



**JULY
2022**



101 NE 5th St.
Pocahontas, IA 50574
712-335-3020

Director:
Kelly Sheets
Nurse:

Mary Jo Miller-Grandfield

Culinary Coordinator:

Kathy Harms

Maintenance Coordinator:

Abraham Barnhardt

Life Enrichment Coordinator:

Lynell Kuhn



PSALMS &
PRAISE



WORLD
ROSE
DAY



ROOT BEER FLOATS



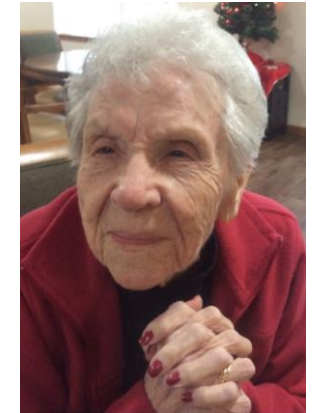
CORNHOLE



LIBRARY WITH
LEESA



Madonna Kakacek
July 10



Marie Pattee
July 18

JULY BIRTHDAYS

**Arlington Place would like to wish all
of you a very Happy Birthday! We will
be celebrating JULY Birthdays on
Tuesday, JULY 5TH, at 2:00p.m. We
hope to see you all there.**

JOIN THE GANG!!



Kelly Sheets
Community
Director



**\$ 50 OFF August rent for
each referral made by a
current Arlington
resident**

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
- 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.*

CONTACT KELLY FOR MORE INFORMATION @ 712-335-3020



JUNE IS CATARACT AWARENESS MONTH



**Mary Jo Miller-
Grandfield
Nurse**



Prevent Blindness Sarah Hecker (312) 363-6035 shecker@preventblindness.org Prevent Blindness Provides Educational Information and Resources on the Leading Cause of Vision Loss in the United States CHICAGO (May 26, 2022)

– More than half of all Americans age 80 or older either have cataracts or have had surgery to remove cataracts, according to the National Eye Institute (NEI). The Centers for Disease Control and Prevention (CDC) states that cataract is the leading cause of vision loss in the United States, and the leading cause of blindness worldwide. Prevent Blindness, the nation's leading nonprofit eye health and safety organization, has declared June as Cataract Awareness Month to educate the public on risk factors, symptoms, types of cataract, and cataract surgery. A cataract is a clouding of the eye's lens which blocks or changes the passage of light into the eye. The lens of the eye is located behind the pupil and the colored iris and is normally transparent. The lens helps to focus images onto the retina – which transmits the images to the brain.

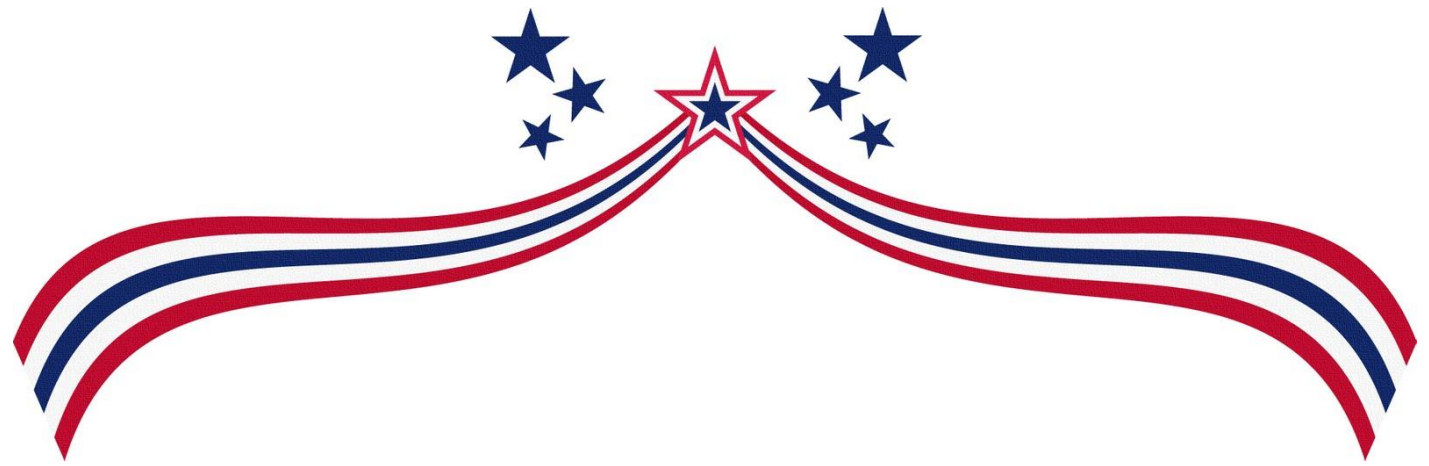
There are several possible risk factors for cataracts, such as:

- Age
- Intense heat or long-term exposure to UV rays from the sun
- Certain diseases, such as diabetes
- Inflammation in the eye
- Hereditary influences
- Events before birth, such as German measles in the mother
- Long-term steroid use
- Eye injuries
- Eye diseases
- Smoking



Although rare, cataract may also occur in children, also known as “pediatric cataract.” Prevent Blindness has declared 2022 as the Year of Children's Vision, to raise awareness and education of children's vision and eye health issues. According to the American Association for Pediatric Ophthalmology and Strabismus (AAPOS), approximately three out of 10,000 children have a cataract. Pediatric cataracts often occur because of abnormal lens development during pregnancy. Cataracts can result from genetic or eye structural problems, they can run in families, be caused by infections, or they can occur spontaneously without a known cause. Lens malformations that occur in conjunction with medical problems are often the result of a genetic or metabolic problem. These cataracts may be present at birth or may develop during childhood. For some adults or children with cataract, surgery may be recommended by an eye doctor. The NEI states that cataract surgery is one of the most common operations in the United States. And, 9 out of 10 people who get cataract surgery can see better afterwards with most people being completely healed 8 weeks after their surgery. For those in need of financial assistance, Mission Cataract USA, coordinated by the Volunteer Eye Surgeon's Association, provides free cataract surgery to people of all ages who have no Medicare, Medicaid, third party insurance or any other means to pay for needed cataract surgery. EyeCare America, from the American Academy of Ophthalmology, offers the “Seniors Program” that connects eligible seniors 65 and older with local volunteer ophthalmologists who provide a medical eye exam often at no out-of-pocket cost, and up to one year of follow-up care for any condition diagnosed during the initial exam, for the physician services.

“Cataract is very common and affects more people than any other eye disease,” said Jeff Todd, president and CEO of Prevent Blindness. “The good news is that vision loss from cataract can be restored with treatment. We encourage everyone to learn the facts about cataract and the steps that can be taken to see clearly.” For free information on cataract or cataract surgery, please visit <http://preventblindness.org/ataract/>.



Ingredients

For each color you want:

1½ cups sugar, divided

¾ cup applesauce

1 pkg {3 ounces each} JELL-O
(I used Cherry and Berry Blue)

.25 oz envelope unflavored gelatin (Knox brand)

½ tsp lemon juice {I used bottled}

For each color you want:

Coat a 8x8 baking dish with cooking spray. Place in refrigerator. Combine 1 cup sugar, applesauce, JELL-O, unflavored gelatin and lemon juice in a medium saucepan. Let stand for 1 minute. Bring to a boil over medium heat stirring constantly. Boil for 1 minute and then immediately pour into cold baking dish. Refrigerate until firm {about three hours should do it. I left mine in overnight.} Generously dust a cutting board with sugar. Loosen the sides of the gelatin with a spatula and invert onto cutting board. Use small, sharp cookie cutters to cut out gumdrops. Sprinkle sugar over a piece of waxed paper and place gumdrops on top of sugar. Let dry for about 8 hours or until slightly sticky.



Kathy Harms
Culinary Coordinator

CRANIUM CRUNCH WINNERS



Donna Stall
June 3



Laurine Pirie
June 17

Debbie Sankey
June 10



Glenn Holland
June 24



FEEDING
THE
BIRDS



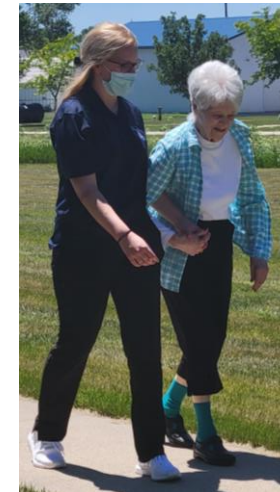
WELCOME
TO
SUMMER



FATHER'S
DAY



WALKS



DONUTS



ACTIVITIES

- Willingness to help wherever
- Cheerful attitude, always ready to help you
- Smile and help in any way
- Helpfulness and ability to find great entertainment and puzzles for us
- Willingness to be wherever needed
- Always dependable, helpful, and cheerful
- Desires to help
(Comments from residents on various resident assistants)

NURSING ASSISTANT WEEK
Thank you to our awesome
resident assistants who help
fill our day with smiles.



GEOGRAPHY



Check out our
Facebook page -
Arlington Place of
Pocahontas
Assisted Living

RELAXING
OUTSIDE



HOMEMADE
ICE CREAM



Lynell Kuhn
Life Enrichment
Coordinator

STAYING SAFE IN A LIGHTENING STORM.



**Maintenance
Coordinator
Abraham Barnhardt**

Here are some tips on how to stay safe during a Lightning Storm:

- Inside – Stay off corded phones, computers and other electrical equipment that puts you in direct contact with electricity. Avoid sinks, baths, showers and faucets. Stay away from windows, doors, and please, this is not the time to go sit on the porch. Concrete can conduct electricity – so do not lie on concrete floors or lean on concrete walls.
- Outside – Immediately move to a safe shelter if possible or a metal topped vehicle with windows up. If you are caught outside with out shelter, get off elevated areas like hills, do not lie flat on the ground, do not seek shelter under trees, or rocky overhangs. Get away from bodies of water, fences, power lines, windmills...anything that may conduct electricity.

S'MORES



OOEY GOOEY
GOODNESS

