



Parker Place Retirement Community

Dates to Remember

- May 1st - May Day Baskets 10:00 AM
- May 3rd - Spring Tea - Parkersburg Library 1:30 PM
- May 4th - The Geneva Market 12:00 PM
- May 5th - Cinco De Mayo Social 10:00 AM
- May 8th - Foot Clinic 9:00 AM
- May 10th - Vitals Clinic 8:00 - 12:00 PM
- May 12th - Mother's Day Tea Party 10:00 - 12:00 PM
- May 13th - Mother's Day
- May 14th - Resident Council Meeting
- May 16th - Dementia Program - Parkersburg Library 1:00 PM
- May 21st - Paint & Sip 6:00 - 8:00 PM
- May 23rd - Dementia Program - Parkersburg Library 1:00 PM
- May 25th Memorial Day Social 10:00 AM Grill Out 11:00 AM
- May 28th Memorial Day



Mothers' Day Tea!

You're invited to join Parker Place Retirement Community staff and residents for our Mothers' Day Tea on Saturday, May 12th, 2018 from 10:00 - 12:00 PM. Parker Place is hosting a Mother's Day Tea event for our families, friends and residents. In the past we have taken basket donations to raffle off, and all the proceeds go to the Alzheimer's Association. Join us for a wonderful day full of love!

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

Senior Fitness Health

This year, May 31st is recognized as National Senior Health and Fitness Day. The goal of senior health and fitness day is to keep older Americans healthy and in shape. To get seniors involved, try working on some easy, popular exercises such as:

Stretching – this exercise is easy, but needs to be done slowly and carefully.

Walking – Walking may be challenging for some older adults, but is nonetheless beneficial. For those who are wheelchair-bound but are still able to use their legs, moving themselves with their feet will aid in lower extremity circulation. Balloon Volleyball – Playing volleyball with a balloon is a good activity for everyone, including those in wheelchairs. It gets their blood circulating, and helps them breathe better by using their arms. It also stimulates hand-eye coordination.

Dancing – Dancing is always a fun activity because no matter how it is done, it is possible for everyone, including those with physical limitations.

If you keep moving, you will keep improving!

- 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!

- Lexi Metz

Memorial Day Social

Friday, May 25th at 10:00 AM followed by a fun filled Grill Out with Tom at the Shell Rock Veteran's Park at 11:00 AM.



Health Care Coordinator

- **Maureen Hershey**

May Is Time To Check Your Blood Pressure

May is National High Blood Pressure Education Month. According to the American Heart Association, nearly 80 million American adults have high blood pressure, which greatly increases the risk for heart disease and stroke. And since that high number equates to one in every three adults, the month of May is designated to educating people about the dangers of high blood pressure.

The Centers for Disease Control and Prevention defines blood pressure as “the force of blood against your artery walls as it circulates through your body.” It’s normal for blood pressure to rise and fall throughout the day, but if it stays high for a long period of time, that’s where health problems can occur.

High blood pressure is the first and third leading causes of death in the United States, and is sometimes referred to as the “silent killer” because the warning signs and symptoms are very limited. However, there are a number of things you can do to help control blood pressure and keep it within a healthy range:

- ◆ Get blood pressure checked regularly.
- ◆ Eat a healthy diet.
- ◆ Limit sodium intake.
- ◆ Maintain a healthy weight.
- ◆ Be physically active.
- ◆ Limit alcohol use.
- ◆ Don’t smoke.
- ◆ Prevent or treat diabetes.
- ◆ • Reduce stress.
- Check family medical history: High blood pressure often runs in families.

It’s All In The Numbers

Chances are you have had your blood pressure measured before, but what exactly do those numbers mean?

For example, if the numbers are 120 over 80, here’s the breakdown: The first number is called systolic blood pressure, which measures the pressure in the blood vessels when the heart beats. The second number is called diastolic blood pressure and this measures the pressure in the blood vessels when the heart rests between beats. Refer to the chart to see normal, at-risk, and high blood pressure levels.

Remember, the best way to stay ahead of the high blood pressure game is to stay educated and be proactive about your health.

- **Maureen Hershey**

Normal	Systolic: less than 120 mmHg
	Diastolic: less than 80 mmHg
At Risk (Prehypertension)	Systolic: 120-139 mmHg
	Diastolic: 80-89 mmHg
High	Systolic: 140 mmHg or higher
	Diastolic: 90 mmHg or higher

Culinary Coordinator

- Jessica Dietz

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!

- Jessica Dietz



Recipe of the Month

Barbecued Strawberry Chicken

Ingredients:

- 2 tablespoons canola oil*
- 4 boneless skinless chicken breast halves*
- 2 tablespoons butter*
- ¼ cup finely chopped red onion*
- 1 cup barbecue sauce*
- 2 tablespoons brown sugar*
- 2 tablespoons balsamic vinegar*
- 2 tablespoons honey*
- 1 cup sliced fresh strawberries*

Directions: Preheat oven to 350 degrees. In a large ovenproof skillet, heat oil over medium-high heat. Brown chicken on both sides, remove from pan. In the same pan, heat butter over medium-high heat. Add onion; cook and stir 1 minute or until tender. Stir in barbecue sauce, brown sugar, vinegar and honey. Bring to a boil, reduce heat; simmer uncovered 4-6 minutes or until thickened, return chicken to pan. Bake 12-15 minutes, stir in strawberries.

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*

*10th Annual
Race of Remembrance 2018*

EF 5K

Ed Thomas 10K

Parker Place Residents and Staff will be participating in Parkersburg's 10th Annual Race of Remembrance. We hope you will join us this year on Saturday, May 26, 2018 .

*Parker Place will be collecting
items for the Veterans!!*

Items of the greatest need are backpacks. We are asking for 70 backpacks. Donated items will be placed in the backpacks for the Veteran to carry with them.

Some other items that we still need are:

<i>Shaving Cream</i>	<i>Chap Stick</i>
<i>Denture Care</i>	<i>Coats</i>
<i>Blankets</i>	<i>Boots</i>
<i>Back Packs</i>	<i>Winter Gloves</i>
<i>Winter Hats</i>	<i>Sweat Shirts</i>
<i>Towels</i>	<i>Canned Soup</i>
<i>Breakfast Bars</i>	<i>Snack Crackers</i>



It's that time of year again! Parker Place Residents are going to The Geneva Market on Friday, May 4th at 12:00 PM. Please join us! We have plenty of room on our bus!

Save The Date!!

Father's Day Grill & Chill

We invite all of our family members to celebrate the wonderful dads in our lives at our Father's Day Grill & Chill on Saturday, June 16th from 12:00 - 2:00 PM.

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)

May, 2018 Parker Place Newsletter

Parker Place Coordinators

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Maintenance Coordinator:

Tom Moffitt

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Happy Birthday

Betty A. May 3rd

Orville B. May 6th

*We're rolling out the Red
Carpet for you!*



**Iowa Assisted
Living Association**



Music Speaks Therapy

Join us every Monday, and Wednesday

at 12:30 PM for our Music Therapy

Program. Open to the Public!



Parker Place
707 Hwy 57
Parkersburg, IA 50665

Volunteers Wanted!

We are looking for individuals to come spend one on one time with residents, help with activities, play cards or other games, entertainment, companionship or just bringing new ideas and activities to our residents. Come talk about what's happening in the world today. Have coffee or tea. Walk the halls. Our residents would love to spend time with you! Contact Life Enrichment Coordinator, Denelle Warneke if you would like to lend a helping hand!

Denelle Warneke (319)346-9771

