



# DECEMBER

2017

Embracing Every Moment



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# RESIDENT SPOTLIGHT GARY



Resident Spotlight for the month of December goes to Gary. Gary enjoys visiting with his family, especially Marge, his wife. Gary loves taking walks outside and enjoying the nice refreshing air. Gary always wants to help Arlington Place staff with everyday duties such as washing tables, sweeping the floors, and folding laundry. Gary really enjoys helping the maintenance man! With a big smile, Gary is always ready to lend a helping hand. Arlington Place is happy to have Gary as part of the family!



Residents and staff dressed up for a fun night with trick or treaters. We enjoyed seeing all the children dressed up as different characters. Everyone had a great time. Arlington Place looked fantastic with all the Halloween decorations!





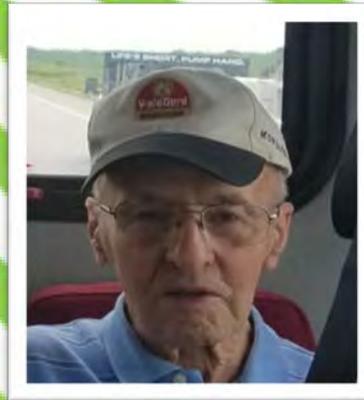
Arlington Place residents stay very busy. Some of the activities residents participated in through the month of November are, making banana bread with Morgan, making jewelry boxes for crafts for Christmas, Entertainment with Plus One Singers, at craft time we made turkeys for Thanksgiving decorations. In our cookie eating contest Florence got 1<sup>st</sup> place, she won a cookie jar full of goodies!



*H A P P Y  
B I R T H D A Y*



*Eleanora*  
12-7-2017



*Virgil*  
12-14-2017



*LaVonne*  
12-19-2017



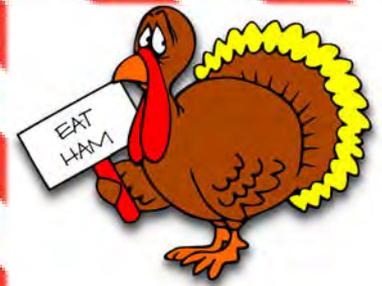
Arlington Place would like to wish all of you a very Happy Birthday! We will be celebrating December Birthdays on Tuesday December 12th, at 1:00p.m. We hope to see you all there!





*Culinary  
Coordinator  
Morgan Krips*

# Holiday Leftovers



Remember the holidays at Grandma's? All the leftovers would stay on the counter for the day, and everyone would snack on the leftovers all day long? Surprising how we never got sick! It's important over the holidays that we remember food safety. Nothing dampens the holiday spirit like food poisoning. So here are a few tips and tricks to keep illnesses at bay.

## **“Keep Food out of the "Danger Zone“**

Bacteria grow rapidly between the temperatures of 40° F and 140° F. After food is safely cooked, hot food must be kept hot at 140° F or warmer to prevent bacterial growth. Within 2 hours of cooking food or after it is removed from an appliance keeping it warm, leftovers must be refrigerated. Throw away all perishable foods that have been left in room temperature for more than 2 hours (1 hour if the temperature is over 90° F, such as at an outdoor picnic during summer). Cold perishable food, such as chicken salad or a platter of deli meats, should be kept at 40° F or below. When serving food at a buffet, keep food hot in chafing dishes, slow cookers, or warming trays. Keep food cold by nesting dishes in bowls of ice or use small serving trays and replace them often. Discard any cold leftovers that have been left out for more than 2 hours at room temperature (1 hour when the temperature is above 90 °F). Following proper temperatures greatly reduces the risk of food borne illnesses. Have a happy and safe holiday season, in and out of the kitchen!





*Registered Nurse  
Mary Jo Miller-  
Grandfield*

# Influenza Vaccine

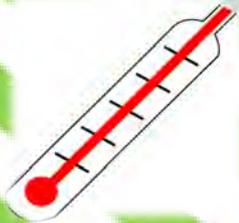
The U.S. **Centers for Disease Control and Prevention (CDC)** recommend yearly vaccination for all people over the ages of 6 months. The CDC recommends the flu vaccine as the best way to protect people against the flu and prevent its spread. “Flu season” in the U.S. can begin as early as October and last as late as May. The “flu” has been known to cause illness severe enough to cause lost work days, hospitalizations, even death.

The Flu vaccines are generally safe. Side effects of the flu vaccine may occur, they are usually minor such as a runny nose and sore throat which may last a day or two. Fever may occur in 5 to 10 percent of children immunized. The vaccine causes antibodies to develop in the body about two weeks after being immunized.

Two times a year a new version of the vaccine is developed as the influenza virus rapidly changes. It is not possible to predict with certainty which flu viruses will predominate during a given season. Experts must pick which viruses to include in the vaccine many months in advance in order for vaccine to be mass produced and delivered on time. It takes anywhere from 6 to 9 months to produce the vaccine. There are flu vaccines that provide immunity to 3 different viruses (trivalent) and 4 different viruses (quadrivalent). Flu vaccines do not protect against infection and illness caused by other viruses that can also cause flu-like symptoms. There are many other viruses besides flu viruses that can result in flu-like illness that spreads during the flu season.

Each year the CDC studies data to determine how well the influenza vaccine protects against the flu. Vaccine effectiveness does vary depending on how well the flu vaccine was matched to the circulating flu viruses. Overall studies conclude that the flu vaccination reduces the risk of flu between 40 and 60 percent among the overall population.

With that being said...**Get Your Flu Shot!!**



# MERRY CHRISTMAS



As a new year approaches, try something out of the ordinary. Whether it's a new friend, food, or activity, bringing something different into your world can enhance brain health and enrich your life.

The calendar is packed full of Holiday activities, holiday crafts, and tons of fun!! I hope everyone will take advantage of all that's going on and take part in the holiday cheer. May this holiday season be filled with joy and laughter, good friends and family, and much peace and great love for you and your families.

Did you know there really was a Christian Saint Nicholas. He lived in the country of Greece, just a couple hundred years after the birth of Christ. Saint Nicholas became a priest, and later, a Bishop of the early Catholic Church. True to the Christian concept of giving up belongings and following Christ, St. Nicholas gave up all of his belongings. He was well-known for giving to needy people, especially children. There are many stories and tales of him helping out children in need.

The practice of hanging up stockings originated with Saint Nicholas. As the ancient legend goes, Saint Nicholas was known to throw small bags of gold coins into the open windows of poor homes. After one bag of gold fell into the stocking of a child, news got around. Children soon began hanging their stocking by their chimneys "in hopes that St. Nicholas soon would be there". It wasn't until the 1800s that the spirit of St. Nicholas' life evolved into the creation of Santa Claus. And this happened in America. Santa Claus emerged (or evolved) from the stories and legends of St. Nicholas. Santa Claus was kind and generous to children.

Unlike "St. Nick", Santa Claus is largely a non-religious character.



*Life Enrichment  
Coordinator  
Kelly Sheets*



# HAPPY NEW YEAR