

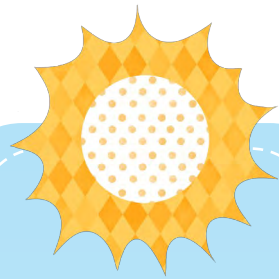


Our Community

Arlington Place at Oelwein is an assisted living community located in Oelwein, IA. The Oelwein based community features private assisted living and memory care apartments as well as common areas, including a central dining room with restaurant style dining, beauty salon and private gathering areas for residents' family and friends.

Arlington Place also offers a specialized, secured environment for persons with Alzheimer's disease and related dementias. At Arlington Place, the secured memory care program is designed to meet the needs of individuals who require supervision or assistance with activities of daily living, through daily programming.

Our community is a unique combination of housing, support services, personal assistance and health care delivered in a residential environment that is staffed with trained professionals 24 hours a day, seven days a week. Our full-time Community Manager, Community Relations Coordinator, Health Care Coordinator, Registered Nurse, Culinary Coordinator, and Life Enrichment Coordinator are available to assist in providing a smooth transition to your new home.



Inside this issue

- Our Community 1
- A Note From TJ 2
- Support Group..... 2
- Mother's Day..... 3
- A Note from Angie.....4
- Calendar Highlights.....4

Resident Birthdays

Thomas T 5/6
 Audrey C 5/20

May Special
\$1,000 off the
first 2 months
PLUS a waived
lifestyle fee!
Contact
Courtney to
schedule your
tour today!

A Note from TJ

Hello Spring!!!!

It may have taken a little longer for spring to get here this year, but it is here! With the nicer weather, please remember to stay hydrated. We do have our hydration station located right outside the front the office. Arlington Place has many fun activities planned. I am most looking forward to our Corner Market trip to pick out our flowers and vegetables for our garden this year. We have added a few

new residents to our community this month and are excited to have them as an addition to the community!

Thank you again for allowing the staff and myself to be a part of this amazing community you call home.

Let's get this spring started off right!



"To the world, you may be one person. But to one person, you may be the world"

Caregivers Support Group

Arlington Place at Oelwein has started a Caregivers Support Group that will take place on the second Monday of each month. Our May support group will take place on Monday May 14th at 1:30pm.

Lisa Ellis from St. Croix Hospice will be here leading these meetings. Any resident, community member, caregiver or someone who would like more information. Each month, there will be a different topic of discussion.

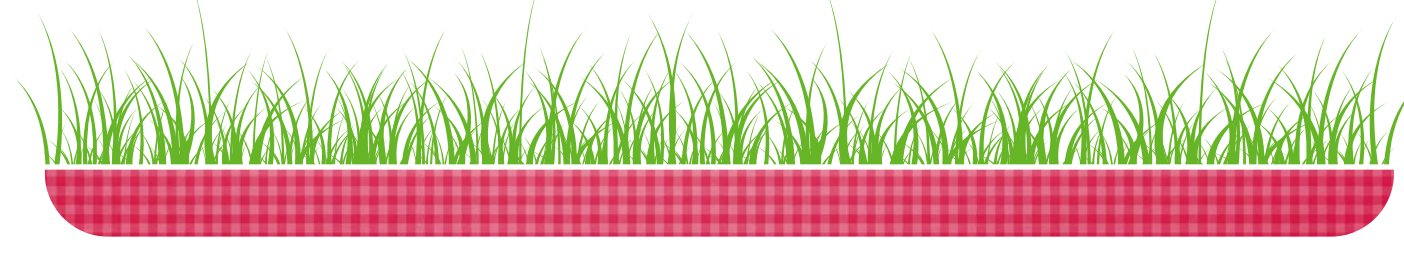
This group will go over information regarding several topics. We will always take suggestions and let our members dictate the type of information the group discusses.

In March, Lisa covered Advanced Care Planning as part of the discussion. Advance care planning is a process that enables individuals to make plans about their future health care. Advance care plans provide direc-

tion to healthcare professionals when a person is not in a position to either make and/or communicate their own healthcare choices.

April's health care topic included hospice basics and information about the services that can be provided. Anyone that wants to know more information about hospice, please contact Lisa Ellis at St. Croix Hospice at lellis@stcroixhospice.com.

If you or anyone you know would like to learn more about this support group, please call Arlington Place to receive more information.





All of the Mothers from Arlington Place at Oelwein

Mother's Day at Arlington Place

moth-er

noun bring up (a child) with care and affection.

Mother's are a very special people in our lives. Many times these women become grandmothers and great-grandmothers.

At Arlington Place, we take great pride in caring for these women as they have cared for many of people in their lives. Our 'moms' here at Arlington Place of Oelwein have a lot to be proud of. We asked all of these women about their families and have tallied the amounts of children, grandchildren and great-grandchildren:

90 children

183 grandchildren

172 great-grandchildren

1 great great-grandchildren, and 1 on the way!

Arlington Place will be hosting a Mother's Day Luncheon on May 13th at 11:00 am. All families are welcome to attend and celebrate "Mom". Please RSVP to Shari Vargason at 319.283.3334.

The Coordinators

Tomi Jo Stammeyer

Manager
managerow@arlingtonplaceretirement.com

Angela McCann, RN

Health Care Coordinator
nurseow@arlingtonplaceretirement.com

Courtney Schott

Community Relations Coordinator
welcome@arlingtonplaceliving.com

Joie Meyer

Culinary Coordinator
culinaryow@arlingtonplaceretirement.com

Shari Vargason

Life Enrichment Coordinator
lifeenrichmentow@arlingtonplaceretirement.com

John Kollman

Maintenance Coordinator
maintenanceow@arlingtonplaceretirement.com

Visit us online at
www.arlingtonplaceliving.com

Nursing Home Week Open House

Arlington Place at Oelwein will be hosting an open house in honor of our Health Care Coordinator, Angie McCann. Please join us on Thursday, May 17th at 2:00 pm to celebrate our community and Angie's dedication to keeping our residents safe and healthy in their homes.

Refreshments and snacks will be provided.

Do you know someone who may be interested in assisted living? Refer them to join our community and take \$500 of your next months rent!

A Note from Angie

Hello everyone, I'm sure everyone is just as happy as I am to see the warmer weather finally get here! It seems like winter lasted forever. With the warmer weather and sunshine, I would like to remind everyone of the importance of exercising and getting out walking. Our Live 2B Healthy has changed to 8:45 am on Monday, Wednesday and Friday. We do also have the sidewalk around the community and the trails right across from us. Grab a friend and go for a walk! Remember to be drinking water throughout the day, we all have a tendency to forget to drink extra water between meals, this helps prevent dehydration. Remember to communicate any concerns or questions you may have, with your nurse!
Angela McCann
Health Care Coordinator
Arlington Place
319-283-3334

May Calendar Highlights

Live2B Healthy is now held from 8:45 am– 9:15 am every Monday, Wednesday & Friday. This is free to the public!

- 5/1 10:00 am Brunch & Learn with guest speaker Elaine Eshbaugh presenting on Dementia
- 5/1 2:00 pm Birthday Party with Russel Turner
- 5/4 1:00 pm Corner Market Trip
- 5/5 5:30 pm Music is Dave Wirtz
- 5/9 10:45 am Garden Lunch at Arlington Place
- 5/11 2:00 pm Happy Hour
- 5/14 1:30 pm Caregivers Support Group
- 5/16 9:00 am On Site Hearing
- 5/17 2:00 pm Nursing Home Week Open House
- 5/21 6:00 pm BINGO
- 5/25 11:00 am BBQ Themed Lunch
- 5/28 3:00 pm Flag Craft
- 5/30 Fontana Park Outing

Arlington Place at Oelwein
1101 3rd St SW
Oelwein, IA 50662