

September

*Embracing Every Moment*

*Arlington Place*

*(712-335-3020)*

*101 NE 5<sup>th</sup> St. Pocahontas, IA 50574*

*Manager: Lauri Fulkert*

*Nurse: Mary Jo Miller-Grandfield*

*Maintenance Coordinator: Daniel Kuhn*

*Life Enrichment Coordinator: Kelly Sheets*



Congratulations



*We are proud to announce that Lynell Kuhn, RA at Arlington Place Pocahontas was awarded Hero of the Year by the Iowa Assisted Living Association! Not only is Lynell a busy mom of 13 and Pastor's wife, she is also a home school teacher and community volunteer! All that is in addition to working full time at Arlington Place Pocahontas! She is dedicated and hard-working in all the facets of her life, her co-workers and managers describe her as the glue of the community. Thank you Lynell for all that you do to make our community a great place to live and work!*



*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!*



*The Pocahontas county conservation provided a program for Arlington Place residents and guests. They educated the audience on how much the bee's do for us. We all found this program very informational and can not wait for them to come again.*





*Kelly Sheets  
Life Enrichment  
Coordinator*



*At Arlington Place, it's all about the moment. This year's theme of National Assisted Living Week is "Capture The Moment," which hopes to inspire assisted living residents to enjoy the present while celebrating the past. We celebrate today and each day with our unique residents and incredible staff. It takes special people to do this work, and our caregivers consistently go above and beyond the call of duty. They understand it's all about the little things we do every day to ensure the utmost care, and provide life-enriching social activities to help them engage with each other and the community.*

*You can help give purpose to an assisted living resident as well. Consider volunteering at Arlington Place. Engaging with seniors can be a rewarding experience, and our residents will greatly appreciate the additional companionship and conversation. Contact Kelly Sheets (Life Enrichment Coordinator) at 712-335-3020 with any questions.*



*Maintenance  
Coordinator  
Daniel Kuhn*



# Home Maintenance

1. Test your garage door opener monthly to ensure that it reverses when it hits an obstruction or when its sensor beam is interrupted.
2. Vacuum the clothes dryer's exhaust duct at least once a year. If the duct is plastic, replace it (it's a fire hazard). Rigid sheet-metal ducting is best.
3. Replace furnace filters quarterly, or as recommended by the furnace manufacturer.
4. Test all GFCI (ground fault circuit interrupter) outlets monthly. Press the test button and use a voltage tester to make sure the power goes off.
5. Clean leaves and debris from the condenser of a central air conditioner seasonally.
6. Once a year, vacuum the refrigerator coils underneath the appliance.
7. Have the fireplace chimney inspected and cleaned annually.
8. Inspect window and door caulking and weather stripping yearly.
9. Replace the batteries in smoke detectors yearly. And remember, even recent hard-wired smoke detectors have backup batteries that must be replaced. If you have never checked yours, do so.



# Strokes and TIA (Transient Ischemic Attacks)

A stroke occurs when the blood supply to the brain is interrupted or reduced. This deprives your brain of oxygen and nutrients, which can cause your brain cells to die. A TIA “mini-stroke” is also caused by an interruption or reduced ability of the blood to flow to the brain – the difference is that the TIA is only temporary. The average TIA lasts about a minute and usually causes no permanent damage.

## **Symptoms are Interchangeable:**

Confusion or difficulty in talking or understanding speech.  
Numbness or weakness in the face, arm, or leg – especially on one side of the body.  
Changes in vision or trouble seeing in one or both eyes.  
Difficulty with walking, dizziness or loss of balance and coordination.  
Decreased movement of sensation in a part of the body.  
Changes in level of consciousness.  
Sudden severe Headache.

## **Complications of a Stroke:**

Paralysis or loss of muscle movement  
Difficulty talking or swallowing  
Memory loss or thinking difficulties  
Emotional problems  
Pain  
Changes in behavior and self-care ability

## **Response:**

There should be no difference in response to a TIA or Stroke. Although a TIA resolves itself before there is damage, there is no way to predict which clots will dissolve on their own. Stroke and TIA are Medical Emergencies; DIAL 911!