



**2023**

**101 NE 5<sup>th</sup> St.  
Pocahontas, IA 50574  
712-335-3020**

**Director: Kelly Sheets  
Nurse: Mary Jo Miller-Grandfield  
Culinary Coordinator: Kathy Parker  
Life Engagement Coordinator: Lynell Kuhn  
Maintenance Coordinator: Kyle McClintic**



Jim Roberts  
March 1



Louis Hammer  
March 15



Lucy Bishop  
March 17



Leo Mallinger  
March 3

## ACTIVITIES



CARDS



GIRL SCOUT COOKIES

BINGO



MARDI  
GRAS



**Arlington Place would like to wish all of you with a February birthday a very Happy Birthday! We will be celebrating MARCH Birthdays, on Tuesday, March 7<sup>th</sup> at 2:00 PM. See you in MARCH!!**



# Oh, the Places We Will Go!!



Kelly Sheets  
Community  
Director

2 REMAINING  
APARTMENTS  
AVAILABLE IN  
THE GARDENS

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



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

CONTACT KELLY FOR MORE INFORMATION  
☎ 712-335-3020

**CALL FOR A TOUR TODAY!!**

# 8 Ways to Keep Your Kidneys Healthy

Maintaining an active lifestyle and nutritious diet may help prevent kidney problems. But certain factors can increase your risk of developing kidney damage or disease.

Your [kidneys](#) are fist-sized organs located at the bottom of your rib cage, on both sides of your spine. They perform several functions.

Most importantly, they filter waste products, excess water, and other impurities from your blood. These waste products are stored in your bladder and later expelled through urine.

In addition, your kidneys regulate pH, salt, and potassium levels in your body. They also produce hormones that regulate blood pressure and control the production of red blood cells.

Your kidneys are also responsible for activating a form of vitamin D that helps your body absorb calcium for building bones and regulating muscle function.

Maintaining kidney health is important to your overall health and general well-being. By keeping your kidneys healthy, your body will filter and expel waste properly and produce hormones to help your body function properly.

Here are some tips to help keep your kidneys healthy.

- 1. Keep active and fit**
- 2. Manage your blood sugar**
- 3. Monitor blood pressure**
- 4. Monitor weight and eat a balanced diet**
- 5. Drink plenty of fluids**
- 6. Don't smoke**
- 7. Be aware of the amount of OTC pills you take**
- 8. Have your kidney function tested if you're at high risk**

<https://www.healthline.com/health/kidney-health#test-your-kidneys>



Mary Jo  
Miller-Grandfield  
Nurse





KATHY PARKER  
CULINARY  
COORDINATOR

## Graham Cracker Energy Balls

### Ingredients:

- 2 cups crushed graham crackers
- 3/4 cup peanut butter
- 3 1/2 cups powdered sugar
- 1 cup margarine, melted

### Directions

1. Mix all ingredients together in a large bowl.
2. Roll into 1" balls and chill before serving.

Makes 12 cookies

## BETTY WERKMEISTER FEBRUARY 10



**BILL BINDEL**  
**FEBRUARY 3**



## FEBRUARY CRANIUM CRUNCH WINNERS

## LAURINE PIRIE FEBRUARY 24



**LOUIE HAMMER**  
**FEBRUARY 17**





# 2023 VALENTINE KING & QUEEN



JIM & ELINOR  
ROBERTS







Lynell Kuhn  
Life Engagement  
Coordinator



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

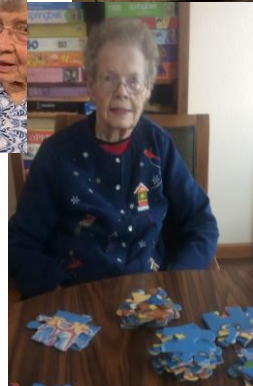
TABLE TOP  
BOWLING



PUZZLES



SUPER  
BOWL  
SUNDAY



BAKING



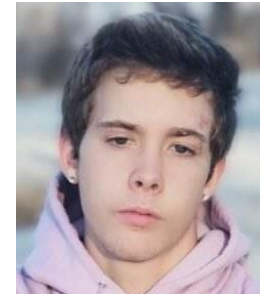
FAVORITE  
SPORTS  
TEAM



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



CRAFTS



KYLE McCLINTIC  
MAINTENANCE  
COORDINATOR

### *St. Patrick's Day Humor*

*Q. What does a leprechaun call a happy man wearing green?*

*A. A jolly green giant.*

*Q. What do you call a fake stone in Ireland?*

*A. A sham rock.*

*Q. What's Irish and stays outside all summer?*

*A. Paddy O'Furniture.*

*Q. Why do frogs like St. Patrick's Day?*

*A. Because they're always wearing green.*

*Q. Why do people wear shamrocks on St. Patrick's Day?*

*A. Regular rocks are too heavy.*

