

101 NE 5th St.
Pocahontas, IA 50574



(712) 335-3020

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Contact Information

Director:
Kelly Sheets
directorph@arlingtonplaceretirement.com

Healthcare Coordinator:
Mary Jo Miller-Grandfield
nurseph@arlingtonplaceretirement.com

Culinary Coordinator:
Kathy Parker
culinaryph@arlingtonplaceretirement.com

Life Enrichment Coordinator:
Lynell Kuhn
lifeenrichmentcoordinatorph@arlingtonplaceretirement.com

Maintenance Coordinator:
Kyle McClintic
maintenanceph@arlingtonplaceretirement.com



Resident Birthdays

September 21 - Elinor Roberts



Celebrate SEPTEMBER Birthdays at our monthly birthday party!
Tuesday, September 5th
At 2:00 PM

ARLINGTON ACTIVITIES
Notable Events

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- September 7, 2:00 PM**
FALL-OW the Yellow Brick Road Party
- September 10-16**
IA Assisted Living Week (See inside)
- September 11, 2:00 PM**
Don (the Senders)
- September 12, 2:00 PM**
RK Welander Texas Bingo
- September 16, 11:30 AM**
Seasons of Reflection Potluck
- September 22, 6:00 PM**
Friends & Family Bingo
- September 25, 4:30 PM**
TWISTER Happy Hour
- September 29, 2:00 PM**
Pocahontas Catholic Bingo

NEWS FROM KELLY

- Arlington Place amenities include:
- Three home-cooked meals served daily, restaurant style
- Private dining room
 - Spacious apartments
 - Bistro
 - All utilities paid, including wi-fi (excluding phone)
 - Basic cable
 - Housekeeping and laundry services
 - Personal emergency call system
 - Registered Nurse available 24-hours a day
 - Caring staff in the building around the clock
 - Daily socials and recreational activities
 - Walk-in showers with grab-bars and built-in seats
- * On-site beauty and barber salon
- * Individual climate control in each apartment
- Window blinds
 - * Indoor mail boxes
 - Secure building
 - * Scheduled transportation
- Kelly Sheets, Director

FALL-OW THE YELLOW BRICK ROAD



REFER A FRIEND

CALL FOR A



REFER A FRIEND

Do you know someone that could benefit from all that life at Arlington Place has to offer? Give them the chance to embrace personal freedom and explore the endless opportunities to connect with others, join in activities, and live their life to the fullest. Refer a friend to our community before the end of the year and receive \$1,500 off your rent*.

Kelly Sheets, Director

* to be applied 30 days after they move in

MEMO FROM MARY JO WORLD ALZHEIMER’S MONTH

No one wants to end up with a debilitating disease, particularly one like Alzheimer’s. Are there steps that can be taken to slow down the disease’s progression? Experts say the main thing people can do to prevent or slow down Alzheimer’s disease is to stimulate their brain.

10 Stimulating Activities for Alzheimer’s Patients and Their Caregivers

- | | |
|-----------------------------------|---------------------------------|
| 1. Sing or play music | 6. Engage in a conversation |
| 2. Work on puzzles | 7. Learn a language |
| 3. Read the newspaper together | 8. Sorting objects |
| 4. Do activities around the house | 9. Play word and number puzzles |
| 5. Do something artistic | 10. Make a scrapbook |

<https://skylarkseniorcare.com>

- Mary Jo Miller-Grandfield, Health Care Coordinator

Resident Activity Photos



KA-PONG



WALK ‘N TALK

JEOPARDY





CRANIUM CRUNCH WINNERS

JULY 28-Elinor R.

AUGUST 4—Sylvia O.

AUGUST 11-Betty W.

AUGUST 18-Roger H.



ADVENTURE TO 1883



WILD WEST



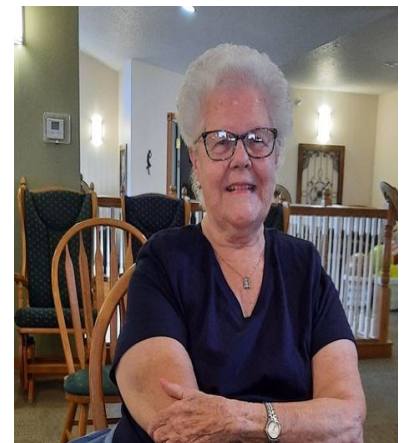
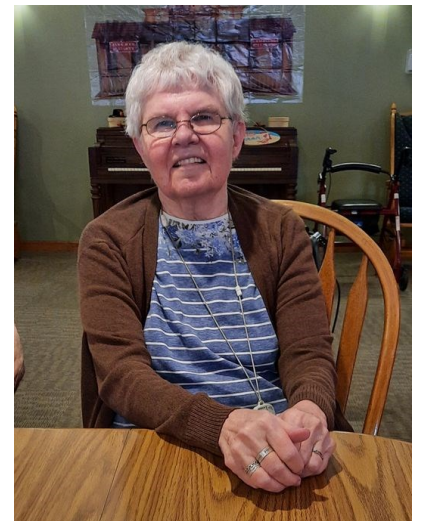
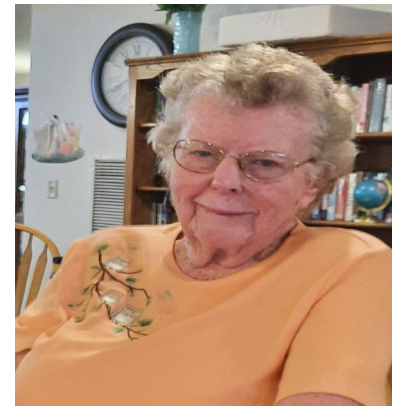
JEOPARDY WINNERS

AUGUST 3-John A.

AUGUST 9-Janet W.

AUGUST 17-Irva K.

AUGUST 24-Martha J.



SEASONS OF REFLECTION

ASSISTED LIVING WEEK 2023

SEPTEMBER 10-16

SUNDAY—GRANDPARENTS DAY

MONDAY—PATRIOTIC DAY—Freedom Isn't Free

TUESDAY—MUSIC DAY—Life Is Bette With Music

WEDNESDAY—SPORTS DAY—We're All Winners

THURSDAY—GAMES DAY—Life Is Like A Game

FRIDAY—FARMER'S DAY—Thank God For Farmers!

SATURDAY—SEASONS OF REFLECTION POTLUCK



SUNFLOWER SEED CRAFT



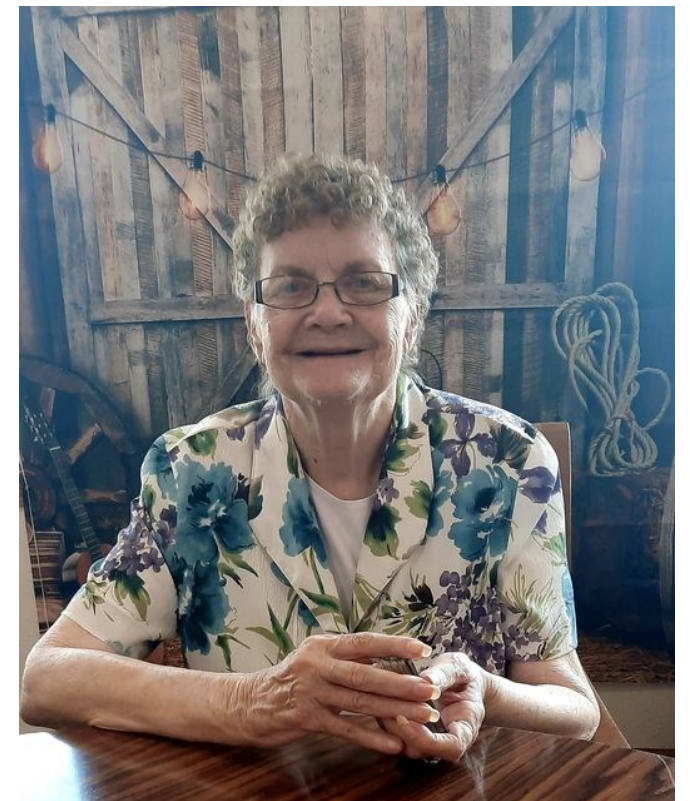
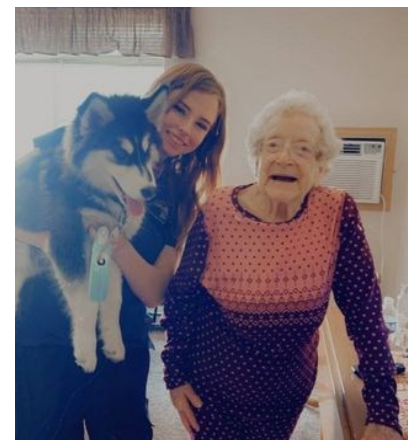
EXERCISE

**POCAHONTAS
AREA
TEACHERS**



AROUND THE WORLD

**PET
THERAPY**



CARDS



**HAPPY
HOUR**

