

December 2020



**WEEKLY ZOOM MEETINGS**

Arlington Place has started weekly Zoom meetings for resident family members to stay up to date with the latest changes in the community as they relate to COVID-19 precautions, visits, happenings within the community, etc.

This is an opportunity for resident family members to "meet" with our team and ask questions.

To be added to the email list for these meetings, please contact Amanda at 319-269-1877 or by email at [welcome@arlingtonplaceliving.com](mailto:welcome@arlingtonplaceliving.com).



**INSIDE THIS ISSUE**

Pg. 1: Zoom Meetings

Pgs. 2 & 3: Celebrate Today

Pgs. 4 & 5: Embrace Every Moment

Pg. 6: Jaybird Senior Living Vaccine Update

Pg. 7: The 12 Days of Christmas

Pg. 8: Birthday Club & Activity Highlights



**CELEBRATE TODAY**

**December 6th: St Nicholas Day**

St Nicholas Day recognizes the third-century patron saint and the generosity he showed to those around him. He left such a lasting impact that over time his character inspired Santa Claus.

**December 7th: National Pearl Harbor Day of Remembrance**

On December 7th, 1941, more than 2,400 people died in Japan's attack on the Hawaiian base of America's Pacific Fleet. Hundreds of aircraft were destroyed or damaged, as were most of the ships in the harbor, and thousands of service men and women were killed or injured. On this day we remember those lost.



**December 9th: National Llama Day**

Did you know llamas charge at dogs or coyotes and have been known to make high-pitched screams when intruders approach. They have also been known to come running to the sound of their owner's voice and cozy up for a nice hug. There are currently over 150,000 llamas in the U.S.

**December 12th: Gingerbread House Day**

In 2009 the world's largest gingerbread man was created weighing 1,435 lbs and was made in Norway. In 2013 the world's largest gingerbread house was made covering an area of 2,520 square feet (nearly the size of a tennis court), 21 feet high in Bryan, Texas.



**December 15th: National Cupcake Day**

Cupcakes were first introduced in 1796 as "light cake to bake in small cups." As time went on, cupcakes have evolved from plain chocolate and vanilla to a variety of flavors and combinations. To celebrate this holiday, try your hand at baking your own homemade cupcakes, or pick some up from your favorite local bakery!



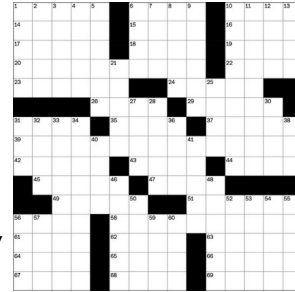
## CELEBRATE TODAY

### December 16th: National Chocolate Covered Anything Day

December 16th is the perfect time to satisfy your craving for chocolate covered anything while getting into the holiday spirit. To celebrate, you can drink or eat it, melt or freeze it, have it bitter or have it sweet. Enjoy!

### December 21st: National Crossword Puzzle Day

The first crossword puzzle was created by Arthur Wynne and published on December 21, 1913, in the New York World Newspaper. Studies have shown that doing crossword puzzles prevents dementia, improves verbal skills, helps practice problem solving skills, helps the brain identify patterns, and improves your ability to do trivia.



### December 25th: Christmas Day

Christmas is a day for spending time with family, observing an important Christian holiday, partaking in lighthearted traditions, or just spreading some holiday cheer! Christmas has evolved over several millennia into a worldwide celebration that's both religious and secular and chock full of fun-filled, family activities.

### December 28th: National Call a Friend Day

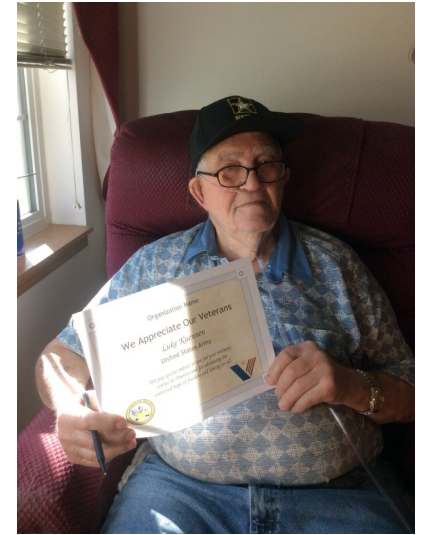
National Call a Friend Day reminds us all to take a few minutes, pick up the phone, and call that friend you've been meaning to get back in touch with.



### December 31st: New Years Eve

Goodbye 2020! New Year's Eve comes but once a year on December 31, the last day of the last month of what usually feels like the longest year ever but somehow passed too quickly. This year in particular has been unprecedented to say the least, but somehow it has made us appreciate those we hold dear and the fond memories and "normal life" we had before.

## EMBRACE EVERY MOMENT



This year Veteran's Day looked a little bit different, but nonetheless we honored our Veterans! These brave and strong men served our country and we thank them! Pictured top to bottom, left to right: Don, Jerry, Luke, Virgil, Darrel, Dwayne, and Jim.





## EMBRACE EVERY MOMENT

In honor of Thanksgiving, our Life Enrichment Coordinator Shenita, wore her turkey outfit while she visited our residents with a traveling Happy Hour cart. The residents all got a kick out of it.



We at Arlington Place are blessed to have such incredible staff members! THANK YOU to all of our committed Resident Assistants, Culinary members, and Coordinators who make each day possible during this pandemic! We would not be able to provide Red Carpet treatment to our residents and families without each and every team member!



# COVID-19 VACCINE UPDATE

Sunday, November 29, 2020

Jaybird Senior Living Communities have all applied as initial recipients of the COVID-19 vaccine and are anxiously awaiting the news that it is ready for our residents and staff. Last week, our team received confirmation from our pharmacy partners that long-term care facilities are being prioritized by Operation Warp Speed and that the first vaccines will be ready for administration as early as mid-December in many of our Communities.

We recognize that this is a dynamic situation and will be closely monitoring the situation daily. The Jaybird Senior Living team is working tirelessly to develop a vaccination plan and protocol for our residents and staff. We will be communicating more regarding quantity, timeline, schedule, coverage, and more as soon as it becomes available.

To be sure, this is a very exciting time for our team members, residents, and their families as we look forward to a future without a distance of six feet separating loved ones. We appreciate your continued patience as we expedite these lifechanging vaccines in the most efficient and safe manner. Thank you for your understanding and stay tuned for additional information.

Sincerely,

A handwritten signature in black ink that reads "Allison Law".

Allison Law  
Chief Operating Officer  
Jaybird Senior Living





## 12 DAYS OF CHRISTMAS THEME DAYS

Join the Arlington Place residents and staff as they celebrate 12 days of Christmas with festive theme days! Feel free to join along and share a picture on the Arlington Place Facebook page!

- December 13th: Red and Green Day
- December 14th: Gingerbread Man Day
- December 15th: Snowflakes Day
- December 16th: Snowman Day
- December 17th: Reindeer Day
- December 18th: Christmas Hat & Socks Day
- December 19th: Candy Cane Day
- December 20th: Christmas Bows and Mistletoe Day
- December 21st: Elf Day
- December 22nd: Grinch Day
- December 23rd: Hawaiian Christmas Day
- December 24th: Christmas Sweater Day



It's beginning to look a lot like Christmas at Arlington Place! Our residents have been busy helping decorate our beautiful community. Pictured here: Audrey helped decorate the dining room Christmas tree.



No December Resident Birthdays



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## NOVEMBER ACTIVITY HIGHLIGHTS:

- December 1st: 1:00 p.m. Bible Study with Carol
- December 2nd: 10:00 a.m. Snowman Craft
- December 3rd: 2:00 p.m. Popcorn & Bingo
- December 4th: 10:00 a.m. Baking Bunch
- December 7th: 1:30 p.m. Make Tie Blankets for Shelter
- December 8th: 2:30 p.m. Noodle Ball
- December 9th: 8:45 a.m. Live 2B Healthy
- December 10th: 9:45 a.m. Fancy Fingers
- December 11th: 2:30 p.m. Elf Hunt
- December 12th: 9:15 a.m. Bingo
- December 14th: 1:30 p.m. Gingerbread Man Ornament
- December 15th: 10:00 a.m. Cut Snowflakes
- December 16th: 1:00 p.m. Christmas Baking
- December 17th: 2:00 p.m. Reindeer Food & Bingo
- December 18th: 1:30 p.m. Staff Christmas Caroling
- December 19th: 1:15 p.m. Sittercise
- December 21st: 8:45 a.m. Live 2B Healthy
- December 22nd: 2:30 p.m. Grinch & Popcorn
- December 23rd: 2:00 p.m. Hawaiian Christmas
- December 24th: 8:45 a.m. Sittercise
- December 25th: 1:00 p.m. Christmas Chronicles on Netflix
- December 26th: 9:15 a.m. Bingo
- December 27th: 2:00 p.m. Sundaes on Sunday
- December 28th: 2:00 p.m. Homemade Bookmarkers
- December 30th: 2:00 p.m. Bean Bag Toss

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