November 2020



### STAY CONNECTED

We understand 2020 has been a difficult year for most everyone- with long stretches of time without seeing loved ones and friends, as well as changes to community dining and events. Through this time, we are blessed to have been able to stay connected to family and friends through scheduled visits and virtual connections.

As the colder weather and shorter days set in, it is more important than ever to make the effort to stay connected and not isolate. We encourage our residents to join together for meals in the dining room and remember to socially distance.

We still offer many other safe ways to get together with other residents to enjoy company, pass the time, and engage in meaningful and fun activities.

During the month of November, we encourage everyone to try a new game, do a craft, and enjoy great conversation with a friend or family member.



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### **NOVEMBER IS...**

### National Alzheimer's Disease Month

In 1906 Dr. Alois Alzheimer revealed a new neurological disease, described by a patient's memory loss, paranoia, and psychological changes. This initial reveal was followed by the autopsy revealing diminished nerve cells in and around the brain.



### National Diabetes Month

There are two main conditions: Type 1 diabetes occurs when the body can't produce insulin, a hormone in the pancreas that breaks down carbohydrates into blood sugar or glucose, for energy. Insulin therapy helps the pancreas to function normally. Many children suffer from Type 1 diabetes although it can affect people of any age or background. Type 2 diabetes is the most common form of the disease where the body is unable to process our internal insulin well enough to keep blood sugar at normal levels.

## **National Family Caregivers Month**

National Family Caregivers Month features a lot of vital information to help caregivers cope with a tough, and sometimes thankless job. There are tips for caregivers such as taking care of your own health, accepting offers of help from others, learning the skills to speak effectively with doctors, and being open to new, assistive technologies that can lighten your load.

# National Home Care & Hospice Month

National Home Care and Hospice Month is when we honor all professionals who work in the broad field of home care and hospice work – this includes physicians, nurses, aides, social workers, physical therapists, and so much more. There are four types of hospice care: routine home care, continuous home care, general inpatient care, and respite care. Each requires a different skillset and comes with its own emotional and physical demands.

#### IMPORTANT DATES TO REMEMBER IN NOVEMBER

# November 1st: Daylight Savings Time Ends

On November 1st, we are reminded to turn our clocks back one hour for the end of Daylight Savings Time. "Spring Forward" and "Fall Back" are common reminders to turn clocks forward in the spring and back in the fall.





## November 3rd: Election Day

On November 3rd, Americans are encouraged to exercise their civic duty by voting on Election Day. While some choose to vote in person, others may need to vote via absentee ballot.

## November 11th: Veteran's Day

On November 11th, Americans remember all the men and women who have served this great nation in the United States Armed Forces. Arlington Place will host a small Veteran's Day ceremony recognizing the residents who are Veterans. Due to the pandemic, this ceremony will not be open to the public.



# November 26th: Thanksgiving Day

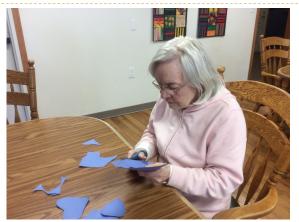


On November 23rd, Arlington Place will celebrate Thanksgiving a few days early with a feast. The residents will reflect fondly on their favorite family Thanksgiving memories. Due to the pandemic, Arlington Place will not be able to host a public meal this year, but we encourage our family members to write cards or check in with residents via the phone.

#### **EMBRACE EVERY MOMENT**

Our residents have been busy spending time indoors as the weather cools off. Some favorite activities are crafting, puzzles, baking bunch, exercise and word games! Pictured below: Ruby and Vivian cut out hearts for the windows and walls, Alvina and Ruby work on a puzzle, and Evie shows off her festive cupcake at Happy Hour!













#### **EMBRACE EVERY MOMENT**

To celebrate October as National Physical Therapy Month, NIT's Delanie did some fun activities with the residents to demonstrate how activities and games can help improve balance, strengthen muscles, and exercise range of motion. Pictured below, June shoots a ball through Delanie's arms, while Julie takes her turn at the pumpkin ring toss.





Jerry was recently blessed with the birth of his triplet great-great granddaughters! He couldn't wait to show off their pictures in the dining room. He saved up his Bingo tokens so he could buy each of them a new stuffed animal from the Bingo Store!





### A NOTE FROM NORTHERN IOWA THERAPY

## Popular programs and services available through NIT:

- ⇒ Hands On Therapy Techniques
- ⇒ Fall Prevention
- ⇒ Range of motion programs
- ⇒ Gait Training and Postural Assessment
- ⇒ Pain Management Techniques
- ⇒ Soft Tissue Mobilization
- ⇒ Spinal Traction (Cervical and Lumbar)
- ⇒ Heat/Ice Packs
- ⇒ Highly individualized progressive strengthening & stretching programs
- ⇒ Electric Muscle Stimulation (Estim)
- ⇒ Ultrasound
- ⇒ Iontophoresis
- ⇒ Custom Thermosplastic Splints static and dynamic
- ⇒ Cognitive Standardized Testing and Re-training
- ⇒ Swallowing/Dysphagia Evaluations and Therapy
- ⇒ Daily Living Skills Retraining
- ⇒ Home Assessments









Evidence shows that Spanish explorers held Thanksgiving services during the late 1500s in what is now known as Florida and New Mexico. Thanksgivings also took place in what became the Commonwealth of Virginia as early as 1607, with the first permanent settlement of Jamestown holding a Thanksgiving in 1610.

It wasn't until a decade later that the Plymouth settlers, known as Pilgrims, arrived in the New World. They celebrated at Plymouth for three days after their first harvest in 1621. Only 50 of the original 100 people aboard the Mayflower remained and 90 Native Americans. The feast was cooked by the four Pilgrim women who survived their first winter in the New World, along with young daughters and other servants.

Fast forward to the Civil War, President Lincoln proclaimed a national Thanksgiving Day in 1863, to be celebrated on November 26 — the final Thursday of the month. Secretary of State William H. Seward wrote the proclamation that read in part:

"In the midst of a civil war of unequalled magnitude and severity, which has sometimes seemed to foreign States to invite and to provoke their aggression, peace has been preserved with all nations, order has been maintained, the laws have been respected and obeyed, and harmony has prevailed everywhere except in the theatre of military conflict.

"I do therefore invite my fellow citizens in every part of the United States, and also those who are at sea and those who are sojourning in foreign lands, to set apart and observe the last Thursday of November next, as a day of Thanksgiving and Praise to our beneficent Father who dwelleth in the Heavens."

The U.S. has observed Thanksgiving ever since.











November 6th

Paul E. November 6th

Mary Ann G. November 17th

Monthly Resident Birthday Party: November 4th, 2:00 p.m.



### Arlington Place At Oelwein

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### **NOVEMBER ACTIVITY HIGHLIGHTS:**

November 2nd: 10:00 a.m. Word Game

November 3rd: 2:30 p.m. Pinecone Turkey Craft

November 4th: 10:00 a.m. Thankful Tree

November 6th: 1:30 p.m. Happy Hour

November 7th: 1:15 p.m. Sittercise

November 9th: 8:45 a.m. Live 2B Healthy

November 10th: 1:00 p.m. Bible Study with Carol

November 11th: 2:30 p.m. Veteran's Day Ceremony

November 12th: 2:00 p.m. Bingo & Popcorn

November 13th: 5:30 p.m. Friday Night Movie "Wonder"

November 14th: 9:30 a.m. Bingo

November 16th: 10:00 a.m. Alphabet Show Down

November 17th: 2:30 p.m. Noodle Ball

November 18th: 1:30 p.m. Pinecone Bird Feeders

November 19th: 9:45 a.m. Fancy Fingers

November 20th: 1:30 p.m. Happy Hour Thanksgiving Trivia

November 22nd: 2:00 p.m. Sundaes on Sunday

November 23rd: 1:00 & 2:30 p.m. Out & About Drive

November 24th: 2:30 p.m. Turkey Toss

November 25th: 2:00 p.m. Bingo & Popcorn

November 26th: Thanksgiving Parade & Puzzle Packs

November 27th: 10:00 a.m. Homemade Christmas Tea

November 28th: 1:15 p.m. Sittercise

November 30th: 10:00 a.m. Trim the Trees: Decorate

\*\*The complete calendar of activities is available online at <a href="https://www.ArlingtonPlaceLiving.com">www.ArlingtonPlaceLiving.com</a>