN2L 2:00 <b>Field Trip to the Chocolate Nugget</b> 4:00 Aromatherapy 6:15 Evening News</p> 	<p><b>6 Read a Book Day</b></p> <p>9:00 Morning Update 10:00 Radiant Art 11:30 Chair Dancing 2:00 Music iN2L 2:30 Pictionary 4:00 Bingo 6:15 Evening News</p> 	<p><b>7</b></p> <p>9:00 Morning News 10:00 Group Pick iN2L 11:30 Yoga Fit 2:00 Family Feud 2:30 What's Cooking? 4:00 Bean Bag Toss 6:15 Classic TV</p>	<p><b>8 Star Trek Day</b></p> <p>9:00 Morning Update 10:00 Trivia iN2L 11:30 Outside Exercise 2:00 Music iN2L 2:30 <b>Friday Movie/Happy Hour</b> 6:15 Evening News</p> 	<p><b>9 Teddy Bear Day</b></p> <p>9:00 Morning News 10:00 Family Feud 11:30 Sit and Stretch 2:00 Group Pick iN2L 2:30 DIY Teddy Bears 4:00 Table Games 6:15 iN2L Classic TV</p> 
<p><b>10 Grandparent's Day</b></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><b>Assisted Living Week Begins! Happy Spirit Week!!!</b></p>	<p><b>11 Patriot Day</b></p> <p>9:00 Morning Update 10:00 Craft Time 11:30 Outside Exercise 2:00 Group Pick iN2L 2:30 Bean Bag Toss 4:00 Bingo 6:15 Classic TV</p> <p><b>Wear Red, White &amp; Blue!</b></p>	<p><b>12 Chocolate Milkshake Day</b></p> <p>9:00 Morning News 10:00 Group Pick iN2L 11:30 Noodle Ball 2:00 Group Pick iN2L 2:30 <b>Sierra Arts Music</b> 4:00 Fancy Nails 6:15 Classic TV</p> <p><b>Twin Day!</b></p>	<p><b>13</b></p> <p>9:00 Morning Update 10:00 Radiant Art 11:30 Chair Dancing 2:00 Music iN2L 2:30 Pictionary 5:15 <b>Wildlife Wednesday at Lazy 5</b></p> <p><b>Wacky Wednesday!</b></p>	<p><b>14 Cream Filled Donut Day</b></p> <p>9:00 Morning News 10:00 Group Pick iN2L 11:00 <b>DIY Hats</b> 2:00 Family Feud 2:30 <b>Snow Cone Making</b> 4:00 Bean Bag Toss 6:15 <b>Movie in the Courtyard</b></p> <p><b>Pajama Day!!</b></p>	<p><b>15 Felt Hat Day</b></p> <p>9:00 Morning Update 10:00 Group Pick Activity 11:00 <b>DIY Hat Fashion Show</b> 2:00 <b>Diane on the Piano</b> 2:30 Happy Hour 4:00 Ring Toss 6:15 Evening News</p> <p><b>Dress in your favorite Sports Gear!</b></p>	<p><b>16 Mexican Independence Day</b></p> <p>9:00 Morning News 10:00 Reminiscing 11:30 Sit and Stretch 2:00 Group Pick iN2L 2:30 Art Paint 4:00 Table Games 6:15 iN2L Classic TV</p> 
<p><b>17 Wife Appreciation Day</b></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><b>18 Air Force Birthday</b></p> <p>9:00 Morning Update 10:00 Craft Time 11:30 Outside Exercise 2:00 Group Pick iN2L 2:30 Bean Bag Toss 4:00 Bingo 6:15 Classic TV</p> 	<p><b>19 Butterscotch Pudding Day</b></p> <p>9:00 Morning Update 10:00 Radiant Art 11:30 Noodle Balloon 2:00 Group Pick iN2L 2:30 Bean Bag Toss 4:00 Bingo 6:15 Classic TV</p> 	<p><b>20 Pepperoni Pizza Day</b></p> <p>9:00 Morning Update 10:00 Coloring 11:30 Sit &amp; Stretch 2:00 Music iN2L 2:30 <b>Kendall on the Piano</b> 4:00 Bingo 6:15 Evening News</p> 	<p><b>21 World Alzheimer's Day</b></p> <p>9:00 Morning News 10:00 Group Pick iN2L 11:30 Noodle Balloon 2:00 Family Feud 2:30 <b>Slurpee Making</b> 4:00 Bean Bag Toss 6:15 Movie in the Courtyard</p> <p><b>Wear Purple!!</b></p>	<p><b>22 Ice Cream Cone Day</b></p> <p>9:00 Morning Update 10:00 Trivia iN2L 11:30 Outside Exercise 2:00 <b>Out to Scoopers Ice Cream</b> 2:30 Happy Hour 4:00 Ring Toss 6:15 Evening News</p> 	<p><b>23 Autumn Begins</b></p> <p>9:00 Morning News 10:00 Family Feud 11:30 Sit and Stretch 2:00 Group Pick iN2L 2:30 Art Paint 4:00 Table Games 6:15 iN2L Classic TV</p> 
<p><b>24</b></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><b>25 Comic Book Day</b></p> <p>9:00 Morning Update 10:00 Craft Time 11:30 Outside Exercise 2:00 Group Pick iN2L 2:30 <b>Cartoon Portraits with John</b> 4:00 Bingo 6:15 Classic TV</p> 	<p><b>26 Pancake Day</b></p> <p>9:00 Morning News 10:00 <b>Scenic Drive</b> 2:00 Music iN2L 2:30 <b>Jim on the Guitar</b> 4:00 Aromatherapy 6:15 Evening News</p> 	<p><b>27 Corned Beef Hash Day</b></p> <p>9:00 Morning Update 10:00 Radiant Art 11:30 Chair Dancing 2:00 Music iN2L 2:30 Pictionary 4:00 Bingo 6:15 Evening News</p>	<p><b>28 Strawberry Cream Pie Day</b></p> <p>9:00 Morning News 10:00 Group Pick Activity 11:00 Noodle Balloon 2:00 Family Feud 2:30 What's Cooking? 4:00 Bean Bag Toss 6:15 Classic TV</p> 	<p><b>29 Coffee Day</b></p> <p>9:00 Morning Update 10:00 <b>Out for Coffee</b> 11:00 Trivia iN2L 2:00 <b>A Beautiful Violin&amp;Piano</b> 2:30 <b>Monthly B-day Party</b> 4:00 Ring Toss 6:15 Evening News</p> 	<p><b>30</b></p> <p>9:00 Morning News 10:00 Family Feud 11:30 Sit and Stretch 2:00 Group Pick iN2L 2:30 Art Paint 4:00 Table Games 6:15 iN2L Classic TV</p>