



95 D AVENUE
GRUNDY CENTER, IA 50638



PHONE: 319-824-5674
ARLINGTONPLACERETIREMENT.COM

At Arlington Place....



We were finally able to have the Pilgrims back in concert. After some time away due to health reasons. (Continued prayers for the team.) We always have a full house when the residents find out that they are coming. They play and sing Christian music that just fills the soul. We look forward to the next visit. And we will open it up to the community. So Please keep your eyes open to see when they will be here again, Hint: Christmas time is always nice.



November 2022 Arlington Place Newsletter



Healthcare Coordinator-

Shawn Pierce

Happy November

Well, I have reached a year at Arlington Place! What a year it has been. I have seen a lot of changes in just a short time. It has been and continues to be a challenge but I do enjoy it.

I want to know that any questions you have please feel free to call me and if I don't know the answer I will find out. I would like to quickly go over the Assessments that I do and when they are due.

Admission- Full assessment building cares needed and goals

30 day (from admission) Reassess make sure needs and cares are met. Increase or decrease said cares based on how resident doing.

90 day- Every 90 days review how resident doing. If no major changes to cares or services, I just make a paragraph on how they doing.

Annual- Every year I have to do full assessment to make sure again we are meeting needs and providing services they need or stopping ones they no longer require.

Change of Condition is when a resident has something that need more review, Ex therapy, new infection needing antibiotics, admit to hospice, or go from Assisted living to Memory Care. They are many more but those are just a few.

On full assessments I reach out to resident to go over the services and plan of care and it require a signature(s). If resident has some cognition issues of a certain level. I contact family and require signature from them. I will be mailing them out for signatures for those that come on off business hours to be returned

I hope this helps understand just some of the processes of what I do.

Arlington Fun Facts. National Men Make Dinner Day- First Thursday in November.

Parker Brothers introduced Monopoly game November 5, 1935.

Shawn Pierce



Director- **Kaylene Hoskins**

November comes
And November goes,
With the last red berries
And the first white snows.
With night coming early,
And dawn coming late,
And ice in the bucket
And frost by the gate.
The fires burn
And the kettles sing,
And earth sinks to rest
Until next spring.

~Elizabeth Coatsworth (1893–1986)

Here it is November already! We have so much to be thankful for. I love this time of year with the crispy leaves underfoot and the cool crisp air.

May you find much to be thankful for this month of November.

Kaylene Hoskins, Director



Life Enrichment

Coordinator Karen Boyer

Counting my blessings. Family, friends, colleagues, and my health. I do not have to look hard and far to see all the blessings God has given me. I am so thankful for the time that I get to spend everyday with your loved

one. They are not only fun, but I have learned so much from their stories and the things that they may guide me on. Coming into work and seeing their smiling faces can change my mind frame instantly. So I thank you for letting me be apart of their lives and yours. I have gotten to know you all on a different level and it has enriched my life to the fullest. Continue to sit and be thankful for even the smallest things in life. It does the soul good.

Karen Boyer

*I've
So much to be
THANKFUL
for*



Maintenance Coordinator-
Wayne Lafrenz

It's November! Winter is here!

November, the 11th month of the year, has 30 days and marks the beginning of the winter holiday season! The month for eating ourselves silly and voting in politicians we feel are the least obnoxious, or for you who believe there is such a thing, the most trustworthy.

Of course if you haven't been in the stores lately you will be certain to find the holiday season's best décor and Christmas gift ideas galore!

Don't forget to set back your clocks one hour on November 6th at 2am! The official end of Daylight Savings Time! The 8th is Election Day!

November 11th is Veterans Day, time to think about those that have served in our Armed Forces and those that have given the ultimate sacrifice to give us the ability to enjoy our freedom! Thank you, Veterans, you are my heroes, I am forever thankful for you.

Thanksgiving Day is November 24th and of course we will all be enjoying some Turkey, sweet potatoes, cranberry sauce, pie and all the goodies! My tummy will be happy and then...the nap. Only to wake in time to ask if I can help with the dishes, of course I will be about 5 minutes late! Oh well, happens every year!

Wayne Lafrenz

-30-



Culinary Coordinator-
Kale Crawford

Kale Crawford

Last month I talked about sports and a couple of my favorite franchises...another passion of mine is music.

Music can lift you up, make you forget any little worries, and help you through the day. You can pick your own soundtrack to fit your mood. Classical music always does the trick to relax me. Some rock n roll if I am looking to accomplish something around the house or even work out a bit. I guess I would have to say the ultimate music experience is LIVE music, in fact, the last artist I saw live was Roger Waters, one of the founding members of Pink Floyd, he is 78 years young. It was a fantastic show! Do you have any concert or musical experiences you would like to share with me? I would be more than happy to listen. Thanks for reading and keep moving to the beat of your own drummer!

Kale Crawford



Community Relations
Coordinator

Katelyn Strickler

This past month we have teamed up with the kindergartners at the elementary and they have been busy creating birthday

cards for our residents as well as making personalized videos of them singing happy birthday and making decorations for us to display at Arlington Place. This sure brought a smile to our residents faces and we look forward to the kindergartners doing something like this every month. This month we are trying something a little new. We have noticed that some of our residents are running low on supplies as is our activity closet. I have created an insert that has a list of items we are looking for. Please check it out and donate if you are able. Lastly, as Christmas is quickly approaching, we will be doing our Operation Secret Senior again. Last year all the ornaments were gone within 3 days!! I could hardly believe it. More information to come regarding Operation Secret Senior. I hope you all have a Happy Thanksgiving! Katelyn Strickler

What fun we had in October! We took a bus full of residents to the Barn Stahl Petting Zoo. I think we made some new friends...

Back at Arlington Place we had a blast painting pumpkins and gourds that were kindly donated to us!

You know we had to make some yummy fall treats to kick off autumn. Our residents made two different apple dips as well as sliced caramel apples with toppings. To finish up the month with a had a “cider and spider” party!





Emma Spangenburg **Life Enrichment Assistant Coordinator**

Hi all and happy November! What a busy month we have ahead as the holidays are quickly approaching. Our theme for the month of November is "Meet us on Main Street". We are blessed to live in the community of Grundy Center with many wonderful local businesses. This month we look forward to partnering with a few of the small businesses in the community by doing a scavenger hunt with some items from their small businesses.

As this Thanksgiving season is quickly approaching, I encourage you, as you visit Memory Care at Arlington Place, that you take the time to write something you are thankful for on our Thanksgiving board located next to the fish tank. All our residents, their family members, and staff are welcome to jot down something that they are thankful for this Thanksgiving. I am thankful for all our residents here at Arlington Place and the joy they add to my days. We truly have the best crew!



Arlington Place Contacts

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Beauty Salon

Ashlea Strickler 641-751-1769

Hours: 9 Am-3:30 every other Wed., Haircuts and perms.

Every Thursday 8:30 AM– 3:00 PM Shampoos and sets



Residents:

Shirley Freeman 11-4

Marvin Nederhoff 11-16

Norman Kruse 11-28

Wilma Ross 11-30

Staff:

Kailey Riggle 11-2



We're here! We're there! We're Everywhere!

If you are interested in an Arlington Place outing, contact us for a seat on our bus!

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GRUNDY CENTER, IA 50638



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Iowa Assisted
Living Association



"Embracing Every Moment"

We're rolling out the Red Carpet for You!

November 2022 Arlington Place Newsletter

Arlington Place Photo Gallery....

"We take photos as a return ticket to a moment otherwise gone." -Anonymous

We would like to thank Peppercorn Pantry from Arlington for hosting our brunch. It was so good. We did a little shopping after.



Please do not use extension cords in the rooms. Everything is to be plugged into the outlet directly, unless it is your cell phone or your computer, which can be plugged into a metal power strip.

Just a gentle reminder that a 24 hour notice is appreciated for transportation needs. This allows for staff planning.

Also, when your loved one is celebrating a birthday, please call Kale to make arrangements for birthday treats.

Many of our activities are **FREE** and **OPEN** to the public.

Bingo? Adult Coloring? Book Club? CONCERTS? If you are looking for a great time with some great people please do not hesitate to call or stop by!

Music Speaks Therapy
Tuesdays and Thursdays
10:30 AM

Arlington Place
95 D Avenue
Grundy Center, IA 50638

PLACE
STAMP
HERE

Notes & Reminders

~Resident Referrals: If a resident referral results in a move-in. That resident will receive \$500 off a month of rent.

~ If you would like to receive the Newsletter and Calendar by email please send us your email address to lifenrichmentgc@arlingtonplaceretirement.com

~ We are looking for individuals to volunteer with activities at Arlington Place. Please contact us at 319-824-5674 if you are interested in learning about volunteer opportunities.

~ Senior dining is offered at Arlington Place Monday through Friday at noon. Any one may join us for a meal for \$8 a person. Please call in advance for reservations, 319-824-5674 and ask to speak with Kale.

