



Arbor Oaks
SENIOR LIVING
A Lifespark Community

Age Magnificently



Our Community Newsletter

Discover what's going on in our community.

Arbor Oaks Family,

I hope you are enjoying your summer and are getting outside to enjoy the nice weather. Make sure to stay **HYDRATED!!** We have the hydration station down in the bistro by the snacks.

Coming up is our big event on August 8th from 430pm – 630pm! If you invite loved ones please RSVP who will be attending that way we get an idea of much food we will need. We are very excited for our Olympic week leading up to our event! Please join us for fun and games!

Thank you,
Shaelee Reichstadt, ED



Summer Olympics

2024 Summer Olympics will be held in Paris, France. It begins Friday, July 26th and ends Sunday, August 11th. There will be 32 sports in the competition. There are 500 athletes from the U.S that have earned spots on the team. This will be the 6th time Paris has hosted the Olympics. Three summer competitions and 3 winter. Join us as we have our own summer Olympics at Arbor Oaks. We will start on July 29th and they will be in the Dining Room. Be watching for signs throughout the building. We will have lot's of fun and metals will be given!

New Residents



Please welcome our new Resident's to Arbor Oaks!
Myra M. #213

Community Updates

NURSING

Happy Summer!"There will be information coming to you regarding the upcoming flu and COVID clinic in September 2024. The clinic will be here at Arbor Oaks. Please be on the lookout for information if you are interested. More information to come!"

From Marketing:

Arbor Oaks staff are so glad that you are here! If you have recently joined our community, thank you for choosing Arbor Oaks Senior Living. We value every one of our residents! You all make a difference in each other's life. If you have been here with us for a while, we want you to know how much we appreciate your continued residency. It takes special people like you to make our community a better place to live and call home. Please welcome our new faces whether it is a new resident or a new staff member, stop and say HI!

Thanks, Kathy



HAPPY BIRTHDAY TO OUR FRIENDS!!!!

- | | |
|---------------|-----------------|
| Vivian C. 8/7 | Janette L. 8/10 |
| Diane Z. 8/10 | Judy M. 8/18 |
| Karen O. 8/27 | |

Your Mind Matters: Maintaining Optimal Executive Function Join our Presentation on Wellness in Executive Function!

This month, we will focus on the essential aspects of executive aspects of executive function and cognitive wellness. This includes understanding working memory, mental flexibility, and self-control. We will also discuss the significance of wellness and it's influence on executive function. Additionally, we will provide practical advice, strategies, and techniques for unlocking your brain's potential in cognitive performance to integrate into your daily routine for overall health and wellness, promoting a healthier and happier life.

Join us for our presentation on understanding how wellness is tied to brain health and gain insight into how it can boost your brain power and well-being.

Wellness presented by Aegis Therapy
Thursday, August 15th
at 3:00 in the Activity Center

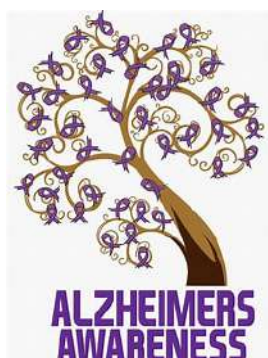
Are your medications still helping or is it time for a change?

More than one third of older Americans take five or more prescription drugs daily and, some of those medications may be carryover from years before. Assuming that the medications you've been taking for thirty years are still valid and will play nicely with those prescribed for newer health concerns, could be deadly. As we age, our needs change along with our bodies. The pill that fixed an issue before could be the pill that's causing a problem now.

"We live in a culture that's taught us to expect that there's a pill for everything," said Dr. Nick Schneeman, Lifespark Chief Medical Officer. "It's true that modern medicine has often delivered on that expectation, but it's also contributed to the rise in polypharmacy, which is a disaster for people who are more frail or have complex conditions."

The older body processes medications differently than younger bodies, therefore medications that were prescribed earlier in life may no longer be appropriate years later. This can happen due to the normal changes of aging like slower drug absorption and breakdown, or condition shifts after years of treatment. It can even be a matter of choosing to treat one condition over another.

In some cases, a drug prescribed to treat one condition may actually be treating the side effect of another medication. This phenomenon is called drug cascading and it's a dangerous waterfall. Fatigue, dizziness, loss of appetite, GI Problems, skin rash, changes in mood... all of these can be symptoms of drug cascading. Understanding which medications are still beneficial for you is an important discussion to have with your doctor. An annual medication review is not only worthwhile, but it could also improve your quality of life. Check out: <https://bit.ly/494weAS> for ways to make the most of a medical medication review appointment.



We have raised over \$500 for the Alzheimer's Association!!

We will still have more fun events in August to help raise money for the Alzheimer's Association.

All of these events will be held in the Bistro on the 1st floor. Come and participate and help support a good cause!

Donut Sale- Monday, August 12th 9:30-10:30

Root Beer Float Sale- Wednesday, August 14th at 2:00

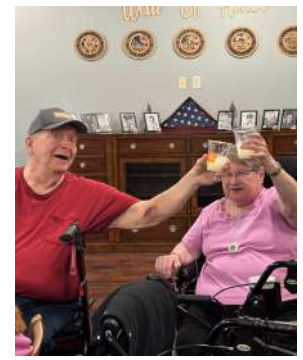
Throwing Water Balloons at Management- Friday, August 16th at 3:00



Cheryl and Diamond Art



Barb and Diamond Art



Diane, Joanne, Helene and Elaine



Dee and Matt/Donuts for Alzheimer's



Diane and Elaine hanging out



Joanne & Helene enjoying summer



Roger saying thanks for the appetizers



Sue & Matt donating for a cause



Vivian playing some music for us



Darline being Patriotic



Kathy waving her American Flag



Rose all decked out for the 4th