



JULY
2021



Embracing Every Moment

101 NE 5th St. Pocahontas, IA 50574
712-335-3020

Director: Lauri Fulkerth

Nurse: Mary Jo Miller-Grandfield

Culinary Coordinator: Amber Baas

Maintenance Coordinator: Abraham Barnhardt

Life Enrichment Coordinator: Kelly Sheets



A few of the ladies got together and made donuts out of biscuits. They rolled out the dough, cut out circles and hearts, rolled them in cinnamon and sugar, and baked them in the air fryer. Everyone got to take their donuts home to enjoy!



Tuesday morning children attending Vacation Bible School from the Covenant Church which is located South of Pocahontas, arrived to put on a short little program for our residents. Everyone loved the program, and we hope the children will come again soon to see us!



Celebrating Donut Day with Donuts, great friends, Cards, and good conversation!



Residents enjoyed some fresh air with a picnic in Elbert Park! Doris had a great time on the swings!





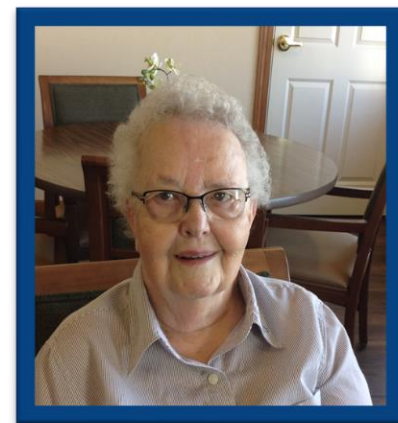
HAPPY BIRTHDAY



Arlington Place would like to wish you
a very Happy Birthday!



Marie P
07/18



Madonna K
07/10



*Maintenance
Coordinator
Abraham Barnhardt*

STAYING SAFE IN A LIGHTENING STORM.

Here are some tips on how to stay safe during a Lightning Storm:

- Inside – Stay off corded phones, computers and other electrical equipment that puts you in direct contact with electricity. Avoid sinks, baths, showers and faucets. Stay away from windows, doors, and please, this is not the time to go sit on the porch. Concrete can conduct electricity – so do not lie on concrete floors or lean on concrete walls.
- Outside – Immediately move to a safe shelter if possible or a metal topped vehicle with windows up. If you are caught outside with out shelter, get off elevated areas like hills, do not lie flat on the ground, do not seek shelter under trees, or rocky overhangs. Get away from bodies of water, fences, power lines, windmills...anything that may conduct electricity.



*Amber Baas
Culinary
Coordinator*

Rhubarb and Strawberry Pie

Ingredients

- 1 cup white sugar
- 1/2 cup all-purpose flour
- 1 pound fresh rhubarb, chopped
- 2 pints fresh strawberries
- 1 recipe pastry for a 9 inch double crust pie
- 2 tablespoons butter
- 1 egg yolk
- 2 tablespoons white sugar



Directions

1. Preheat oven to 400 degrees F (200 degrees C).
2. In a large bowl, mix flour and sugar. Add strawberries and chopped rhubarb. Toss with sugar and flour and let stand for 30 minutes.
3. Pour filling into pie crust. Dot top with butter, and cover with top crust. Seal edges of top and bottom crust with water.
4. Apply yolk to top of pie, using a pastry brush. Sprinkle with sugar. Cut small holes in top to let steam escape.
5. Bake at 400 degrees F (200 degrees C), for 35 to 40 minutes, or until bubbly and brown. Cool on rack.



*Life Enrichment
Coordinator
Kelly Sheets*

STAY SAFE THIS SUMMER!



Stay Hydrated

Seniors are more susceptible to dehydration. Elderly often become less aware of their thirst and have difficulty adjusting to temperature changes. During the summer. Stop and visit Arlington's Bistro and enjoy a refreshing glass of lemonade, tea or a tall glass of cold water.

Keep Cool

Even small increases in temperature can shorten the life expectancy for seniors who are coping with chronic medical conditions.

Wear the Right Stuff

Stock your summer wardrobe with light-colored and loose-fitting clothes to help feel cooler and more comfortable.

Protect Your Eyes

Wear sunglasses to protect your eyes from the harmful UV rays.

Put on Sunscreen and Wear Hats

Seniors especially need the extra sun protection to help keep them healthy. Hats are also a great idea, especially for those with light-colored hair.

Exercise Smart

If you enjoy outdoor activities, such as walking or gardening, make sure to wear the proper clothing and not stay outdoors for long periods of time. You may even consider going outdoors early in the morning or later in the evening when it's a little cooler.



*Kelly Sheets
Life Enrichment
Coordinator*



Currently, as many as 5.4 million Americans are living with Alzheimer's disease, and millions more are faced with the financial and emotional challenges of caring for a loved one with the disease. If current trends continue, Alzheimer's will bankrupt families, and communities and our healthcare system.

The Alzheimer's Association the leading voluntary organization in Alzheimer research, care and support, is dedicated to finding prevention methods, treatments and an eventual cure for the disease.

We plan to raise at least \$5000.00 to support the Alzheimer's Association. I know we can do this with your support. In our efforts to raise money we would like to involve the community with a 2-person best ball golf tournament fundraiser in August. Date and time to be determined.



*Registered Nurse
Mary Jo Miller-
Grandfield*

The Importance of Strength and Balance Exercises to Prevent Falls.

In North America, falls are one of the leading causes of injury and death for senior citizens. However, seniors don't have to fall prey to slips and falls. By exercising at least 3 times per week for 30 minutes, seniors can improve their balance and strength, thus improving confidence and maintaining independence.

French researchers analyzed the results of 17 trials that tested the effect of fall-prevention exercises on seniors' risk of falls and fall-related injuries. Overall, exercise programs reduced falls that caused injuries by 37%, falls leading to serious injuries by 43%, and broken bones by 61%.

Beyond better balance and strength, the other benefits of an exercise program include:

- **Faster Reaction Time.** This helps seniors to keep upright by putting out an arm quickly to grab something stable.
- **Improved Coordination.** This can directly help prevent falls and help seniors roll rather than crash as they go down.
- **More Muscle.** Stronger and larger muscles buffer the impact of a fall, providing some protection to bones and joints.
- **Stronger Bones.** Resistance exercise strengthens bones, and stronger bones are more resistant to fractures.
- **Better Brain Function.** Regular exercises help maintain brain function with age. Clearer thinking may help avoid situations that increase fall risk.



Lauri Fulkerth
Director

Flowerpot Challenge



**Congratulations to Judy
Boysen, representing Hope
United Methodist Church.**

Judy is the winner of Arlington Place's First Flowerpot Challenge. Judy used a small wicker chair with a heart back and a sign reading, "Love you more". The flowers and vines draped the chair beautifully!

Arlington Place had eight entries in our first Flowerpot Challenge. Flowerpots were judged on June 1st.

We would like to thank, Availa Bank, The Pocahontas Woman's Club, Pocahontas City Hall, Hope United Methodist Church, Pizza Ranch, Rhythm and Blooms, Laurens Lounge and Lanes, and our Nurse/ Mary Jo for making a flowerpot for Arlington Place. Everyone did an amazing job on their flowerpots!

