Resident **SPOTLIGHT**



Thomas joined the Arbors family this vear, brightening our days with his smile and rainbow suspenders. Thomas makes sure the outside trails are used, walking with anyone and everyone in the fresh air. Thomas regularly checks on the birds and is always down for a good game of corn hole.

Prior to joining the Arbors family, Tom was a college math professor for more than 33 years and tended a thriving tomato garden. We're hoping to get tips from him this spring when we start our Arbors garden. Keep on smiling, Tom!

Team Member SPOTLIGHT

Jessica recently joined the Arbors family as a caregiver. With a background in caring for those with disabilities, she's transitioned seamlessly into senior care. Her love for the residents and the community was an instant fit, making it no surprise when



her co-workers nominated her for employee of the month.

In her off hours, Jessica spends most of her time with her two-year old son and caring for her family. She makes sure to hit the gym regularly too, though. Self care matters!

When visiting Arbors, you're likely to see Jessica on one knee, chatting with a resident and doing her best to brighten their day in any small way that she can. We love having you as part of the Arbors family, Jess!





Disney Fun Time: Here at Arbors, we couldn't let Mickey Mouse's birthday pass without throwing a party! Ears were passed around, Minnie Mouse herself stopped by (looking a lot like our new activities director), mickey pancakes were eaten and of course no

birthday is complete without cake balloons!



The holidays at Arbors were magical this year with gingerbread houses, grinch visits, carolers, card making and much more!

Like Arbors Memory Care on Facebook!



ww.facebook.com/arborsmemorvcare



January 2024 -The Arbors Bulletin

Arbors Memory Care | 2121 E. Prater Way | Sparks, NV 89434 | 775-331-2229

Nevada Caregiver Coalition Nominees Announced

resident care.

Nominees were given recognition certificates

A Note from the Executive Director



Assaad Zeid, **Executive Director** Good bye 2023 and Hello 2024! 2023 was both rewarding and challenging. For us at Arbors, every day is rewarding; we get to care, serve and love our residents.

Thank you all for the wonderful gifts brought in for our residents. They had a great time opening presents during the holiday party and on Christmas day.

I am looking forward to what 2024 will bring us. I wish you and all of your loved ones a happy and a healthy 2024.



The annual Nevada **Caregiver Coalition** announced the nominees for 2023. The Arbors family was thrilled to see three of our caregivers on the list.

Justine, Christina, and Christian were recognized as going above and beyond with their efforts in

by Senator Catherine Cortez Masto and Congressman Mark Amodei.

Arbors made sure to recognize their award-winning family members with gift baskets and boasting rights. We're so proud! of you guys! Thank you for your hard work and dedication to our residents.

HAPPY Birthday

Residents

- Ginger, January 1st
- Wendy, January 3rd
- Raymond, January 19th
- Cleta, January 21st

Staff

- Jeff, January 5th
- Diane, January 19th •
- Kai, January 23rd
- Beatriz, January 27th
- Kalli, January 30th

JANUARY 2024 Arbors Memory Care • 2121 E. Prater Way, Sparks, NV 89434 • 775-331-2229						
SUN	MON	TUE	WED	THU	FRI	SAT
	1 New Years Day	2	3	4	5	6
	9:00 Morning Update 10:00 Sit and Be Fit 10:30 Conversation Dice 11:00 Learning Language 2:00 Cooking Club 3:00 Bingo 4:00 Current Events 6:00 Monday Movie	 9:00 Morning News 10:00 Chair Yoga 11:00 January Trivia 2:00 Balloon Toss 2:30 Violin and Piano 3:30 Picasso and Wine 4:00 Conversation Cards 6:00 Classic TV 	 9:00 Morning Update 10:00 Sit and Be Fit 11:00 Jeopardy 2:00 Resident Messages 3:00 Stretching by Birds 4:00 Bingo 6:00 World News 	 9:00 Morning News 10:00 Chair Yoga 11:00 Radiant Art 2:00 Bowling 3:00 Hot Potato 4:00 Memory Lane 6:00 Evening Movie 	9:00 Friday Poetry 10:00 Yuki the Dog 10:45 Chair Yoga 11:15 Name that Tune 2:00 Walking Club 3:00 Short Stories 4:00 Bean Bag Toss 6:00 Evening News	 9:00 Today In History 10:00 50's 60's Trivia 11:00 Parachute Bounce 2:00 Brain Games 3:00 Jigsaw Puzzles 4:00 Card Match 6:00 Saturday night movie & popcorn
7	8	9	10	11	12	13
9:00 Spiritual Piano 10:00 Sunday Stretch 11:00 Bible Verse Tri 1:30 Sunday Footba 2:00 Conversation S 3:00 Ring Toss 4:00 Fancy Nails 6:00 Sunday Come	2:00 Cooking Club 3:00 Bingo 4:00 Current Events 6:00 Monday Movie	9:00 Morning News 10:00 Chair Yoga 11:00 January Trivia 2:00 Balloon Toss 3:00 Picasso and Wine 4:00 Conversation Cards 6:00 Classic TV	9:00 Morning Update 10:00 Sit and Be Fit 11:00 Jeopardy 2:00 Letter Writing 3:00 Stretching by Birds 4:00 Bingo 6:00 World News	 9:00 Morning News 10:00 Chair Yoga 11:00 Radiant Art 2:00 John P—Music 3:00 Hot Potato 4:00 Memory Lane 6:00 Evening Movie 	9:00Friday Poetry10:00Yuki the Dog10:45Chair Yoga11:15Name that Tune2:00Walking Club3:00Short Stories4:00Bean Bag Toss6:00Evening News	 9:00 Today In History 10:00 50's & 60's Trivia 11:00 Parachute Bounce 2:00 Brain Games 3:00 Jigsaw Puzzles 4:00 Card Match 6:00 Saturday night movie & popcorn
14	15 National Hat Day	16	17	18	19	20
9:00 Spiritual Piano 10:00 Sunday Stretch 11:00 Bible Verse Tri 1:30 Sunday Footba 2:00 Conversation S 3:00 Ring Toss 4:00 Fancy Nails 6:00 Sunday Come	cial 11:00 Learning Language 2:00 Cooking Club 3:00 Bingo 4:00 Current Events	9:00 Morning News 10:00 Chair Yoga 11:00 January Trivia 2:00 Balloon Toss 3:00 Picasso and Wine 4:00 Conversation Cards 6:00 Classic TV	 9:00 Morning Update 10:00 Sit and Be Fit 11:00 Jeopardy 2:00 Letter Writing 3:00 Stretching by Birds 4:00 Bingo 6:00 World News 	9:00 Morning News 10:00 Chair Yoga 11:00 Radiant Art 2:00 Bowling 3:00 Hot Potato 4:00 Memory Lane 6:00 Evening Movie	10:00 Yuki the Dog	9:00 Today In History 10:00 50's 60's Trivia 11:00 Parachute Bounce 2:00 Brain Games 3:00 Jigsaw Puzzles 4:00 Card Match 6:00 Saturday night movie & popcorn
21	22	23	24	25	26	27
9:00 Spiritual Piano 10:00 Sunday Stretch 11:00 Bible Verse Tri 1:30 Sunday Footba 2:00 Conversation S 3:00 Ring Toss 4:00 Fancy Nails 6:00 Sunday Come	cial 11:00 Learning Language 2:00 Cooking Club 3:00 Bingo 4:00 Current Events	 9:00 Morning News 10:00 Chair Yoga 11:00 January Trivia 2:00 Balloon Toss 3:00 Picasso and Wine 4:00 Conversation Cards 6:00 Classic TV 	9:00 Morning Update 10:00 Sit and Be Fit 11:00 Jeopardy 2:00 Letter Writing 3:00 Stretching by Birds 4:00 Bingo 6:00 World News	9:00 Morning News 10:00 Chair Yoga 11:00 Radiant Art 2:00 Bowling 3:00 Hot Potato 4:00 Memory Lane 6:00 Evening Movie	 9:00 Friday Poetry 10:00 Yuki the Dog 10:45 Chair Yoga 11:15 Name that Tune 2:00 Walking Club 3:00 Short Stories 4:00 Bean Bag Toss 6:00 Evening News 	 9:00 Today In History 10:00 50's 60's Trivia 11:00 Parachute Bounce 2:00 Brain Games 3:00 Jigsaw Puzzles 4:00 Card Match 6:00 Saturday Night Movie & Popcorn
28	29 National Puzzle Day	30	31			
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Our mission is to create and maintain comfortable, caring environments for those who depend on us.



upcoming events

1/2: Violin & Piano Entertainment

1/3: International Wellness Day

1/15: National Hat Day

1/22: Cooking Club

Weekly visit with Yuki the Dog

