

October Activity Highlights

Monday, Wednesday, and Friday @ 9am - Live 2B Healthy in the dining room

October 3rd Chili Cook Off



October 4th Birthday Party with Mike

October 5th Meet n' Greet - John Kollman, Maintenance Coordinator

October 10th Men's Coffee

October 11th Young Readers

October 13th Back Home Cooking Outing

October 14th Walmart Outing

October 18th Lunch & Learn- Relay Iowa

October 24th Pretty in Pink.-- Wear pink for Breast Cancer



October 28th Country Drive

October 31st Halloween Party



In This Issue

Manager News Page 2

Nursing Updates Page 3

Culinary Insight Page 3

Life Enrichment Page 3

Birthdays of the Month Page 4

Miscellaneous Page 4
Highlights

*“Embracing
Every
Moment!”*

From Our Manager *Brett Ingersoll*

Hello Everyone,

Welcome to October! This is my favorite month of the year, Football and colder weather is approaching and I couldn't be more excited! In honor of this magical time of year, we are having a chili cook-off at Arlington Place as well as going out for leaf rides around the Lima area and Volga Lake Recreation Area.

There is nothing better than just driving and watching the trees change color and seeing what magical beauty there is in nature. It is a great time to reflect on the past summer and look forward to all of the great things we are going to accomplish in the fall. There are so many great things that we can accomplish before the snow starts to fly!



The Mayflower

**On October
12, 1492,
Christopher
Columbus
sailed to in
America, by
accident!**



Maintenance

John Kollman

Hello, I'm the new Maintenance Coordinator here at Arlington Place. I am also working at the Evangelical Free Church of Oelwein as a part time Pastoral intern.

In my spare time I enjoy riding my mountain bike, running, and playing the guitar.

I have played the my guitar in a few different bands, but now I utilize my talent leading worship at church.

I am happy to be working here at Arlington place. Cant wait to get to know all the residents and play my guitar for all of you.

From the Culinary *Josie Doudney*

This month in the kitchen, we are planning on a fall cooking class scheduled for October 25th! Our plan is to make pumpkin bars and caramel apples. The Arlington Place menus will be switching to some of those favorite fall dishes and more fall soups we love! Our snack bar will also be full of peaches, apples and other favorite fall fruits. The kitchen will be creating a special chili for the staff chili cook off so be sure to taste each and vote for the best! Also this month we will be having a Halloween bash full of spooky treats and creepy drinks. Have a great first month of fall we

Life Enrichment Coordinator *Shari Vargason*

Hello There!

With October here, you will be seeing me decorate around Arlington Place with for fall centered colors and décor! I'm thrilled to announce that the Parkside kids will be back to read with us once a month starting in October. So excited to get them back, they sure do light up the place with laughter. There will be lots of fun activities and events for this month! Make sure to look at the October calendar to see which activities you want to attend!

Resident reminder: If you or your family knows of any "Dare to Dream" ideas that would you would sincerely enjoy, stop by my office and we can get something planned as soon as possible!!

Health Care Coordinator

Angie McCann

Just a reminder that it is very important to keep us updated on any changes in health, scheduled doctors appointments, etc... Also, for those who have their medications managed by the Arlington Place staff, please be sure to update the nurse on any new medication orders, including over the counter supplements and vitamins. This is to ensure we provide the absolute best care for you. If you have any concerns or any changes in your health you can talk to me anytime. **Let me know if there is anything I can do for you!**



October

By Pop Culture Madness

"October, the tenth month of the current Gregorian calendar and the second month of Autumn's rule, derives its name from octo, the Latin word meaning "eight," as October was the eighth month of the old Roman calendar. The traditional birthstone amulets of October are opal, rose sapphire, and tourmaline; and the calendula is the month's traditional flower. October is shared by the astrological signs of Libra the Scales (or Balance) and Scorpio the Scorpion, and is sacred to the following Pagan deities: Cernunnos, Hecate, the Morrigan, Osiris, and the Wiccan Goddess in Her dark aspect as the Crone. During the month of October, the Great Solar Wheel of the Year is turned to Halloween (Samhain Eve), one of the four Grand Sabbats celebrated each year by Wiccans and modern Witches throughout the world." - Secrets of a Witch Hawaii has a special October event called "the Aloha Festival," sometimes described as the "Mardi Gras of the Pacific." Columbus Day is celebrated the second Monday every October. Germany's Oktoberfest originally began on October 17, 1810, the wedding day of King Ludwig I. The annual festival starts much earlier, often in September. In America, special holidays start earlier well. Christmas celebrations and sales start in September, and even July in some department stores.

Hearing Aid Clinic



The next hearing aid clinic will be held on Oct. 19th at 9AM.

Happy Birthday

Loretta N-

Mary Ann O-

Beverly B-

Welcome Mary Ann Ryan!

~ Love Where You Live ~

Arlington Place Coordinators

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Maintenance

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Professionally Managed By



Rolling Out the Red Carpet

for YOU!