



2121 E. Prater Way  
Sparks, NV 89434

Stamp



**Leadership Team**  
Phone: 775.331.2229  
Email: [info@arborsmemorycare.com](mailto:info@arborsmemorycare.com)  
Website: [arborsmemorycare.com](http://arborsmemorycare.com)  
Facebook: [ArborsMemoryCare](https://www.facebook.com/ArborsMemoryCare)

**Executive Director:**  
Assaad Zeid  
**Community Sales Director:**  
Thomas Taylor  
**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

October 2023 Newsletter



2 Hearing Health Tips & Tech  
3 Team & Resident Spotlight  
4 - 5 Activities Calendar

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



# Hearing Health Tips & New Technologies

If you're struggling to hear certain sounds or voices that you've always been able to hear just fine, you may be facing a common issue: age-related hearing loss (known as presbycusis). It affects one in three adults over 65, and fortunately, there are various ways to treat it.

The causes of presbycusis include changes in the inner ear, middle ear, or in nerve paths to the brain. Other contributors may include prolonged exposure to loud noises, loss of hair cells, genetic factors, health conditions like heart disease or diabetes, and some medications, per John Hopkins Medicine. It is not a reversible condition so prevention (by avoiding loud noise exposure or wearing ear plugs) is wise.

If you're wondering if you're experiencing hearing loss, but are not sure, there are symptoms to look out for. Presbycusis often occurs gradually and subtly over time. You may find it harder than usual to hear soft voices, children's voices, and speech during background noise, and you may miss words in conversation, according to the American Academy of Audiology. You may also experience ear ringing or hear mumbled or slurred speech. To find out if you are in fact experiencing hearing loss, you'll want to seek a diagnosis from your health provider. You may be referred to a hearing specialist who can test if there are tones you're unable to hear.

When it comes to treatment options for hearing loss, the options are plentiful.

- Hearing Aids are widely used and just recently became available over the counter. Their technology moves forward with recent improvements such as directional



Did you know? Hearing loss affects 30-35% of adults between 65 and 75, and 40-50% of those 75 and older. (American Academy of Audiology)

- microphones that can help speech be understood over background noise.
- Cochlear implants can help by creating signals the brain interprets as sound.
  - Telecoils can enhance hearing aids and cochlear implants.
  - Assistive listening devices (a hearing loop system, FM system, or infrared system) help amplify sounds and can be used with or without hearing aids.
  - Augmentative and alternative communication devices can help people express themselves via a picture board or text display.
  - Alerting devices use sound, light, and vibrations to alert users of events. (National Institute on Deafness and Other Communication Disorders)

Let us know if this article has been helpful to you on our Facebook post for this month's newsletter.

# Special Moments



Please join us for Arbors' **Trunk or Treat** event on **October 27th** from **4 pm to 6 pm**! There will be a pumpkin decorating contest and you can also enjoy hot chocolate, hot apple cider, and some treats while getting spooky with us!

Please RSVP to:  
[Tbostelman@arborsmemorycare.com](mailto:Tbostelman@arborsmemorycare.com)

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



- Betsy: Oct. 16**
- Scott: Oct. 17**
- Paul: Oct. 18**
- Liane: Oct. 21**
- Frances: Oct. 30**

- Andrew: Oct. 31**
- Cheyenne: Oct. 31**



# October 2023 Highlights

**Observes:** Breast Cancer Awareness, Chiropractors, Dental Hygiene, Emotional Well-ness, Financial Planning, Long-Term Care Planning, Organizing Medical Info, Physical Therapy, Protecting Hearing, and Talking About Prescriptions

**Celebrates:** Apples, Baking, Books, Caramel, Chili, Cookies, Pasta, Pizza, Sausage, Sea-food, Stamp Collecting, Pears, Pineapples, and Spinach

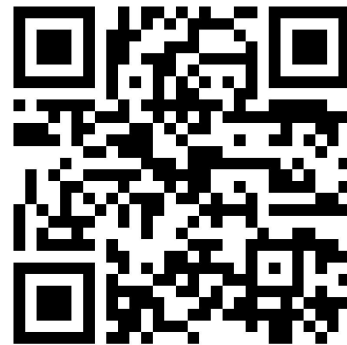
01: Hair Day; Bake Cookies Day; Pumpkin Spice Day	16: Boss's Day; Dictionary Day; Sports Day
02: Custodial Worker's Day; Fried Scallops Day	17: Pasta Day; Pharmacy Technician Day
03: Techies Day; Eat Fruit At Work Day	18: Chocolate Cupcake Day; No Beard Day
04: Cinnamon Bun Day; Golf Lover's Day; Taco Day	19: Kentucky Day; Seafood Bisque Day
05: Apple Betty Day; Do Something Nice Day	20: Brandied Fruit Day; Chicken & Waffles Day
06: Coaches Day; Mad Hatter Day; Noodle Day	21: Pumpkin Cheesecake Day; Reptiles Day
07: Chocolate Covered Pretzel Day; Frappe Day	22: Happy Dogs Day; Nut Day; Mother-in-Law Day
08: American Touch Tag Day; Fluffernutter Day	23: Boston Cream Pie Day; TV Talk Show Host Day
09: Native American Day; Columbus Day	24: Bologna Day; Food Day; United Nations Day
10: Angel Food Cake Day; Cake Decorating Day	25: Greasy Food Day; Merry Music Day; Sour Day
11: Sausage Pizza Day; Fossil Day	26: Day of the Deployed; Pumpkin Day; TN Day
12: Farmers' Day; Freethought Day; Gumbo Day	27: Black Cat Day; Breadstick Day; Navy Day
13: Train Your Brain Day; Yorkshire Pudding Day	28: Chocolate Day; First Responders Day
14: Dessert Day; Chess Day; I Love Yarn Day	29: Cat Day; Oatmeal Day; World Stroke Day
15: Aestheticians' Day; I Love Lucy Day	30: Candy Corn Day
	31: Caramel Apple Day; Knock-Knock Jokes Day

## Our Executive Director's Corner

Dear residents, family members, and friends,

Another great month has passed at Arbors where we enjoyed a field trip to the Chocolate Nugget and a fun-filled spirit week for assisted living. Every month is filled with more fun-packed memories and this upcoming month is no exception. The nip of fall is approaching and with that, the Walk to End Alzheimer's. The QR code has all the details if you want to join our Arbors family for this annual event or donate to the worthy cause.

With holidays fast approaching, our October calendar is packed and we hope you can join us for our Halloween Party and Trunk or Treat! From our Arbors family to yours, we hope you are enjoying the change of seasons and special family time the holidays bring.



**Staff Spotlight:**  
**Breanna**

Breanna takes this month's employee spotlight! As a med-tech and caregiver, Breanna has earned this spot. She takes pride in her work and is passionate about caring for the residents. The Arbors family would describe her as kind; someone who speaks up when it matters, and a true team player.

Breanna enjoys spending time with her little boy on her days off, as well as playing video games and doing makeup. She also spends a lot of her time taking care of her grandmother and her four month old puppy.

**Thank you for all you do, Breanna!**



**Resident Spotlight:**  
**Marilyn W**

This month's resident spotlight goes to Marilyn! Although Marilyn has not been here long, the impact of her loving personality has truly made a difference! Marilyn loves sharing her kindness throughout the community. She also enjoys music, getting her nails done, and having conversations with staff and residents.

Throughout her life, Marilyn has taken an interest in reading, sewing, knitting, and movies. She loves her six children and her dog Lulu dearly.

**We are lucky to have you as part of the Arbors family, Marilyn!**



SUN	MON	TUE	WED	THU	FRI	SAI
<div>1</div> <div>Pumpkin Spice Day</div> <div>9:30 Spiritual Piano Music 10:00 Bake Pumpkin Cookies 11:00 Sunday Stretches 2:00 Book Club/Short Stories 2:45 National Geographic 4:00 Fancy Nails 6:15 Social Time</div> <div></div>	<div>2</div> <div>Smarties Day</div> <div>9:00 Morning Update 10:00 Coloring 11:30 Outside Exercise 2:00 Sit and Chat 2:30 Catfish Music 4:00 Bingo 6:15 Classic TV</div>	<div>3</div> <div>Eat Fruit at Work Day</div> <div>9:00 Morning Update 10TARANTULA TOSS 11:30 Noodle Balloon 2:00 Show Tunes 2:30 Scenic Drive 4:00 Bingo 6:15 Classic TV</div>	<div>4</div> <div>Coffee with Police Day</div> <div>9:00 Morning Update 10:00 Communion 10:45 Radiant Art 11:30 Chair Dancing 2:00 Bird Talk 2:30 Pictionary 4:00 Bingo 6:15 Evening News</div>	<div>5</div> <div>World Teachers' Day</div> <div>9:00 Morning News 10:00 Group Pick 11:30 Yoga 2:00 Brain Games 2:30 What's Cooking? 4:00 Bean Bag Toss 6:15 Classic TV</div> <div></div>	<div>6</div> <div>World Smile Day</div> <div>9:00 Morning Update 10:00 Visit with Yuki Dog 11:00 Stretch by the Birds 2:00 Community Walk 2:30 Ice Cream Cart 3:00 Group Pick: Arts &amp; Crafts 4:00 Music Relax 6:15 Evening News 7:00 Activity</div> <div></div>	<div>7</div> <div>Chocolate Pretzel Day</div> <div>9:00 Morning News 10:00 Coffee &amp; Movie 11:30 Sit and Stretch 2:00 Group Pick 2:30 Pretzel Dipping 4:00 Table Games 6:15 Classic TV</div>
<div>8</div> <div></div> <div>9:30 Spiritual Piano Music 10:00 Sunday News 11:00 Sunday Stretches 2:00 Book Club/Short Stories 2:45 National Geographic 4:00 Fancy Nails 6:15 Social Time</div>	<div>9</div> <div>Columbus Day</div> <div>9:00 Morning Update 10:00 Coloring 11:30 Sit and Be Fit 2:00 Sit and Chat 2:30 Group Pick: Up &amp; Moving 4:00 Bingo 6:15 Classic TV</div>	<div>10</div> <div>Angel Food Cake Day</div> <div>9:00 Morning News 10:00 DIY Angel Food Cake 11:30 Noodle Ball 2:00 Banana Split Bar 2:30 Sierra Arts Music 4:00 Fancy Nails 6:15 Classic TV</div> <div></div>	<div>11</div> <div>Sausage Pizza Day</div> <div>9:00 Morning Update 10:00 Communion 10:45 Radiant Art 11:30 Chair Dancing 2:00 Wednesday Jams 2:30 Pictionary 4:00 Bingo 6:15 Evening News</div>	<div>12</div> <div></div> <div>9:00 Morning Update 10:00 Coloring 11:30 Stretch by the Birds 2:00 Letter Writing 2:30 Group Pick: Up &amp; Moving 4:00 Bingo 6:15 Classic TV</div>	<div>13</div> <div>Train Your Brain Day</div> <div>9:00 Morning Update 10:00 National Parks 10:45 Radiant Art 11:30 Chair Dancing 2:00 Bird Talk 2:30 Pictionary 4:00 Bingo 6:15 Evening News</div>	<div>14</div> <div>Dessert Day</div> <div>9:00 Alzheimer's Walk 10:00 Coffee &amp; Movie 11:30 Sit and Stretch 2:00 Group Pick 2:30 Art Paint 4:00 Table Games 6:15 Classic TV</div>
<div>15</div> <div>I Love Lucy Day</div> <div>9:30 Spiritual Piano Music 10:00 Sunday News 11:00 Sunday Stretches 2:00 Book Club/Short Stories 2:45 I Love Lucy Show 4:00 Fancy Nails 6:15 Social Time</div> <div></div>	<div>16</div> <div>Boss's Day</div> <div>9:00 Morning Update 10:00 Craft Time 11:30 Sit and Be Fit 2:00 Sing Along 2:30 Bean Bag Toss 4:00 Bingo 6:15 Classic TV</div> <div></div>	<div>17</div> <div></div> <div>9:00 Morning Update 10CANDY CORN PAINTING 11:30 Noodle Balloon 2:00 Show Tunes 2:30 Out for Hot Cocoa 4:00 Bingo 6:15 Classic TV</div> <div></div>	<div>18</div> <div>Chocolate Cupcake Day</div> <div>9:00 Morning Update 10:00 Communion 10:45 Radiant Art 11:30 Chair Dancing 2:00 MUMMY WRAP 2:30 Kendall on the Piano 4:00 Bingo 6:15 Evening News</div> <div></div>	<div>19</div> <div></div> <div>9:00 Morning News 10:00 Group Pick 11:30 Yoga 2:00 Brain Games 2:30 Monthly B-Day Party 4:00 Bean Bag Toss 6:15 Classic TV</div>	<div>20</div> <div></div> <div>9:00 Morning Update 10:00 Visit with Yuki Dog 11:00 Community Walk 2:00 Diane on the Piano 3:00 Animal Live Feed 3:30 Friday Movie/Happy Hour 6:15 Evening News</div> <div></div>	<div>21</div> <div>Pumpkin Cheesecake Day</div> <div>9:00 Morning News 10:00 Coffee &amp; Movie 11:30 Sit and Stretch 2:00 Group Pick 2:30 Art Paint 4:00 Table Games 6:15 Classic TV</div>
<div>22</div> <div>Make A Dog's Day</div> <div>9:30 Spiritual Piano Music 10:00 Sunday News 11:00 Sunday Stretches 2:00 Book Club/Short Stories 2:45 National Geographic 4:00 Fancy Nails 6:15 Social Time</div>	<div>23</div> <div>Boston Cream Pie Day</div> <div>9:00 Morning Update 10:00 Craft Time 11:30 Community Walk 2:00 Music Jams 2:30 Bean Bag Toss 4:00 Bingo 6:15 Classic TV</div>	<div>24</div> <div>Bologna Day</div> <div>9:00 Morning News 10:00 MUMMY PLATES 11:30 Noodle Ball 2:00 Animal Live Feed 2:30 Violin &amp; Piano 4:00 Fancy Nails 6:15 Classic TV</div>	<div>25</div> <div></div> <div>9:00 Morning Update 10:00 Communion 10:30 Field Trip Surprise 11:30 Chair Dancing 2:00 Sit and Chat 2:30 Trivia 4:00 HALLOWEEN BINGO 6:15 Evening News</div>	<div>26</div> <div>Pumpkin Day</div> <div>9:00 Morning News 10:00 Group Pick Activity 11:00 Noodle Balloon 2:30 PUMPKIN DECORATING 4:00 Bean Bag Toss 7:00 SCENIC DRIVE: LOOK AT HALLOWEEN LIGHTS</div>	<div>27</div> <div>Navy Day</div> <div>9:00 Morning Update 10:00 Trivia 11:00 Out to Navy Recruiting Center/Reminiscing 11:30 Outside Exercise 2:00 Visit with Keno Dog 2:30 Friday Movie 4:00 TRUNK OR TREAT</div>	<div>28</div> <div>First Responders' Day</div> <div>9:00 Morning News 10:00 Coffee &amp; Movie 11:30 Sit and Stretch 2:00 Group Pick 2:30 Art Paint 4:00 Table Games 6:15 Classic TV</div>
<div>29</div> <div></div> <div>9:30 Spiritual Piano Music 10:00 Sunday News 11:00 Sunday Stretches 2:00 Book Club/Short Stories 2:45 National Geographic 4:00 Fancy Nails 6:15 Social Time</div>	<div>30</div> <div></div> <div>9:00 Morning Update 10:00 Craft Time 11:30 Stretching at the Birds 2:00 Music Jams 2:30 Bean Bag Toss 4:00 Bingo 6:15 Classic TV</div>	<div>31</div> <div>HALLOWEEN</div> <div>9:00 Morning Update 10:00 Radiant Art 11:30 Noodle Balloon 2:00 HALLOWEEN PARTY 4:00 HALLOWEEN BINGO 6:15 Classic TV</div> <div></div>	<div></div> <div></div>	<div></div> <div></div>		