

September

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





*Kelly Sheets
Life Enrichment
Coordinator*



Caring is Essential – honoring the essential workers and essential residents that make up assisted living communities

This year, COVID has been an enormous, unforeseen challenge that has resulted in every person working in long term care to step up and go above and beyond expectations. At a time when the entire profession is doing so much, this year's NALW theme, Caring is Essential, reflects the hard work and dedication of all the essential caregivers in assisted living facilities across the country.

Current social distancing rules and the inability of friends and family to enter the buildings due to COVID restrictions has changed much of the day to-day life of the staff and the residents for the time being. Despite these hurdles, staff continue to play a critical role in caring for residents in senior living and should be honored for the incredible work they do every day. In addition to honoring staff, NALW is also a time to recognize the residents and their families in our community and the special relationships they have with our staff.

SUNDAY 13TH DRESS IN YOUR BLUES

7-9am Breakfast Buffet

1pm Ice Cream Social

MONDAY 14TH 1950 DAY

2pm Musical Chairs Group 2

3pm Musical Chairs Group 1

6pm Karaoke & Ice Cream

TUESDAY 15TH PATRIOTIC DAY

9:30am Egg Toss Group 1

10:30am Egg Toss Group 2

1pm Shoot Out Group 1

2pm Shoot Out Group 2

WEDNESDAY 16TH FARMERS DAY

Petting Zoo

1pm Guess How Many Farm Animals

2pm Piggy Round Up Group 1

3pm Piggy Round Up Group 2

THURSDAY 17TH DRESS IN YOUR PAJAMAS & CRAZY HAIR DAY

9am Shuffleboard Group 2

10am Shuffleboard Group 1

1pm Blackjack Group 2

2pm Blackjack Group 1

FRIDAY 18TH DRESS FOR YOUR FAVORITE TEAM IA vs ISU

12pm Trivia

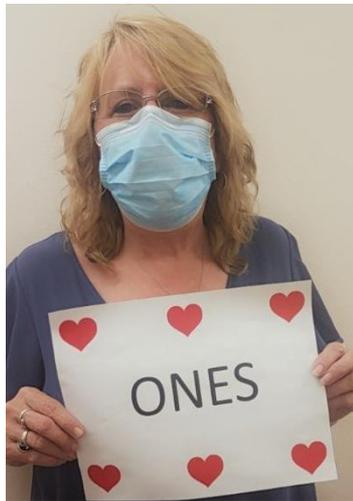
1pm Corn Hole (Bags) Group 1

2pm Corn Hole (Bags) Group 2

SATURDAY 19TH

11:30am Pizza Party







*Culinary
Coordinator
Curt Roberts*

Food Safety Education Month

September is National Food Safety Education Month. Learn how to be a food safety superhero! Take steps to help prevent food poisoning and show others how to keep food safe.

Every year, an estimated 1 in 6 Americans (or 48 million people) get sick, 128,000 are hospitalized, and 3,000 die from eating contaminated food. Anyone can get sick from a foodborne illness (also called food poisoning). But some groups of people are more likely to get sick and to have a more serious illness. These groups are:

- Adults aged 65 and older
- Children younger than 5
- People with health problems or who take medicines that lower the body's ability to fight germs and sickness
- Pregnant women

There are things you can do to protect yourself and your family. As you prepare and handle food, follow these four steps:

- **Clean:** Wash your hands, utensils, and surfaces often when you cook.
- **Separate:** Raw meat, poultry, seafood, and eggs can spread germs. Separate them from cooked food and fresh produce.
- **Cook:** Use a food thermometer to make sure foods are cooked to an internal temperature that kills germs.
- **Chill:** Refrigerate perishable foods external icon and leftovers within two hours. Chill within one hour if it's above 90°F.

Join us in sharing information about the four steps to food safety. Let's make sure everyone knows how to protect themselves and their loved ones from food poisoning.



Sep 20th to 26th is national Farm Safety Week.



Maintenance Coordinator
Samuel Bunda

Be sure to keep all appendages away from corn heads, bean heads, augers, and PTO shaves.

Keep spilled grain, especially soybeans, cleaned immediately as they are a slip hazard. Grain can act like quick-sand!

Extra caution should be taken when standing on top of grain. When emptying grain from wagons and bins a person can be easily sucked under the grain and suffocated.

Augers come with safety guards to stop someone from falling into the flighting while in operation. These guards are designed to catch an adult sized hand as someone falls and places their hands out in front of them, but a child's hand will easily slip through such guards. As a general rule children should be kept away from all farm machinery, not just augers.

You should always stay clear of the head on a combine while in operation, never attempt to work on the head or dislodge a clog while in operation.

How Seniors can safely vote during the COVID pandemic



*Registered Nurse
Mary Jo Miller-
Grandfield*

ELECTION 2020

Voting and registration

Iowa ▼

Healthy Voting tips
Find healthy, secure, and safe ways to cast your ballot this year.
<https://www.healthyvoting.org/iowa/>

Official election website
Get details and deadlines for voting in your area
<https://sos.iowa.gov/elections/voterinformation/index.html>

Absentee ballot Register to vote Check registration status

Election date	General election - Nov 3
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Registration deadlines	By mail - Oct 24 Online - Oct 24 In person - Nov 3
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Absentee voter deadlines	Application by mail - Oct 23 Application in person - Oct 23 Submission by mail - Nov 2 Submission in person - Nov 3
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