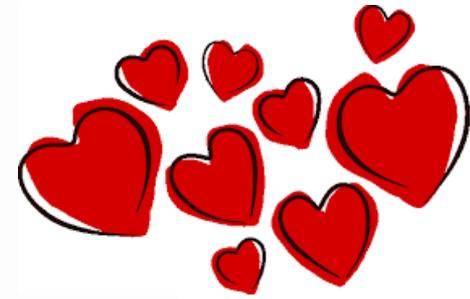
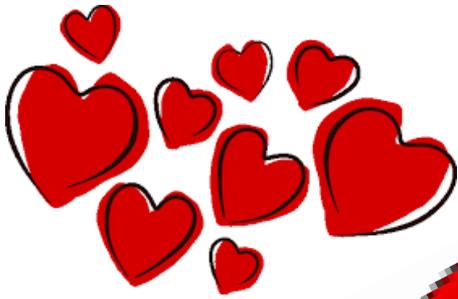


February

2020



*Embracing Every
Moment*

Arlington
Place
AT POCAHONTAS

101 NE 5th St. Pocahontas, IA 50574

712-335-3020

Manager: Lauri Fulkerth

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 January are, baking, playing cards with friends, arts and crafts, cheese and wine social, and our yum yum box was from all around the world, also James with the conservation presented a program about Owls. Also residents and staff had a great time at our News Years Party!



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



Dale
02-10



Clinton
02-12



Glenn
02-13



*Life Enrichment
Coordinator
Kelly Sheets*



*Curt Roberts
Culinary
Coordinator*

Do you have a special talent you would like to share? Do you love to sing? Bake? Read? Do Arts & Crafts? Play Cards? If you would like to volunteer and would love to spend time with our residents and staff. Please call 712-335-3020



I want to thank all our volunteers, staff, and residents who already donate their time for the betterment of our community. Whether it's calling a game of bingo, hanging holiday decorations or providing a helping hand, we appreciate all you do!

Fun fact about US Presidents born in the month of January.

Richard Nixon the 37th President of the United States he was born on January 9th, 1913 in California.

President Nixon really enjoyed meatloaf. He even had his wife's meatloaf recipe put in the White House cookbook. But his favorite food that he had for breakfast nearly every morning was cottage cheese. And not just plain old cottage cheese. He would put ketchup and black pepper on his cottage cheese. And would accompany it with fresh fruit and a cup of coffee.

The 32nd President of the United States Franklin D. Roosevelt was born on January 30th, 1882 in New York. Some of his favorite foods include fish chowder, grilled cheese, hot dogs, fruit cake, and scrambled eggs. Rumors say that he liked scrambled eggs because that was only eggs his wife could cook.





*Registered Nurse
Mary Jo Miller-
Grandfield*

Overview: Frostbite is an injury to the body that is caused by freezing. Frostbite causes a loss of feeling and color in affected areas. It most often affects the nose, ears, cheeks, chin, fingers, or toes. Frostbite can permanently damage the body and severe cases can lead to amputation. The risk of frostbite is increased in people with reduced blood circulation and among people who are not dressed properly for extremely cold temperatures.

Recognizing Frostbite

At the first signs of redness or pain in any skin area, get out of the cold or protect any exposed skin – frostbite may be beginning. Any of the following signs may indicate frostbite:

1. A white or grayish-yellow skin area
2. Skin that feels unusually firm or waxy
3. numbness

A victim is often unaware of frostbite until someone else points it out because the frozen tissues are numb.

What to Do

If you detect symptoms of frostbite, seek medical care. Because frostbite and hypothermia both result from exposure, first determine whether the victim also shows signs of hypothermia, as described previously. Hypothermia is a more serious medical condition and requires emergency medical assistance.

If you suspect frostbite:

1. Get into a warm room as soon as possible
2. Unless absolutely necessary, do not walk on frostbitten feet or toes – this increases the damage.
3. Immerse the affected area in warm, not hot, water (the temperature should be comfortable to the touch for unaffected parts of the body)
4. Or, warm the affected area using body heat. For example, the heat of an armpit can be used to warm frostbitten fingers
5. Do not rub the frostbitten area with snow or massage it at all. This can cause more damage.
6. Don't use a heating pad, heat lamp, or the heat of a stove, fireplace, or radiator for warming. Affected areas are numb and can be easily burned.

These procedures are not substitutes for proper medical care. Hypothermia is a medical emergency and frostbite should be evaluated by a health care provider.

Preventing Frostbite

It is best to stay inside if possible, but if you must be outdoors during these extreme conditions, it is very important to protect yourself against frostbite. Cover all skin, including hands, head and ears, neck and face, if going outdoors for any length of time, even if only for a few minutes.