

Resident Spotlight: Jeri



Jeri has been a bright spot in the Arbors family with her dry wit and love for all things sweet. She’s often on a walkabout of the facility, checking in with different groups about what they’re up to. A good game of bingo or bean bag toss is likely to

draw her attention, but live music is a sure way to draw Jeri in. She’ll often join in with beautiful singing and a fun shimmy. It’s no surprise to learn that Jeri has loved hosting for friends and family all through her life. With a large piano at their home, her husband would play and she’d sing. Her daughter, two grandchildren, and three great grandchildren are the shining stars of her life. Summers with grandma featured adventures to the beach or water parks. Keep up that shimmy, Jeri!

Team Member Spotlight: Tayler

Tayler joined the Arbors family as a housekeeper and kitchen aide. Though new to Reno, Tayler is not new to the ins and outs of memory care. Our favorite thing about Tayler is her love for the residents and her desire to help



others by doing chores as needed. She has a passion for cleaning products!

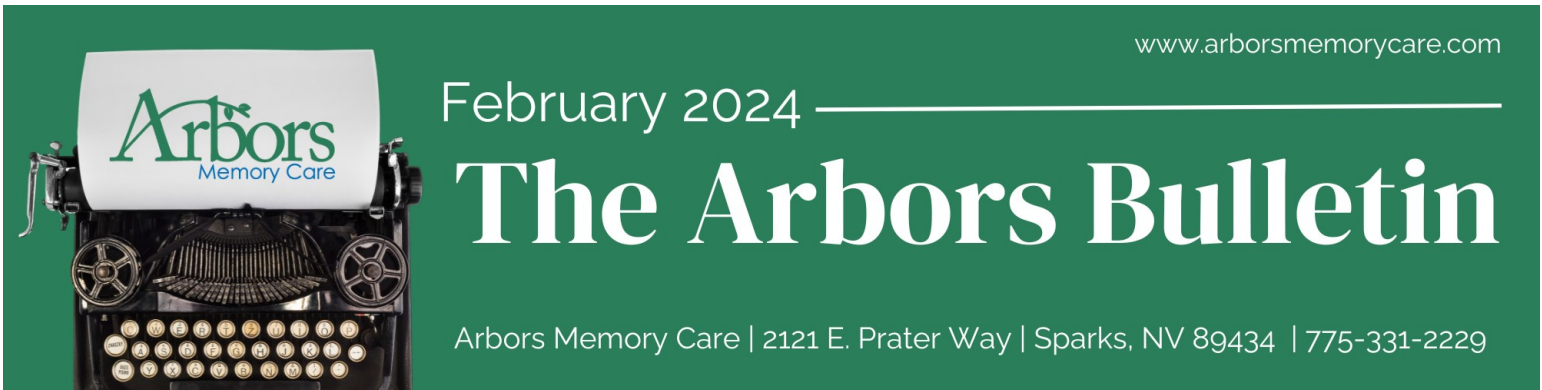
In her off hours, Tayler can be found... well, all over. She loves discovering new experiences and exploring. However, you’d have the best luck finding her at a roller-skating rink. As a roller derby girl, she loves skating. She also loves hanging out anywhere with swoon-worthy chips and salsa.

We’re happy to have you, Tayler!



Arbors celebrated National Hat Day in January with flair! Residents decorated their own hats with flowers, feathers, glitter pens, and a large dose of laughter.

We’ll use any reason we can here at Arbors for a good party and fun.



The Benefits of Letter Writing

Regular reading and writing can help bolster existing connections within the brain which has been documented in studies from Geriatric In-home Care, Fisher Center for Alzheimer’s Research Association, and Caregiver Relief.

This is especially important for those with dementia, as not only are those connections important, but also the memory recall from stories and pictures in letters can greatly improve residents’ mental health.

Each letter that comes to a resident at Arbors is treated like a treasure. Our residents love enjoying the chance to hear stories of friends and loved ones. Some enjoy comic clippings, funny quotes, or goofy cards.

Our team is always happy to help our residents write letters in return. Whether it’s about their prom dress way back when or a secret cookie recipe they feel like sharing, we make sure to help them write a note and mail it out. Moments like these are priceless for us here at Arbors!



A Note from the Executive Director

Happy Valentine’s Day!

Here at Arbors, love is celebrated every day. It takes compassion and love to care for someone with dementia and Alzheimer’s. The team here at Arbors continues to care and love our residents and family members. I am so proud to have such a compassionate and loving team.

The winter months, including February, can bring challenges such as colder temperatures and reduced daylight hours. Some older adults may be more susceptible to seasonal affective disorder (SAD). It becomes essential to promote activities that boost mood, such as social interactions,

exercise and exposure to natural light when possible. We look forward to a great winter season ahead.



Assaad Zeid, Executive Director

HAPPY Birthday

Residents

- Julia 02/11
- Margaret 02/07
- Michael M. 02/07

Staff

- John 02/07
- Robin 02/24
- Tayler 02/22



FEBRUARY 2024

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

SUN	MON	TUE	WED	THU	FRI	SAT
						
4  9:00 Spiritual Piano 10:00 <b>Sunday Stretch</b> 11:00 Bible Verse Trivia 12:00 Sunday Football 2:00 Conversation Social 3:00 Ring Toss 4:00 Fancy Nails 6:00 Sunday Comedy	5  9:00 Morning Update 10:00 <b>Sit and Be Fit</b> 10:30 Conversation Dice 11:00 Learning Language 2:00 <b>Catfish Carl</b> 3:00 Bingo 4:00 Current Events 6:00 Monday Movie	6 <b>Frozen Yogurt Day</b>  9:00 Morning News 10:00 <b>Chair Yoga</b> 11:00 February Trivia 2:00 Balloon Toss 3:00 Picasso and Wine 4:00 Conversation Cards	7  9:00 Morning Update 10:00 <b>Sit and Be Fit</b> 11:00 Jeopardy 2:00 Letters Home 3:00 <b>Stretching by Birds</b> 4:00 Bingo 6:00 World News	8  9:00 Morning News 9:30 <b>Sit and Be Fit</b> 10:00 <b>Senior Chorus</b> 11:00 Radiant Art 2:00 Bowling 3:00 Hot Potato 4:00 Memory Lane 6:00 Evening movie	9  9:00 Friday Poetry 10:00 <b>Chair Yoga</b> 10:30 Card Match 11:15 Name that Tune 2:00 Walking Club 3:00 Short stories 4:00 Bean Bag Toss	10  9:00 Today in History 10:00 <b>Chair Yoga</b> 11:00 Heart History 2:00 Brain Games 3:00 Jigsaw Fun 4:00 Card Match 6:00 Movie and Popcorn
11  9:00 Spiritual Piano 10:00 <b>Sunday Stretch</b> 11:00 Bible Verse Trivia 2:00 Conversation Social 3:00 Super Bowl 4:00 Fancy Nails 6:00 Sunday Comedy	12  9:00 Morning Update 10:00 <b>Sit and Be Fit</b> 10:30 Conversation Dice 11:00 Learning Language 2:00 Cooking Club 3:00 Bingo 4:00 Current Events 6:00 Monday Movie	13 <b>Mardi Gras</b>  9:00 Morning News 10:00 <b>Chair Yoga</b> 11:00 February Trivia 2:00 Mardi Gras Party 2:30 <b>Sierra Arts</b> 3:00 Valentines & Friends 4:00 Conversation Cars	14 <b>Valentine's Day</b>  9:00 Morning Update 10:00 <b>Sit and Be Fit</b> 11:00 Jeopardy 1:00 Valentine's Party 2:00 <b>Violin and Piano</b> 3:30 Bingo 4:30 Cupids History	15  9:00 Morning News 10:00 <b>Chair Yoga</b> 11:00 Radiant Art 2:00 Bowling 3:00 Hot Potato 4:00 Memory Lane 6:00 Evening movie	16  9:00 Friday Poetry 10:00 <b>Yuki the Dog</b> 10:45 <b>Chair Yoga</b> 11:15 Name that Tune 2:00 <b>Jim on the Guitar</b> 3:00 Short stories 4:00 Bean Bag Toss 6:00 Evening News	17  9:00 Today in History 10:00 <b>Chair Yoga</b> 11:00 Parachute Bounce 2:00 Brain Games 3:00 Jigsaw Fun 4:00 Card Match 6:00 Movie and Popcorn
18  9:00 Spiritual Piano 10:00 <b>Sunday Stretch</b> 11:00 Bible Verse Trivia 2:00 Conversation Social 3:00 Ring Toss 4:00 Fancy Nails 6:00 Sunday Comedy	19 <b>HAPPY Presidents Day</b>  9:00 Morning Update 10:00 <b>Sit and Be Fit</b> 10:30 Conversation Dice 11:00 Learning Language 2:00 Cooking Club 3:00 Bingo 4:00 Current Events 6:00 Monday Movie	20  9:00 Morning News 10:00 <b>Chair Yoga</b> 11:00 February Trivia 2:00 Balloon Toss 3:00 Picasso and Wine 4:00 Conversation Cards 6:00 Classic TV	21  9:00 Morning Update 10:00 <b>Sit and Be Fit</b> 11:00 Jeopardy 2:00 Letters Home 3:00 <b>Stretching by Birds</b> 4:00 Bingo 6:00 World News	22 <b>California Day</b>  9:00 Morning News 10:00 <b>Chair Yoga</b> 11:00 Radiant Art 2:00 Bowling 3:00 Hot Potato 4:00 Memory Lane 6:00 Evening movie	23  9:30 Friday Poetry 10:00 Card Match 10:45 <b>Chair Yoga</b> 11:15 Name that Tune 2:00 <b>Walking Club</b> 3:00 Short stories 4:00 Bean Bag Toss 6:00 Evening News	24  9:00 Jigsaw Trivia 10:00 <b>Chair Yoga</b> 11:00 Parachute Bounce 2:00 Brain Games 3:00 Jigsaw Fun 4:00 Card Match 6:00 Movie and Popcorn
25  9:00 Spiritual Piano 10:00 <b>Sunday Stretch</b> 11:00 Bible Verse Trivia 2:00 Conversation Social 3:00 Ring Toss 4:00 Fancy Nails 6:00 Sunday Comedy	26 <b>BINGO</b>  9:00 Morning Update 10:00 <b>Sit and Be Fit</b> 10:30 Conversation Dice 11:00 Learning Language 2:00 Cooking Club 3:00 Bingo 4:00 Current Events	27 <b>Strawberry Day</b>  9:00 Morning News 10:00 <b>Chair Yoga</b> 11:00 February Trivia 2:00 Balloon Toss 3:00 Picasso and Wine 4:00 Conversation Cards 6:00 Classic TV	28  9:00 Morning Update 10:00 <b>Sit and Be Fit</b> 11:00 Jeopardy 2:00 Letters Home 3:00 <b>Stretching by Birds</b> 4:00 Bingo 6:00 World News	29  9:00 Morning News 10:00 <b>Chair Yoga</b> 11:00 Radiant Art 2:00 Bowling 3:00 Hot Potato 4:00 Memory Lane 6:00 Evening movie		



## February 2024

upcoming events

Feb.2nd & 16th

**Yuki the Dog**

Feb. 5th

**Catfish Carl** (live performance)

Feb. 8th

**Senior Chorus** (live performance)

Feb. 11th

Superbowl at 3:00

Feb. 13th

**Mardi Gras Party**

2:00

**Sierra Arts** (live performance)

2:30-3:30

Feb. 14th

Valentine's Party

1:00

**Piano and Violin** (live performance)

2:00-3:00

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