



95 D AVENUE
GRUNDY CENTER, IA 50638



PHONE: 319-824-5674
ARLINGTONPLACERETIREMENT.COM

At Arlington Place....

We don't let a little rain stop us, we bring the games inside and enjoy them.



The Month of June is full of fun things and new adventures. We are starting summer Concerts here at Arlington Place, and we would like to extend our warmest welcome to all of you and encourage you to attend these. We will be serving popcorn and cold drinks at each concert. Please check out your calendars for these events. We will have our normal music also, so please don't pass these up.

We do kitchen Club every Wednesday morning. Yummy smells come from the Activity room! Join us to sample the treats.

We are having summer grill outs. If you would like to join us, please call Christina for reservations. Meals are \$8.00 each.

We are beginning to spotlight residents and staff. Watch issues to get to know your Arlington family!



Just a gentle reminder that a 24 hour notice is appreciated for transportation needs. This allows for staff planning.

Also, when your loved one is celebrating a birthday, please call Christina to make arrangements for birthday treats.

Healthcare Coordinator-

Karen Shuey, RN



June is Alzheimer's and Brain Awareness Month

TEN WARNING SIGNS OF ALZHEIMER'S

1. **Memory loss that disrupts daily life.** The most common symptom is memory loss, especially of recently learned information
2. **Challenges in planning or solving problems.** Example: having trouble following a familiar recipe or keeping track of monthly bills.
3. **Difficulty completing familiar tasks at home, at work, or at leisure.** Sometimes having trouble driving to a familiar location, managing a budget, or remembering the rules of a game.
4. **Confusion with time or space.** People with Alzheimer's can lose track of dates, seasons, and the passage of time. They may have trouble understanding something if it's not happening immediately. They may forget where they are or how they got there.
5. **Trouble understanding visual images and spatial relationships.** They may have difficulty reading, judging distance and determining color or contrast, which may lead to difficulty driving.
6. **New problems with words in speaking or writing.** People with Alzheimer's may have trouble following or joining a conversation. They may stop in the middle of a conversation and have no idea how to continue or may repeat themselves. They may struggle with vocabulary, have problems finding the right word, or call things by the wrong name.
7. **Misplacing things and losing the ability to retrace steps.** A person with Alzheimer's may put things in unusual places. They may lose things and be unable to go back over their steps to find them. They may accuse others of stealing. This may occur more frequently over time.
8. **Decreased or poor judgment.** They may use poor judgement with dealing with money, for example, giving large amounts to telemarketers. They may pay less attention to grooming and keeping themselves clean.

Manager-

Kaylene Hoskins



Did you know we offer two opportunities for support groups?

A Dementia support group meets the third Thursday of every month at 6:30 p.m., at Arlington Place. This group allows family and community members to share joys and concerns

regarding dementia. Many resources are shared. Coffee and treats are served. If you want to come at 5 for dinner with the residents, give us a call, 319-824-5674.

There is an Alzheimer's Association support group led by Kaylene Hoskins and Sara Wegmann which meets the 2nd Tuesday of every month at noon at the Natural Grind Coffee Shop in downtown Grundy Center. This group is supported by the Alzheimer's Association and offers great tips, conversation and resources. Lunch is available for purchase or you may bring it with you.

Everyone is welcome to attend one or both groups. Please share this information with your family and friends.

Summer Concerts at Arlington Place:
Concerts will be held outside weather permitting, please bring your lawn chairs. In case of inclement weather concerts will be in the dining room.
June 19th: 6:00 pm– Ray Hemmer and his wife
July 26th: 6:00 pm– Jovita and Bob Long

9, **Withdrawal from work or social activities.** They may start removing themselves from hobbies, social activities, work projects and sports. They may have trouble keeping up with a favorite team or completing a favorite hobby. They may also avoid being social because of the changes they have experienced. **Changes in mood or personality.** They can become confused, depressed, fearful or anxious. They may be easily upset at home, at work, with friends, or in places outside their comfort zone.

Maintenance Coordinator-

Larry McKinnon



I have started to take the covers off the air-conditioners so we can start using them soon. I have sprayed for weeds in all the flower beds. If you have something that you would like to have in front of your loved ones window will you please check with Kaylene or I and we would be happy to help you put it up. Remember as it's starting to be warm and the bugs are starting to become pesky that

you need to apply sunscreen and Bug spray if you are staying outside for long periods of time. Enjoy the summer!

Life Enrichment

Coordinator

Karen Boyer



The month of June brings us to outside games and Ice tea on the patio. We so look forward to having company and we enjoy having volunteers come in and share their ideas with us. If you would like to volunteer we would not say No!! Please let myself or Kaylene know so we can do the

proper paperwork with you and get you started.

I would also encourage family members to reach out to me so I can have some new ideas on Dare to Dreams for your loved one. If there is something that they would like to scratch off their to do list maybe it's something we can help come true.



Community Relations Coordinator

Briget Meyer

Do you know anyone that lives alone and doesn't get out much? How about someone that is sick of doing housework, laundry and yardwork? Did you know you could receive \$500 off your next bill just by telling your friends and family about Arlington Place and the excellent care and services we provide. Arlington Place currently has openings in both our memory care and assisted living sides! Any resident who refers a family member or friend receives \$500 off a month of rent.

Culinary Coordinator-

Christina Mulnix



It is that time of year to take advantage of the fresh rhubarb! These would go well with a cup of coffee. RHUBARB MUFFINS

Ingredients:

1 1/2 cups brown sugar, 1/4 cup salad oil, 1 egg, 2 tsp vanilla extract, 1 cup buttermilk,

2 cups finely diced rhubarb 2 1/2 cups all-purpose flour 1 tsp baking powder, 1 tsp baking soda, 1/2 tsp salt

Topping: 1/3 cup sugar, 1 1/2 tsp cinnamon, 1tbsp melted butter. Preheat oven to 400 degrees. Grease 24 medium-sized muffin cups or use paper. Combine in large bowl: brown sugar, oil, egg, and vanilla. Beat until well mixed. Stir into mixture buttermilk and rhubarb.

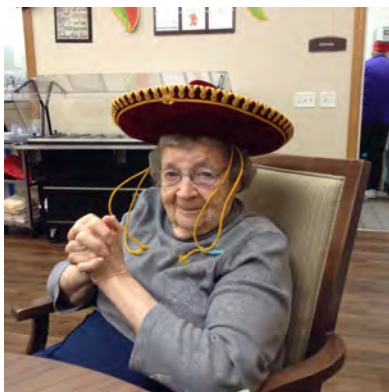
In another bowl, sift together flour, baking powder, baking soda, and salt. Add this mixture all at once to rhubarb mixture and stir until all ingredients are moistened. Do not over mix.

Fill prepared muffin pan or paper cups 3/4 full with batter.

Quickly combine topping ingredients and sprinkle on top of batter in each muffin cup.

Bake in preheated oven on center shelf 15 to 20 minutes.

We Had a blast Celebrating Cinco De Mayo. Alva made us a wonderful lunch and we listened to music, made crafts and Danced. Did you know The 5th of May is when Mexico Celebrates their Independence from France?



Did you get your May Day Baskets Made? We Did! We had great time telling stories of when we were young and did or didn't get to do these.



Mothers and Others Tea



We had such a great day celebrating Mothers and others .Thank you for coming and making the day **EXTRA** special. And a big thank you to our Speaker Courtney Frey, Thank you for coming and speaking.



Resident Spotlight



This Month we are spotlighting **Stephen Klinghammer**. He has lived with us since November of 2017. Steve as he has asked to be called, came to us from, Reinbeck Iowa. He lived there 14 years. He has been Married to the love of his life Marilyn, for 17 years. Between the both of them they have 6 children Steve, worked as a supervisor at John Deere Foundry. In his spare time he enjoys fishing, golfing, and Hunting. He did say that sleeping has become one of his favorite things to do. He is well known for his jokes and pranks here at Arlington Place. He has his favorite pet Bella, (his dog) who comes on a regular schedule to visit. If you are looking for a good laugh or someone to visit with Steve is your Man!!

Arlington Place Contacts

Manager:

Kaylene Hoskins
319-824-5674
319-415-6114 Cell-
managerc@arlingtonplacereirement.com

Health Care Coordinator:

Karen Shuey, RN
319-824-5674
319-415-0366 Cell
nursegc@arlingtonplacereirement.com

Community Relations Coordinator:

Briget Meyer
319-824-5674
319-560-2171 Cell
admingc@arlingtonplacereirement.com

Culinary Coordinator:

Christina Mulnix
319-824-5674
culinarygc@arlingtonplacereirement.com

Life Enrichment Coordinator:

Karen Boyer
319-824-5674
Lifeenrichmentgc@arlingtonplacereirement.com

Maintenance Coordinator:

Larry McKinnon
319-824-5674

Beauty Salon

Susan Reibkes (641) 485-3002



Residents:

9th-Virgina Hoy
11th-June Hamilton
30th-Carolyn Haywood

Staff:

1st-Patricia Mogenson
30th-Christina Mulnix



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!

95 D AVENUE
GRUNDY CENTER, IA 50638



PHONE: 319-824-5674
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

We were Blessed to have Ray Hemmer and his wife sing for us



Trip to the Amish In Littleton Iowa.



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

Bingo? Adult Coloring? Book Club? **CONCERTS?** 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.

