

Arlington Place at Oelwein

A Note from your friends at Arlington Place

This issue

A Note from AP 1

A Note from Tonya 2

Culinary 2

Maintenance 3

Life Enrichment 3

Meet the Team 4

Upcoming Events 4

Did you know that Arlington Place has some real rock stars that work for us?

In September, Arlington Place was challenged to pick out one rock star employee to bring to a training session. If you've met our staff, you know this was difficult to pick just ONE!

We chose an employee who is

dedicated to our residents, goes above and beyond, connects with visitors and residents alike and someone with a compassionate heart for all she meets.

Carol Schnor is all of those things as well as a huge part of our success at Arlington Place. At the end of the day, it is our Resident As-

sistants who make Arlington Place feel like home for so many people.

Carol is a shining example of what it takes to make a difference. She is a key player in training new staff and keeping our residents smiling.

Thank you for all you do, day in and day out, to help our community!

Resident Assistant Carol Schnor accepts her certificate of achievement from Manager Courtney Schott for achieving Rock Star Status! Carol has been with Arlington Place, caring for our residents for 11 years.



Health Care Coordinator, Tonya Osterhus, RN



I have survived my first full month as the Health Care Coordinator at Arlington Place and I am loving it! I love a good challenge and learning all the dynamics of our community and residents.

I am getting to know each resident and their preferences and some families. I encourage any family members that stop by Arlington

Place to come by my office to say Hello!

As you are visiting, I will also encourage good hand hygiene and awareness of any cold or flu symptoms you may have. We are coming up on the time of year where it can be very easy to spread germs to others.

I ask that visitors be extra cautious when

arriving at Arlington Place so we can all do our part to keep residents and staff healthy.

We have completed our Flu Clinic at Arlington Place and received flu shots in our community.

I look forward to meeting more families and learning more about Arlington Place.

Thank you, Tonya

Our monthly special for September is \$1,000 off the first 3 months rent! Huge savings for you or your loved one as we head towards 2019.

Call Courtney to set up a tour today! 319-238-0147

Culinary Coordinator, Joie Meyer

I think each month has been moving faster and faster all the time. We ate our way through September and hope to be prepared for colder weather and longer days indoors.

September had an abundance of events and food. Arlington Place hosted families for a Family Potluck on September 9th and we really enjoyed getting to sample new and different recipes from all of you!

We also hosted a soup contest between staff for resi-

dents to try some of each. Residents decided not to vote but rather indulge in each of the 4 options.

As part of our monthly fun with food, we also hosted a Baked Potato bar with a wide variety of toppings. These types of events are fun ways to get involved in more food choices and can be a great topic of conversation to see what combinations everyone comes up with.

As the weather cools off, we will get into more hearty meals to keep our bellies full

and warm through the cold days.

Thank you to all the families that ate with us in September!!

Thanks for all the support,

Joie



Maintenance Coordinator-*John Kollman*

Happy Fall families,
Can you believe September is here and gone?! What a wild year it has been. We are excited to see the fall leaves change colors and start a new season here at Arlington Place.

You may have noticed a few updates around the building while visiting loved

ones. We have painted our trash containment area, have updated some paint colors in the dining room and are working to remove the wooden railing in our dining room to make for easier access and update appearance for our community.

I will be working outside to trim bushes,

remove plants that will not make it through the harsh winter months and winterize our water spouts.

As the weather cools down, please remind me when you would like air conditioner covers put back on it your room.

-John



Life Enrichment Coordinator, *Shari Vargason*

September was such a fun month of exciting events at Arlington Place. We have ventured out to take some country drives, visit new restaurants and enjoyed many activities indoors.

While many of our families know what our Dare to Dream program is, some are not as familiar. Arlington Place continually goes above and beyond expectations when it comes to their residents. Our staff learns what types of activities our residents wish they could do or wish they would have done and we help their dreams come true! Our most recent dream come true was a 'ride along' with our local Oelwein Police Department for resident Darrel Fox. Darrel is a former military member and law enforcement officer that has been itching to get back in the squad car. We made this happen with the cooperation of OPD and their staff.

Arlington Place participated in the Alzheimer's Walk on September 22nd in Waterloo. We raised over \$1,600 this year towards our goal. Thank you to those who attended our sub shop, donated towards our fundraising contest and businesses that donated in our honor. We have set our sights higher for next year and hope to expand our team as well.

Thank you all, Shari



Upcoming Events

Birthdays:

Mary Ann Olander October 11th

Margie Kuennen October 14th

Live2B Healthy Monday-Wednesday-Friday
from 8:45am-9:30am

Calendar highlights

10/2 9:00 am Shopping Trip

10/3 11:30 am Speaker Dylan Mulfinger

10/4 1:00 pm Make Cinnamon Rolls

10/5 1:00 pm Best Smile Contest

10/8 11:00 am Columbus Day Lunch

10/9 2:00 pm Decorate for Halloween

10/12 11:00 am Build Egg Omelets for
Lunch

10/15 1:00 pm Tour Fire Station

10/19 7:00 am Donut Day Breakfast

10/24 10:20 am Make Caramel Apples

10/24 1:00 pm Leaf Drive

10/25 10:30 am Lunch Outing Okoboji Bar
& Grill

10/26 2:00 pm Happy Hour!

10/29 10:00 am Makeover Monday

10/31 4:00 pm Halloween Party for Kids!

Arlington Place Contacts

Health Care Coordinator: Tonya Osterhus, RN
319-238-3418
nurseow@arlingtonplaceretirement.com

Life Enrichment Coordinator: Shari Vargason
319-283-3334
lifeenrichmentgc@arlingtonplaceretirement.com

Culinary Coordinator:
Joie Meyer
319-283-3334
culinarygc@arlingtonplaceretirement.com

Maintenance Coordinator:
John Kollman
319-283-3334
maintenanceow@arlingtonplaceretirement.com

Manager:
Courtney Schott
319-238-0147
managerow@arlingtonplaceretirement.com



1101 3rd St SW
Oelwein, IA 50662
319-283-3334

Move Over John Wayne!



Arlington Place residents Eileen Christensen & Audrey Carlson practice their target shooting with NERF guns. These ladies were sure shots as they hit the target!



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

**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