



95 D AVENUE
GRUNDY CENTER, IA 50638



PHONE: 319-824-5674
ARLINGTONPLACERETIREMENT.COM

At Arlington Place....

Residents enjoy listening
to Steve Castell



And Cynitha Zeasman



Health Care Coordinator

Karen Shuey RN



March is Traumatic Brain Injury Month

Did you know the leading cause of Traumatic Brain injury from birth to 19 is Motor vehicle accidents, 19-74 is gun shot and 74 up is falls?

The sign and symptoms of traumatic brain injury (TBI) can be subtle and may not appear

until days or weeks following an injury. If any of the following symptoms appear suddenly or worsen over time following a TBI especially within the first 24 hours after the injury, people should seek medical attention on an emergency basis.

Common signs and symptoms of TBI people should seek immediate medical attention:

Loss of or change in consciousness anywhere from a few seconds to a few hours

Decreased level of consciousness (hard to awaken)

Convulsions or seizures

Unequal dilation in the pupils of the eyes or double vision

Clear fluids draining from the nose or ears

Nausea/vomiting

New neurologic deficit (slurred speech; weakness of arms, legs or face; loss of balance)

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Karen Shuey, RN HCC

Manager- Kaylene Hoskins



It's hard to believe it's March already! We have been busy planning for the next several months.

Spring will be here before we know it.

I'm ready for those beautiful garden colors and the wonderful smells of spring.

Our LifeShare program installation got delayed but for a good reason. The company was able to upgrade their equipment and wanted us to have that upgrade. Our new installation date is set for the end of March. I'm excited for this program and the connections it will offer our residents and families. As we get closer to the installation, I will be mailing out information on how you and your family will use this software on your television.

As always, I'd love to hear any suggestions you have for meals, activities, events or just general items. My door is always open!

Here's to many joys in March,

Kaylene Hoskins, Manager

Maintenance Coordinator-

Larry McKinnon



I know we are all tired of winter and looking forward to spring. Hopefully, this weather is coming to an end. It has been challenging for all.

We have had a lot of moves lately so I have been busy fixing up and painting apartments for the move ins.

I am also working with an electrician to install new lighting in the dining room and more lights in the hall ways.

There have been lots of issues and extra work because of this harsh winter and everyone is working hard to keep up. Your patience is appreciated.

Think positive as we are close to the end of winter.

-Larry McKinnon



Community Relations Coordinator

Briget Meyer

-A Dementia Experience

Please mark your calendars and join us at Arlington Place on April 9 at 10 a.m. for a Dementia Experience. Family members, residents and the community are invited to attend as Jessica Fairbanks and Sara Wegmann demonstrate what it feels like to live with Alzheimer's or a dementia diagnosis daily. Refreshments will be provided. Space is limited, so if you are interested please RSVP to Briget at 319-560-2171.

-Briget Meyer

Culinary Coordinator-

Christina Mulnix



I hope everyone has been staying warm and cozy this winter, and what a winter it has been.

I am ready for spring and getting things planted in the ground. I've been thinking it might be nice to

Plant a few herbs so I have fresh herbs to season meals here at Arlington place. I thought I seen somewhere that spring is only 28 days away. Until next time! from

-Christina's Culinary Corner



Life Enrichment Coordinator

Karen Boyer -

March is here!! We have so many things planned this month. We are ready to get out and start our spring Planting and van rides .Some of the big

things we have planned for March is Our Mardi Gras Party on the 5th, and St. Patrick's Day make sure to wear Green or you May be pinched. Also, at the end of March we are having a Big Carnival. All kinds of games will be played and staff will be dressing up as a Carnival Character, and we will be serving Carnival food.. We Will be looking forward to sitting outside and taking up the sun rays. Please feel free to come in and join any activity that you would like. We always have the coffee pot on and cookies ready to serve. *- Karen Boyer*

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Other common symptoms that should be monitored include:

Light-headedness, dizziness, vertigo

Sensory problems (blurred vision, seeing stars or eyes that tire easily)

Ringing in the ears

Bad taste in the mouth

loss of sense of smell or taste

Sensitivity to lights sounds or distractions

Mood changes or swings

Ways to prevent TBI include

Always wear a seatbelt

Use an appropriate child safety seat

Never drink and drive. Wear a helmet when playing sports, bicycling, riding motorcycle, snowmobile, skiing, snowboarding, skateboarding or skating.

Keep guns locked in cabinets, store guns unloaded and ammunition away from guns

Use rails on stairways, have adequate lighting, especially on stairs for people with poor vision or who have difficulty walking

Don't use throw rugs

Place bars on windows to prevent children from falling



Arlington Place Contacts

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319-824-5674

Beauty Salon

Susan Reibkes (641) 485-3002

Mary Block (319) 824-6357



Residents:

4th- Gladys Bakker

Donna Wiley

7th- Jean Evans

14th- Lorraine Pries

18th- Norma Hook

19th Martha Walters

Staff: None



We're here! We're there! We're Everywhere!

If you are interested in an Arlington Place outing, contact us for a seat on our bus!

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GRUNDY CENTER, IA 50638



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ARLINGTONPLACERETIREMENT.COM



Iowa Assisted
Living Association
"Embracing Every Moment"

We're rolling out the Red Carpet for You!



Arlington Place Photo Gallery...

"We take photos as a return ticket to a moment otherwise gone." -Anonymous



Many of our activities are FREE and OPEN to the public.

Bingo? Adult Coloring? Book Club? If you are looking for a great time with some great people please do not hesitate to call or stop by!



Music Speaks Therapy
Mondays
2:00 pm
Open to the Public



Senior Fitness
Free & Open to the Public
Tuesdays & Thursdays
10:15 am

Arlington Place
95 D Avenue
Grundy Center, IA 50638

PLACE
STAMP
HERE

Notes & Reminders

~Resident Referrals: If a resident referral results in a move-in. That resident will receive \$500 off a month of rent.

~ If you would like to receive the Newsletter and Calendar by email please send us your email address to lifenrichmentgc@arlingtonplaceretirement.com

~ We are looking for individuals to volunteer with activities at Arlington Place. Please contact us at 319-824-5674 if you are interested in learning about volunteer opportunities.

~ Senior dining is offered at Arlington Place Monday through Friday at noon. Any one may join us for a meal for \$8 a person. Please call in advance for reservations, 319-824-5674 and ask to speak with Christina.

