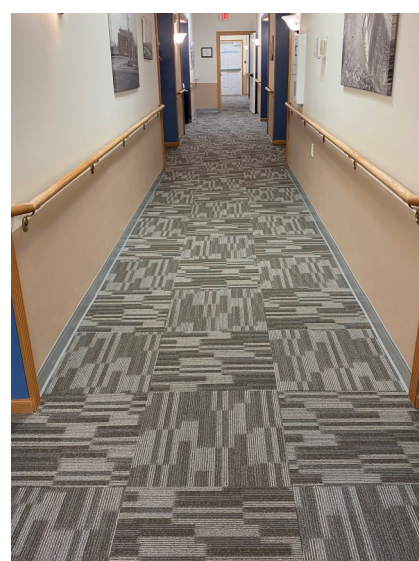


July 2021



## EXCITING CHANGES

During the last couple weeks of June, we had new carpet installed throughout the entire building. We are very excited about this update and look forward to the positive impact it will have on our building and our residents! Thank you to McGraw's Carpets of Independence for their hard work in helping us complete this large project!



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## EMBRACE EVERY MOMENT

In June we honored the amazing gentleman at Arlington Place for Father's Day! We celebrated with a special meal, their favorite ordered in from Pizza Ranch! They loved the opportunity to all sit together and reminisce on life and raising their children. Pictured are Walter, Dwayne, Paul, Darrel, Dick, Ed, Jerry, and Virgil.





## EMBRACE EVERY MOMENT

Our monthly birthday party always draws a crowd! During June we celebrated Dick, Nelma, June, Jean, and Gene (not pictured).



Our residents have been hard at work tending to the raised garden boxes! Planting, watering, weeding, and soon enough—bringing in the harvest.



## LEARN TO PLAY ONE OF OUR FAVORITE GAMES!

Yahtzee is an “easy-to-play” dice game to be enjoyed with two or more players.

### You'll Need:

Two or more players, Five dice, Score pad

### Objective:

The object of the game is to score the most points by rolling different dice combinations with five dice.

### Game Play:

A turn consists of up to three dice rolls. After the first roll, the player will decide which dice to keep, if any, and will roll the dice not kept. After the second roll, the player will again determine the dice to keep and the dice to roll again. After the third roll, the player must choose a box to score on the scorecard.

### Score:

There are 13 boxes to score, meaning each player will get 13 turns. The goal for the top six boxes is to roll as many specific numbers as possible. The goal of the bottom seven boxes is to roll a specific combination of dice.

### Winning:

The player with the highest total point value at the end of the game wins.

### Rules:

- ♦ During a turn, a player can roll up to three times but can stop after the first or second roll if a desired combination has been rolled.
- ♦ If a player's top six boxes add up to 63 or more points, a bonus of 35 points are scored.
- ♦ If a player does not get a desired combination after three rolls, he/ she may need to x-out a box and will get no points for that combination.

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



EMBRACE EVERY MOMENT



The workout nobody expects— Noodle Ball! This fun game allows our residents to work on range of motion and upper body strength while using pool noodles to hit balloons around the group. Pictured: Mary Ann, Evie, Irene, Jean, Priscilla, Mary Ann.



Pictured left: Alvina enjoys a nice, hot cup of coffee with her cake.



Pictured left to right: Lorena, Evie, Mary Ann, and Margie take a break from painting their Independence Day boxes for a picture.



WHAT IS VESTIBULAR REHABILITATION THERAPY?

Are you experiencing dizziness, vertigo, visual disturbance or imbalance? Vestibular rehabilitation therapy (VRT) may be for you and NIT therapists can help! Evidence has shown that vestibular rehabilitation can be effective in improving symptoms related to many vestibular (inner ear/balance) disorders. Other problems can also arise that are secondary to vestibular disorders, such as nausea and/or vomiting, reduced ability to focus or concentrate, and fatigue.

*Vestibular rehabilitation consists of 3 types of exercises.*

1. Habituation exercises are used to treat symptoms of dizziness that are produced because of self-motion and/or produced because of visual stimuli. The goal of habituation exercise is to reduce the dizziness through repeated exposure to specific movements or visual stimuli that provokes dizziness.
2. Gaze Stabilization exercises are used to improve control of eye movements so vision can be clear during head movement. These exercises are appropriate for those who report problems seeing clearly because their visual world appears to bounce or jump around. Examples of this could be when reading or when trying to identify objects in the environment, especially when moving about.
3. Balance Training exercises are used to improve steadiness so that daily activities for self-care, work, and leisure can be performed successfully. Exercises used to improve balance should be designed to address an individual's specific underlying balance problems.

Visit with one of our NIT Therapists to learn more!



ALZHEIMER’S ASSOCIATION: T-SHIRT FUNDRAISER UPDATE

Arlington Place has raised over \$1,120 so far from our tie-dye t-shirt fundraiser! 100% of the proceeds go to the Alzheimer’s Association as part of our fundraising efforts for our Walk to End Alzheimer’s Team. Our team will walk in Cedar Falls on September 25th. We still have more t-shirts for sale at \$15 each! If you are interested in purchasing a t-shirt or donating in a different way, please contact us at 319-283-3334.



Birthday Club

We have no resident birthdays during July.

Important Dates to Remember:

- July 4th: Independence Day
- July 14th: 10:00 a.m. Resident Council Meeting

Arlington Place At Oelwein

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Web:  
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E-mail:  
welcome@arlingtonplaceliving.com



JULY ACTIVITY HIGHLIGHTS:

- July 1st: 2:00 p.m. Popcorn and Bingo
- July 2nd: 1:30 p.m. Patriotic Happy Hour on the Patio
- July 3rd: 5:30 p.m. Dave Wirtz Music
- July 5th: 10:00 a.m. Word Game
- July 6th: 1:00 p.m. Music with Dave Poggenklass
- July 7th: 2:30 p.m. America’s Birthday: Cake and Trivia
- July 8th: 10:00 a.m. Bible Study with Janet
- July 9th: 9:30 a.m. Baking Bunch– Donut Holes
- July 10th: 1:00 p.m. Sittercise
- July 11th: 2:00 p.m. Sundaes on Sunday
- July 12th: 1:30 p.m. Sumner Park Drive
- July 13th: 9:00 a.m. Shopping in Oelwein
- July 14th: 10:00 a.m. Waterloo Bucks Baseball Game
- July 15th: 6:15 p.m. Yahtzee
- July 16th: 1:30 p.m. Make Homemade Ice Cream
- July 17th: 9:15 a.m. Bingo
- July 19th: 8:45 a.m. Live 2B Healthy Exercise
- July 20th: 2:30 p.m. AP Drumming
- July 21st: 1:30 p.m. Music with Janet Lied
- July 22nd: Popcorn and Bingo
- July 23rd: 5:30 p.m. Friday Night Movie: Dolphin Tale
- July 25th: 5:30 p.m. Music with Curt & Linda
- July 27th: 1:00 p.m. Bible Study with Pastor Roland
- July 28th: 1:30 p.m. Noodle Ball
- July 30th: 8:45 a.m. Live 2B Healthy Exercise

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

