

800 EAST RATLIFF ROAD  
RED OAK, IA 51566



ARLINGTONPLACERETIREMENT.COM  
PHONE: 712-623-1999

# ARLINGTON PLACE GAZETTE

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## JOIN US FOR A WEEKLY EVENT:

- Sunday, Music Time on Piano at 2:30 p.m.
- Wednesday & Fridays Virtual Music Therapy at 9:30 a.m.
- Wednesday & Fridays One on One w/LEC 10:00 a.m.
- Tuesdays, & Thursdays, Virtual Live 2B Healthy 10:00 am.
- Monday–Friday Mani-cures/hand massages

## Main July 2021 Events

### **Thursday, July 1st :**

National Ginger Snap Day!

### **Sunday, July 4th:**

Happy BBQ Spare Ribs Day!

### **Friday, July 9th:**

National Sugar Cookie Day! Yum!

### **Thursday, July 15th:**

National Gummy Worm Day!

### **Friday, July 16th:**

National Corn Fritter Day! Can you make them?

### **Tuesday , July 20th:**

It's National Lollipop Day! Where did they come from?

### **Saturday, July 24th**

It's National Day of the Cowboy! Do you know any REAL cowboys?

### **Friday, July 30th:**

Oh Boy! National Cheesecake Day! How many kinds have you tried?

July has so many fun things to do and try! Did you know that it's National Blueberry Month ad Peach Month?

Of course, National Picnic Month! Pack it up and head outside and enjoy the beautiful weather!

**JULY MONTHLY GRILLING MONTH, HOTDOG MONTH, ICE CREAM MONTH AND BAKED BEAN MONTH**

1st Ginger Snap Day	19th Daiquiri Day
3rd Eat Your Beans Day	21st Hot Dog Day
4th BBQ Spare Ribs Day	22nd Refreshment Day
6th Fried Chicken Day	24th Day of the Cowboy
8th Freezer Pop Day	27th Love is Kind Day
13th Bean's & Franks Day	28th Chocolate Milk Day
14th Mac 'N Cheez Day	30th Cheesecake Day
15th Gummy Worm Day	
16th National Corn fritters Day	



# "I Am An American"

*I am an American.*

*That's the way most of us put it, just matter of factly.*

*They are plain words, those four.*

*You could write them on your thumbnail,  
or you could sweep them clear across this bright autumn sky.*

*But remember too that they are more than words.*

*They are a way of life.*

*So whenever you speak them, speak them firmly;  
speak them proudly; speak them gratefully.*

*I am an American.*

## FROM OUR DIRECTOR

Are you a caregiver to a person with Dementia? Are you or a family member suffering from this?

If you or someone you know is caring for anyone with Dementia please contact Arlington. We have a beautiful secured Memory Care addition. We refer to this addition as "The Gardens".

If you have any questions or concerns about Dementia please give Arlington Place a call. 712-623-1999 and ask for Di Smith, Director or Kristy Eitzen, RN.

[arlingtonplaceretirement.com!](http://arlingtonplaceretirement.com!)

Di Smith, Director.

## From Our Culinary Department

Arlington Place of Red Oak is getting back to normal.

With that being said, we are starting to have a great time again with our National Days every day of the month.

Baked beans, hot dogs, fried chicken, ice cream and so much more everyone is having a blast! Have a great 4th of July and stay safe.

Pam Ehlers, Culinary Coordinator



## HEALTH CARE COORDINATOR

Hello everyone!

July brings in the HEAT! What should we think about doing?

Hydration, hydration, hydration! Can't say it enough!

One of the best ways to stay hydrated is by taking tasty drinks like smoothies. There are many fluid-filled recipes that will guide you in the best smoothies and shakes. To lay a base, it's essential to add in fruits, vegetables, and water to the mix.

Be safe and Happy 4th of July!

Kristy Eitzen, RN, Health Care Coordinator





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#### RESIDENT BIRTHDAYS

There aren't any this month!

Look out August is full!



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