



Parker Place Retirement Community

Dates to Remember

- ◆ February 1st National Freedom Day
- ◆ February 2 "Go Red in support of Heart Health"

National Wear Red Day!!

- ◆ February 2 Groundhog Day
- ◆ February 4th Super Bowl Party
- ◆ February 12th Abraham Lincoln's Birthday
- ◆ February 13 Mardi Gras Day Social
- ◆ February 14th Valentine's Day Lunch
- ◆ February 19th President's Day
- ◆ February 22nd George Washington's Birthday
- ◆ American Heart Month
- ◆ Black History Month

February



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
- Jacob Bates

Being Heart Smart Is A Good Start

February is American Heart Month and it's a good opportunity to reflect about what steps you can take to commit to a better life — not just from a medical perspective, but also from a body, mind and soul focus.

Have you ever heard the saying, "An unexamined life is not worth living?" This saying can easily be applied to your life when considering how you can be better to your heart, whether that means embracing healthier eating habits, reducing stress for mental and emotional wellbeing, or searching for spiritual balance.

Every now and then, it's important to step back from the daily roller coaster and examine how you can achieve a better life. Perhaps more laughter, more sleep, less worry and fewer bad habits would be a good starting point. Maybe it's time to hit the reset button and book that much needed vacation or maybe it's time to tackle that health issue you've been in denial about.

Be good to your heart. It's the key determinant — the heartbeat — to the overall health of your body, mind and soul.

- Jacob 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! 319-310-0606

- Lexi Metz

Health Care Coordinator

- Maureen Hershey

10 Heart-Healthy Habits

February is American Heart Month. Though many of us do not suffer from heart disease, we all fight stress at one time or another.

Here are 10 positive healthy habits that the American Heart Association encourages you to develop in our daily lives to protect you from the harmful effects of stress and put you on the road to a healthier heart!

- 1. Talk with family and friends. A daily dose of friendship is great medicine. Call or write friends and family to share your feelings, hopes and joys, and ask them to share theirs.*
- 2. Engage in daily physical activity. Regular exercise can relieve mental and physical tension. Those who are physically active have a lower risk of depression and loss of mental functions. Exercise can also be a great source of pleasure. Try walking, swimming, biking or dancing every day.*
- 3. Embrace the things you are able to change. While we may not be able to do some of the things we once enjoyed, we are never too old to learn a new skill, work toward a goal, or love and help others.*
- 4. Remember to laugh. Laughter makes us feel good. Don't be afraid or embarrassed to laugh out loud at a joke, a funny movie or article, even when you are alone.*

5. Give up bad habits. Too much alcohol, cigarettes or caffeine can increase blood pressure. If you smoke, see your physician about ways to quit. If you drink alcohol, do so in moderation.

6. Slow down. Try to "pace" instead of "race." Plan ahead and allow enough time to get the most important things done without having to rush.

7. Get enough sleep. Try to get six to eight hours of sleep each night. If you can't sleep, take steps to help reduce stress and depression. Physical activity may also improve the quality of sleep you get.

8. Get organized. Use "to do" lists to help you focus on your most important tasks. Approach big tasks one step at a time. For example, start by organizing just one part of your life – your car, desk, kitchen, closet, cupboard or drawer.

9. Practice giving back. Volunteer your time or spend time helping a friend. Helping others helps you.

10. Try not to worry. The world won't end if your grass isn't mowed or your kitchen isn't cleaned. You may need to do these things, but right now might not be the right time.

For more information on how to live heart-healthy, visit the American Heart Association's website at www.heart.org.

Have a happy February!

- Maureen Hershey

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:

King Cake Bubble Up

Ingredients

- 2 (12.4-oz) cans refrigerated Pillsbury cinnamon rolls*
- 1 (8-oz) package cream cheese, softened*
- 2/3 cup sugar*
- 2 eggs*
- 1 tsp vanilla*
- 1 cup milk*
- purple, yellow, green sugar*

- Preheat oven to 375 degrees. Lightly spray a 9x13-inch pan with cooking spray.*
- Separate cinnamon rolls, save icing to use after the bubble up is baked. Cut each cinnamon roll into 4 pieces. Place in bottom of prepared pan.*
- Using a hand held electric mixer, beat together cream cheese and sugar. Add eggs and vanilla, mixing well. Add milk and mix until combined. Pour over chopped cinnamon rolls.*
- Bake for 30 to 35 minutes. Remove from oven and cool for 5 to 10 minutes. Spread cinnamon roll icing over top of casserole. Sprinkle with colored sugar.*

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
- Denelle Warneke*

“Go RED” in Support of Heart Health

Residents will support “Go Red” by participating in National Wear Red Day on Friday, February 2, 2018 in honor of American Heart Month.

Super Bowl Party

Get ready for some football! Residents and staff are gearing up for our Super Bowl Party on Sunday, February 4th at 5:00pm. We will serve popcorn and other refreshments during this time. We hope to see your there!

Happy Mardi Gras!

On Tuesday, February 13th, we will kick off our Mardi Gras celebration at 10:00am. Join us for King Cake and Coffee!! YUM!

Happy Valentine’s Day!

Love is in the air! Parker Place Residents are looking forward to a candle lit lunch at 11:00am, and a Valentine’s Day Social to follow at 2:00pm.

Parker Place Weekly Movies

<i>The Butler</i>	<i>Walk The Line</i>	<i>Lincoln</i>	<i>The Queen</i>
<i>Monday,</i>	<i>Monday,</i>	<i>Monday,</i>	<i>Monday,</i>
<i>February 5th</i>	<i>February 12th</i>	<i>February 19th</i>	<i>February 26th</i>
<i>1:00 PM</i>	<i>12:00 PM</i>	<i>2:00 PM</i>	<i>1:00 PM</i>

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 lifeenrichment@parkerplaceretirement.com

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

Parker Place Coordinators

Manager:

Jacob Bates

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Culinary Coordinator:

Christine Weber

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chef@parkerplaceretirement.com

Maintenance Coordinator:

Tom Moffitt

319-346-9771

Happy Birthday

Gordon L. February 28th





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!

February

