

## A Note from your friends at Arlington Place

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Fall is coming and we will be sad to see summer go! We have had an exciting summer so far here at Arlington Place and have more fun stuff planned. We have been enjoying our summer menus and some of our summer harvest from the gardens.

With Back-to-School coming, we encourage families to share photos of the kids as they embark on their new journey. Each resident has a LifeShare box in their room that is attached to the TV. Families can email pictures straight to the TV for viewing.

If you need the email

address, please contact Shari Vargason, Life Enrichment Coordinator for more information.

We have added a few new faces to our community this month and we are happy to have them join our family.

For all questions and tour inquires, please contact Courtney Schott to learn more!



Residents enjoyed a picnic in the park with Shari on a beautiful summer day!

Bob Bartels enjoys the sweet corn shucking party on the patio. All of our residents have enjoyed the harvest this summer!



## Health Care Coordinator, Amy Roete

Happy August! This month has been busy at Arlington Place, just the way we like it here!

No matter what your age, size, or fitness level, it's never too late to start exercising. Regular exercise helps to improve your mood, energy level & overall well-being.

Exercise can also lower your risk of heart disease, diabetes & dementia. Walking is probably the easiest form of exercise.

Arlington Place also offers an excellent senior wellness program called Live2B Healthy. This program utilizes resistance bands to increase flexibility, balance & range of motion.

This program is offered on Monday-Wednesday-Friday at 8:45am in our dining room.

Thank You,  
Amy



**Our monthly special for August is \$1,000 off per month, for the rest of the year! Call Courtney to set up a tour today! 319-238-0147**

## Culinary Coordinator, Joie Meyer

Our menus this summer have been a mix of old favorites and new items. Thank you to the families that have brought in sweet corn for our residents. They have been hard at it, shucking corn and we've gone through a lot of butter!

We are working to expand our salad bar with more options to choose from. We encourage residents to share some of their favorites with us.

July 12th was National Build Your Own Hotdog Day! We served them up with all the fixings on a hotdog bar. This was the kick-off to our monthly food bar tastings.

We also did a brat tasting with Edgewood Locker brats and it was a fun way to enjoy lunch. We tried several kinds from pizza, ranch, dill pickle and cranberry & wild rice.

The grill has also been busy with weekly cook-outs. This will continue throughout August.

Enjoy the rest of summer!

-Joie



### Maintenance Coordinator-John Kollman

This summer, we have been busy completing the update to the Memory Care patio. We removed old, low flower beds and replaced them with new, raised gardens. Residents were able to help choose the vegetables and flowers that were planted. If you come by, you'll even get to see some residents sneaking a

snack, right out of the garden! They have really enjoyed this update and so have we! As weather changes this summer, we have been working on fire drills and tornado drills with residents to keep them safe in case of emergency. They have all been patient with us as we complete these trainings.

As we work through the rest of summer, please keep in mind the type of birdseed you purchase. We encourage residents to use a non-germinating seed to help prevent weeds in our yard. Enjoy the sunshine!  
-John



### Remembering Merna Rechkemmer

March 5, 1928- July 10, 2018

Our thoughts and prayers are with Merna's family through this difficult time. Merna was an amazing lady and she will be greatly missed at Arlington Place.



### Life Enrichment Coordinator, Shari Vargason

July was a fun month and August is shaping up to be just as great! We have enjoyed some new activities this month as we kick off our monthly samplings. Each month we will taste test new and different items. This month was especially yummy with grilled brats in a variety of flavors. The weather has been gorgeous and our gardens are in full bloom! It has been great to see the hard work in the gardens pay off. We plan to have several outings in August and enjoy the great outdoors before the leaves begin to fall.

Thank you all, Shari



## Arlington Place Contacts

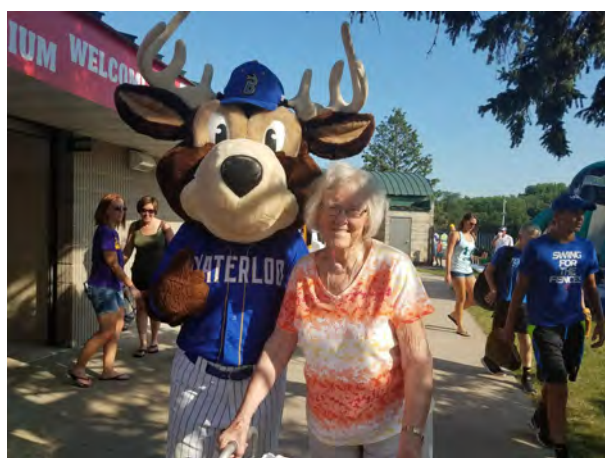
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Resident Audrey Carlson enjoyed a Dare to Dream outing to the Waterloo Bucks baseball game!

## Upcoming Events

- Birthdays: Alice Roete- August 21st
- Live2B Healthy Monday-Wednesday-Friday from 8:45am-9:30am
- August 2nd 1:00 pm Make Ice Cream Sandwiches
- August 3rd 2:00 pm Happy Hour
- August 8th 9:55 am Visit Frank Lloyd Wright's Home
- August 9th 6:00 pm Magician Jonathan May
- August 10th 12:30pm S'mores Bar
- August 13th 2:00 pm Make Funnel Cakes
- August 21st 11:00 am Alice's Birthday Lunch
- August 22nd 2:00 pm Pool Party in the Garden
- August 24th 3:00 pm Convertible Rides
- August 27th 10:00 am Picnic at Backbone State Park



Resident Darrel Fox enjoyed a ride along with the Oelwein Police Department as part of his Dare to Dream.



## Arlington Place at Oelwein

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### August 2018 Arlington Place Newsletter

#### Notes & Reminders

**\*\*Resident Referrals:** If a resident referral results in a move-in. That resident will receive \$500 off a month of rent.

**\*\*If you would like to receive the Newsletter and Calendar by email please send us your email address at [welcome@arlingtonplaceliving.com](mailto:welcome@arlingtonplaceliving.com)**

**\*\*Many of our activities are FREE and OPEN to the public. If you are looking for a great time with some great people, please do not hesitate to call or stop by! 319-283-3334 and ask for Shari**