

A LOOK BACK AT OCTOBER...



Above: Janet & her son along with Norman & JoAnn enjoyed our tractor display celebrating Farmer's Day



Left: Carolyn, Arlene, & Al get a close look at "creepy creatures"



Below: We were honored to have Senator Joni Ernst join us for happy hour

Below: Arlene browses books at the Red Oak Library during our visit



Community Coordinators
Aubrey Burns, Community Director
Kristy Eitzen RN, Health Care Coordinator
Kaylin Plumlee, Community Relations Coordinator
Krista Straight, Culinary Coordinator
J.D. Lininger, Maintenance Coordinator
Katie Baker, Life Enrichment Coordinator

November 2022



Arlington Place of Red Oak
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MEET ME ON MAIN STREET

Whether you are a Red Oak native or moved here later in life, chances are you have experienced the warmth and pride that this community exudes. I have enjoyed hearing your memories and history about Red Oak, as many of you have deep roots connected to this town. During the month of November, we are looking forward to celebrating what it means to be part of a small town. A few examples of these opportunities include visiting the Red Oak Library, attending the Red Oak High School Veteran's Day Program, reminiscing at the Montgomery County History Center, riding along for a guided bus tour, or trying your luck at our Main Street BINGO night event. You can find more information about dates and times on the November calendar or see Katie for more details. But first, I leave you with a challenge. I challenge you to take time this month to write out a few memories or stories you have about living in Red Oak (or the surrounding areas) that we can share with others to help preserve the warmth and pride of what it means to be part of a small town.

Katie Baker, Life Enrichment Coordinator



Don't forget daylight savings ends Sunday, November 6. This means before you go to bed on Saturday night, turn your clock back 1 hour.



Above Photo: The Montgomery County Courthouse was completed in 1890. In 1981 it was listed on the National register of historic places.

NOVEMBER BIRTHDAYS

Joyce.....11/04
Elvera.....11/16
Dick.....11/25



THANKSGIVING TRADITIONS

Thanksgiving is a time of good food, gathering, and most importantly—gratitude. Arlington Place would like to extend our gratitude to each of our residents and family members for choosing us as your home. We are thankful for the opportunity to serve you each day. During the month of November, we encourage you to participate in one of our activities that focuses on the Thanksgiving season. These activities include baking pumpkin pie, listening to Thanksgiving hymns, reminiscing about family gatherings, creating a gratitude tree, and enjoying a Thanksgiving meal. Happy Thanksgiving from your Arlington Place family.

“Gratitude unlocks the fullness of life. It turns what we have into enough and more.” - Melody Beattie

CULLINARY CORNER

Last month we made several changes in the culinary department. Not only did our new menu cycle begin, but we were also able to offer the salad bar and soups as an option once again. Satisfaction with your meals is important to our culinary team. We would like to invite residents to attend a culinary meeting in the dining room with Krista on Tuesday, November 15 at 1:45pm.

Krista Straight,
Culinary Coordinator

NOVEMBER IS DIABETES MONTH

Proper meal planning, stress management and taking medications as prescribed are all key factors in managing diabetes. However, The American Diabetes Association recommends exercise as particularly beneficial for both Type I and Type II Diabetes. Exercise actually improves insulin sensitivity and can improve a person’s response to blood glucose medications. For people who have diabetes—or almost any other disease, for that matter—the benefits of exercise can’t be overstated. Exercise helps control weight, lower blood pressure, lower harmful LDL cholesterol and triglycerides, raise healthy HDL cholesterol, strengthen muscles and bones, reduce anxiety, and improve your general well-being. There are added benefits for people with diabetes: exercise lowers blood glucose levels and boosts your body’s sensitivity to insulin, countering insulin resistance. (Article Courtesy of Live2BHealthy.com)



Live2BHealthy exercises take place on Tuesdays & Thursdays at 2:15pm. **Walking**, utilizing our community’s **exercise machine** located in the library, and attending **Light & Lively** are all options available to keep Arlington Place residents healthy & active.

A SALUTE TO OUR VETERANS

President Woodrow Wilson proclaimed November 11 as Armistice Day. His proclamation in 1919 stated: "To us in America, the reflections of Armistice Day will be filled with solemn pride in the heroism of those who died in the country’s service and with gratitude for the victory, both because of the thing from which it has freed us and because of the opportunity it has given America to show her sympathy with peace and justice in the councils of the nations..." It wasn’t until May 13, 1938 that congress passed a resolution to make it a federal holiday. Sixteen years later, in 1954, congress decided to change the name to Veterans Day to honor those who served in all of our nation’s wars.



Today we continue this tradition of celebrating those who have sacrificed so much to defend our nation and promote liberty, freedom, and peace around the world. Many of our residents here at Arlington Place are United States Veterans or have a loved one who has served our country. Arlington Place would like to recognize you this



year during our Veterans Day Celebration on Friday, November 11 at 2:00pm. During this time we will enjoy a patriotic music program performed by Patricia Jones. In addition we will have a special time of recognition for those who have served our country as well as a Veterans Day display featuring photos and memorabilia of our residents. Please let Katie or Amber know if you have a photo or item you would like us to display during that time.

Additionally, we have been given the opportunity to attend The Red Oak High School Veterans Day program where they will be honoring several veterans, including our very own Al Hays. The program will begin at 11:00am, which means we will leave Arlington Place by 10:15am. Please sign up with Katie if you would like to attend.

OUTING OPPORTUNITIES

Wednesday 11/2
10:15 Red Oak Library

Friday 11/4
2:15 Scenic Van Ride

Friday 11/11
10:15 ROHS Veteran’s Day Program

Wednesday 11/16
2:30 Montgomery Co. History Center & Lunch

Friday 11/18
10:15 Shopping at Family Dollar / Dollar Tree

GUEST SPEAKERS / ENTERTAINMENT

Wednesday, 11/09
10:30am
Crittter Cass: “Autumn Adventures”

Friday, 11/11
2:00pm
Veteran’s Day Celebration w/ Music by Patricia

Friday, 11/18
2:30pm
Music: Cori Sings Patsy