



July Activity Highlights

**Monday, Wednesday, and Friday @ 9am - Live
2B Healthy**

July 3rd Happy Barn Outing

July 5th Community Coffee

July 7th Country Drive

July 9th Curt and Linda Music

July 10th Men's Coffee

July 12th Fancy Fingers

July 14th Dog Days of Summer

July 18th Josie's Cooking Class

July 19th Allen and Allison Meeting

July 21st Hootenannies

July 24th Resident Council

July 26th Massage Therapy

July 28th Happy Hour.

In This Issue

Manager News Page 2

Nursing Updates Page 3

Culinary Insight Page 2

Life Enrichment Page 3

Birthdays of the
Month Page 4

Miscellaneous Page 4
Highlights

*“Embracing
Every Moment”*



From Our Manager
Brett Ingersoll

Hello Everyone,



June was a very exciting month for us celebrating our 15-year anniversary at Arlington Place and we wanted to thank everyone who came out and enjoyed the great weather! This month is also very busy at AP as we will be having our Fourth of July celebration and head out to the pond to do some fishing. We will also have new exercise equipment that the residents are going to be able to exercise as an addition to their live2Bhealthy workout. There are a lot of new exciting things that we are doing and we can't wait.

Thanks,

Starting this month there will be a trivia question in the newsletter. The answer will be in next month's newsletter.

What was the main reason the U.S. declared independence?

From the Culinary
Josie Doudney

Summer is off to a great start in the kitchen then new menus have been a hit. We had our fifteen-year anniversary party this last month and fed close to two hundred people. We are looking forward to a picnic grill out at a local park in town this month and another fun cooking class.

Life Enrichment Coordinator

Shari Vargason

Happy July, our 15-year party turned out great. Thank you for coming and making it special. This month we will be going to Happy Barn for lunch. Grundy Center will be joining us there. How exciting is that!

With the weather getting nice make sure you hydrate, Enjoy the nice weather and Have a Great July.



Health Care Coordinator

Angie McCann

Hello all!

Just a reminder that during the summer months it is especially important to keep hydrated with enough water. This also helps prevent UTIs and other health issues, by drinking adequate amounts of water.

As always, I would also like to remind everybody to notify RN of any new health concerns you may have, even if you are doctoring independently. This helps me stay up to date on what's going on in your life and anything I might need to follow up on!

Thank you!!

JULY

By Famous Birthdays.com

The 7th month of the year brings us Independence Day and Canada Day.

In the Georgian calendar, the calendar that most of the world uses, July is the seventh month. However, on the Roman calendar, it was actually the fifth month and was called Quintilis, which meant fifth. Later in 46 B.C., Caesar gave 31 days and the Roman Senates named the month Julius in honor of Caesar. In northern hemisphere, July is usually the hottest month of the year when it is actually a winter time in southern hemisphere. It gets very cold in Antarctica and cold and rainy in South America. Because there isn't much rain in July, the grass loses its greenness. Moreover, the abundance of flowers and insects occur in July.

Hearing Aid Clinic



The next hearing aid clinic will be

July 19th 2017



~ Love Where You Live ~

Arlington Place Coordinators

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Rolling Out the Red Carpet