



Parker Place Retirement Community

Happy New Year

As we reflect on so many memories made from this past year, we have much to be thankful for at Parker Place Retirement Community. As we transition to a new year, our commitment to excellence remains a top priority and we could not accomplish this without the tremendous team of employees at PPRC that are committed to providing round-the-clock quality care. To our wonderful residents, we are so thankful for you! It is our joy to serve you and we look forward to celebrating 2018 together. Happy New Year from our family to yours!

Save the Date

Our Valentine's Day Social will be held on Wednesday, February 14th at 2:00 PM. We hope to see you there!



Dates to Remember

- *Jan. 2nd 12:00 Blizzard Social*
- *Jan 3rd 10:00 Lawler & Swanson*
- *Jan. 8th 12:00 Elvis Presley Social*
- *Jan 15th 12:00 MLK Social*
- *Jan. 16th 12:00 January Birthdays*
- *Jan 23rd 10:00 David G! 12:00 Brownie Social.*
- *Jan 30th 10:00AM Camp Courageous*

Join us every Monday, Tuesday & Thursday at 9:00 a.m. for our exercise program with a personal trainer. Everyone is invited to attend at no cost. Look and feel great every day!

A Letter from the Manager's Desk

Make 2018 A Quality Year

Well known author C.S. Lewis once said, "You are never too old to set another goal or to dream a new dream." Now that 2018 is here, It's a good time to reflect on what goals you want to accomplish this year and what dreams need to be fueled with more hope and motivation. And age should never be a factor!

At Parker Place Retirement Community, our residents amaze us every day when we learn about past chapters in their lives that are so rich with adventure and fearless determination. Whether long-term or short-term residents, it is our joy and commitment to serve them with not only quality care, but also quality of life experiences that meet their needs, values their past, and honors future potential.

One of the ways we do this is through a calendar full of daily activities that range from afternoon socials to movie nights, fun outings to craft time, and much more! Engaging our residents with mental, social, and physical activities fosters a positive outlook to the promise of new adventures, goals, and dreams in 2018.

Happy New Year!

- Jake Bates

Assistant Manager - Lexi Metz Community Relations Coordinator

Stay active, healthy and happy! Parker Place is a vibrant assisted living community that is the perfect place for active seniors who simply want a comfortable, secure and enjoyable home environment.

At Parker Place Retirement Community, your care is customized for your unique situation. Our staff can assist you so you can still be part of an active community without any of the hassles or worry that comes with living alone. We create a senior living service plan to ensure that your needs and wishes are met. At Parker Place, your independence is encouraged to make your assisted living experience unlike anywhere else.

We have immediate availability on both our Assisted Living, and Memory Care communities. Give me a call to schedule a tour!

- Lexi Metz

Health Care Coordinator

- Maureen Hershey

Be Successful With New Year's Resolutions

Chances are you have made a list of New Year's resolutions that affect various areas of your life. According to statisticbrain.com., here is a Top 10 list of common resolutions made each year: 1) Lose weight; 2) Get organized; 3) Spend less, save more; 4) Enjoy life to the fullest; 5) Stay fit and healthy; 6) Learn something exciting; 7) Quit smoking; 8) Help others in their dreams; 9) Fall in Love; and 10) Spend more time with family.

Did you know that out of the 45 percent of Americans that make resolutions, only eight percent are successful in achieving what they set out to accomplish? There's a secret behind success. Keep your list simple and achievable. Instead of a large bucket list, jot down only a handful of realistic goals that can survive a 365-day journey.

Of course, it's no surprise health occupies three spots in this list and there's certainly good reason: You're worth it! You have been given one body so it's critically important to value your life and treat it well. Maybe it's time to finally make an appointment for that medical checkup you've been putting off, or maybe it's time to tackle the depression you can't seem to shake.

Remember, the condition of your physical and mental health affects every area of your life: relationships, employment, education, finances and more. May 2018 be your healthiest year!

Maintenance Coordinator -

Tom Moffitt

Parker Place Retirement Community has all kinds of new projects going on to start the New Year. We recently just got a new Whirlpool spa at our facility, as well as a new Physical Therapy Room that will soon be equipped for our residents. We are also really excited about the new carpet that was just recently laid, and we also just received our new storage shed set up outside of our facility. - We are so grateful for all that Tom does here for us at Parker Place. Thank you for all you do Tom!

Culinary Coordinator

- Christine Weber

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. Thank you!

Recipe of the Month - Chili

Ingredients

- 1 large onion
- 1 lb. lean ground beef
- 1 tbsp. chili powder
- 2 tsp. chopped fresh or 1 tsp. dried oregano leaves
- 1 tsp. ground cumin
- ½ tsp. salt
- ½ tsp. red pepper sauce
- 1 (14.5 oz.) can diced tomatoes, un-drained
- 1 (15-16 oz.) can red kidney beans, un-drained

Directions

1. Peel and chop onion to measure 1 cup.
2. In a 3-quart saucepan, cook the beef and onion over medium heat for 8 to 10 minutes, stirring occasionally until beef is thoroughly cooked. Drain excess water off.
3. Stir in chili powder, oregano, cumin, salt, pepper sauce and tomatoes with their liquid.
4. Heat mixture to boiling high heat. Once boiling, reduce heat just enough so mixture bubbles gently. Cover with lid. Cook for 1 hour, stirring occasionally.
5. Stir in the beans with their liquid. Heat mixture to boiling high heat. Once boiling, reduce heat just enough so mixture bubbles gently. Cook uncovered for about 20 minutes, stirring occasionally until desired thickness is achieved.
6. Enjoy!

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 to schedule your respite stay.*

Life Enrichment Coordinator

Hello Everyone! Don't forget to take a look at January's calendar! We have a lot of fun things going on and don't forget to check out some of our new activities! Also don't forget that all of our activities are open to the public. That means you can invite your friends and family to join for any activity. I want to thank all of you for making my first 6 months here at Parker Place amazing for me! I truly love what I do and love the people I have the honor to work with. I am looking forward to another great year with all of you!

Denelle Warneke

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 Denelle at lifenrichment@parkerplaceretirement.com

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

Parker Place Friday Night Movie Night

<i>November 3</i>	<i>November 10</i>	<i>November 17</i>	<i>November 24</i>
<i>Wizard of Oz</i>	<i>The Queen</i>	<i>Titanic</i>	<i>The Sandlot</i>
<i>5:00 PM</i>	<i>5:00 PM</i>	<i>5:00 PM</i>	<i>5:00 PM</i>

Parker Place Coordinators

Manager:

Jacob Bates

319-239-7848

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Community Relations Coordinator:

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Health Care Coordinator:

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Life Enrichment Coordinator:

Denelle Warneke

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Culinary Coordinator:

Christine Weber

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chef@parkerplacereirement.com

Maintenance Coordinator:

Tom Moffitt

319-346-9771

January Birthdays

Mary M. January 2nd

Elmer C. January 7th

Richard V. January 7th

Betty L. January 8th

Bob M. January 17th

*Happy
Birthday*



Parker Place
707 Hwy 57
Parkersburg, IA 50665

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 Denelle if you'd like to lend a helping hand!

Denelle Warneke (319)346-9771

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!

