

June 2021



WE'RE WALKING TO END ALZHEIMER'S

Each year Arlington Place creates a team for the Walk to End Alzheimer's. We fundraise leading up to the walk and participate on the day of the walk. Last year everyone walked in their own neighborhood and connected virtually. This year, that option is still available, but we are returning to the group walk to flood the streets with purple! We are part of the Cedar Valley walk this year on September 25th at Peet Junior High in Cedar Falls.

To join our walk team, scan the QR code below using your phone's camera or go online to www.alz.org/walk and search for our team "Arlington Place Oelwein".



Scan Me!

Visit our Team page to join us in the fight to End Alzheimer's.

We hope you will join our team for the Walk to End Alzheimer's and consider making a donation to support our fundraising goal.



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EMBRACE EVERY MOMENT

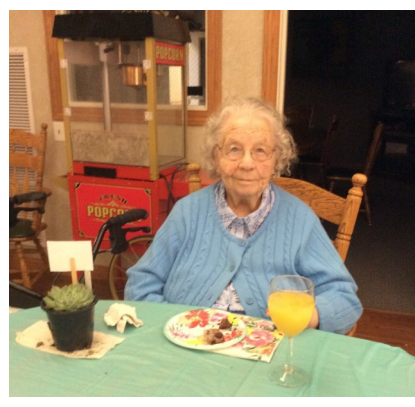
Our vaccinated residents no longer need to socially distance for meals and activities or wear masks while inside the building! Everyone is enjoying getting back to communal dining, activities and entertainers, and cards!

****All visitors are still required to wear masks****



EMBRACE EVERY MOMENT

Let Love Grow! This year for Mother's Day, our "Mothers and Others" enjoyed Mimosas with Cucumber Rye Sandwiches and Mini Cheesecakes, accompanied by music from our very own Jamie Bahr (Resident Assistant). Everyone was given a small succulent plant as a reminder that Love Grows! Pictured left to right, top to bottom: Judy, Nelma, Ruby, Marjorie, Priscilla, Lorena, and Julie.



LEARN TO PLAY ONE OF OUR FAVORITE GAMES!

500 is a fun, trick-taking card game. Be the first team to 500 points to win!

What You'll Need:

43 card deck (Jokers, Aces through 5's, red 4's)
4 players
Pen and paper for scorekeeping



Deal:

Each player is dealt ten cards. First deal a set of three cards to each player, then a set of three cards to the middle, then a set of four cards to each player. And finally, deal a set of three cards to each player again.

Objective:

Score points through bidding and winning tricks as a partnership team. A trick is created by each player taking a turn playing a card into the middle. The winner of the trick is the player with the highest ranking card.

Bidding:

The player to the left of the dealer is the first to bid. They can place a bid or pass. When bidding, a player will announce how many tricks their team will win and what suit they want trump to be. For example: a bid of "7 Heart" means the team needs to take seven tricks and wants hearts as the trump suit. Each bid going forward has to be higher than the previous bid. A player can bid the same number of tricks in a higher suit or bid more tricks in any suit.

Suit Rank:

Highest to lowest: No Trump/ Spades/ Hearts/ Diamonds/ Clubs
A no trump bid means during the round, no suit is considered trump. The joker is still considered trump. The bid winner gets to look at the three cards that were dealt to the middle and will discard any three cards they choose.

Game Play:

The bid winner leads the first trick. Every player is required to play a card in the same suit as the first card played whenever possible. If a player does not have a card in the lead suit, they can play any card. The winner of the trick is the player with the highest ranking trump suited card. If no trump suited card gets played, the winner of the trick is the player with the highest ranking card in the lead suit. The player that wins the trick leads the next trick. At the end of each round, each team's tricks are counted.

Scoring:

The bid winner's team is awarded points based on the bid made. Every trick the opposing team wins during the round is worth 10 points. The first team to 500 points wins the game.

Rules:

- ♦ If a team does not win the amount of tricks bid, they go negative the amount for the bid.
- ♦ If a team wins all ten tricks in a round, and their bid amount won is less than 250 points, the team is still awarded 250 points.
- ♦ If a "no trump" bid is played, the joker is still considered trump. When led, the player must call a suit for others to follow. If not led, it can only be played if the player holding it cannot follow the lead suit.
- ♦ The off suit jack is considered part of the trump suit and when played, trump is required to follow suit.
- ♦ The minimum amount a player can bid is six.



To learn more, visit <https://gathertogethergames.com/500>

A NOTE FROM NORTHERN IOWA THERAPY

NIT Physical, Occupational and Speech Therapy can play an important role in educating and advocating for persons living with dementia and their families.



PHYSICAL THERAPY can promote increased functional independence in daily activities. People with dementia are at higher risk of falls due to decreased muscle strength, gait instabilities, decreased balance, and cognitive limitations. Physical therapy can focus on specific physical activities that are enjoyable and meaningful to the person and practice task-specific activities to decrease their fall risk while also promoting a sense of purpose.

OCCUPATIONAL THERAPY can reduce behavioral problems, lower the burden on caregivers and lessen the amount of care needed. Daily tasks can become more difficult to do when someone suffers from cognitive impairment. Occupational therapy can help simplify such tasks to help the patient become more successful in carrying them out and advise caregivers on how to minimize conflict. This, in turn, reduces the frustration that an individual with dementia experiences and anger in both the caregiver and the person with dementia. Structuring the environment helps the patient do simple things safely and effectively, lessening the care that the caregiver needs to provide.

SPEECH THERAPY can help an individual learn strategies to remember important information. They can work to improve articulation, volume control, and fluency, or create a plan for alternative forms of communication such as written words or pictures. Speech therapy can also evaluate a person's ability to eat and swallow and work with the family or care partners to teach effective communication strategies.

Our residents and Life Enrichment Coordinator, Shenita, have been very busy creating Tie-Dye T-shirts. We are selling these unique t-shirts for \$15 each as a fundraiser for our Walk to End Alzheimer's Team (Arlington Place Oelwein). Colors and dye patterns vary-- no two t-shirts are the same. So far we have raised \$541 from internal sales of our t-shirts! We now are extending our shirt sales to our family and friends! If you or someone you know would like to support this great cause and help promote our team, please contact Shenita at lifeenrichmentow@arlingtonplaceretirement.com or 319-283-3334.



Dick A.
June 2nd

June H.
June 8th

Gene D.
June 16th

Jean A.
June 27th

Nelma C.
June 29th

Monthly Resident
Birthday Party
June 2nd @ 1:30 p.m.

Arlington Place At Oelwein

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Web:
ArlingtonPlaceLiving.com

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June 1st: 1:30 p.m. Dave Poggenklass Music
June 2nd: 8:45 a.m. Live 2B Healthy
June 3rd: 6:15 p.m. Yahtzee
June 4th: 1:30 p.m. Happy Hour on the Patio
June 5th: 5:30 p.m. Dave Wirtz Music
June 7th: 1:30 p.m. Walmart– Shopping in Indee
June 8th: 2:30 p.m. A.P. Drumming
June 9th: 10:30 a.m. Lutheran Church
June 10th: 2:00 p.m. Popcorn & Bingo
June 11th: 9:30 a.m. Baking Bunch
June 13th: 2:00 p.m. Sundaes on Sunday
June 14th: 1:30 p.m. Dairy Queen & City Park Drive
June 15th: 10:00 a.m. Uno with Friends
June 16th: 2:00 p.m. Fourth of July Craft
June 17th: 2:00 p.m. Popcorn & Bingo
June 18th: 11:00 a.m. Father's Day Men's Picnic– Patio
June 19th: 1:00 p.m. Sittercise
June 20th: Father's Day
June 21st: 6:00 p.m. Bingo
June 22nd: 1:15 p.m. Stained Glass Demo at Library
June 23rd: 2:30 p.m. Noodle Ball
June 25th: 1:30 p.m. Pets on the Porch
June 26th: 3:30 p.m. 500 Card Club
June 28th: 1:30 p.m. Volga Lake Drive
June 30th: 2:00 p.m. Summer Craft

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