



February 22, 2019  
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## Arlington Place Happenings

### A Message from Lexi

### Look! Our New Addition is Officially "OPEN!"

We are proud to present our new addition!

Upon entry in our new addition, you will be greeted by our big screen television with daily activities and menus. This is the "Sunroom", which has a breath taking view. You are guaranteed to catch a beautiful western sky at sunset.



We now offer 14 new beautiful apartments in our new addition. Each apartment is fully equipped with a kitchenette including a residential refrigerator.

Our "Commons Areas" feature a warm cozy atmosphere with custom made furniture for all to enjoy. We welcome our community, family members and residents friends to visit at any time.

Our Fresh New "Bistro" will be sure to curb your appetite at any time during the day or night, complete with condiments, snacks and goodies.

We are excited to offer our new addition and opened the doors and new area on March 1st, 2019.

Lexi Lininger, Life Enrichment Coordinator

### Our Coordinator Team

#### Manager

Di Smith

#### Health Care Coordinator

Kristy Eitzen, RN

#### Head Culinary

Pam Ehlers

#### Maintenance

Keith Larson

#### Life Enrichment Coordinator

Lexi Lininger

If you have a Birthday in March...  
your birthstone is Aquamarine. Your  
colors are white and light blue. Your  
flower is the Jonquil and the Violet.



FIVE HEART HOME

## NATIONAL NOODLE MONTH—MARCH

National Noodle Month is an annual designation observed in March. This has to be one of the tastiest months of the year... Who doesn't love noodles?! This month incorporate noodles into all kinds of different meals. It doesn't have to be the classic bowl of spaghetti and meatballs!

The history of noodles is one you actually may not expect. When you think about this type of food, you probably think Italian food. The Chinese, Arabs, and Italians have all claimed to have invented noodles, but most studies show that the oldest mention of noodles appears in a dictionary from the third century A.D. in

China.

These noodles, called *mian pian*, are still eaten in China... but, of course, all shapes and sizes of noodles are now consumed all over the world. If you want an excuse to carb-load and indulge in this delicious comfort food, (which, let's be honest, any excuse will do) now's your time to get creative!

### HISTORY

National Noodle Month was created by the National Pasta Association, a nonprofit organization.

*"A good friend is like a four leaf clover, hard to find and lucky to have."*

### Spring Cleaning Starts Today pt.1

A dust bunny is hiding under my bed.

A wrinkle is smirking inside my spread.

A smidge is smeared across my head.

Spring cleaning starts today.

The windows swing open to air the house out.

The rugs are rolled and shaken about. The dust is making my allergies shout.

Spring cleaning starts today.

Wipe out the oven and polish the brass.

Oil the furniture and shine up the glass.

Set out the flowers and trim the grass.

Spring cleaning starts today.

Bring out the bleach and the vacuum cleaner.

Call up the van with the special rug steamer.

Wash all the china, the teapot, and creamer.

Spring cleaning starts today.

## Spring Cleaning Starts Today

### Simple Analogies

Analogies are word games or word riddles. Here are some simple analogies to introduce this higher order thinking skill. Give this a try!

A glove is for your hand like a kerchief is for your \_\_\_\_\_.

A screen is for the window like a rug is for the \_\_\_\_\_.

Brooms are for dry dirt as mops are for \_\_\_\_\_ dirt.

Good is to clean as evil is to \_\_\_\_\_.

More is to less as up is to \_\_\_\_\_.

Compare and Contrast: What did a thorough "spring cleaning" look like when you were a child or young person?

How might it be different now?



## Spring Cleaning Starts Today pt.2

Spring cleaning starts today.

Line up the mops and call all the brooms.

Attack evil dirt in all the rooms.

Listen as the hungry dust-machine zooms.

Spring cleaning starts today.

We'll straighten the drawers and fold the clothes.

We'll wash the dog and coil the hose.

We'll sniff for dirt with every nose.

Spring cleaning starts today.

For 'tis the season for cleaning up clutter.

The junk in the attic, the leaves in the gutter.

'Tis the season for waxing the floors smooth as butter.

Spring cleaning starts today.

There's a job for each person, for you and for me.

Plenty of work, a work jamboree.

Toil till you ache at the arm and the knee.

Spring cleaning starts today.

So put on your aprons, your kerchiefs and caps.

Pull on gloves so your hands will not chap.

Keep your fancy clothes under wraps.

Spring cleaning starts today.

We worked all winter to make all this mess.

We're a family of pigs. We must confess.

We need to clean more and dirty things less.

Spring cleaning starts today.

By the end of March things will be neater.

The house will be clean. The rooms will smell sweeter.

We'll put up the screens and turn off the heater.

'Cause spring is here today!

*Spring Cleaning Starts Today* by Linda Karges-Bone

## Spring Cleaning Starts Today

Research strongly suggests that the circuits for language are cemented in the brain at an early age.

Did you read the poem beginning on page 2 and ending on page 3? Then read the poem again a second time and try these Thinking Questions. It seems that the richer and more interesting the language to which a person is exposed, the greater the "novelty", which is associated with memory. So why not give this a try?

1. Why do you think the term "dust bunny" is accurate?
2. What is a smirk? Can you show me how a smirk might look?
3. Do you have allergies? Do you think that they really shout?
4. How would you describe the color of brass? Is it the same color as silver or closer to gold?
5. What is creamer? Do you have one at your house? What do you keep in a creamer?
6. How would you describe the difference between good and evil? Why would we say that dust is evil?
7. How do you coil a hose? Does a snake coil? How do a hose and a snake look alike?
8. Did you ever wax wooden floors? How is something like butter?
9. What is a work jamboree? How can work be like a party?
10. Did you ever wear a kerchief while cleaning?
11. Do you think the family is really made up of pigs? What does the writer mean by this?



## March 10th Daylight Savings Time Begins

### What Is Daylight Saving Time?

DST is a seasonal time change measure where clocks are set ahead of [standard time](#) during part of the year, usually by 1 hour. As DST starts, the Sun [rises and sets](#) later, on the clock, than the day before.

Today, about [40% of countries](#) worldwide use it to



make better use of daylight and to conserve energy.

Whether you savor the extra sunlight in the summer or dread the jarring time jump, Daylight Saving Time is inevitable (at least in most parts of the country).

Daylight Savings Time has been widely accepted across the country, but it's still not mandated by federal law. U.S. residents resistant to springing forward and falling back each year might consider moving to Arizona. The state isn't exactly desperate for extra sunlight, so every spring they skip the time jump. This leaves the Navajo Nation, which does observe the change, in a peculiar situation. The reservation is fully located within the Navajo Nation. The Hopi reservation ignores DST like the rest of Arizona making the Navajo Nation a Daylight Saving donut of sorts suspended

# Saint Patrick's Day



## The Origins of St. Patrick's Day

St. Patrick's Day celebrates the Roman Catholic feast day of the patron saint of Ireland. St. Patrick died on March 17, 461. But did you know that he wasn't even Irish? Here are some fun facts about St. Patrick.

### History:

Patrick's birth name was Maewyn. He was born in Roman Britain. He was kidnapped into slavery and brought to Ireland.

He escaped to a monastery in Gaul (France) and converted to Christianity. He went back to Ireland in 432 as a missionary. While Christianity had already taken hold in the country, tradition has it that Patrick confronted the Druids at Tara and abolished their pagan rites, making Christianity more widespread.

Patrick became a bishop and after his death was named Ireland's patron saint. Celebrations in Ireland were understated though. When the Irish emigrated to the U.S., they created the bigger celebrations and parades known today.

Eighteenth century Irish soldiers who fought in the Revolutionary War held the first St. Patrick Day parades. The celebrations became a way for the Irish to connect with their roots after they moved to America.

## Saint Patrick's Day Fun Facts

**The shamrock:** According to legend St. Patrick used the three leaf clover (or shamrock) to explain the Trinity.

**Dyeing the river green:** The practice of dyeing the river green started in Chicago in 1962, when city officials decided to dye a portion of the Chicago River green.

**Corn beef and cabbage:** This is an Irish American dish. Irish Americans were so poor they could not afford certain meals. On St. Patrick's Day, the best meal they could afford was beef and cabbage. It became a staple for the holiday.

**Wearing Green:** Legend has it that if you're **wearing** the color **green**, the quintessentially Irish, fairy-like creatures called leprechauns won't be able to see you. And if **they** can't see you, **they** can't pinch you. (It's worth noting that before **St. Patrick's Day**, leprechauns were known not for **wearing green**, but red.)

**Who should wear green:** If you don't wear green, a fairy or **leprechaun** might pinch you, so the legend goes. As a part of the St. Patrick's Day tradition, people would pinch anyone who wasn't wearing green, as a reminder of the **leprechauns** lurking around. This is an absolute good reason to wear green!



*“Wishin’ you a pot of gold and all the joy your heart can hold”*

## Senior Science, What is Rain? By Gloria Hoffner, BA,ADC, AC-BC, CDP

**Rain, water that can fall gently to nourish the planet or harshly to create fierce floods, is a part of daily life on Earth. While people grab umbrellas and complain about a lost picnic day, in truth, there is a lot more to know about rain.**

How much moisture is held in the atmosphere?

**Answer:** Amazingly there are 37.5 million billion gallons of invisible water vapor in our atmosphere at any time. If it all fell at once, this would cover the entire surface of the Earth, land, and oceans one-inch deep.

How long does moisture stay in a cloud?

**Answer:** On average it takes nine days for water to evaporate from the surface of the planet into clouds, where it condenses and is eventually pulled down by gravity in the form of rain.

How often is rain water recycled?

In what is called the hydrologic cycle (solid, liquid and gas), the same rain water will pass forty times each year.

What is the difference between a forecast of

**rain vs. showers?**

**Answer:** Rain is consistent over a long period of time while showers are rain that comes and goes in small amounts.

What is a downpour?

**Answer:** This is a sudden release of large amounts of rain so much that it suddenly fills gutters and storm sewers.

Why does a downpour seem brighter than a rain shower?

**Answer:** Small water droplets shatter sunlight while large droplets allow sunlight to pass through.

How large is a raindrop?

**Answer:** In a light rain, a drop is two hundredths of an inch in diameter, and in a heavy rain, it is two tenths of an inch in diameter.

So next time you look outside and see it's rain, think about it twice. Rain is a good thing!



## Culinary Corner

March brings in the spring and all of the creativeness in our Culinary Department!

It's National Noodle month, National Nutrition Month, National Sauce Month, National Celery Month, National Flour Month, National Peanut Month and National Frozen Food Month! Wow! What do you think will happen with your delicious foods this month?

Well... I can guarantee that you will receive some very wonderful dishes! Of course, St. Patrick's Day is full of Corned Beef and Cabbage!

Please feel free to join us in our beautiful dining room on any given day and visit with your friends and loved ones for diner! Just let us know you're coming and we will be happy to "Count You In" as our guest!

### What's New In Memory Care!

Check this out!! It's the "Fidget Quilt"

Thank you so much Joanne Anderson for your beautiful contribution. Our residents in memory care will be certain to enjoy the many sensory



## *Don't go it alone! Let Arlington Place assist you!*

### **How many of you have promised that you'd never abandon your parents to die in a home?**

You can imagine the sadness... and the smell, right? But that's not what I experienced when I visited my grandmother. I'd say hello to the folks at the front desk, grab her mail and make myself a cup of coffee in the lobby, say hello to the neighbors who were down the hallway, and head to her apartment. Every apartment had a shelf outside the door, which residents filled with figurines and flowers.

We'd sit in her sunny living room and catch up on the gossip. She'd either come with me for dinner, join her friends for dinner in the on-site 'dining area', or decide to stay in and cook for herself.

She'd never been particularly outgoing, but she'd quickly fallen in with a new group of friends and regularly saw the same friends she'd had since childhood. She ignored most of the clubs and activities, but she loved having a spot to garden and a library just down the hall.

I know she didn't feel abandoned, since there was an apartment waiting for her at my parent's house. She liked her privacy and didn't like having to rely on us to drive her places. When we all decided it wasn't safe for her to stay in her house, she and my mom chose the apartment in assisted living.

### **Don't dismiss the wide variety of residential care facilities off your list before taking some time to get to know your options.**

My grandfather lived in his retirement community when I was a school aged child and he did just fine.

Living in a place designed for seniors makes people *more able*. When your mom has to have adaptive devices everywhere to make things work, it's a constant reminder of all the things she can't do anymore. When those features are built in she can regain her independence.

Assisted living provides the ability to seamlessly adjust the level of care to your parents need, saving their energy for the things they enjoy the most. There's no need to struggle with chores they'd rather not take care of themselves. Even to the point where your parents require nursing around the clock, there are still activities, social outings and plenty of visitors. Your parents aren't sitting around in a nursing home pining for your return.

Because of the assistance and adaptations of residential care options, many seniors improve as they settle in. That's not a sign that they don't need care and support — it's a sign that the care and support they're getting is working.

Arlington Place Assisted Living of Red Oak provides service-enriched housing for those who need some assistance with daily living. Assisted Living is perfect for the person desiring to maintain an independent lifestyle while having access to services and amenities. Our desire is to create a warm, caring family-type atmosphere. We are conveniently located near Montgomery County Memorial Hospital and Red Oak Pharmacy. As well as with in 5 minutes to many local stores and establishments in our local community.

Arlington place offers private, one, or two bedroom apartments and studios. Each one and two bedroom features a kitchenette, living room, bed room and private bath including a shower unit, ample closet space, telephone hook-up, cable and emergency response system.

Please feel free to contact us today and schedule a free tour! Speak with Di Smith our Manager at (712)623-1999.

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