



May 2023

Put down roots with us

We have apartment availability for new friends to join our Assisted Living and Memory Care neighborhoods! Call Amanda to schedule a tour 319-269-1877.

Are you on our contact list?

Don't miss any of our upcoming events! Like and follow our social media accounts on Facebook and TikTok and contact Amanda to be added to the mailing list for updates!



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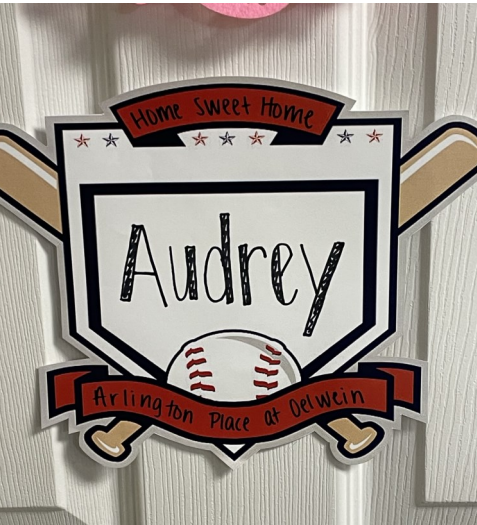
WALK TO END ALZHEIMER'S FUNDRAISING 2023



Arlington Place cookbooks are available for purchase for the discounted price of **\$5** with proceeds benefiting the Alzheimer's Association! Stop by to pick one up and enjoy some of our residents' and families' favorite recipes!



LIFE WITH US IS A GRAND SLAM



In April we enjoyed all things baseball, including door decorations for each apartment from our Life Enrichment Coordinator, Jennifer Doudney.

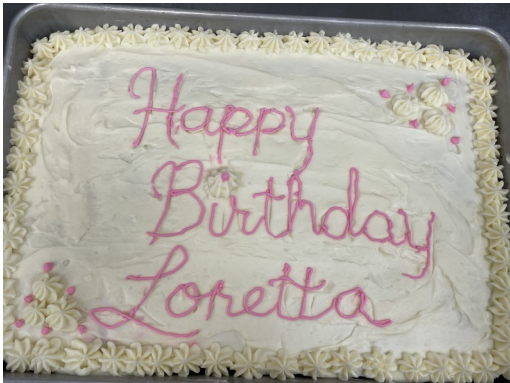
Our front window art was free-handed by Culinary Coordinator Shellie Kvale as a nod to our April theme– Life with us is a Grand Slam! The new artwork and new patio cushions have us all set for warm afternoons on the patio with friends and family!

EMBRACE EVERY MOMENT: THE EASTER BUNNY HOP

We had a special visitor hop through with Easter baskets for each resident! Pictured on this page with their new friend: Priscilla, Julie, LaVonne, Norma, Frankie, Donna, Lou, Bonnie, Evie, June, and Everett.



EMBRACE EVERY MOMENT: BIRTHDAY CLUB



Our one and only April birthday celebrated 99 years on April 19th, with her birthday lunch of a ribeye steak, baked potato, and carrots. Loretta also celebrated with two cakes– one compliments of Dorothy Wehling and one compliments of our Culinary Coordinator Shellie Kvale.



Happy Birthday Loretta!

A NOTE FROM NIT

May is Speech Therapy Month

A speech-language pathologist is a healthcare provider who specializes in evaluating and treating people of all ages who may have difficulty speaking, communicating, or swallowing. Speech language pathologists help people increase or maintain speech or swallowing skills, or adapt to permanent disability in these areas. Many individuals can gain more independence and enjoyment in everyday activities by attending Speech Therapy. NIT speech-language pathologists provide individualized evaluations. This includes testing the strength, flexibility, and coordination of the muscles in your mouth and throat for articulation and swallowing, assessment of how fast you can form words and comprehend what is being said to you, and how long you can pay attention to and remember information. Using the results from the evaluation, the therapist will determine what is interfering with your ability to speak, swallow, and/or communicate with family and friends. Once the issues have been identified, a treatment plan will be developed according to your needs. **Please reach out to an NIT speech-language pathologist to learn more!**



We tested out our new volleyball net on a chilly April afternoon with a game of balloon volleyball with our friends.

Check out the video we shared on our TikTok account. Follow along with all of our fun by keeping up with our socials: Facebook & TikTok.



- ☀ What is dementia?
 - ☀ What is the difference between dementia and Alzheimer's?
 - ☀ What does someone living with dementia look like?
 - ☀ What does it mean to be a dementia friend?
 - ☀ Is it normal aging, or something more?
- We discuss all of these points and more at each Dementia Friends Information Session hosted at the Oelwein Public Library each. Make plans to join Amanda at one of the upcoming sessions to learn more about the small but significant changes you can make in your daily life to support someone living with dementia.
- Thursday, May 4th at 10:30 a.m. | Wednesday, May 17th at 2:00 p.m.**



DEMENTIA LIVE STAFF TRAINING

In April our team members participated in a hands-on learning experience called Dementia Live. This training fully immerses the participant into what it feels like to live with dementia. Thank you to Jessica Fairbanks and Dementia Live ® for hosting this training!





Luella L.
May 18th

Audrey C.
May 20th

LaVonne P.
May 23rd

Monthly resident
birthday party on
May 2nd - 1:30 p.m.



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at Oelwein**

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MAY ACTIVITY PREVIEW:

- May 1st: 9:30 a.m. Fitness with Jenn
- May 2nd: 3:00 p.m. Words within Words
- May 3rd: 1:00 p.m. Zion Church & Communion
- May 4th: 12:30 p.m. Balloon Volleyball
- May 5th: 1:30 p.m. Cinco de Mayo Happy Hour
- May 6th: 5:30 p.m. Dave Wirtz Music
- May 7th: 5:30 p.m. Curt & Linda Music
- May 8th: 3:00 p.m. Left Right Center Dice Game
- May 9th: 1:15 p.m. Carol's Bible Study
- May 10th: 12:00 p.m. Mini Golf
- May 11th: 2:00 p.m. Popcorn & Bingo
- May 12th: 1:30 p.m. Mother's Day Memories– Happy Hour
- May 13th: 9:15 a.m. Bingo
- May 14th: 2:00 p.m. Sundaes on Sunday
- May 15th: 1:00 p.m. Jonathan May Magic Show
- May 16th: 10:00 a.m. What's in the News with Diane
- May 17th: 1:00 p.m. Plant the Garden
- May 18th: 10:00 a.m. Bible Study with Janet
- May 19th: 9:45 a.m. Baking Bunch
- May 20th: 2:30 p.m. Sittercise
- May 21st: 9:00 a.m. Catholic Church & Communion
- May 22nd: 1:30 p.m. Creation Station
- May 23rd: 9:30 a.m. Grocery Run Downtown Oelwein
- May 24th: 12:00 p.m. Outdoor Scavenger Hunt
- May 25th: 9:30 a.m. Manicures
- May 26th: 12:30 p.m. Fitness with Jenn
- May 27th: 9:15 a.m. Bingo
- May 28th: 1:00 p.m. UNO with Friends
- May 29th: 6:00 p.m. Bingo
- May 30th: 1:15 p.m. Carol's Bible Study
- May 31st: 1:00 p.m. Country Drive Bus Ride

**For the complete calendar of activities, please visit
www.arlingtonplaceliving.com