

## Parker Place Special Events

Join us every Monday, Friday at 9:00 a.m. and Tuesdays at 10:15 a.m. for our exercise program with a personal trainer. Everyone is invited to attend at no cost. Look and feel great every day.



- ◆ Monday Night Movie Night 5:00pm
- ◆ Tuesday & Thursday Daily Devotions with Joe Leto 9:00am
- ◆ January 5th Arlington Place of Grundy Pepper Club @ Parker Place 2:00pm
- ◆ January 6th Service with Matthew Brooks 10:00am
- ◆ January 10th Butler County Foot Clinic
- ◆ January 12th BINGO with MidwestOne Bank 10:30am
- ◆ January 18th Reform Church of Stout 10:00am
- ◆ January 18th Gary Lee Ireland 3:30pm
- ◆ January 23rd On-Site Hearing 9:30-11:00am
- ◆ January 24th Linda McCann 3:30pm
- ◆ January 30th Trinity Christian School Sings 1:00pm
- ◆ January 31st Neil Hewitt 12:30pm

# Parker Place Post

VOLUME 8, ISSUE 1

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### Articles Jake Wants You To Know About

Neglect is the failure of caregivers to fulfill their responsibilities to provide needed care. "Active" neglect refers to behavior that is willful - that is, the caregiver intentionally withholds care or necessities. The neglect may be motivated by financial gain (e.g. the caregiver stands to inherit) or reflect interpersonal conflicts

"Passive" neglect refers to situations in which the caregiver is unable to fulfill his or her care giving responsibilities as a result of illness, disability, stress, ignorance, lack of maturity, or lack of resources. Self neglect refers to situations in which there is no perpetrator and neglect is the result of the older person refusing care.

#### Who are the perpetrators?

- Perpetrators may be paid attendants, family members, employees of long term care facilities, or others

- Caregivers who lack adequate skills, training, time, or energy
- Caregivers who are mentally ill, or who have alcohol, substance abuse or other mental health problems

#### Who is at risk?

- Persons with physical or mental disabilities who depend on others for care
- Persons with high care needs. These include fluctuations in the older person's need for care, disturbed sleep, incontinence, and lack of support from other family members.

Self-neglect is often associated with mental health problems, including substance abuse, dementia, and depression.

#### What are the indicators?

Indicators are signs or clues that neglect has occurred. Indicators of neglect include the condition of the older person's home, physical signs of poor care, and behavioral characteristics of the caregiver and/or older person.

#### Signs of neglect observed in the home

- Absence of necessities including food, water, heat
- Inadequate living environment evidenced by lack of utilities, sufficient space, and ventilation
- Animal or insect infestations
- Signs of medication mismanagement, including empty or unmarked bottles or outdated prescriptions.

Housing is unsafe as a result of disrepair, faulty wiring, inadequate sanitation, substandard cleanliness, or architectural barriers

#### Physical indicators

- Poor personal hygiene including soiled clothing, dirty nails and skin, matted or lice infested hair, odors, and the presence of feces or urine
- Unclothed, or improperly clothed for weather
- Decubiti (bedsores)
- Skin rashes
- Dehydration, evidenced by low urinary output, dry fragile skin, dry sore mouth, apathy, lack of energy, and mental confusion
- Untreated medical or mental conditions including infections, soiled bandages, and unattended fractures
- Absence of needed dentures, eyeglasses, hearing aids, walkers, wheelchairs, braces, or commodes

#### Worsening dementia

#### Behavioral indicators

- Expresses anger, frustration, or exhaustion
- Isolates the elder from the outside world, friends, or relatives
- Refuses to apply for economic aid or services for the elder and resists outside help
- Exhibits emotional distress such as crying, depression, or despair

*A Place that Feels Like Home*

## Maintenance with Tom

### January Home Maintenance Tips

1. Organize your home improvement files. Review warranties and product manuals to check on recommended maintenance for furnaces, equipment, appliances and tools. Mark your calendar to track scheduled upkeep, service and monthly filter changes.
2. Inspect furniture, cabinets and vanities for loose knobs, pulls and hinges. Lubricate squeaky door hinges with lightweight machine oil.
3. Fix squeaks in your floors and stairs by applying weight to the area and driving a galvanized finish nail through the flooring into a floor joist or stringer.
4. Make a room-by-room inventory of everything in your house. In event of fire, flood or other disaster, it will be important in filing an insurance claim. Photographs or video can also be helpful.
5. Don't close vents to crawl spaces. If you live where pipes can freeze and the floor becomes very cold, insulate pipes and under the floor. Vents play an important role in controlling condensation beneath a house.
6. Do not close off unused rooms in your house, unless there is a supply AND return in the room. Your heating system was designed for the square footage of your home, by closing rooms off you are changing the efficiency of your heating system which can actually increase your monthly bill.

## Hot Chocolate Chip Cookies

- |  |  |
|--|--|
| 2 sticks softened unsalted butter                            | 1 teaspoon salt  |
| 1 cup white granulated sugar                                 | 1- $\frac{1}{4}$ teaspoons baking soda                 |
| $\frac{1}{2}$ cup packed light brown sugar                   | 1 cup each white, milk, and semi-sweet chocolate chips |
| 2 large eggs   | $\frac{1}{2}$ teaspoon cinnamon                        |
| 1 teaspoon pure vanilla                                      |  |
| 3- $\frac{1}{4}$ cups all-purpose flour                      |  |
| 4 packages (1 oz. packets, NOT sugar-free) hot chocolate mix |  |

Heat oven to 350 degrees F. Cream butter and sugars until smooth. Beat in eggs and vanilla until combined. In a separate bowl, combine flour, hot chocolate mix, salt and baking soda. Add to wet ingredients in 3 to 4 parts, making sure all is incorporated. Fold in chips. Chill the dough for an hour or so. Scoop dough onto baking sheets lined with parchment paper. Bake for 9-11 minutes or until edges are golden brown. Let cool for 5 minutes before removing from pan.

CHRISTINE'S CORNER

### Tax Information

Section 213 of the Internal Revenue code allows deductions for medical care for an individual, spouses or dependents if the expense exceeds 7.5% of the taxpayer's adjusted gross income.

The monthly fee of an Assisted Living Community may be considered a medical expense. It further states that if a resident is living in an Assisted Living Community because of a medical condition which requires them to be there, and meals and lodging are furnished, then the cost is considered a medical care expense.

Please consult your tax advisor on this code if you feel this could possibly apply to your situation!

### Sm:)le Program

What is the Sm:)le program? The Sm:)le program is a way for us to keep in contact with resident family members. Sm:)le is personalized for your loved one. It shows what activities they have participated in, upcoming activities, photos of your loved one and all the things they have participated in and more. We also post our monthly newsletter and event notifications. If you are interested in joining or learning more about this program please email Nichol at [lifenrichment@parkerplaceretirement.com](mailto:lifenrichment@parkerplaceretirement.com)

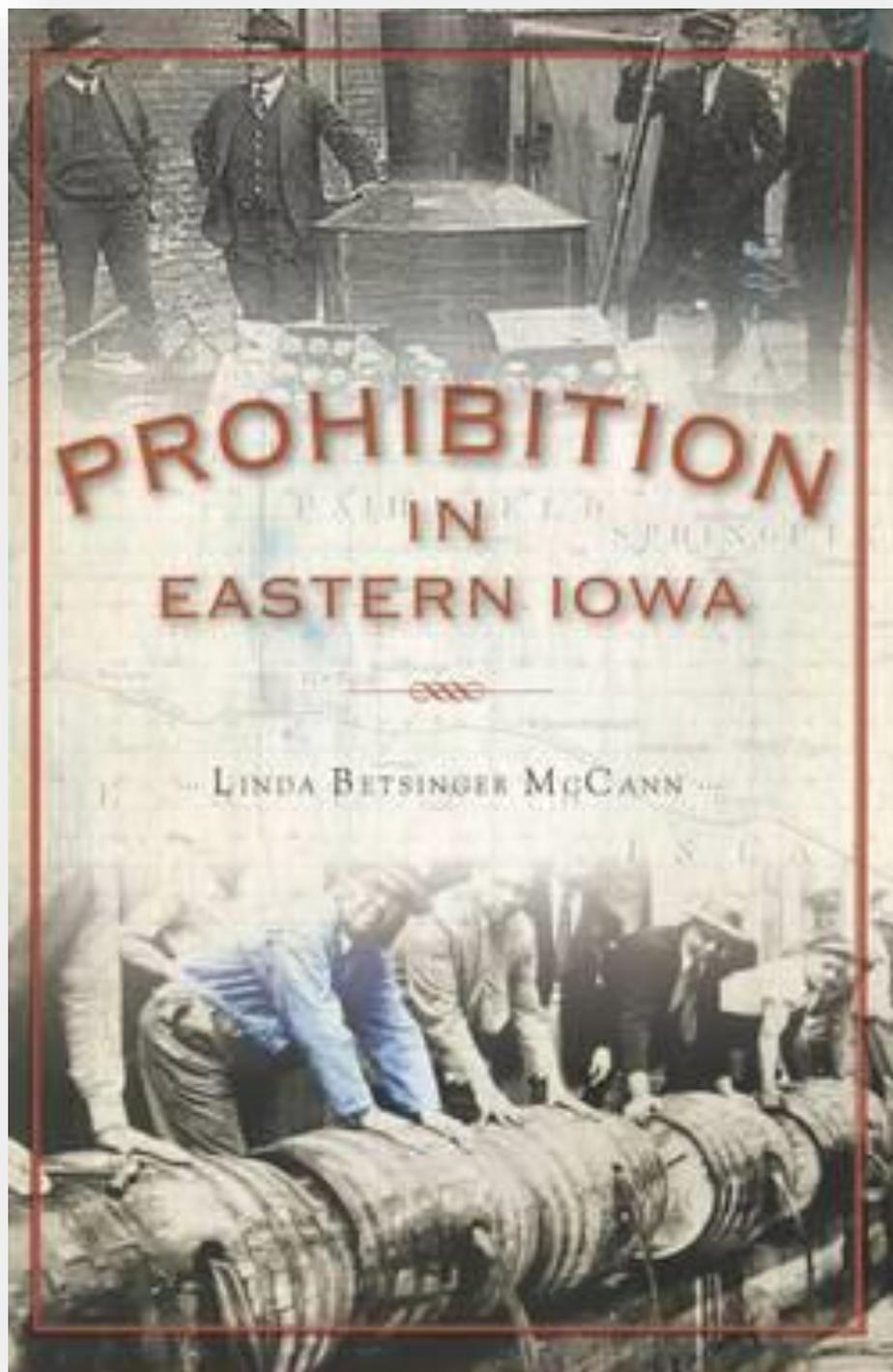
(Please note you must have e-mail to utilize this program)

We love having family and friends join our residents for lunch and supper!!! Meal cost is \$8 per person or \$3 for seniors. RSVPs 24 hours in advance are appreciated.

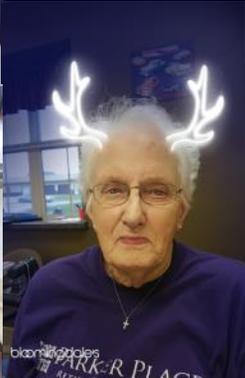
### Respite Care

Are you or loved one having surgery? Are you a caregiver and need a night to yourself? Parker Place offers respite services! Stay in our respite apartment and receive all the care our residents receive. Respite offers caregivers the R&R they deserve!

Contact Jacob Bates , at (319) 346-9771 or [manager@parkerplaceretirement.com](mailto:manager@parkerplaceretirement.com) to schedule your respite stay.



Join us on Tuesday, January 24th @ 3:30pm with Linda McCann as she speaks to us about the Prohibition in Iowa.





# PARKER PLACE

RETIREMENT COMMUNITY

Primary Business Address  
Address Line 2

Phone: 555-555-5555

Fax: 555-555-5555

Email: someone@example.com

ADDRESS CORRECTION REQUESTED

*A Place That Feels Like Home*

## **Parker Place Announcements**

**Call Us Today and Find Out How You Can Save in January!**

Residents who refers another resident will get \$500 off their next months rent!

### **Volunteers Wanted!**

We are looking for volunteers to help with activities, playing cards or other games, entertainment, companionship or just bringing new ideas and activities to our residents.

Contact Nichole if you'd like to lend a helping hand! Nichole Rider (319)346-9771

**Be Sure and Check out our  
Activity Calendar!**

**Come for a tour!  
Stay for lunch!  
Enjoy an activity!  
Volunteer!**

We are looking for individuals to come spend one on one time with residents. Come talk about what's happening in the world today. Have coffee or tea. Walk the halls. Play a game or two. Our residents would love to spend time with you!

**Happy Birthday  
Robert M. 1/17**

