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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

December 2023 Newsletter



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Goal



Our mission as a company is to create and sustain comfortable, caring environments for those who depend on us. As a part of living that mission, we need feedback from our residents and responsible parties on what we are doing well, as well as what we could do better. Each survey is read, analyzed, and met with a plan.

Overall Design



3 to 4 questions and comment section about quality of care and services based on the National Quality Forum endorsed CoreQ Survey. Ratings are from Poor (1) to Excellent (5).

SURVEY RESULTS

The overall satisfaction score for Arbors Memory Care is Very Good.



THIS HOLIDAY...
Connect!

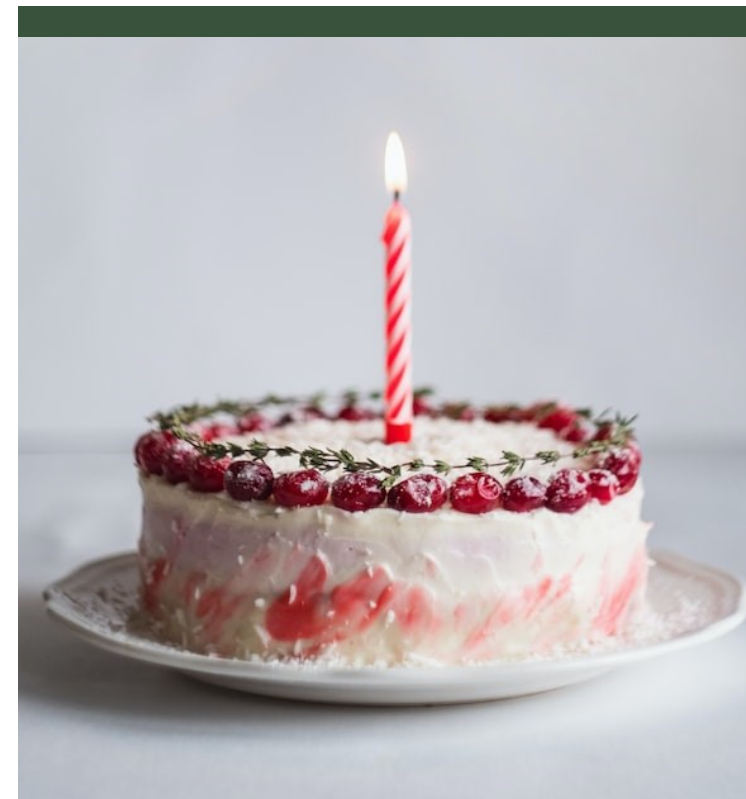


Like Arbors Memory Care on Facebook to see upcoming events, resident photos, staff updates, and much more!

[WWW.FACEBOOK.COM/ARBORSMEMORYCARE](https://www.facebook.com/ARBORSMEMORYCARE)



Special Moments



Happy Birthday to our Staff & Residents:

Patricia: Dec. 7th
Kathleen: Dec. 8th
Frank: Dec. 26th
Cora: Dec. 31st

Tammy B: Dec. 19th
Rachel: Dec. 21st

December 2023 Highlights

Observes: Sharps Injury Prevention, Human Rights, Safe Toys & Gifts, Human Rights, Food Service Safety

Celebrates: Bingo, Fruit Cake, Learning Foreign Languages, Pears, Root Veggies & Exotic Fruits, and Spiritual Literacy

- | | |
|---|---|
| 01: Pie Day; Rosa Parks Day; Faux Fur Friday | 17: Maple Syrup Day; Wright Brothers Day |
| 02: Fritters Day; Mutt Day; Special Education Day | 18: Twin Day; Roast Suckling Pig Day |
| 03: Roof Over Your Head Day | 19: Hard Candy Day; Oatmeal Muffin Day |
| 04: Cookie Day; Dice Day; Sock Day | 20: Caroling Day; Sangria Day |
| 05: Intl. Ninja Day; Sacher Torte Day | 21: Crossword Puzzle Day; Winter Solstice |
| 06: Miners' Day; Gazpacho Day; St. Nicholas Day | 22: Date Nut Bread Day; Forefathers Day |
| 07: Chanukah Begins; Pearl Harbor Remembrance | 23: Pfeffernusse Day; Festivus |
| 08: Crossword Solvers Day; Brownie Day | 24: Christmas Eve; Eggnog Day |
| 09: Christmas Card Day; Pastry Day | 25: Christmas Day; Pumpkin Pie Day |
| 10: Dewey Decimal Day; Lager Day; Nobel Prize Day | 26: Candy Cane Day; Thank You Note Day |
| 11: Stretching Day; App Day; Noodle Ring Day | 27: Fruitcake Day |
| 12: Ambrosia Day; Gingerbread House Day | 28: Play Cards Day; Chocolate Day; Short Film Day |
| 13: Cocoa Day; Violin Day | 29: Pepper Pot Day |
| 14: Bouillabaisse Day; Alabama Day; Monkey Day | 30: Bacon Day |
| 15: Cupcake Day; Ugly Christmas Sweater Day | 31: Champagne Day |
| 16: Chocolate-Covered Day; Wreaths Day | |

Our Executive Director's Corner

Dear residents, family members, and friends,

In November, we celebrated Thanksgiving day with a traditional Thanksgiving meal. We had food tables displayed in the dining room where the residents enjoyed turkey and all the trimmings. Thank you to those who joined us.

It was an honor to be part of our Veterans Pinning Ceremony.

We are gearing up for the winter holiday season. We will have an ugly sweater contest on December 15th and a pre-Christmas lunch (stay tuned for more information).

Wishing you all a happy holiday season,
Assaad Zeid, Executive Director



Staff Spotlight:
McKenna

McKenna joined the Arbors family this year as a caregiver. McKenna comes to us with several years of caregiving experience. A valuable asset, McKenna clicked instantly with our residents and staff.

After caring for a family member who passed with cancer, McKenna knew she wanted to provide comfort and support along with a sense of companionship to seniors. Her passion is to provide meaningful, person-centered care.

McKenna is a DIY girl at heart. She's anxious to own her first home and fix it up with her fiancé.



Resident Spotlight:
Doris

The past two years, Doris has brightened the Arbors family with her wit and laughter.

Doris spent years as a nurse caring for others. She has a keen eye for details and surroundings, keeping us on our toes while always remembering to smile, have fun and laugh. Doris can often be found socializing with her friends "The Golden Girls" as their group likes to be referred, assembling jigsaw puzzles, taking walks outside, and encouraging her friends to appreciate the beautiful changing colors of the seasons. In the evenings you can bet you'll find Doris excited for bingo nights with her friends.

DECEMBER 2023

Arbors Memory Care

• 2121 E. Prater Way, Sparks, NV 89434

• 775-331-2229

SUN	MON	TUE	WED	THU	FRI	SAT	
							
 3 9:00 Spiritual Piano 10:00 Sunday Stretch 11:00 Bible Verse Trivia 1:30 Sunday Football 2:00 Conversation Social 3:00 Ring Toss 4:00 Fancy Nails 6:00 Sunday Comedy Movie	 4 Dice Day !! 9:00 Morning Update 10:00 Sit and Be Fit 10:30 Conversation Dice 11:00 Cooking Club 2:00 Language of the World 2:30 Catch Music 4:00 Bingo 6:00 Current Affairs	 5 Blue Jeans Day 9:00 Morning News 10:00 Chair Yoga 11:00 December Trivia 2:00 Balloon Toss 3:00 Picasso and Wine 4:00 Conversation Cards 6:00 Classic TV	 6 St. Nick Day 9:00 Morning Update 10:00 Sit and Be Fit 11:00 Jeopardy 2:00 Christmas Cards 3:00 Stretch with the Birds 4:00 Bingo 6:00 News around the world	 7 9:00 Morning News 10:00 Chair Yoga 11:00 Radiant Art 2:00 Letter Writing 3:00 Hot Potato 4:00 Memory Lane 6:00 Evening Movie Hanukkah Begins	 8 Crossword Day!! 9:00 Morning News 10:00 Chair Yoga 11:00 Crossword Challenge 2:00 Conversation Cards 3:00 Walking Club 3:30 Short Stories 4:00 Bean Bag Toss 6:00 Classic Movie	 9 9:00 Today in History 10:00 Poem of the week 11:00 Balloon Toss 2:00 4H Club 3:00 Jigsaw Puzzles 4:00 Brain Games 6:00 Saturday Night Movie With Popcorn	
 10 Nobel Prize Day 9:00 Spiritual Piano 10:00 Sunday Stretch 11:00 Sunday World News 1:30 Sunday Football 2:00 Book Club 3:00 Horse Shoe 4:00 Fancy Nails 6:00 Sunday Drama Movie	 11 Have a Bagel Day!! 9:00 Morning Update 10:00 Sit and be Fit 11:00 Cooking Club 2:00 Memory Lane 3:00 Conversation Dice 4:00 Bingo 6:00 Current Affairs	 12 Gingerbread House Day 9:00 Morning News 10:00 Chair Yoga 11:00 December Trivia 2:00 Gingerbread House 3:00 Decorating 4:00 Gingerbread Trivia 6:00 Classic TV	 13 Violin Day 9:00 Morning Update 10:00 Sit and Be Fit 11:00 Jeopardy 2:00 Christmas Memories 3:00 Beautiful Violin 4:00 Bingo 5:00 News around the World	 14 Alabama Day 9:00 Morning News 10:00 Chair Yoga 11:00 Radiant Art 2:00 Write Home 3:00 Hot Potato 4:00 Memory Lane 5:00 Evening movie	 15 Ugly Sweater Day 9:00 Morning News 10:00 Yuki the dog 10:30 Chair Yoga 11:00 Name that Tune 2:00 Conversation Dice 3:30 Short Stories 4:00 Bowling 6:30 Caroling with Girl Scouts	 16 9:00 Today in History 10:00 Poem of the Week 11:00 Balloon Toss 2:00 Wreath Making 3:00 Chocolate dipping Fun 4:00 Brain Games 6:00 Saturday Night Movie With Popcorn	
 17 9:00 Spiritual Piano 10:00 Sunday Stretch 11:00 Short Stories 1:30 Sunday Football 2:00 National Geographic 3:00 Ring Toss 4:00 Fancy Nails 6:00 Sunday SCI-FI Movie	 18 Twins Day 9:00 Morning Update 10:00 Sit and be Fit 11:00 Cooking Club 2:00 Memory Lane 3:00 Conversation Cards 4:00 Bingo 6:00 Current Affairs	 19 9:00 Morning News 10:00 Chair Yoga 11:00 St. Nick Trivia 2:00 Music Therapy 3:00 Picasso and Wine 4:00 Conversation Cards 6:00 Classic TV	 20 9:00 Morning Update 10:00 Sit and Be Fit 11:00 Wheel of Fortune 2:00 Jeopardy 3:00 Stretch with the Birds 4:00 Bingo 6:00 News around the World	 21 9:00 Morning news 10:00 Chair Yoga 11:00 Radiant Art 2:00 Write Home 3:00 McCullen Duo 4:30 Memory Lane 6:00 Evening Movie	 22 9:00 Santa Claus is Coming 10:00 Santa Toss 11:00 Decorate the Town 2:00 Conversation Cards 3:00 4H Ornament Fun 4:00 Walking Club 6:00 Christmas Movie	 23 Christmas Movie Marathon 9:00 Today in History 10:00 Poem of December 11:00 Legend of Santa Claus 2:00 50's 60's 70's Trivia 3:00 Parachute Ballon 4:00 Brain Games 6:00 National Christmas Movie Marathon Day	
 24 10:00 Stretch 11:00 Bible 1:30 Sunday Football 2:00 Nat. Geo. 3:00 Walk 4:00 Nails 6:00 Sunday Thriller Movie	 31 10:00 Stretch 11:00 This Day 1:30 Sunday Football 2:00 NYE Fun 3:00 Walk 4:00 Spa 6:00 Sunday Musical Movie	 25 Merry Christmas! 9:00 Christmas Stockings 10:00 Move to the Music 11:00 Everything Christmas 2:00 Christmas Memories 3:00 Santa Toss 4:00 Bingo 6:00 Dance the night away Songs of the Season	 26 Candy Cane Day 9:00 Morning News 10:00 Chair Yoga 11:00 December Trivia 2:00 Music Therapy 3:00 Picasso and Wine 4:00 Bingo 6:00 Classic TV	 27 9:00 Morning Update 10:00 Sit and Be Fit 11:00 Wheel of Fortune 2:00 Jim on the Guitar 3:00 Stretch with the Birds 4:00 Bingo 6:00 News around the World	 28 Call a Friend Day 9:00 Morning news 10:00 Chair Yoga 11:00 Radiant Art 2:00 Write Home 3:00 Shake Loose a Memory 4:30 Memory Lane 6:00 Evening Movie	 29 9:00 Morning News 10:00 Short Stories 11:00 Decorate the Town 2:00 Conversation Cards 3:00 4H Fun 4:00 Walking Club 6:00 Wipe Out	 30 Bacon Day 9:00 Today in History 10:00 Sit and Be Fit 11:00 Aromatherapy 2:00 50's 60's 70's Trivia 3:00 Parachute Ballon 4:00 Brain Games 6:00 Sci-Fi Saturday Movie