

November Activity Highlights

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

November 1 - Birthday Party with Mike

November 7 - **Homemade Face Masks**

November 8 - Parkside Readers

November 10 - Jonathan May Magic



November 15 - **Turkey Pardoning**

November 17 - Country Cottage Outing

November 18 - Happy Hour

November 20 - **Family Thanksgiving Dinner**

November 21 - **Pie Bake Off**

November 22 - Caregiver Support Group

November 28 - Homemade Lotion

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“Embracing

Every Moment!”



From Our Manager *Brett Ingersoll*



Hello Everyone,

We are now getting into the colder weather and Thanksgiving is coming up soon. I can't wait to watch the transition of the seasons! Everything from the trees to the squirrels, and other animals getting ready for winter, I enjoy seeing all the changes being made. My favorite part about Fall is of course watching the deer! Unlike many people, I sincerely enjoy the first snowfall of the year and the cold brisk air. I don't think I could ever live somewhere that the seasons don't change, it would be too boring. Unfortunately, many of the residents don't feel the same way that I do about the cold weather. Please be sure this time of the year that you dress appropriately and take care of yourself. Grab your Vitamin D while you can! Just because the bears get to hibernate doesn't mean you do. Get out and enjoy the weather while you can and get ready for the snow.



Chrysanthemum

*The November birth
flower is the
Chrysanthemum.*

Maintenance Coordinator

John Kollman

From trimming shrubs, to fall cleanup, and winterizing the facility, I've been preparing for the cold days up ahead. Another duty has been to ensure everyone has 'just the right' amount of heat going to their apartments. All in all, fall reminds us that life is full of changes; seasons remind us there is more to come.

I very much enjoy my jogs in the fall because cool weather feels good and the leaves are a joy to gaze at.



From the Culinary *Josie Doudney*

We are off to a great start this fall! The new menu options have been a huge hit. The chili cook off was a success with our residents and staff, so we plan to do a pie baking contest in November 21st. Residents, for the Kleenex for Kids Drive this month, if you donate 3 boxes of Kleenex, your family can eat free for the Thanksgiving dinner. We are also looking forward to a big Thanksgiving meal with all of our residents families.



Life Enrichment Coordinator *Shari Vargason*

Hello there!

It is getting cold outside. Everyone's skin is getting dry. What better time to make some homemade lotions and other skin products we can use to help us in the dry seasons! This will be a fun activity for me and the residents! I'm also excited for Johnathan May the magician to be back at Arlington Place on November 10th!

Arlington Place is doing a Kleenex for Kids Drive for the Oelwein School District beginning November 1st! If you would like to help the children by donating a box of Kleenex, please let me know and I can help you.

If you can think of anything new you would like to see on the calendar let me know. I would love to try it. Have a Happy Thanksgiving and wonderful November.

Health Care Coordinator

Angie McCann

As the days get colder and we slowly head into the cold months of winter, I would like to make a simple reminder that if you begin experiencing cold or flu like symptoms please let someone know as we would like to prevent the spread of germs to other residents and staff. If you are experiencing any symptoms of upper respiratory or GI origin, we would like to ask you to rest and not be around others for at least 24 hours or until symptoms subside. Please be sure to let staff or myself know so we can assess you if needed. Your health and well being is our number one priority!



NOVEMBER Facts about NOVEMBER

According to the Georgian calendar, November is the eleventh month of the year. In the early Roman calendar, it was the ninth month. The Roman Senate elected to name the eleventh month for Tiberius Caesar, and since Augustus time, it has had only 30 days. Originally, there were 30 days, then 29, then 31.

November comes between the fall and winter months. The leaves are almost completely gone from the trees, and the rest have lost most of their color. The Anglo-Saxons referred to November as the 'wind month' and the 'blood month' - probably because this is the month they killed their animals for food.

Lots of activities come to a halt in November. The crops have been harvested and either put in storage, or sent to processing plants or mills. Farmers already know if their year has been successful or not. Football is the main sport of the month. The weather is usually beautiful for this kind of sport.



Hearing Aid Clinic

The next hearing aid clinic will be November 16, 2016

November Birthdays

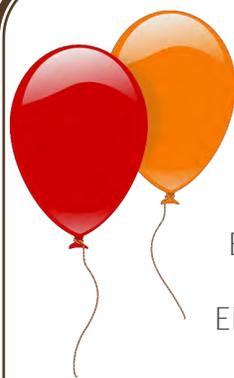
Malvin Tribon 11/3

Pat Jarchow 11/4

Eileen Christensen 11/6

Elsa Mueller 11/17

Jerry Luckeroth 11/18



Welcome new residents Janet S. and Llea H!

~ Love Where You Live ~

Arlington Place

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Professionally Managed By



Rolling Out the Red Carpet

for YOU!