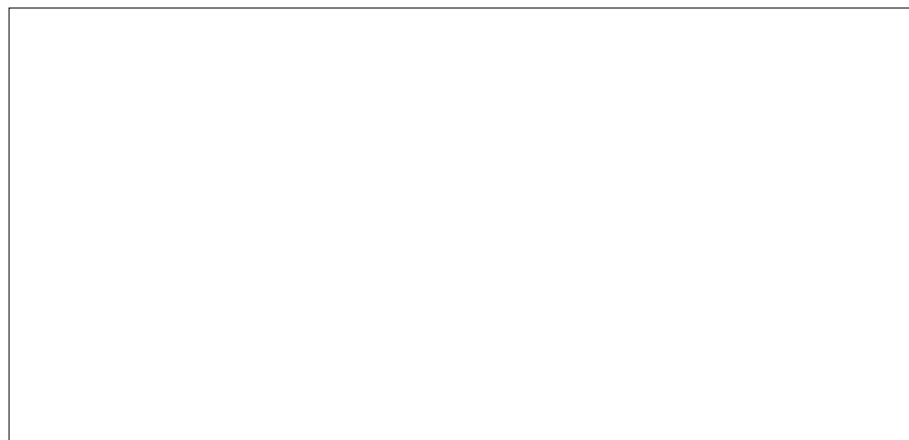




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Stamp



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

The Arbors Bulletin

November 2023 Newsletter



2 Honoring Our Veterans
3 Team & Resident Spotlight
4 - 5 Activities Calendar

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

Ways to Honor Our Veterans

Veterans Day takes place on November 11, honoring veterans of the United States' armed forces. On that day and beyond, here are some ways to honor the veterans in your life and community.

Visit a VA Hospital. Call ahead to find out their guidelines for visiting and/or volunteering and see how you can make a difference for the veterans there.

Visit a War Memorial. Take the time to observe and remind yourself and others about our veterans sacrifices.

Send thank you mail to veterans. There are various organizations that you can seek out for reaching veterans. A few links to do so include:

- amillionthanks.org/letter/
- supportourtroops.org/cards-letters
- www.operationgratitude.com/volunteer/anywhere/letters/

Strike up a conversation with a veteran. It is not only a great feeling to connect with another person, but it is special to a veteran when you take the time to hear what they want to share from their story.

Support charities that bring support to veterans. A few include:

- K9s For Veterans: k9sforwarriors.org
- Vehicles For Veterans: www.vehiclesforveterans.org
- Disabled American Veterans: dav.org
- Wounded Warriors Family Support: wwfs.org



Do you know all of the branches of U.S. Armed Forces? There are six: the Air Force, Army, Coast Guard, Marine Corps, Navy, and Space Force.

Display and use your American flag properly. Rules of thumb include not hanging the flag upside down or backwards and if you hang it vertically, have the stars on the viewer's left. Also, don't let the flag touch the ground. On Memorial Day, have the flag at half-mast from sunrise to noon then at full-mast the rest of the day.

Know the difference between Veterans Day and Memorial Day. Memorial Day is the last Monday in May, honoring those who have passed serving in the military. Veterans Day honors all who have served in the Armed Forces.

Buy a veteran a cup of coffee or help them with a task. If you see a veteran out in your community, try to brighten their day by offering your assistance to them.

We would love to hear additional ideas from you about the ways you support veterans on our Facebook post for this month's newsletter on the first of November.

Special Moments



We wish you all a



and a joyous autumn!



Happy Birthday to our Residents & Staff:

John L.: Nov. 8
Scott W.: Nov. 25
Cynthia V.: Nov. 27

Stormy : Nov. 1
Chris L.: Nov. 1
Trina: Nov. 12
Breanna: Nov. 23

November 2023 Highlights

Observes: National Alzheimer’s Awareness, COPD, Diabetes, Epilepsy, Hospice & Palliative Care, Long-term Care, and Lung Cancer

Celebrates: Aviation History, Career Development, Family Caregivers, Family Stories, Fondue, Gratitude, Life Writing, Movember, Military Families, Native American Heritage, Novels, Peanut Butter, Pomegranates, Raisin Bread, Spinach, and Squash

- | | |
|--|--|
| 01: Authors’ Day; Calzone Day; Cinnamon Day | 17: Butter Day; Homemade Bread Day; Hike Day |
| 02: Deviled Egg Day; Ohio Day | 18: Mickey Mouse's Birthday; Princess Day |
| 03: Housewife’s Day; Sandwich Day; Jersey Friday | 19: Play Monopoly Day |
| 04: Candy Day; Bison Day | 20: Child’s Day; Peanut Butter Fudge Day |
| 05: Daylight Saving Time Ends; Donut Day | 21: Gingerbread Cookie Day; Stuffing Day |
| 06: Nachos Day; Saxophone Day | 22: Cranberry Relish Day; Jukebox Day |
| 07: Bittersweet Chocolate with Almonds Day | 23: Thanksgiving; Cashew Day; Espresso Day |
| 08: Cappuccino Day; STEM/STEAM Day | 24: Native American Heritage Day; Sardines Day |
| 09: Louisiana Day; Scrapple Day | 25: Parfait Day; Small Business Saturday |
| 10: Veterans Day Observed; Vanilla Cupcake Day | 26: Cake Day |
| 11: Veterans Day; Sundae Day | 27: Bavarian Cream Pie Day; Craft Jerky Day |
| 12: Chicken Soup For The Soul Day; French Dip Day | 28: French Toast Day; Giving Day |
| 13: World Kindness Day; Indian Pudding Day | 29: Electronic Greetings Day |
| 14: Family PJ Day; Pickle Day; Spicy Guacamole Day | 30: Mason Jar Day; Mousse Day, Floral Design Day |
| 15: Bundt Day; Philanthropy Day; Raisin Bran Day | |
| 16: Fast Food Day; Great American Smokeout | |

Our Executive Director’s Corner

Dear residents, family members, and friends,

National Gratitude Month in November encourages us to embrace the power of gratitude. Gratitude is more than saying “thank you.” Gratitude’s powers have the ability to shift us from focusing in on the negative to appreciating what is positive in our lives. *“Don’t wait until the fourth Thursday in November to sit with family and friends to give thanks. Make every day a day of Thanksgiving!”*- Charmaine J. Forde For this November, I am grateful for the role I am in and in serving our residents and supporting our team. I am also thankful to our veterans who sacrificed their lives for our generation and generations to come.

We will be having a Pre-Thanksgiving traditional Thanksgiving buffet luncheon for our families on November 21. I hope you can join us. Please RSVP no later than Nov. 15. Thank you!



Staff Spotlight:
Cheyenne

November’s staff spotlight is on Cheyenne. As a med tech and caregiver, Cheyenne is a member of the family that we couldn’t live without! Her love for our residents comes through every day as she not only cares for them, but cherishes hearing their stories and jokes. At 17, Cheyenne had her first experience with elderly care when her great grandmother, Rose, was diagnosed with dementia. Seven years later, and she’s still a passionate member of the community for supporting those with dementia.

Cheyenne spends most of her time off with her two kids and kitty named Rhino. She loves spooky movies and books. The staff knows if they hear a good cackle in the halls, Cheyenne is around, making some resident or team member laugh.

Thank you for brightening our family, Cheyenne!




Resident Spotlight:
Scott

After six years with the Navy as an oceanographic researcher, Scott left the field to raise his four children. Though his attention was full with parenting duties, he found a new passion as an electrical engineer who worked on automating airplanes. Scott enjoys conversations with others on both the joy of parenting and the challenges of a good technical research quandary.

Scott has quickly fit in with the weekly book club and enjoys trying all of the activities. Anything new is worth a try, if you ask Scott. While making friends with other residents, his books seem to find their way into other’s hands as he loves sharing a good story with others.

Welcome to Arbors, Scott!

NOVEMBER 2023Arbors Memory Care • 2121 E. Prater Way, Sparks, NV 89434 • (775) 331-2229						
SUN	MON	TUE	WED	THU	FRI	SAT
			1 9:00 Morning Activity 10:00 Communion 10:45 Radiant Art 11:30 Chair Exercise 2:00 Bird Talk 2:30 Pictionary 4:00 Bingo 6:15 Evening News	2 <i>Deviled Egg Day</i> 9:00 Morning News 10:00 Group Pick 11:30 Yoga 2:00 Brain Games 2:30 Letter Writing 4:00 Bean Bag Toss 6:15 Classic TV	3 9:00 Morning Activity 10:00 Yuki-Companion Dog 11:00 Stretch by the Birds 2:00 Keno-Companion Dog 3:00 Ice Cream Cart 4:00 Music 6:15 Evening News	4 <i>Candy Day</i> 9:00 Morning News 10:00 Sit and Stretch 11:00 Coffee and Movie 2:00 Group pick 3:00 Table Games 4:00 Oldies Music 6:15 Classic TV
5 9:30 Spiritual Piano 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	6 <i>Nacho Day</i> 9:00 Morning Update 10:00 Coloring 11:30 Sit and Be Fit 2:00 Sand Castle 2:30 Catch Music 4:00 Bingo 6:15 Classic TV	7 9:00 Morning News 10:00 Ping Pong Table Game 11:30 Noodle Balloon 2:00 Animal Live Feed 3:00 Sensory Activity 4:00 Fancy Nails 6:15 Classic TV	8 9:00 Morning Update 10:00 Communion 10:45 Radiant Art 11:00 Chair Dancing 2:00 Pictionary 4:00 Bingo 6:15 Evening News	9 9:00 Morning News 10:00 Coloring 11:30 Stretch by the Birds 2:00 What's Cooking 2:30 Group Pick: Up & Moving 4:00 Bingo 6:15 Classic TV	10 9:00 Morning Update 10:00 National Parks 11:00 Radiant Art 11:30 Chair Exercise 2:00 Favorite Animal Talk 2:30 Veterans Ceremony 4:00 Bingo 6:15 Evening News	11 <i>Veterans Day</i> 9:00 Morning News 10:00 Coffee & Chat 11:00 Sit & Stretch 2:00 Group Pick 2:30 Art Paint 4:00 Table Games 6:15 Classic TV
12 9:00 Spiritual Piano 10:00 Sunday News 11:00 Sunday Stretches 2:00 Book Club/ Short Stories 2:30 National Geographic 4:00 Fancy Nails 6:15 Social Time	13 9:00 Morning Update 10:00 Puzzles 11:30 Sit & Be Fit 2:00 Chair Exercise 3:00 Outside walk 4:00 Bingo 6:15 Classic TV	14 9:00 Morning News 10:00 Ping Pong Table Game 11:30 Noodle Balloon 2:00 Show Tunes 2:30 Sierra Art Music 4:00 Fancy Nails 6:15 Classic TV	15 9:00 Morning Update 10:00 Communion 10:45 Radiant Art 11:30 Chair Exercise 2:00 Brain Games 2:30 Kendall on Piano 4:00 Bingo 6:15 Evening News	16 9:00 Morning News 10:00 Group Pick 11:30 Yoga 2:00 Letter Writing 2:30 Jim on Guitar 4:00 Bean Bag Toss 6:15 Classic TV	17 9:00 Morning Update 10:00 Yuki-Companion Dog 11:00 Chair Exercise 2:00 Diane on Piano 3:00 Brain Games 3:30 Happy Hour 6:15 Evening News	18 <i>Mickey Mouse's Birthday</i> 9:00 Morning News 10:00 Coffee & Chat 11:00 Sit & Stretch 2:00 Art Paint 2:30 Oldies music 4:00 Table Games 6:15 Classic TV
19 9:00 Spiritual Piano 10:00 Sunday News 11:00 Sunday Stretches 2:00 Book Club/ Short Stories 2:30 National Geographic 4:00 Fancy Nails 6:15 Social Time	20 9:00 Morning Update 10:00 Craft Time 11:00 Sit & Be Fit 2:00 Chair Exercise 3:00 Family Feud 4:00 Bingo 6:15 Classic TV	21 9:00 Morning News 10:00 Ping Pong Table Game 11:00 Jeopardy 2:00 Show Tunes 2:30 Violin & Piano 4:00 Fancy Nails 6:15 Classic Movie	22 9:00 Morning Update 10:00 Communion 10:30 Radiant Art 11:30 Chair Exercise 2:00 Brain Games 2:30 Family Feud 4:00 Bingo 6:15 Evening News	23 <i>Happy Thanksgiving</i> 9:00 Morning News 10:00 Group pick 11:30 Yoga 3:00 Turkey Build 6:15 Classic TV	24 9:00 Morning Update 10:00 Happened this Month 11:00 Radiant Art 2:00 Brain Games 3:00 Monthly Birthday Party 4:00 Table Games 6:15 Classic TV	25 9:00 Morning News 10:00 Coffee & Chat 11:00 Sit & Stretch 11:30 Family Feud 2:00 Oldies Movie 4:00 Table Games 6:15 Classic TV
26 9:00 Spiritual Piano 10:00 Sunday News 11:00 Sunday Stretches 2:00 Book Club/ Short Stories 3:00 National Geographic 4:00 Fancy Nails 6:15 Social Time	27 9:00 Morning Update 10:00 Craft Time 11:00 Stretching at the Birds 2:00 Music Jams 2:30 Bean Bag Toss 4:00 Bingo 6:15 Classic TV	28 9:00 Morning News 10:00 Ping Pong Table game 11:00 Jeopardy 2:00 Show Tunes 2:30 Brain Games 4:00 Chaplin/ Communion Service 6:15 Classic TV	29 9:00 Morning Update 10:00 Communion 10:30 Art & Craft 11:00 Chair Exercise 2:00 Sit & Chat 2:30 Trivia 4:00 Bingo 6:15 Evening News	30 9:00 Morning News 10:00 Coloring 11:00 Stretching 2:00 Letter Writing 3:00 Art & Paint 4:00 Bean Bag Toss 6:15 Classic TV		