



JANUARY

Embracing Every Moment

101 NE 5th St. Pocahontas, IA 50574

712-335-3020

Director: Kelly Sheets

Nurse: Mary Jo Miller-Grandfield

Culinary Coordinator:

Maintenance Coordinator: Abraham Barnhardt

Life Enrichment Coordinator: Lynell Kuhn

JANUARY BIRTHDAYS

**There are no January birthdays. We
hope to see you all next month.**

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



Kelly Sheets
Community
Director

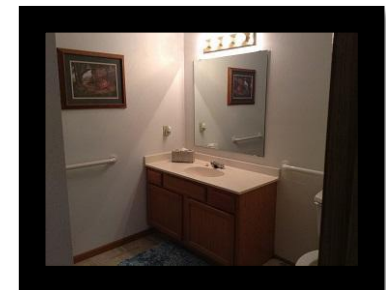
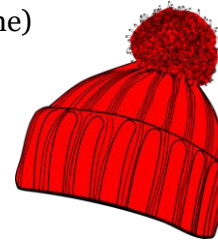


Look no further!
Arlington Place is here to help!
Arlington Place has openings in
Assisted Living and Memory Care!

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.*



**ADVENTURE
AWAITS!**



CONTACT KELLY FOR MORE INFORMATION @ 712-335-3020



Mary Jo Miller-Grandfield
Nurse

Tip Sheet: Winter Safety For Older Adults

Tip Sheet: Winter Safety for Older Adults

Baby, It's Cold Outside! When the temperature drops, older adults run a higher risk of health problems and injuries related to the weather, including hypothermia, frostbite, and falls in ice and snow. Like most things in life, it is better to be prepared. Here are a few precautions everyone should take, especially older adults, during the winter.

Hypothermia

Hypothermia occurs when your body temperature drops to a dangerous level. Your body temperature can drop when you are out in the cold for an extended time because it begins to lose heat quickly. Older adults are at an increased risk of hypothermia due to changes that happen to your body with aging.

Warning Signs: cold skin that is pale or ashy; feeling very tired, confused and sleepy; feeling weak; problems walking; slowed breathing or heart rate. Call 911 if you think you or someone else has hypothermia.

Note: Shivering is not a reliable warning sign because older people tend to shiver less or not at all when their body temperature drops.

Precautions to Take

- Stay indoors (or don't stay outside for very long).
- Keep indoor temperature at 65 degrees or warmer.
- Stay dry because wet clothing chills your body more quickly.
- Dress smart – protect your lungs from cold air. Layer up! Wearing 2 or 3 thinner layers of loose-fitting clothing is warmer than a single layer of thick clothing. Think about getting your thermals!
- Essential winter wear: hats, gloves (or preferably mittens), winter coat, boots, and a scarf to cover your mouth and nose.

- <https://www.healthinaging.org/tools-and-tips/tip-sheet-winter-safety-older-adults>

10 Cozy Soups To Make This Season

There is a chill in the air, which means *soup season is here!* Get your cozy comfort food game on with *10 of the best soups to make this winter season.*

1. *French Onion Soup*
2. *Chicken Gnocchi Soup*
3. *Creamy Taco Soup*
4. *Chicken Pot Pie Soup*
5. *Lasagna Soup*
6. *Cheeseburger Soup*
7. *Slow Cooker White Chicken Chili*
8. *Potato Corn Chowder*
9. *Turkey and Wild Rice Soup*
10. *Stuffed Pepper Soup*



<https://www.midwestlifeandstyle.com/10-cozy-soups-to-make-this-season/>

Sam Smith
Culinary Coordinator

ACTIVITIES

CRANIUM CRUNCH WINNERS





From the booklet, A Caregiver's Guide: 12 Ideas for Senior Engagement

7 GIVE A HAND MASSAGE

Physical touch is beneficial for health and wellbeing. In fact, a 2011 study found that a hand massage can:

- reduce hand pain
- decrease anxiety
- induce a better mood
- improve sleep
- provide greater grip strength



<https://www.oakwoodcreativecare.org/wp-content/uploads/2021/06/a-caregivers-guide.pdf>

**Check out our Facebook page –
Arlington Place of Pocahontas
Assisted Living**

Lynell Kuhn
Life Enrichment
Coordinator



Winter Safety For Older Adults

Falls

It is easy to slip and fall in the winter, especially in icy and snowy conditions.

Precautions to Take

- Make sure steps and walkways are clear before you walk. Be especially careful if you see wet pavements that could be iced over.
- Clear away snow and salt your walkways at home, or hire someone to do it.
- Wear boots with non-skid soles – this will prevent you from slipping.
- If you use a cane, replace the rubber tip before it is worn smooth.
- Consider an ice pick-like attachment that fits onto the end of the cane for additional traction.

Fires and Carbon Monoxide Poisoning

During the winter months, it is common to use the fireplace or other heating sources, such as natural gas, kerosene, and other fuels. Unless fireplaces, wood and gas stoves and gas appliances are properly vented, cleaned, and used, they can leak dangerous amounts of carbon monoxide—a deadly gas that you cannot see or smell. These and other appliances, such as space heaters, can also be fire hazards.

Warning Signs

- Headache
- Weakness
- Nausea or vomiting
- Dizziness
- Confusion
- Blurred vision
- Loss of consciousness



**Maintenance Coordinator
Abraham Barnhardt**

- <https://www.healthinaging.org/tools-and-tips/tip-sheet-winter-safety-older-adults>