

September

2019

Embracing Every Moment

Arlington Place

(712-335-3020)

101 NE 5th St. Pocahontas, IA 50574

Manager: Lauri Fulkert

Nurse: Mary Jo Miller-Grandfield

Culinary Coordinator: Curt Roberts

Maintenance Coordinator: Samuel Bunda

Life Enrichment Coordinator: Kelly Sheets





Arlington Place residents stay very busy. Some of the activities residents participated in through the month of August are, coffee & cookie social, entertainment with Plus one Singers and Kevin Anderson (Piano man), playing cards with friends, singing at wine & cheese socials, baking, and music therapy.





*Kelly Sheets
Life Enrichment
Coordinator*



This year's theme of National Assisted Living Week is "A spark of creativity," which hopes to inspire residents to tap into their creative side. Creativity is so important for mind, body and spirit—especially among older adults. 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.

SUNDAY 8TH DRESS IN YOUR BLUES

- 7-9am Breakfast Buffet
- 12am Ice Cream Social
- 1pm Grand Bingo

MONDAY 9TH DRESS FOR DISCO DAY

- 1pm Plus one singers
- 2:30pm Name That Toon
- 3:30pm Talent Show

TUESDAY 10TH DRESS PICASSO STYLE

- 10am Spark of art
- 1pm Canvas painting
- 3pm Jewelry Making

WEDNESDAY 11TH DRESS PATROTIC (RED, WHITE & BLUE)

- 1pm Ice cream social W/local first responders
- 2pm Around the world (Turkey)
- 3:30pm History Trivia

THURSDAY 12TH DRESS IN YOUR PAJAMAS & CRAZY HAIR DAY

- 10am Minute to win it
- 1pm Bingo
- 3pm Black Jack

FRIDAY 13TH DRESS FOR YOU FAVORITE TEAM IA vs ISU

- 1pm Corn Hole (Bags)
- 2pm Wii Games
- 3pm Cactus toss

SATURDAY 14TH JOIN US AT THE EXPO

- 10am Potluck, awards, and entertainment





Curt Roberts
Culinary Coordinator

Fantastic Cookie Bars

Ingredients

- 1 pkg. (17.3 ounces) Pepperidge Farm® Puff Pastry Sheets, thawed
- 1 1/2 cups chopped pecans
- 1 cup dried sweetened coconut
- 1 bag (12 ounces) semi-sweet chocolate pieces (about 2 cups)
- 14 oz. (1 can) sweetened condensed milk

Directions

- 1.Heat the oven to 400°F.
2. Unfold **1** pastry sheet on a lightly floured surface. Roll the pastry sheet into a 12-inch square. Place the pastry sheet onto a baking sheet. Brush the edges with water. Fold over the edges 1/2 inch on all sides, pressing firmly to form a rim. Prick the center of the pastry thoroughly with a fork. Repeat with the remaining pastry sheet.
3. Bake for 15 minutes, rotating the baking sheets between the top and bottom oven racks halfway through the baking time. Divide the pecans, coconut and chocolate between the pastry crusts. Drizzle **half** the condensed milk over **each**.
4. Bake for 15 minutes or until the pastries are golden brown, rotating the baking sheets between the top and bottom oven racks halfway through the baking time. Let the pastries cool on the baking sheets on wire racks for 30 minutes. Cut **each** pastry into **24** bars.

1.Easy Substitution: You may substitute white chocolate pieces for some of the semi-sweet chocolate pieces.



*Registered Nurse
Mary Jo Miller-
Grandfield*

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!