

3515 Diana Queen Dr.
Muscatine, IA 52761



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Meet Our Management

Director:

MEGAN JOHNSON

Community Relations Coordinator:

TAYLOR THORPE

Culinary Coordinator:

SAMANTHA HARRIS

Life Enrichment Coordinator:

SABRINA HARRIS

Maintenance Coordinator:

JOE STEINKE

Nurse:

EMILY ADCOCK

ONR Director of Rehabilitation:

PATTY KALAROVICH

This Month's Theme is...

*We Need So More
People Like You*

Follow us on Facebook to stay updated on
the latest adventures at Addington Place!

Resident Birthdays

October 8 - Mary F.

October 9 - Mary S.

October 28 - Genie N.

October 30 - Phyllis B.

Staff Birthdays

October 23 - Maria C.

October 31 - Amerie V

Mark Your Calendars!

October 5 - Women's Lunch

October 7 - Campfire Friday

October 9 - George Ryder Concert

October 11 - Robert Dahms

October 12 - Angel's Care Home Health

October 12 - Community Lunch

October 17 - Terry Stone Music

October 18 - Walmart Shopping Trip

October 19 - Men's Lunch

October 21 - Campfire Friday

October 25 - Women of Worship

October 27 - Road Warriors

October 27 - Mike McElroy Music

October 28 - Trunk or Treat

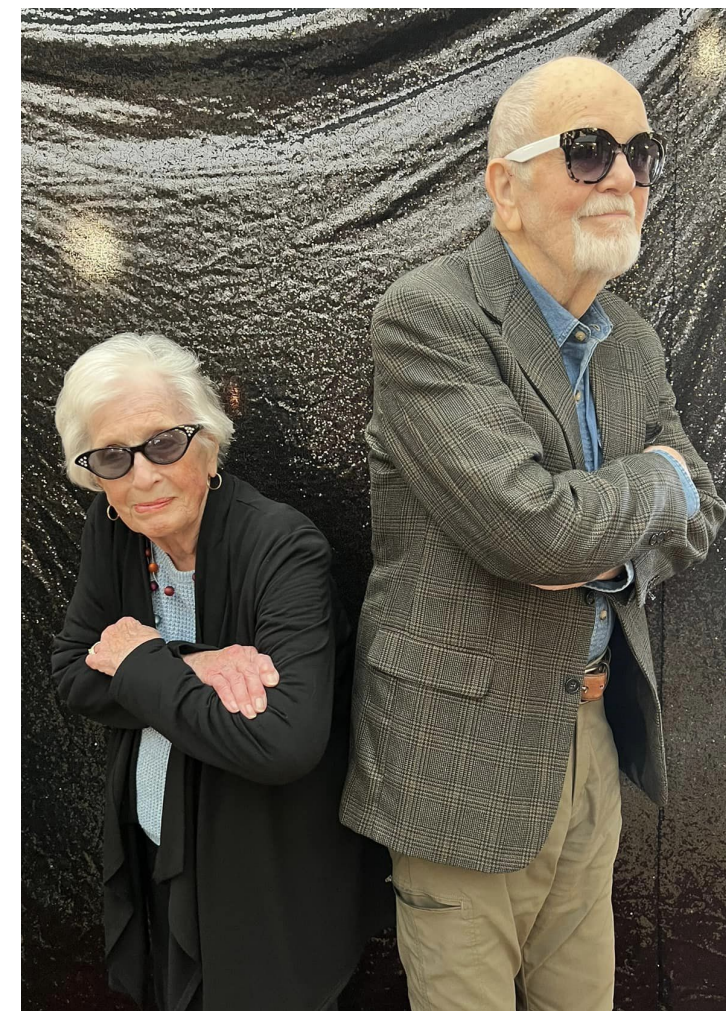
October 31 - Halloween Party

All about Addington

Assisted Living Week

We celebrated all week with themed days. On Monday we dressed up as farmers and had a campfire to roast marshmallows and hot dogs. On Tuesday we had Mexican fiesta day and had delicious nachos and music. Wednesday was game day and we wore our favorite team jerseys and shirts.

Our residents here at Addington Place sure knew how to dress to impress, from fancy dresses to suits to tuxedos, we dressed to the nines on Thursday! We had a candlelight lunch followed by desserts and wine served by your elegant kitchen staff. To end the week we had pajama day with a late night movie and a visit from our Culinary Coordinator's puppies. It's truly these joyful moments that make us a family here at Addington Place of Muscatine. We wouldn't have it any other way!



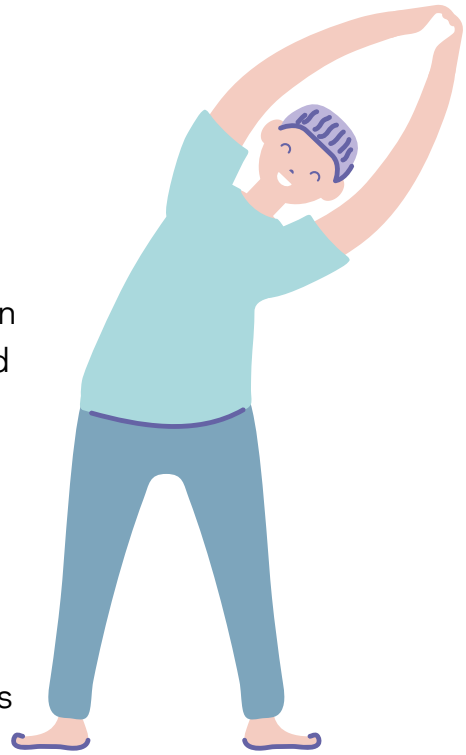
Physical Therapy Month - History Lesson

The year was 435 BC when Hippocrates began advocating the use of manual therapy, massage, hydrotherapy, and other techniques to treat his patients.

The year 1921 holds significance in the history of American physical therapy. It was during this time that Mary McMillan, the first physical therapy aide, established the American Women’s Physical Therapeutic Association currently called the American Physical Therapy Association (APTA). Mary McMillan came to be known as the ‘Mother of Physical Therapy’. Last year, APTA celebrated it's 100 year anniversary.

Until the Second World War, most physical therapies were done in hospitals. A transition to outpatient care in the 1950s represented the growing popularity of physical therapy.

During the next few decades, the profession of physical therapy increasingly diversified adding new machines, techniques and research. APTA board certifications now offered in cardiopulmonary, oncology, woman’s health, neurological, orthopedic, sports, electrophysiology, wound management, pediatrics, and geriatrics. Other specializations and certifications are now available outside of the APTA.



The goals of physiotherapy depend on the patient’s unique needs, but common desired outcomes include a reduction in pain, increased range of motion, increased endurance and strength, restored independence, a reduction in stress and a greater quality of life for the client.

Vision Exercise from ONR Director, Patty

Eyes have muscles and can be exercised. The eyes and ears work together for better balance and movement. Vestibular Ocular Reflex (VOR) Exercise/ Gaze Stabilization Exercises are simple exercise can allow the eye, inner ear and brain to recalibrate and strengthen. The goal of these exercises is to enhance the communication between your inner ears and your eyes. The brain uses the inner ear information to determine how much eye movement is needed and to allow your eye to stay fixed on an object as you move around.

These simple exercises are

right – left ; up – down ; diagonal - top right to bottom left ; diagonal - top left to bottom right

1. One set of exercises are performed by following an object, such as your thumb, in all four patterns, for 3 -10 repetitions, keeping eyes focused on the moving item.

2. The other set of exercises are performed by focusing on a fixed point and moving you head In all four patterns 3- 10 repetitions.

2 Start slow and stop if you have increased difficulty with vision, pain in the ear or dizziness.

Dare to Dream for Genelda

Sky's the limit when making a dream come true. First stop, all aboard the Mississippi Channel Cat! Genelda's dream was to take a ride down the Mississippi on the Channel Cat, so we gathered some friends and off we went.

She was so happy when we surprised her with a basket full of goodies and a ticket to ride the Channel Cat. Tears of joy she told us. We were so glad we could make her day as special as she is to us! We ended our day with a late lunch at the Machine Shed.



Making Trees Out of Puzzles

With October being the month of fall we had to gear up for it by creating fall decorations. Would would have thought we could make trees out of puzzles. Each week we create something entirely different to decorate, keep or give to others. Make sure to stop by to check it out or join in on the fun!

