



Parker Place Retirement Community

Dates to Remember

- March 2nd - Employee Appreciation Day.
- March 7th - 11:00am Veteran Affairs Lunch & Learn.
- March 9th - 12:00pm Isle Casino.
- March 11th - Daylight Saving Time.
- March 13th - 1:00pm Fruit Cup Social - 2:00pm David G!
- March 16th - 11:00am L2BH Lunch Presentation - 2:00pm St Patrick's Day Social.
- March 17th - St. Patrick's Day.
- March 20th - Spring Begins.
- March 21st - 10:30am Wood Vision Lunch & Learn.
- March 23rd - 12:00pm John Deere Museum.
- March 25th - Palm Sunday.
- March 27th - 2:00pm Banana Split Social.
- March 30th - Good Friday.
- March 31st - 10:00am Easter Brunch -

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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

5 Ways to Show Employee Appreciation

Employee Appreciation Day is Friday, March 2nd, and everyone at Parker Place Retirement Community always goes the extra mile to ensure that each staff member knows his or her value. We rely on a dedicated team, from our providers, to our nursing and activities departments, to environmental services, dietary and housekeeping. We appreciate each and every one of our employees and want to give you a few tips on how to make your staff members feel special!

1. Create a recognition culture. At PPRC, we make a point to recognize our employee of the month and host other events to show our appreciation for our providers and staff. By maintaining a recognition/appreciation strategy, you show your employees what they mean to you and increase productivity and efficiency in the workplace.

2. Be genuine. Everyone loves a compliment, but saying the same old thing to every staff member can get old and seem insincere. Be sure to tell employees why they matter on an individual basis.

3. Strike a balance between positive feedback and constructive criticism. It's easy to point out flaws or voice negative opinions. Voice appreciative comments and provide positive feedback to employees, and make sure to find a separate time to voice constructive criticism or other concerns. Your employees will understand there is always room for improvement.

4. Don't forget the little things. "Thank you." What a powerful phrase! Whether you write a note or just say thank you in the hallway, a smile or short word of praise can make all the difference in an employee's day, overall attitude and work performance.

5. Remember that each employee is unique. Similar to No. 2, treating each staff member as an individual shows employees that they aren't just getting lost in the shuffle. Emphasize that each employee's contribution to the team is important. Make sure to point out individual qualities that set each employee apart.

To all of our employees, know that we are thankful for everything you do for our residents and the entire facility!

Have a happy March!

- Jacob Bates



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.

*Assistant Manager - Lexi Metz
Community Relations Coordinator*

Get Out and Get Moving!

With spring on the horizon, it could not be a better time to get your daily dose of fresh air and exercise. Spending time outside makes you healthier; and it is scientifically proven! Here are a few reasons why going outside is healthy for you:

- 1) It makes exercising easier – Research shows that the color green makes exercise feel less strenuous. During the study, those who exercised in front of the color green as compared to other colors, showed less mood disturbances and felt less exertion. Also, exercising outside is more enjoyable than exercising inside.*
- 2) It helps you lose weight – Outside terrains aide in weight loss. Higher altitude helps you lose weight because they speed up your metabolism.*
- 3) It boosts vitamin D – 80 to 90 percent of our vitamin D intake comes from the sun. Therefore, being outside helps with bone growth, cell growth, and neuromuscular and immune function. So, make it a goal to spend at least 10-15 minutes outside each day. If you are feeling motivated, hit the trails and go for a walk, bike ride, or tend to your garden. Don't forget the sunscreen!*

- Lexi Metz



*Health Care Coordinator
- Maureen Hershey*

*Wear Blue for National
Colon Cancer Awareness*

March is National Colon Cancer Awareness month. Knowing the facts of colon cancer, which is a preventable cancer, can help you stay healthy! Colon cancer is the second leading cause of cancer death and one in three adults between 50 and 75 years old are not being screened. That is a significant number because 90 percent of those being diagnosed are over the age of 50. Early detection is the key to preventing colon cancer. When it can be detected early, treatment is more likely to be successful. If done in time, it can be prevented via the removal of precancerous polyps. The most common screening tests are colonoscopies. It is 90 percent treatable and beatable when detected early. The most important risk factors are people who have a sedentary lifestyle, are obese, or smoke tobacco. Diet also plays a huge part in preventing colon cancer. Diets that are fiber deficient, have high intakes of fat, calories, and processed meats, increase their risk of developing colon cancer. So schedule an appointment today with your local gastroenterologist, and get screened. For more information, visit www.ccalliance.org.

- Maureen Hershey

Culinary Coordinator

- Jessi Dietz

Spring Into Better Nutrition

March is National Nutrition Month. Our dietary department works hard each day to provide balanced and tasty meals for our residents. Take the opportunity this month to spring into a healthier lifestyle by making informed food choices. In a few easy steps, you can decrease your risk for conditions such as high blood pressure and cholesterol, diabetes, cancer, heart disease and osteoporosis.

What Changes Can I Make Now in My Diet? A healthy diet is much more than just choosing to eat more fruits and vegetables. Some people need more protein in their diets. Some people have to monitor wheat and milk in their diets. Knowing which nutrients your body needs, the foods that contain them and how much you should eat are all part of making smart choices. Knowing which foods contain the nutrients you need is a natural first step. For instance, most people know that oranges are a good source of Vitamin C, but so are tomatoes and potatoes. Dairy foods like milk are a good source of calcium, but so is broccoli. Whole grains and beans provide fiber, but so do fruits and vegetables.

Everyone can benefit from cutting back on unhealthy fat. Try one of the following changes to reduce your fat or bad cholesterol intake:

- Increase the amount of lean protein in your diet. Rather than frying meat, bake, grill or broil it. Take the skin off before eating chicken or turkey. Eat fish at least once a week.
- Cut back on extra fat, such as butter or margarine on bread, sour cream on baked potatoes and high calorie salad dressings. Substitute these condiments with low-fat or nonfat versions.
- When eating away from home, watch out for "hidden" fats and sugars in salad dressings, sauces and large portion sizes.

- Stay hydrated with no-calorie or low-calorie beverages, such as water, unsweetened tea or diet soda. Fruit juice, sports drinks, regular soft drinks and flavored milk can add lots of sugar and calories to your diet.
- Eat fresh produce that is in season and freeze or can extra portions for future use. This is a great money saver.
- Read the nutrition labels on foods before you buy them. Often when an ingredient like salt or fat is reduced, more of another ingredient is added to keep the taste consistent. In some cases, the full-fat version may be better for you because it contains less salt or sugars.

You are never too old to start making positive changes in your diet. Even if your weight doesn't change dramatically, your overall health will benefit from these healthy habits.

- Jessi Dietz

Recipe of the Month

St. Patrick's Day Punch

Ingredients

- 2 4 oz pkg. Kool aid—lemon lime powdered drink mix
- 1 46 oz can pineapple juice
- 2 quarts cold water
- 2 2-liter bottle ginger ale/chilled
- Lime Sherbet for serving

Directions

1. Add all ingredients (except sherbet) in large punch bowl, stir/combine.
2. You can add sherbet when time to serve.
3. Enjoy!

Life Enrichment Coordinator

Mark Your Calendar!

- Denelle Warneke

Don't Forget to Wear Your Green! St. Patrick's Day is around the corner. Join our residents as they dress in green and celebrate the luck of the Irish on Friday, March 16th! We will have our St. Patrick's Day Social at 2:00 p.m.

Save the date for our Easter Brunch Saturday, March 31st at 10:00 A.M. Following our Easter Brunch, join us for an Easter Egg Hunt at 11:30 A.M. Families and friends are welcome to attend! RSVP to Denelle Warneke at 319-346-9771 if you will be attending this event.

Marching into Spring

Spring is beginning to fill the air as we here at Parker Place Retirement Community are getting ready to prepare our spring garden. Some of our residents with green thumbs will be planting cucumbers, tomatoes, and a flower bed. What a wonderful time this will be!



Parker Place Weekly Movies

<i>Witness</i>	<i>Heaven Is For Real</i>	<i>Dirty Dancing</i>	<i>Field Of Dreams</i>
<i>Monday,</i>	<i>Monday,</i>	<i>Monday,</i>	<i>Monday,</i>
<i>March 6th</i>	<i>March 12th</i>	<i>March 19th</i>	<i>March 26th</i>
<i>1:00PM</i>	<i>12:00 PM</i>	<i>1:00 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 lifenrichment@parkerplaceretirement.com

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

Parker Place Coordinators

Manager:

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Culinary Coordinator:

Jessi Dietz

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Maintenance Coordinator:

Tom Moffitt

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Howard Hanson

March 5th

Jane McBride

March 12th

Imogene Spree

March 19th





Valentine's Day FUN!!!



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!

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