



NOVEMBER
2022



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DIRECTOR: KELLY SHEETS
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LYNELL KUHN





**NO NOVEMBER
BIRTHDAYS THIS
YEAR FOR ARLINGTON
RESIDENTS**



**Catholic
School
Singing**

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**Arlington Place would like to wish all of
you with a November birthday a very
Happy Birthday! We will be not be
celebrating NOVEMBER Birthdays. See
you in December!!**



“MEET US ON MAIN STREET!”



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

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



NO BUY-IN
NO LEASE
JUST MONTH-TO-MONTH RENTALS

CONTACT KELLY FOR MORE INFORMATION
@ 712-335-3020



Kelly Sheets
Community
Director



CALL FOR A TOUR TODAY!!



10 STEPS FOR HEALTHY AGING

Living a healthy lifestyle becomes even more important for better aging. The things we do to keep body and heart healthy—nutritious diet, physical activity, and social connections – also can help promote brain health and wellness. Here are 10 steps to healthy aging.

1. Eat Well

Adopt a low-fat diet high on fruits and veggies, like strawberries, blueberries and broccoli. Take daily vitamins. Limit intake of red meats, fried and processed foods, salt and sugar. In general, foods that are “heart healthy” are also “brain healthy.”

2. Stay Active

Physical activity increases blood flow to the brain and can also help improve mood and overall wellbeing. Brisk walking benefits brain health, while aerobics can boost your heart rate, and weight training builds strength and flexibility.

3. Learn New Things

Challenge your brain by starting a new hobby like playing tennis, learning to speak a foreign language, trying a cooking class, or something you haven't done before. Even something as simple as brushing your teeth with your non-dominant hand stimulates the brain by forcing it to think outside of its normal routine.

4. Get Enough Sleep

Getting a consistent sleep every night is key; at least seven to nine hours is ideal. Having a good sleep environment is also helpful. Insomnia or sleep apnea can have serious physical effects and negatively affect memory and thinking.

5. Mind Your Meds

Medication can affect everyone differently, especially as you age. When getting a new medication or something you haven't taken in a while (whether over the counter or prescription), talk to your doctor or local pharmacist.

6. Stop Smoking and Limit Alcohol

Smoking can increase the risk of other serious illnesses, while too much alcohol can impair judgment and cause accidents, including falls, broken bones, and car crashes.

7. Stay Connected

Social interaction and maintaining an active social life are very important for brain health, cognitive stimulation and mood. Invite friends and family over for a meal, board games, or just to hang out. Engaging in your community and participating in group activities is also beneficial.

8. Know Your Blood Pressure

Blood pressure can impact your cognitive functioning. Visit your physician regularly to check your blood pressure and make sure it is in normal range.

9. See Your Doctor

Maintain checkups. Health screenings are key to managing chronic illnesses, such as diabetes, cardiovascular disease, and obesity, all of which can impact brain health. Speak with your physician about any concerns or questions you have about your health.

10. Get a Memory Screening

Our brains need regular checkups, just as other parts of our bodies do. A memory screening is a quick, easy, non-invasive exam for our brains.



Mary Jo Miller-Grandfield
Nurse



CARAMEL MONTH

Oven Caramel Corn

Ingredients:

- Cooking spray
- 5 quarts popped popcorn
- 1 cup (2 sticks) butter or margarine
- 2 cups brown sugar, packed firmly
- ½ cup light corn syrup
- 1 teaspoon salt
- 1 tablespoon vanilla
- ½ teaspoon baking soda
- (optional) 1 cup salted peanuts, 1 cup whole almonds, or 1 cup pecan halves



KATHY PARKER
CULINARY
COORDINATOR



DIRECTIONS

1. Preheat oven to 250* F. Line a rimmed baking pan (18x13-inch) with foil and spray lightly with cooking spray.
2. Spray a large mixing bowl (not plastic) lightly with cooking spray and place popcorn inside. Spread optional nuts over popcorn, if desired.
3. In a medium saucepan, combine butter, brown sugar, corn syrup, and salt. Bring to a boil over medium heat, stirring constantly. Lower heat and boil 5 minutes, stirring frequently. Quickly stir in vanilla and baking soda.
4. Quickly pour hot mixture over popcorn. Stir well to coat. Spread evenly into prepared pan and bake 1 hour, stirring every 15 minutes. Cool completely in pan. Store in an airtight container.



BILL BINDEL
OCTOBER 7

DEBBIE SANKEY
OCTOBER 14



**OCTOBER
CRANIUM
CRUNCH
WINNERS**



MARY TURNER
OCTOBER 28

DONNA STALL
OCTOBER 21



OCTOBER EXCITEMENT



Bible studies



Bus ride in the country



Around the World



Pumpkins



TEACHER APPRECIATION



FOOD DRIVE

For October, we collected canned goods and non-perishable items to give to our local food bank.



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CHRISTMAS GIFT IDEAS FOR YOUR LOVED ONE



- Slipper socks
- Haircare products
- Hand or body lotion
- Favorite snacks
- Postage stamps
- New sweater
- Decorations for apartment
- Gift card to favorite restaurant or local business
- Gloves or hats
- Stationary or greeting cards
- Quality ink pens
- Visit
- Lip balm



Lynell Kuhn
Life Enrichment
Coordinator

Volunteering is a great way to stay connected to your friends and family. Please contact me if you would like to help out! THANKS!!



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

**ALZHEIMERS
WALK
OCTOBER 8
FORT DODGE, IA**



**CONGRATULATIONS
TO KELLY SHEETS AND
ARLINGTON PLACE OF
POCAHONTAS ON
BEING THE TOP
BUSINESS
FUNDRAISER FOR THE
FT. DODGE, IA
ALZHEIMER WALK
FUNDRAISER FOR**



Mary Jo Miller-Grandfield
Health Care Coordinator

Mary Jo always goes above and beyond for her staff and residents. For the month of August she received a 100% clinical QA. When needed, she helps out on the floor and cooks delicious meals. She even brings in homegrown vegetables to share with our residents.

GEM Award winners are nominated monthly by their peers for going above and beyond to roll out the red carpet for their residents and team.



2022!!