

MAY

2018

Arlington
Place
AT POCAHONTAS

Embracing every moment

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

h a p p y e a s t e r



The Pocahontas Service Club holds an annual Easter Egg hunt at Arlington Place. Arlington Place residents are overjoyed to see all the children. Arlington Place is proud to be able to assist the **Pocahontas Service Club!** We didn't let bad weather spoil the day. Every child got to meet the Easter Bunny and received a Easter Basket! Congratulations to all the winners for the basket drawings.





*Happy National
Pet Owners Day*



Arlington Place residents enjoying the afternoon together at cookie and coffee chatter.



Arlington Place residents enjoyed entertainment provided by the 2 Man Band! The gentle men did A wonderful job playing the piano and the saxophone to all our favorite 50s hits!

Arlington Place celebrated National Pet Owners Day! All of Arlington Place pets received toys and treats.

A group of residents gathered together for craft time. We all made umbrellas out of different colored tissue paper, pipe cleaners and flowers. The umbrellas turned out beautiful and the ladies have them displayed on their doors.



happy
birtHDay
may your wish
come true



Jim - May 14



Catherine - May 20



Darwin - May 28



Virgil - May 31



Gary - May 26

Arlington Place would like to wish all of you a very Happy Birthday! We will be celebrating May Birthdays on Wednesday May 23th at 1:00 p.m. We hope to see you all there!



*Culinary
Coordinator
Randy Fosburgh*

Star-Spangled Gumdrops

Ingredients

For each color you want:

1½ cups sugar, divided

¾ cup applesauce

1 pkg {3 ounces each} JELL-O

(I used Cherry and Berry Blue)

.25 oz envelope unflavored gelatin (Knox brand)

½ tsp lemon juice {I used bottled}



For each color you want:

Coat a 8x8 baking dish with cooking spray. Place in refrigerator. Combine 1 cup sugar, applesauce, JELL-O, unflavored gelatin and lemon juice in a medium saucepan. Let stand for 1 minute. Bring to a boil over medium heat stirring constantly. Boil for 1 minute and then immediately pour into cold baking dish. Refrigerate until firm {about three hours should do it. I left mine in overnight.} Generously dust a cutting board with sugar. Loosen the sides of the gelatin with a spatula and invert onto cutting board. Use small, sharp cookie cutters to cut out gumdrops. Sprinkle sugar over a piece of waxed paper and place gumdrops on top of sugar. Let dry for about 8 hours or until slightly sticky.



*Life Enrichment
Coordinator
Kelly Sheets*



Arlington Place would like to celebrate, honor, and remember all the men and woman past and present who served and died for our country and our freedom.



In May, America observes National Military Appreciation Month, Armed Forces Day, Memorial Day and Military Spouse Appreciation Day!



Take the time this month to honor all the men and woman in uniform, and their families.



We are looking for individuals to volunteer with activities at Arlington Place. Please call Kelly Sheets at 712-335-3020 if you are interested in learning about volunteer opportunities.

50 Activities for residents with Dementia

Although attention is short, little tasks can make a difference!

1. Listen to Music

2. Toss a ball

3. Color Pictures

4. Make homemade lemonade

5. Count trading cards

6. Clip Coupons

7. Sort poker chips

8. Read out loud chapters from a favorite book

9. Rake Leaves

10. String Beads

11. Bake cookies

12. Take pictures of the person and you and make a collage

13. Brush/ comb each others hair

14. Participate in the Alzheimer's walk

15. Plant seeds indoors or out

16. Look at family photos

17. Wipe the kitchen table

18. Tend a flower bed or garden

19. Fold laundry

20. have a friend visit with a well behaved pet

21. Cut pictures out of magazines or greeting cards

22. Play dominoes

23. Talk about the persons favorite cartoon character

24. Bake homemade bread

25. Sort objects by color and shape

26. Sing old songs

27. Have the person talk about a favorite memory

28. Put away silverware

29. Make a valentine's day card

30. Play with tops or jacks



*Registered Nurse
Mary Jo Miller-
Grandfield*



31. Make a scrapbook

32. Take a walk

33. Write a poem together

34. String Cheerios to hang outside for birds

35. Fold towels

36. Have an afternoon tea party

37. Talk about great inventions

38. Look at a map of the US and identify states and capitals

39. Dance

40. Make holiday cards

41. Write a letter

42. Pop popcorn

43. Give a manicure

44. Make paper butterfly's

45. Water house plants

46. Put a puzzle together

47. Sand wood

48. Feed ducks at a pond

49. Recite nursery rhymes

50. Make a picture frame with popsicles and glitter



How do I know it's time?



Lauri Fulkerth/ Manager

Starting the conversation about the next stage of care and living arrangements isn't easy to start.

A successful conversation has many factors to consider before beginning. The mental, emotional, and physical condition of your loved one can have an impact on the end result.

It's easy to put off serious discussions to avoid conflict or awkward conversations, however, not taking the time to understand your loved one's wishes and establish a mutually agreed upon plan may result in more conflict, heartache, and suffering for all involved.

Here are a few tips to consider before starting this discussion:

Bring the topic up before you're forced to bring it up.

Pre-planning allows you to control the situation, the setting and the direction of the conversation. If it's possible, choose a time when there's a network of family or friends available, and when the people involved are happy and relaxed.

Have options in mind.

If your parents or loved ones are willing to look at brochures, or even tour facilities, have the materials, websites or addresses ready. Being involved in the decision may make your mom or dad feel better about the eventual move.

Breathe.

Whether you've taken the pro-active path and have time to research the issues and options, or you're facing a crisis and feel pressure to make an immediate decision, remember to slow down and breathe.

Arlington Place
101 NE 5th St.
Pocahontas, Iowa 50574

PLACE
STAMP
HERE

Many of our activities are FREE and OPEN to the public.
If you are looking for a great time with some great people
Please do not hesitate to call or stop by! (712) 335-3020 and
ask for Kelly Sheets.