



JUNE

2020

Embracing Every Moment



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Manager: Lauri Fulkerth

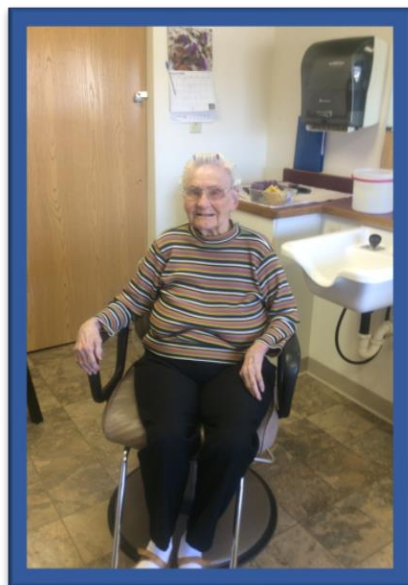
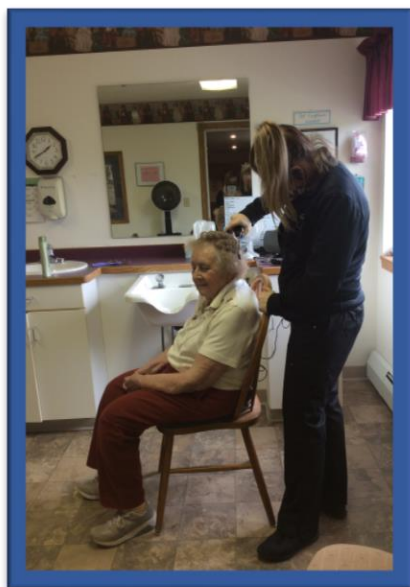
Nurse: Mary Jo Miller-Grandfield

Culinary Coordinator: Curt Roberts

Maintenance Coordinator: Samuel Bunda

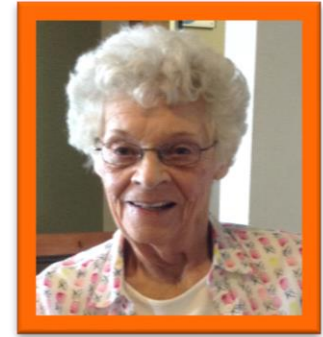
Life Enrichment Coordinator: Kelly Sheets

We loved pampering our Mothers in the salon at Arlington Place of Pocahontas for a Mother's Day photo shoot! All our residents received a 5x7 framed picture and flowers on Mother's Day, and we mailed to family members as well to share the love!

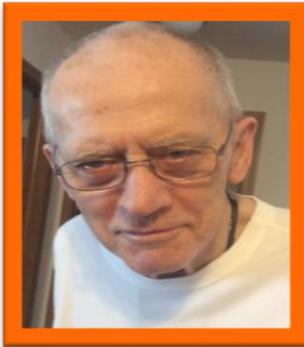




Bill
June 10

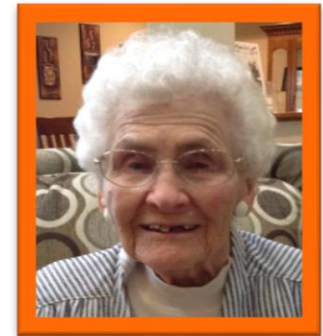


Dee
June 8



Edward
June 15

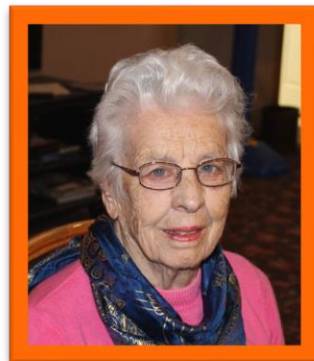
*Arlington Place would like to wish
all of you a very Happy Birthday!*



Izetta
June 8



Jerome
June 18



Barb
June 25



Kenneth
June 8



Laurine
June 16



*Culinary
Coordinator
Curt Roberts*

Smoking Meat

Smoked meat is the result of a method of preparing red meat, white meat, and seafood which originated in the Paleolithic Era. Smoking adds flavor, improves the appearance of meat through the Maillard reaction, and combined with curing preserves the meat. When meat is cured then cold-smoked, the smoke adds phenols and other chemicals that have an antimicrobial effect on the meat. Hot smoking has less impact on preservation and is primarily used for taste and to slow-cook the meat. Interest in barbecue and smoking is on the rise worldwide.

Generally wood is smoked using hardwood or wood pellets made from hardwood, softwood is not recommended due to increased PAH from the resin. Wood smoke adds flavor, aroma, and helps with preservation. There are two types of smoking: cold smoking generally occurs below 90 °F (32 °C) and has more preservative value. Hot smoking generally occurs above 160 °F (71 °C) Most woods are seasoned and not used green. There are many types of wood used for smoking; a partial list includes, Woods with a mild flavor: Alder, apple, apricot, ash, birch, cherry, maple, peach, pear.

- Woods with a medium flavor: Almond, hickory, pecan, post oak, pasania.
- Woods with a strong flavor: Acacia, black walnut, chokecherry, grapevine, mesquite.
- Other woods and organic matter: Avocado, bay, beech, butternut, carrotwood, camphor, castanopsis, chestnut, citrus woods, cottonwood, crabapple, fig, guava, gum, hackberry, kiawe, lilac, madrone, mulberry, olive, peat, plum, persimmon, pimento, tea, and willow.

American barbecue's roots start with the Native Americans who smoked fish and game to preserve food for leaner times. When Europeans first came to North America, they brought with them smoking techniques from Europe and Central Asia and combined those with the Native American techniques. American barbecue has distinct regional differences: North Carolina Piedmont style is pork shoulder with a vinegar & ketchup-based sauce; Eastern style is the whole hog with vinegar & pepper-based sauce; South Carolina is whole hog or shoulder with a mustard-based sauce; Western Tennessee and Memphis are famous for its dry rub ribs, but wet is also available; Kentucky is known for their mutton, pork shoulder and whole hog are also very popular; Kansas City barbecue is more about the sauce, often used with smoked pork, lamb, chicken, beef and turkey. Beef ribs, smoked sausage, brisket are the prevalent meats in Texas.



*Life Enrichment
Coordinator
Kelly Sheets*

How Arlington Place employees are helping residents during this time of isolation and social distancing.

Helping with technology - We have taught residents how to use a smartphone, laptop or iPad in the privacy of their home to stay connected with family and friends.

Companionship - Whether it is talking about family, life history, current events, feelings, or just holding hands.

Playing games - Card games, board games, sharing a puzzle, or showing how to play online activities.

Reading - Reading the newspaper, magazines, cards, or a book in small groups or 1 on 1.

Writing - Helping write letters or sending cards to loved ones.

Exercise - Live to be healthy, walking inside and outside the building, kick ball in the hallways, balloon pop.

Hair & Nails – We are not stylist, but we have stayed busy keeping our residents looking their best.

Music - Music Therapy on zoom, singing, playing instruments, and we have a few RA's that plays the piano.

This is not an all-inclusive list, his only touches some of the things staff have done to alleviate boredom, depression, and isolation.



*Registered Nurse
Mary Jo Miller-
Grandfield*

COVID PREVENTION AT ARLINGTON PLACE

- Our highest priority goal will continue to be maintaining the safety of our residents and staff. We will continue to follow the current protocols that are in place until further notice. These protocols are based on the CDC, State, and County Health Department recommendations. When appropriate and advised we will open the facility up in stages 1-4.

Current Protocols

- Screening of all individuals entering the building.
- Increased dis-infecting of all public areas. Limiting the use of common equipment.
- Controlling staff interaction and assignments – maintaining 6 ft rule, no gatherings greater than 10 people, and encouraging residents to wear face masks outside of their apartments.
- Increased Hand washing/alcohol- based sanitizer.
- Use of face masks, gloves, gowns, and shields.
- Essential staff only will be allowed in the facility.

Stages 1-4

Stage 1: (Which was initiated on Tuesday May 19th): Continue with all current guidelines except:

- One Beautician per community, 2 days per week for a maximum of 4 hours per day.

Stage 2: Continue with all current guidelines except: (Has not been implemented at this time)

- Podiatrist may enter facility.
- Beautician may increase services to 8 hour days.
- Small group activities may be held with no more than 10 participants, 2 times per week. Participants must wear masks and gloves. Social distancing of 6 feet between participants.
- Communal dining can resume with these guidelines – Maximum of 2 to a table and disinfection of tables/chairs between residents.



*Registered Nurse
Mary Jo Miller-
Grandfield*

COVID PREVENTION AT ARLINGTON PLACE



Stage 3: Will follow successful completion of Stage 2. Continue with all current guidelines except:

- Families may enter the community. 1 family member per day per resident. Family member will visit in apartment only and will need to pass the initial screen. They will also have to use PPE while in the building (gowns, gloves, masks). Hours will be M-W-F, one PM to three PM. Tuesday and Thursday, six PM to eight PM.
- Third Party non-essential Service Providers May Return with screening and PPE.
- Outside Activity volunteers may return 2 times monthly with screening and PPE.
- Small group activities may increase to 3 times per week with the same guidelines as in stage 2.
- Large Group activities may resume within the community 2 times per month. Gloves, masks and social distancing to be followed.
- May begin using the community bus for Medical appointments.

Stage 4: Continue all stage 3 guidelines except:

- Outings to Parks, recreation areas or other socially appropriate and socially distanced outings. Masks required.
- Soup, salad bar, snacks may resume.