

April 2021



We're looking for volunteers to assist with activities.
If interested, please call Shenita at 319-283-3334 or email
lifenrichmentow@arlingtonplaceretirement.com for more
information.



All volunteers must meet the following criteria upon arrival to the community:

- Pass the mandatory screening questionnaire
- Provide record of full vaccination OR proof of negative COVID-19 test within 24 hours (tests are available on-site)
- Masks are required



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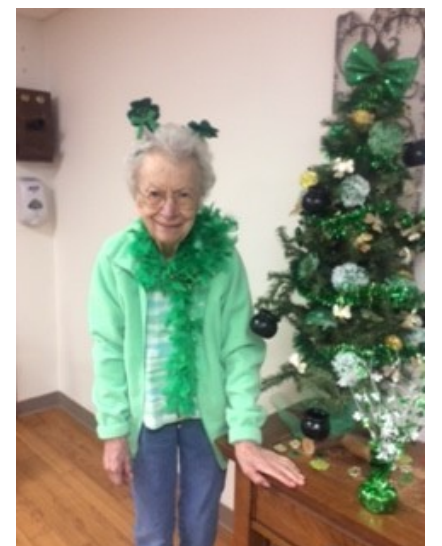
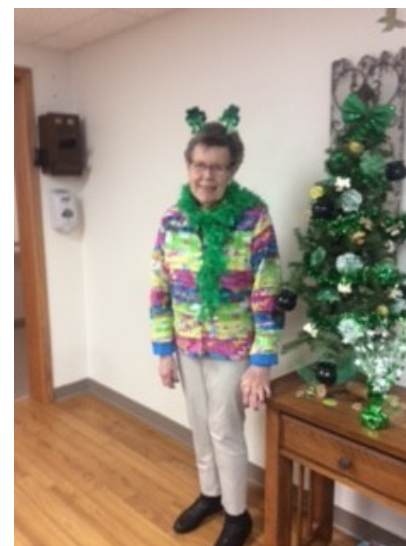
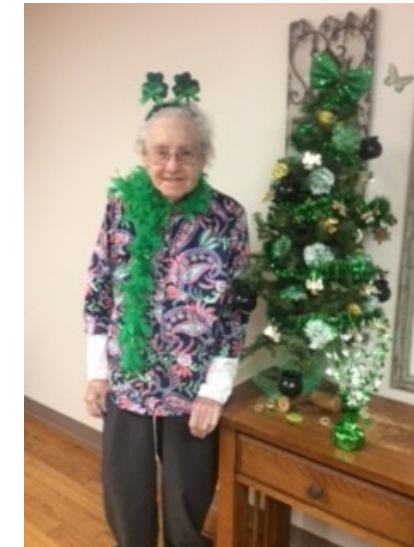


EMBRACE EVERY MOMENT

For St Patrick's Day this year we were lucky to
have great health, great families, and great
friends to celebrate with!

We are looking forward to the start of spring,
warmer weather, and outings with family!

Pictured here celebrating St Patrick's Day:
Evie helping decorate, Dwayne, Alvina,
Vivian, Ruby, Evie, and Ruth.



EMBRACE EVERY MOMENT

We're always on the hunt for new activities to add to the calendar. This month we tried out senior drumming! Our residents used laundry baskets to hold an exercise ball while they drummed along to the beat of the music. Everyone had a blast! This has been added to our monthly activity calendar as "AP Drumming." Ruby tested it out with a solo gig. Pictured in the top group picture: Jean, Lorena, Eileen, Margie, Audrey, Evie, June, and Nelma. Pictured in the bottom group picture: Evie, June, Loretta, and Priscilla.



In response to successful vaccine distribution and falling numbers of COVID-19 cases, we have updated our visitation and resident outing guidelines to reflect recommendations provided by the Centers for Disease Control (CDC).

Key Takeaways

- All residents leaving the Community on an outing will have education on proper mask use, social distancing, and hand hygiene.
- Indoor visitation can occur as long as the county positivity rate is under 10% and there have been no new cases of COVID-19 within the community in the previous 14 days.
- Jaybird Senior Living will continue to require employees to test for COVID-19. Vaccinated staff will test monthly and unvaccinated staff will test on a bi-weekly basis, unless COVID-19 cases are identified in the community.

Resident Outing Guidelines:

Fully vaccinated residents do not have to quarantine following an outing if:

- They have completed the final dose two weeks prior and no more than three months prior.
- They are asymptomatic.
- They were not exposed to anyone positive with COVID-19.

Unvaccinated residents must quarantine based on county positivity rates:

- <10% Quarantine for 7 days
- >10% Quarantine for 10 days
- Followed by negative COVID-19 test

Visitor Guidelines:

Visitors can be accepted if:

- The visit has been scheduled in advance
- The visitor(s) have passed the mandatory screening questionnaire.
- Masks are worn & social distancing is maintained

In-Apartment visits can occur if:

- The visitor is fully vaccinated and presents his/ her vaccination record.

OR

- The visitor provides proof of a negative COVID-19 test within the last 24 hours.

(Tests are available on-site)



A NOTE FROM NORTHERN IOWA THERAPY



April is Occupational Therapy Month

Occupational Therapists are health professionals who work with people who have had illnesses, injuries or disabilities that limit or prevent them from participating in their normal activities of daily living.

Occupational Therapy uses assessment and treatment to develop, recover, and maintain the skills of people with a physical, mental, or cognitive disorder.

At Arlington Place, Occupational Therapy specializes in lymphedema and urinary incontinence interventions.

Thank you to Jeanna Hamlett OTR/L and Kathy Schlumbohm COTA/L for their years of service and dedication to those they serve! Please reach out to Jeanna or Kathy if you have any questions about what Occupational Therapy can do for you.



STRAIGHT TALK: WHAT IS SUNDOWNING?

According to the Mayo Clinic, the term *sundowning* refers to a state of confusion that occurs in the late afternoon and into the night. Sundowning can cause a variety of behaviors like confusion, anxiety, wandering, and aggression.



Sometimes sundowning is caused by general fatigue, poor lighting, disruption of the body's internal clock, the presence of an infection, etc.

While sundowning is not exclusive to those with dementia, research shows that about 20% of dementia patients experience confusion, anxiety, or agitation, according to AARP.

The AARP recognizes a few common indicators of sundowning to be mood swings, anxiety, sadness, restlessness, increased confusion, hallucinations, and delusions.

For caregivers at home, the Alzheimer's Association recommends keeping the home well-lit in the evenings, keeping the person's sleeping environment a comfortable temperature with locked windows and doors, maintaining a schedule to include more active and consistent days, and being mindful of your own mental and physical exhaustion as the primary caregiver.

Arlington Place has trained staff and extensive experience in helping manage and decrease sundowning and the accompanying behaviors. We are here and ready to help with just one call. Call Amanda at 319-269-1877 to learn more.

To read the full article visit <https://www.nitherapy.com/straight-talk-what-is-sundowning/>



Birthday Club

Loretta T.
April 19th

Lorena W.
April 26th

Monthly Resident
Birthday Party
April 9th at
1:30 p.m.

Want to make a birthday special?

- ◆ Send a HappyGram
 - ◆ Send a card
 - ◆ Send flowers
 - ◆ Schedule a visit!

Arlington Place At Oelwein

1101 3rd St SW
Oelwein, IA 50662

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

Web:
ArlingtonPlaceLiving.com

E-mail:
welcome@
arlingtonplaceliving.com



APRIL ACTIVITY HIGHLIGHTS:

April 1st: 2:00 p.m. Bingo

April 2nd: 1:30 p.m. Easter Happy Hour and Fun

April 3rd: 2:30 p.m. Biblical Jesus Early Years

April 4th: 2:00 p.m. Easter Sundaes on Sunday

April 5th: 1:00 p.m. Walmart Shopping Trip

April 6th: 12:15 p.m. Hymns with Jamie B.

April 7th: 2:00 p.m. A.P. Drumming

April 8th: 8:45 a.m. Bible Study with Janet H.

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

April 10th: 1:00 p.m. Sittercise

April 12th: 10:00 a.m. Family Feud Game

April 13th: 2:30 p.m. Bean Bag Toss

April 14th: 10:30 a.m. Lutheran Church Service

April 15th: 9:00 a.m. Fancy Fingers

April 16th: 9:45 a.m. Baking Bunch– Oreo Lust

April 19th: 1:00 & 2:30 p.m. Out & About Bus Ride

April 20th: 10:00 a.m. Card Club

April 21st: 1:00 p.m. Pastor Roland

April 22nd: 6:00 p.m. Wrap Silverware

April 26th: 3:15 p.m. Comedy with Jonathan May

April 27th: 2:15 p.m. Glass Painting

April 28th: 2:30 p.m. Noodle Ball

April 29th: 2:00 p.m. Popcorn & Bingo

****The complete calendar of activities is available
online at www.ArlingtonPlaceLiving.com**