



JULY
2020



Embracing Every Moment



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Manager: Lauri Fulkerth

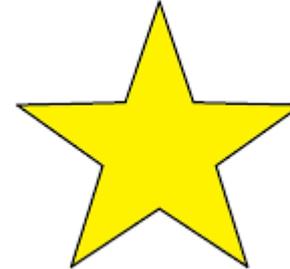
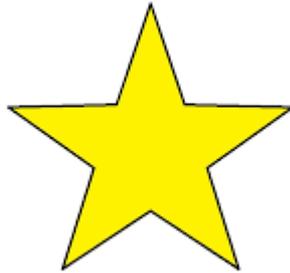
Nurse: Mary Jo Miller-Grandfield

Culinary Coordinator: Curt Roberts

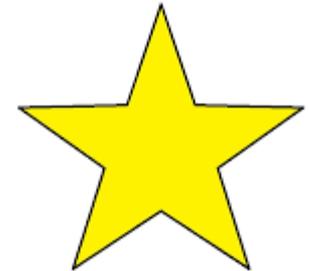
Maintenance Coordinator: Samuel Bunda

Life Enrichment Coordinator: Kelly Sheets

JUNE “STAR EMPLOYEE” OF THE MONTH AMBER BAAS



Arlington Place has chosen Amber as our “Star Employee” for June. Amber has worked for Arlington Place for 3 and a half months. Amber started as a resident assistant and recently transferred to the Culinary Department. Amber states she moved from Emmetsburg to Pocahontas 9 years ago. She has two sons; Dominick 16, and Easton 11. Amber enjoys camping, fishing and sports. When asked what she enjoys about working at Arlington Place, her reply is; I love working with staff and residents. Everybody is very helpful! For those of us who work with Amber, we can say she has a giggle that can instantly turn a bad mood into a good one! She is a hard worker and shows residents the upmost respect and care. Congratulations Amber on a job well done!!





HAPPY BIRTHDAY



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



Marie P
07/18



Madonna K
07/10



*Life Enrichment
Coordinator
Kelly Sheets*

Benefits Of Exercising



Physical activity is vital at any age, but as you grow older, changes set in that make exercise even more crucial. Conditions that typically develop with aging can be delayed when you stay active. The CDC says that physical activity can add both Quantity and Quality to your life as you age.

Exercise for elderly people should be something performed regularly and making it fun and a routine can help in the long term. Consistency is more important than intensity. Always consult your physician before beginning an exercise program.

***Improved healing and function:** Exercise is one of the most crucial options for arthritis management. Regular activity helps lubricate joints and can help reduce overall pain and stiffness. Studies have shown that exercise may also decrease healing time by 25%.

***Prevention of disease or chronic conditions:** Exercise can help fight Heart Disease by lowering cholesterol and blood pressure. Decrease cases of diabetes by lowering blood glucose and overall obesity. Improves overall cancer risk among a variety of different forms of cancer. Improves overall immune function and injury/illness recovery.

***Increased balance and stability:** Falls are the number 1 injury among seniors. Exercise improves strength and flexibility, by increasing bone density and joint range of motion, which also helps improve balance and coordination.

***Improved quality of life:** Exercise can help alleviate symptoms of depression and improve mood through the release of endorphins. It can help exhaust the body so one sleeps better at night. Exercise can also be a fun social event if done with a friend or a group.

***Cognitive Function:** Scientists have found that brain neurons (special cells that perform all the necessary functions to keep us alive) increase after a few weeks of exercise. A recent study showed a 37% reduced risk and a 66% reduction in risk of dementia when older adults perform 30 minutes of moderate intensity exercise per day.

Arlington Place in Pocahontas sponsors a “Live to be Healthy Iowa” exercise class on Monday, Wednesday, and Friday from 9:30 to 10:30.



*Maintenance Coordinator
Samuel Bunda*

STAYING SAFE IN A LIGHTENING STORM.

Here are some tips on how to stay safe during a Lightning Storm:

- Inside – Stay off corded phones, computers and other electrical equipment that puts you in direct contact with electricity. Avoid sinks, baths, showers and faucets. Stay away from windows, doors, and please, this is not the time to go sit on the porch. Concrete can conduct electricity – so do not lie on concrete floors or lean on concrete walls.
- Outside – Immediately move to a safe shelter if possible or a metal topped vehicle with windows up. If you are caught outside with out shelter, get off elevated areas like hills, do not lie flat on the ground, do not seek shelter under trees, or rocky overhangs. Get away from bodies of water, fences, power lines, windmills...anything that may conduct electricity.



*Curt Roberts
Culinary Coordinator*



Rhubarb and Strawberry Pie

Ingredients

- 1 cup white sugar
- 1/2 cup all-purpose flour
- 1 pound fresh rhubarb, chopped
- 2 pints fresh strawberries
- 1 recipe pastry for a 9 inch double crust pie
- 2 tablespoons butter
- 1 egg yolk
- 2 tablespoons white sugar

Directions

1. Preheat oven to 400 degrees F (200 degrees C).
2. In a large bowl, mix flour and sugar. Add strawberries and chopped rhubarb. Toss with sugar and flour and let stand for 30 minutes.
3. Pour filling into pie crust. Dot top with butter, and cover with top crust. Seal edges of top and bottom crust with water.
4. Apply yolk to top of pie, using a pastry brush. Sprinkle with sugar. Cut small holes in top to let steam escape.
5. Bake at 400 degrees F (200 degrees C), for 35 to 40 minutes, or until bubbly and brown. Cool on rack.



Lauri Fulkerth/ Manager

Greetings,

In the twelve years that I have worked at Arlington Place, this year has proven to be one of the most challenging of all. The Corona Virus has pushed us all to change and like everything it has taken a lot of training and a lot of patience from everyone.

Our employees have shown more teamwork than I would have ever thought possible. I have seen employees push themselves to the limits. I have seen employees work out of their elements. A great example is our Maintenance Coordinator/ Sam Bunda. He comes in bright and early every morning and starts getting the kitchen ready for breakfast. He then helps deliver the meals to the apartments and will answer calls from residents and assist them with whatever they may need. That all on top of doing his own tasks for the day. He doesn't have to do this, but he does. Everything he does takes a little of the load off someone else. It's not just Sam that we are seeing this in; it's every employee at Arlington Place!

Covid 19 has brought employees closer together. There is more smiling, more laughing, more communication, more compassion for each other, and has given many a clearer picture of what responsibilities are involved in every position. I am so proud of each, and every one of them!

Although Arlington Place continues to have many restrictions. We are all bound together to do all we can to keep those we love; our residents, your loved ones, safe and Covid free.

We want you all to know that we are all doing well at this point. Stay happy, stay healthy.