



ARLINGTON PLACE GAZETTE

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JOIN US FOR A WEEKLY EVENT:

- Sunday, Church Services at 2:30 p.m.
- Fridays Virtual Music Therapy at 9:30 a.m.
- Monday -Fridays One on One w/LEC Anytime
- Tuesdays, & Thursdays, Live 2B Healthy 10:00 am.
- Monday—Friday Manicures/
hand massages

Main January 2022 Events

Saturday, January 1st :

Happy New Year! We will be having the “New Years Sandwich” for supper.

Tuesday, January 4th:

National Spaghetti Day! What’s your favorite?

Monday, January 10th:

National Bittersweet Chocolate Day!

Saturday, January 15th:

National Bagel Day and Strawberry Ice Cream Day!

Sunday, January 16th:

National Fig Newton Day! How many flavors do YOU like?

Thursday, January 20th:

National Buttercrunch day! And it’s National Cheese Lovers Day!

Tuesday, January 25th

National Irish Coffee Day!

Sunday, January 30th:

It’s National Croissant Day! What do you put in yours?

Do you have an event? Call us today and we can help you with yours here at Arlington Place of Red Oak

Have Happy New Year! It’s National Play Outside day too!

JANUARY 2022

1st Play Outside Day	16th Fig Newton Day
2nd Cream Puff Day	17th Hot Buttered Rum Day
4th Spaghetti Day	18th Winnie The Pooh Day
6th Shortbread / Bean Day	19th Popcorn Day
7th Tempura Day	20th Buttercrunch Day
10th Bittersweet Chocolate	21st Granola Bar Day
13th Peach Melba Day	22nd Blonde Brownie Day
14th Hot Pastrami Sandwich	23rd Pie Day
15th Bagel Day Strawberry Ice Cream Day	26th Peanut Brittle Day
	28th Blueberry Pancake Day



Happy New Year

For everybody in the world
whatever color their skin may be,
whatever their religion may be,
whatever their situation may be,
good health, lots of love, of possibilities
and..... peace!!!!

FROM OUR DIRECTOR

Welcome back to Arlington Place at Red Oak

Screen in, mask up and visit your loved ones today. Here at Arlington Place, we are proud to provide top quality care for your loved ones in a community that feels like home. We can't wait to see you!!

Feel free to Contact me anytime

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www.arlingtonplaceredoak.com

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Aubrey Burns, Director

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From Our Culinary Department

Christmas has come and gone and we start a New Year.

We had a special New Year's sandwich made with Underwood deviled ham and a few other special ingredients. Shhhh, it's a secret!, along with our soup of the day.

Only one birthday celebrated for the month.

We would like to wish you all a Happy New Year.

Pam Ehlers, Culinary Coordinator



HEALTH CARE COORDINATOR NOTES

'Tis' The Season to be healthy.

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According to the <https://www.mayoclinic.org/diseases-conditions/flu/symptoms-causes/syc-20351719>.

Please be aware of the respiratory flu and flu symptoms

At first, the flu may seem like a common cold with a runny nose, sneezing and sore throat. But colds usually develop slowly, whereas the flu tends to come on suddenly. And although a cold can be a bother, you usually feel much worse with the flu. Common signs and symptoms of the flu include, Fever, Aching muscles, chills and sweats, headache, dry, persistent cough, and shortness of breath. Along with tiredness and weakness, runny or stuffy nose, sore throat and eye pain. Vomiting and diarrhea, but this is more common in children than adults.

Everyone, be safe wear a mask during the Holidays. Happy Holidays!

Kristy Eitzen, RN, Health Care Coordinator

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January Birthdays

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