

February 2021



### NEW HOPE: THE COVID VACCINE

On January 21st, Arlington Place residents and staff were given new hope as they received their first dose of the COVID-19 vaccine. Community Relations Coordinator Amanda and Resident Julie were the first to receive the vaccine. All residents and staff are doing well.



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### CELEBRATE TODAY

#### February 2nd: Groundhog Day



Each year on Groundhog Day, people flock to Punxsutawney, Pennsylvania, to await the forecast of the local rodent celebrity, Punxsutawney Phil. Originating with German settlers, who came to Pennsylvania in the 1700s and brought their seasonal superstitions with them, legend has it that if Phil sees his shadow on February 2, the winter chill will continue. Oddly, if the weather is cloudy and he doesn't see his shadow, we can expect warmer temperatures and early spring.

#### February 3rd: National Women Physicians Day

Elisabeth Blackwell's birthday, February 3rd, 1921, is now commemorated as National Women Physicians Day. She was the first female medical doctor in the U.S. On this day we honor the tremendous progress women have made over the decades in the field of medicine.



#### February 7th: Super Bowl Sunday



On the first Sunday of February, Americans celebrate their love for football by watching the two best teams in the NFL compete against each other for the title of Super Bowl Champion. Sit back, enjoy some tasty game day snacks and beverages, and watch the game!

#### February 11th: National Make a Friend Day

To paraphrase Yeats: "There are no strangers in the world, just friends you have never met." We must never stop making friends. That's why National Make a Friend Day is so important. A new friendship can open you to new experiences. Friends can help us through challenging times. They provide us with the comfort of a safe emotional space where we can be ourselves. Good friends are our biggest treasure.



## CELEBRATE TODAY

### February 14th: Valentine's Day

The first Valentine's Day cards were exchanged in the 1400s. These letters and messages were all personally handmade and shared amongst high society members declaring their love intentions.



### February 16th: Mardi Gras



Mardi Gras is French for "Fat Tuesday" as it reflects the practice of eating rich, fatty foods before the fasting of the Lenten season. Over time it has transitioned to a time to bring out the colored beads, masks, and party.

### February 17th: Ash Wednesday

Ash Wednesday is always six weeks before Easter and observed as a Holy Day of fasting and prayer. Ash Wednesday marks the beginning of Lent.



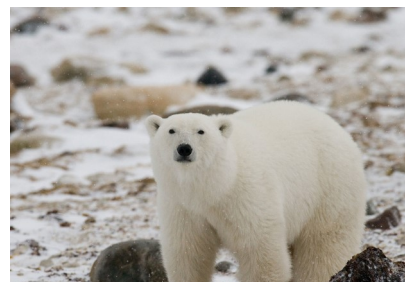
### February 21st: National Sticky Bun Day



Sticky buns have primarily German origins, known as 'Schnecken.' In the 1920's a "sister" to the sticky bun– the cinnamon roll– was created in Sweden. Sticky buns are fairly easy to make. Typically warm spices like cinnamon, cloves, or even cardamom are used, but sometimes other fillings such as apple or chocolate are also used.

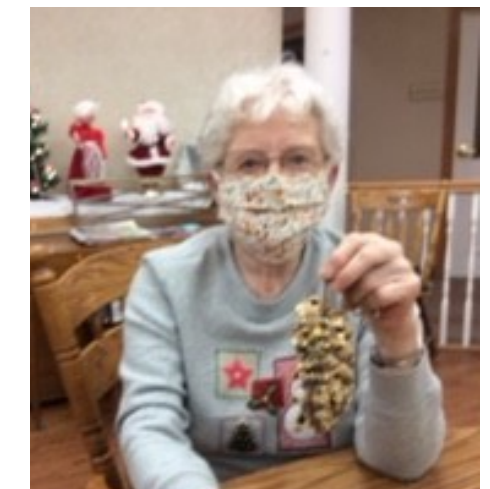
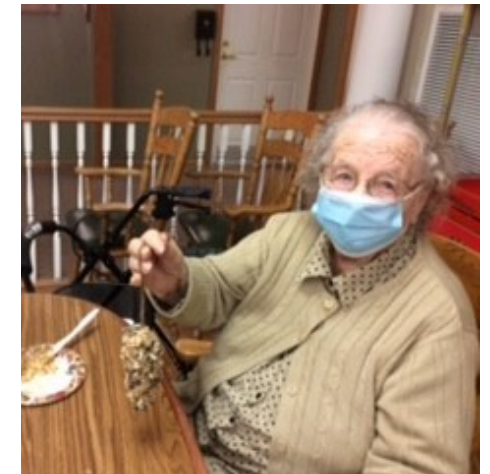
### February 27th: International Polar Bear Day

Polar Bears are classified as marine mammals who possess a thick layer of fat and a water-repellent coat of fur to insulate them against the freezing temperatures of the Arctic.



## EMBRACE EVERY MOMENT

Our residents enjoyed making birdfeeders for their feathered friends. Pictured on this page left to right, top to bottom: Marjorie, Vivian, Lorena, Priscilla, and Audrey.



We love getting festive and celebrating holidays!  
Suzy came in on her day off to decorate the nurses station door for Valentine's Day.





EMBRACE EVERY MOMENT

Each month we celebrate our residents' birthdays with a special cake made by our friend Dorothy. In January we celebrated Darrel, Ed, Julie, Dwayne, and Irene (not pictured).



EMBRACE EVERY MOMENT



Paul, Lorena, Marjorie, Jerry, Virgil and June were among the many residents and staff who received the COVID vaccine and rejoiced.







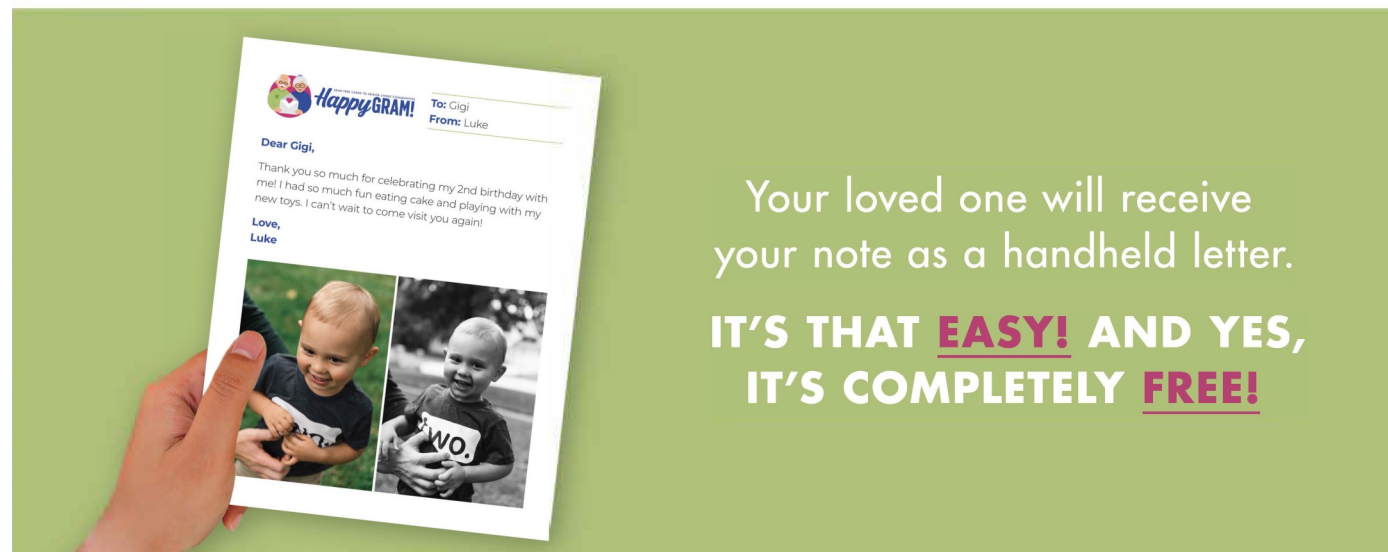
We would like to introduce a new way for you to easily connect with your loved ones.

Go to [HappyGram.org](http://HappyGram.org) to send a thoughtful note to your loved one living in our community and let them know that you are thinking of them! You can even include a picture!

We will print and deliver your message for you!

## GO TO [WWW.HAPPYGRAM.ORG](http://WWW.HAPPYGRAM.ORG)

1. Write a personalized message
2. Upload a favorite photo
3. Leave the rest to us!



Your loved one will receive your note as a handheld letter.

IT'S THAT **EASY!** AND YES, IT'S COMPLETELY **FREE!**



Lila G.  
February 3rd

Urban K.  
February 11th

Florence D.  
February 25th

Monthly Resident  
Birthday Party  
February 3rd at  
2:30 p.m.



### Arlington Place At Oelwein

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Oelwein, IA 50662

Phone: 319-283-3334  
Fax: 319-283-3510

Web:  
[ArlingtonPlaceLiving.com](http://ArlingtonPlaceLiving.com)

E-mail:  
[welcome@arlingtonplaceliving.com](mailto:welcome@arlingtonplaceliving.com)



### FEBRUARY ACTIVITY HIGHLIGHTS:

February 1st: 10:00 a.m. Family Feud Game  
February 2nd: 2:15 p.m. Popcorn & Groundhog Day Movie  
February 3rd: 10:00 a.m. Make Valentines for Families  
February 4th: 1:00 & 2:30 p.m. Bingo  
February 5th: 1:30 p.m. Happy Hour  
February 8th: 1:00 & 2:30 p.m. Out & About Bus Ride  
February 9th: 1:00 p.m. Bible Study with Carol  
February 10th: 8:45 a.m. Live 2B Healthy  
February 11th: 9:15 a.m. Fancy Fingers  
February 12th: 1:30 p.m. Happy Hour– Valentine's Royalty  
February 14th: 2:00 p.m. Valentine's Sundaes on Sunday  
February 15th: 10:00 a.m. President's Day Game  
February 16th: 8:45 a.m. Sittercise  
February 17th: 2:30 p.m. Bean Bag Toss  
February 18th: 6:00 p.m. Wrap Silverware  
February 19th: 10:00 a.m. Baking Bunch– Bread Pudding  
February 20th: 9:30 a.m. Sittercise  
February 22nd: 10:00 a.m. Scattergories  
February 23rd: 6:00 p.m. Wrap Silverware  
February 24th: 2:00 p.m. Noodle Ball  
February 25th: 1:00 & 2:30 p.m. Bingo  
February 26th: 1:30 p.m. Happy Hour- High Low Game  
February 27th: 2:30 p.m. Popcorn & Netflix  
February 28th: 10:00 a.m. Puzzles & Cards

\*\*The complete calendar of activities is available online at [www.ArlingtonPlaceLiving.com](http://www.ArlingtonPlaceLiving.com)