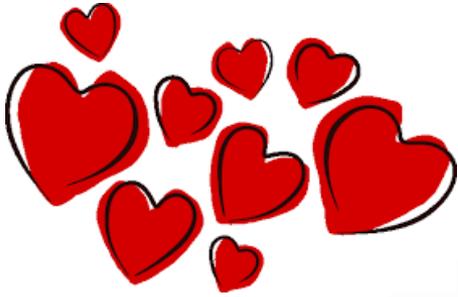


February

2018



*Embracing Every
Moment*

Arlington
Place
AT POCAHONTAS

101 NE 5th St. Pocahontas, IA 50574

712-335-3020

Manager: Lauri Fulkerth

Nurse: Mary Jo Miller-Grandfield

Culinary Coordinator: Randy Fosburgh

Life Enrichment Coordinator: Kelly Sheets



Arlington Place residents stay very busy. Some of the activities residents participated in through the month of January are, baking (we made chocolate covered cherries,) playing cards with friends, arts and crafts, cheese and wine social, and entertainment with Kevin Anderson playing the piano and singing. Also residents and staff had a great time at our News Years Party!



Resident Spotlight



Arlington Place Resident Spotlight for the month of February goes to Florence Botine. Florence was born in Hamilton County. Florence and her family moved to Clarion when she was 7. She graduated from Clarion High School In 1950. Florence enjoyed working for church, she was the Secretary there for 25 yrs. Florence also worked in the clerk of court's office recording Marriages, Deaths, Divorces, and adoptions. She said it was very interesting. Florence was married for 56 yrs. She has A Son, Daughter, and four grandchildren that she loves spending time with. Florence enjoys reading, crosswords, volunteering, and she remains active in her Church. Florence is pleased with her home at Arlington Place because she stays busy socializing with friends, playing games, and staff is very willing to help when needed. Florence would recommend Arlington Place to her friends and family.



Arlington Place would like
to wish all of you a very
Happy New Year Birthday!
We will be celebrating
February Birthdays on
Tuesday February 6th, at
1:00p.m. We hope to see you
all there!



Dalz
02-10



Julia
02-04



Clinton
02-12



Josephine
02-22



*Life Enrichment
Coordinator
Kelly Sheets*



Do you have a special talent you would like to share? Do you love to sing? Bake? Read? Do Arts & Crafts? Play Cards? If you would like to volunteer and would love to spend time with our residents and staff. Please call 712-335-3020



I want to thank all our volunteers, staff, and residents who already donate their time for the betterment of our community. Whether it's calling a game of bingo, hanging holiday decorations or providing a helping hand, we appreciate all you do!



*Culinary
Coordinator
Randy Fosburgh*

Blueberry Muffins

INGREDIENTS

- 1 1/2 cup all-purpose flour
- 3/4 cup granulated sugar, plus 1 tablespoon for muffin tops
- 1/2 tsp salt
- 2 tsp baking powder
- 1/3 cup oil; canola, vegetable
- 1 large egg
- 1/3 - 1/2 cup milk
- 1 1/2 teaspoons vanilla extract
- 6 to 8 ounces fresh or frozen blueberries; see note below about frozen berries (about 1 cup)



DIRECTIONS

Heat oven to 400 degrees F. For big-topped muffins, line 8 standard-size muffin cups with paper liners. For standard-size muffins line 10 muffin cups. Fill the remaining cups with 1 to 2 tablespoons of water to help the muffins bake evenly.

Whisk the flour, sugar, baking powder, and salt in a large bowl. Add oil to a measuring jug that holds at least 1 cup. Add the egg then fill the jug to the 1-cup line with milk (1/3 to 1/2 cup milk). Add vanilla and whisk to combine. Add milk mixture to the bowl with dry ingredients then use a fork to combine. Do not over mix.



*Registered Nurse
Mary Jo Miller-
Grandfield*

Aspirin and Heart Health



Will an aspirin a day lower my risk for heart attacks and stroke? What dose of aspirin should I be taking...81 mg or 325 mg? Are there risks if I have other health conditions? Do the risks outweigh the benefits?

Confused Yet?? The short answer is, there is no across the board correct rule about aspirin and heart health that applies to everybody. Talk with your Doctor about whether this is a therapy that will benefit your heart – only he/she will have all the information needed to evaluate the risks and benefits.

With that being said, let's explore what aspirin actually does in the body. Aspirin interferes with your blood's clotting action. When you bleed, your blood's clotting cells (platelets) produce a sticky substance that congregates at the site of the bleeding and forms a plug that seals the opening in your blood vessel to stop the bleeding.

This clotting can also happen within the vessels that supply your heart...esp. with those who have fatty deposits in the arteries (atherosclerosis). Fatty deposits in your heart vessels can break off (Burst). The platelets go rushing in to form a clot and can sometimes block off the whole artery. This keeps the blood from supplying your heart with oxygen and nutrients. Boom – a heart attack. Aspirin therapy can help reduce the clotting action of platelets thereby preventing a heart attack or lessening the severity of a heart attack.

Now that you know aspirin's mechanism of action in the body, discuss with your Health Care Provider if this therapy is right for you or not.