



JUNE

2019

Embracing Every Moment



101 NE 5th St. Pocahontas, IA 50574

712-335-3020

Manager: Lauri Fulkerth

Nurse: Mary Jo Miller-Grandfield

Culinary Coordinator: Curt Roberts

Life Enrichment Coordinator: Kelly Sheets



Linda Ferguson teaches the art of Joy Bells to middle school children. Joy Bells came to Arlington Place and preformed a variety of different songs with bells.



Arlington Place residents stay very busy. Some of the activities residents participated in through the month of May are, coffee & cookie social, playing cards with friends, arts and crafts, cheese and wine social, baking, and also residents and staff had a great time decorating cookies for national cookie monster day!





William
June 10



Dee
June 8



Edward
June 15

Arlington Place would like to wish all of you a very Happy Birthday! We will be celebrating June Birthdays on Tuesday June 11th, at 2:00p.m. We hope to see you all there.



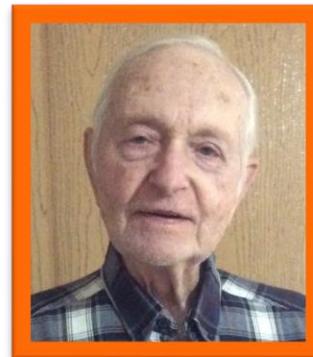
Izetta
June 8



Jerome
June 18



Barb
June 25



Kenneth
June 8



Laurine
June 16

ACTIVITIES



*Kelly Sheets
Life Enrichment
Coordinator*

Activities stimulate the mind and keep you learning new skills. Activities help you stay connected, build and maintain relationships.

Your brain is one of the most important part of the body. Games like chess, puzzles, and Jeopardy help keep the mind sharp.

If anyone has any new ideas to share for outings, the country store, places to eat, or new activities please let me know! I am completely open to everyone's ideas!

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.



*Curt Roberts
Culinary
Coordinator*

Fiery Pork Skewers



Ingredients

- 2 tablespoons teriyaki sauce
- 1 tablespoon red wine vinegar
- 1 tablespoon vegetable oil

- 1 teaspoon brown sugar
- 1/2 teaspoon red pepper flakes
- 3/4 pound pork tenderloin, cut into 1 inch cubes

Directions

1. In a medium bowl, mix teriyaki sauce, red wine vinegar, vegetable oil, brown sugar and red pepper flakes. Place pork tenderloin cubes in the mixture. Toss to coat.

2. Preheat an outdoor grill for high heat and lightly oil grate.

3. Place pork on skewers. Cook on the prepared grill, turning and brushing with the teriyaki sauce mixture frequently. Cook 10 to 12 minutes, or to desired doneness.

Arthritis Awareness



*Registered Nurse
Mary Jo Miller-
Grandfield*

Arthritis causes the joints of the body to become swollen, stiff, and painful. It is caused by a deterioration of the cartilage found covering the ends of articulating bones. The most common form of arthritis is osteoarthritis – AKA “wear and tear” arthritis.

Arthritis is the nation’s leading cause of disability and carries a hefty price tag of \$128 billion dollars yearly. An estimated 50 million people have been told by a doctor that they have some form of arthritis. By 2030, it is estimated that the number of adults with arthritis will soar to 67 million. These Statistics make the Joints in my Head Spin!

Engaging in physical activity, maintaining a healthy weight, and proper nutrition can help manage arthritis symptoms. Physical activity can reduce arthritis pain, improve function and mood, and delay the onset of disability. Even small amounts of weight loss have been shown to significantly reduce pressure on the joints.

Visit arthritis.org to learn more about Arthritis in the United States.

STAY SAFE THIS SUMMER!

At Arlington Place we want to assure the elderly, not only at Arlington Place, but in the surrounding area are safe from the heat this summer.



Lauri Fulkerth/ Manager

Below are a few tips to help keep you safe during the hot summer days.

Stay Hydrated

Seniors are more susceptible to dehydration. Elderly often become less aware of their thirst and have difficulty adjusting to temperature changes. During the summer. Stop and visit Arlington's Bistro and enjoy a refreshing glass of lemonade, tea or a tall glass of cold water.

Talk to Your Doctor

Some medications can affect you when temperatures are high. Some medications are less effective if stored at higher than room temperature (about 78 degrees Fahrenheit), medical conditions can become aggravated due to high temperatures.

Keep Your Cool

Even small increases in temperature can shorten the life expectancy for seniors who are coping with chronic medical conditions. Join us at Arlington Place for one of our many activities in a cool environment. This will get you out of the house and keep you healthy. Senior Fitness is every Monday, Wednesday and Friday at 9:30 AM where you can also get your exercise in for the day without getting overheated.

Wear the Right Stuff

Stock your summer wardrobe with light-colored and loose-fitting clothes to help feel cooler and more comfortable.

Protect Your Eyes

Wear sunglasses to protect your eyes from the harmful UV rays.

Put on Sunscreen and Wear Hats

Seniors especially need the extra sun protection to help keep them healthy. Hats are also a great idea, especially for those with light-colored hair.

Exercise Smart

If you enjoy outdoor activities, such as walking or gardening, make sure to wear the proper clothing and not stay outdoors for long periods of time. You may even consider going outdoors early in the morning or later in the evening when it's a little cooler.

Remember, Arlington Place is always a great place to go to cool off and have fun!
Stop by anytime. We love the company!