

November 2022



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www.ArlingtonPlaceLiving.com
(319) 283-3334

SCAN ME

DONATE TO OUR TURKEY TROT
Tuesday, November 15th



Featuring our very own turkey:
Life Enrichment Coordinator, Shenita!

**Our staff & residents
will walk one loop for
every \$10 donated!**

Support our Walk to End
Alzheimer's team by dropping off
a check or by donating online!

1101 3rd St SW, Oelwein, IA 50662



EMBRACE EVERY MOMENT

☕ ☕ National Coffee with a Cop Day ☕ ☕
{First Wednesday of October- 10/5/22}

THANK YOU to Chief Jeremy Logan and Captain Ron Voshell with the Oelwein Police Department for taking time out of their day to visit with our residents, enjoy a treat, and answer our questions! We appreciate everything you do!



EMBRACE EVERY MOMENT: WE NEED S'MORE PEOPLE LIKE YOU

Our October theme (We Need S'more People Like You) brought us delicious treats and great friends! Our baking bunch made a s'mores trail mix one Friday, and chocolate covered pretzels another Friday. All of these treats we enjoy with our friends at Happy Hour, every Friday at 1:30.



BIRTHDAY CLUB

Each month we celebrate our birthdays with a custom cake from our friend Dorothy Wehling, and on each resident's birthday, they celebrate with a meal of their choice. Pictured on this page: Margie chose a sirloin steak and corn. Everett chose a burger and chocolate shake from Dairy Queen. Norma enjoyed chicken, mashed potatoes, and corn. Pictured on the next page: Gene had Walleye, fried potatoes, and corn. Anna Mae had Walleye, baked potato and corn. Priscilla had chicken breast, baked potato, and carrot salad. Evie had meatloaf, potato salad and baked beans.

Happy Birthday Everyone!





A NOTE FROM NIT

As Physical, Occupational and Speech therapists, we are known for assigning exercises. So it seems appropriate this month, that we assign a home exercise program consisting of a different kind of exercise, the exercise of gratitude. Here are a few exercises for you to try in the month of November.

- ◇ Journaling- Each day write down a few things you are grateful for.
- ◇ Gratitude Jar- Find a jar, decorate the jar and write down 3 things each day you are grateful for and place the slips of paper in the jar.
- ◇ Gratitude tree- Put stones or marbles in a vase and stick a tree branch or twig in the middle. Cut out leaves from colored paper. Write the things you are grateful for on the leaves. Hang the leaves from the branches to complete your gratitude tree.
- ◇ Gratitude box- A great way to share your feelings and gratitude for others. Start with a box and write down your messages of gratitude on slips of paper. You can make this by yourself or add messages from others to put in the box to fill it up. Wrap up the box and give to someone special.
- ◇ Collage- Take a picture of one thing you are grateful for every day of the week. After a given period, put all your pictures together in a collage and put somewhere you can be reminded of all the things you are thankful for.

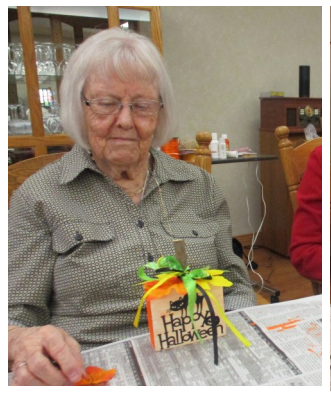
At NIT we are very thankful for the communities like Arlington Place Oelwein, residents, and families that we work with every day!



Pictured above: October was National Physical Therapy Month and to help celebrate, the residents played "Trick or Treat PT Trivia" with our friend, Delanie Suhr, PTA from Northern Iowa Therapy (NIT). They talked about all things Physical Therapy and what that term means to them. As a reward for their awesome answers, they received treats and other fun prizes! Some of Delanie's favorite answers included, "independence, care, and FUN!" NIT Physical Therapists offer a number of specialized programs in-house at Arlington Place including, but not limited to, balance and fall prevention, strength, mobility, pain, pre- and post-op surgical procedures, vestibular, Parkinson's, lymphedema, ergonomics, joint protection and personalized fitness/wellness programs. Thank you Delanie!

EMBRACE EVERY MOMENT: CRAFTY CORNER

With special help from our friend Shellie Kvale, we made wooden pumpkin fall décor! The ladies painted their pumpkins, then affixed a vinyl decal, and finished it off with ribbons, faux leaves, and stems! Pictured below with their finished products are: Evie, Donna W., Marjorie, Gerry, Loretta, Luella, Audrey, and Priscilla.



Fred C.
November 5

Paul E.
November 6

Donna W.
November 10

Gerry F.
November 17

Roger H.
November 22



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at Oelwein

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NOVEMBER ACTIVITY HIGHLIGHTS:

- November 1st: 1:00 p.m. Birthday Party & Music with Dave
- November 2nd: 1:00 p.m. Zion Church & Communion
- November 3rd: 2:00 p.m. Popcorn & Bingo
- November 4th: 9:45 a.m. Baking Bunch
- November 5th: 5:30 p.m. Dave Wirtz Music
- November 6th: 2:00 p.m. Sundaes on Sunday
- November 7th: 3:00 p.m. Crazy 8's
- November 8th: 1:15 p.m. Bible Study with Carol
- November 9th: 10:00 a.m. Pinecone Turkey Craft
- November 10th: 9:30 a.m. Finger nails
- November 11th: 1:30 p.m. Veteran's Day Happy Hour
- November 12th: 9:15 a.m. Bingo
- November 13th: 5:30 p.m. Music with Curt & Linda
- November 14th: 1:30 p.m. Pickle Day Festivities
- November 15th: 1:00 p.m. Turkey Trot Fundraiser
- November 16th: 1:30 p.m. Button Day- Button Tree Craft
- November 17th: 10:00 a.m. Bible Study with Janet
- November 18th: 1:30 p.m. Happy Hour - Matty Jay's Breads
- November 19th: 1:00 p.m. Left Right Center Game
- November 20th: 2:00 p.m. Sundaes on Sunday
- November 21st: 10:00 a.m. Thanksgiving A-Z
- November 22nd: 12:30 p.m. Walking Club with Shenita
- November 23rd: 9:45 a.m. Thanksgiving Prep
- November 24th: Thanksgiving Puzzle Packs
- November 25th: 1:30 p.m. Happy Hour & Christmas Tea
- November 26th: 9:15 a.m. Bingo
- November 27th: 5:30 p.m. Hallmark Movie in the Lounge
- November 28th: 10:00 a.m. Decorate for Christmas
- November 29th: 3:00 p.m. Card Lotto
- November 30th: 10:00 a.m. Frost Cupcakes

**For the complete calendar of activities, please visit
www.arlingtonplaceliving.com