



Embracing Every Moment



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712-335-3020
Director: Kelly Sheets
Nurse: Mary Jo Miller-Grandfield
Culinary Coordinator: Amber Baas
Maintenance Coordinator: Abraham Barnhardt
Life Enrichment Coordinator: Lynell Kuhn





OCTOBER BIRTHDAYS

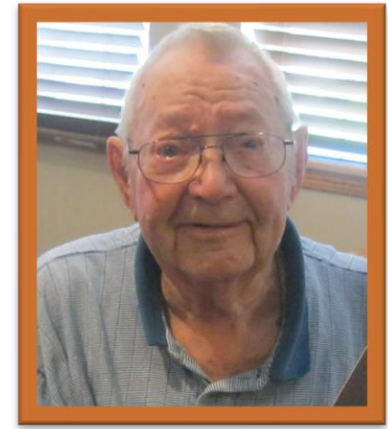
ARLINGTON PLACE WOULD LIKE TO
WISH ALL OF YOU A VERY HAPPY
BIRTHDAY! WE WILL BE CELEBRATING
OCTOBER BIRTHDAY'S ON TUESDAY
OCTOBER 5TH, AT 2:00P.M. WE HOPE
TO SEE YOU ALL THERE.



Judy B
10/8



Donna S
10/23



Gerald J
10/16

**** NEW MANAGER SPECIAL!! ****

Are you currently searching for the perfect senior living community for yourself or a loved one?

**Look no further!
Arlington Place is here to help!
Arlington Place has openings in
Assisted Living and Memory Care!**

Arlington Place amenities include:

- Three home-cooked meals served daily, restaurant style
- Private dining room
- Spacious apartments
- Bistro
- All utilities paid, including wi-fi (excluding phone)
- Basic cable
- Housekeeping and laundry services
- Personal emergency call system
- Registered Nurse available 24-hours a day
- Caring staff in the building around the clock
- Daily socials and recreational activities
- Walk-in showers with grab-bars and built-in seats
- Gym with a Nustep, TV, resistance bands, low weight dumbbells
- TV lounge
- On-site beauty and barber salon
- Individual climate control in each apartment
- Window blinds
- Indoor mailboxes
- Secure building
- Scheduled transportation

No buy-in, No lease, just month-to-month rentals.*



*Kelly Sheets
Community
Director*

**WELCOME
KELLY!**



Any current tenant that refers a friend will receive \$ 1,000 OFF one month's rent after their move-in!!



CONTACT KELLY FOR MORE INFORMATION @ 712-335-3020

BENEFITS OF APPPPLES

Apples can do a lot for you, thanks to plant chemicals called flavonoids. And they have pectin, a fiber that breaks down in your gut.

The fiber can slow digestion so you feel fuller after eating.

An apple's fiber can also help with diarrhea and constipation.

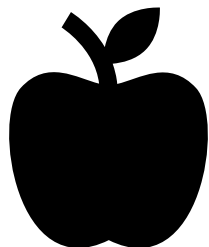
Research shows the antioxidants in apples can slow the growth of cancer cells. And they can protect the cells in your pancreas, which can lower your chances of type 2 diabetes.



*Mary Jo Miller-Grandfield
Nurse*

Scientists also give apples credit for helping:

- Your lung strength
- Your heart
- With asthma
- Bone health
- Weight loss
- Your brain
- Your immune system
- Your gut health



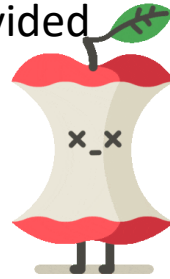
APPLE NUTRITION

- Low in sodium, fat, and cholesterol.
- Good source of Vit. C and fiber
- 1 med. Apple has about:
 - 100 calories
 - 25 grams of carbohydrates
 - 4 grams of fiber
 - 19 grams of sugar
 - Variety of strong antioxidants

OLD FASHIONED EASY APPLE CRISP

Ingredients:

- 6 golden delicious apples, peeled and chopped
- 2 Tbsp granulated sugar
- 1 $\frac{3}{4}$ tsp ground cinnamon, divided
- 1 $\frac{1}{2}$ tsp lemon juice
- 1 cup light brown sugar
- $\frac{3}{4}$ cup old fashioned oats
- $\frac{3}{4}$ cup all-purpose flour
- $\frac{1}{2}$ cup cold unsalted butter, diced into small cubes
- Pinch of kosher salt



Amber Baas
Culinary
Coordinator



Instructions:

1. Preheat oven to 350 F degrees. Butter an 8x8 baking dish, or spray with non-stick cooking spray. Set aside.
2. In a mixing bowl, add chopped apples, granulated sugar, $\frac{3}{4}$ tsp of the cinnamon and lemon juice. Stir to combine, then transfer to prepared baking dish.
3. In a separate mixing bowl, add topping ingredients (brown sugar, oats, flour, 1 tsp cinnamon, salt, and diced cold butter). Use a pastry cutter to cut the butter into the oat mixture, using a slight downward twisting motion, until mixture resembled pea-sized crumbs. Alternatively, you can use two forks or even your hands to cut butter into the mixture.
4. Spread topping over apples in baking dish, and gently pat to even it out. Bake 40-50 minutes, until golden brown and bubbly.
5. Serve warm and enjoy!



**ASSISTED LIVING WEEK
SEPTEMBER 12-18, 2021**





FALL PARTY



Pumpkin Roll

Pennies in the Pumpkin



Corn on the Cob



Apple Toss





**Maintenance Coordinator
Abraham Barnhardt**

9 Things You Should Do to Your Home Before Fall Starts

1. Clean, or possibly replace, your gutters.
2. Check for drafts in windows and doors.
3. Drain your outdoor faucets.
4. Bring your outdoor furniture in.
5. Fix any cracks in your driveway.
6. Change your filters in your furnace.
7. Fertilize your lawn.
8. Test winter equipment (snow blower).
9. Change your batteries in smoke detectors and carbon monoxide devices.



A BIG **THANK YOU** TO ALL OUR STAFF AND RESIDENTS FOR DONATING NEEDED ITEMS TO UDMO DURING ASSISTED LIVING WEEK! THESE ITEMS WERE WON DURING BINGO NIGHT AND THEN DONATED TO HELP THOSE IN NEED IN OUR COMMUNITY.

