



# *Parker Place Retirement Community*

## *Dates to Remember*

- *June 1st Fishing with Tom! 12:00 PM*
- *June 2nd New Hartford Beaver Creek Days Parade 10:00 AM*  
*Allison Wilder Days Parade 3:00 PM*
- *June 5th Aplington Days Parade 6:00 PM*
- *June 9th Clarksville Pioneer Days Parade 2:00 PM*
- *June 10th Glenn Miller Orchestra 6:00 PM*
- *June 11th David G! 2:00 PM*
- *June 12th DOT Class 1:00 PM*
- *June 14th Vitals Clinic 8:00 AM - 12:00 PM*
- *June 16th Greene River Days Parade 2:00 PM*
- *June 18th Woman's Connection 12:00 PM*
- *June 19th Cynthia Z! 12:00 PM*
- *June 21st Longest Day with Alzheimer's Grill Out 11:00 AM - 1:00 PM.*
- *June 26th Holly's Massages 10:00 AM*
- *June 29th Amy Truax 2:00 PM*



## *Happy Father's Day!*

*June 17th is Father's Day, and we would like to take the opportunity to wish every father and grandfather a very happy Father's Day! We have many wonderful fathers here at Parker Place, and they mean the world to their families and to us! On Saturday, June 16th at 9:00 AM, join us for Donuts with Dad as we honor all the special fathers at Parker Place Retirement Community! We hope to see you there!*

*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*

### *Alzheimer's & Brain Awareness Month*

*Every 66 seconds, someone in the United States develops Alzheimer's disease. The number of Americans living with Alzheimer's disease is growing. An estimated 5.5 million Americans of all ages have Alzheimer's disease. It is the sixth-leading cause of death in the United States and a leading cause of disability and poor health. June is Alzheimer's & Brain Awareness Month.*

*Here are 10 early signs and symptoms of Alzheimer's to look out for. Early detection is key.*

- Memory loss that disrupts daily life .*
- Challenges in planning or solving problems.*
- Difficulty completing familiar tasks at home, at work or at leisure .*
- Confusion with time or place.*
- Trouble understanding visual images and spatial relationships .*
- New problems with words in speaking or writing.*
- Misplacing things and losing the ability to retrace steps.*
- Decrease or poor judgment.*
- Withdrawal from work or social activities.*
- Changes in mood or personality.*

*If you notice any of these signs in yourself or someone you know, schedule an appointment with your doctor. With early detection, you can get the maximum benefit from available treatments, have more time to plan for the future, and find help for you and your loved ones.*

*- Jacob Bates*

*Assistant Manager - Lexi Metz*

*Community Relations Coordinator*

### *Summertime: Fun, Sun, and Safety*

*With the beginning of summer this month, we can expect long, hot days with exceptionally high temperatures. Even if you do not plan to spend the day outside you still need to know how to stay safe in hot weather during your regular, day-to-day activities.*

*The American Red Cross has steps to follow to stay safe when it's hot outside.*

- Hot cars can be deadly. The inside temperature can easily reach 120 degrees.*
- Stay hydrated by drinking plenty of fluids. Avoid caffeine or alcohol.*
- Wear loose-fitting, lightweight, light-colored clothing. Dark colors absorb the sun's rays.*
- Slow down, stay indoors, and avoid strenuous exercise during the hottest part of the day.*
- Excessive heat can lead to sunburn, heat cramps, heat exhaustion and heat stroke.*
- If someone is exhibiting signs of heat exhaustion, move them to a cool place, and give them small amounts of water to drink. If someone experiences a heat stroke, call 911 immediately.*

*- Lexi Metz*

## *Health Care Coordinator*

*- Maureen Hershey*

### *Focus on Men: The Top Five Men's Health Threats and Ways To Prevent Them*

*With the upcoming celebration of Fathers' Day, we thought we would feature some tips that will keep the men in our lives healthy and happy. Do you know the top threats to men's health in the United States? The following list, compiled by the CDC, may surprise you. However, with preventative care and lifestyle changes, you can reduce your risks .*

*1. Heart Disease: is the leading killer of men in the United States. Studies have proven that heart-healthy diets and the following lifestyle changes can reduce your risk of a heart attack:*

*• Don't smoke. • Eat a healthy diet. • Include physical activity in your daily routine. • Maintain a healthy weight. • Limit alcohol. • Manage, don't compress, stress.*

*2. Cancer: Early detection is the key to beating cancer. Regular visits to your physician are critical, as well as the scheduling of procedures such as annual colonoscopies, prostate exams and skin cancer screenings.*

*3. Accidents: We live in a fast-paced world, and accidents happen. Don't forget to do simple things like wear your seatbelt, follow the speed limit, stay away from power lines, and operate tools and machinery with the proper safety equipment.*

*4. Chronic Lower Respiratory Disease: As men age, chronic lung conditions such as bronchitis and emphysema become growing concerns. To protect your respiratory health:*

*• See a doctor if you have a cough or cold that won't go away. • Don't smoke. • Steer clear of pollutants.*

*5. Stroke: You can't control some stroke risk factors such as family history, age and race, but you can control other contributing factors. For example:*

*• Know the warning signs and make sure your family knows them as well. • Work with your doctor to manage chronic conditions. • Maintain a healthy diet and exercise routine.*

*The Bottom Line: Understanding health risks is one thing. Taking action to reduce your risks is another. Start with making simple healthy lifestyle choices – enjoy a balanced diet, stay physically active, quit smoking and get regular check-ups with your physician.*

*- Maureen Hershey*

## *Culinary Coordinator*

*- Jessica Dietz*

*We love having family and friends join our residents for lunch and supper!!!*

*Meal cost is \$8 per person or \$5 for seniors. RSVPs 24 hours in advance are appreciated. Thank you!*

*- Jessica Dietz*



*Hello Summer! June 21, 2018 is the longest day of the year! Please join us as we celebrate The Longest Day with Alzheimer's! Parker Place will host a Grill Out to fundraise money for the Alzheimer's Association on Thursday, June 21st from 11:00 AM - 1:00 PM.*

## *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.*

## *Recipe of the Month*

### *Old Fashion Lemonade*

#### *Ingredients*

- 6 lemons*
- 1 cup white sugar*
- 6 cups cold water*



#### *Directions*

- 1. Juice the lemons to make 1 cup of juice. Firmly roll the lemons between your hands and counter top before cutting in half and juicing.*
- 2. In a gallon pitcher combine 1 cup lemon juice, 1 cup sugar, and 6 cups cold water. Stir. Adjust water to taste. Chill and*

## *Thank You, Volunteers and Visitors!*

*Hello everyone!*

*I would like to say thank you to all the volunteers and families who have shared their time with the residents and staff at Parker Place Retirement Community. Whether it's simply visiting, reading a book with the residents, helping with a puzzle or just assisting in the Activities Department, the time spent can be a blessing.*

*We appreciate everything our volunteers do and love when family members come by to see their loved ones and take part in our events and parties throughout each year. If you're interested in joining us for any special occasions or activities, please don't hesitate to contact to join me! Life Enrichment Coordinator Denelle Warneke 319-346-9771.*

*We hope to see you soon!*

*Have a happy month of June and a wonderful summer!*

*Denelle Warneke*

## *Life Enrichment Coordinator*

*~ Denelle Warneke*

### *2018 Parades*

*Our Residents at Parker Place cant wait to participate in all the upcoming Butler County Parades! Please feel free to join us as we drive our Parker Place Bus. Family, Friends, Staff, and Volunteers are more than welcome to join us! Please contact Denelle Warneke at 319-346-9771 if you would like to ride with us. Thank you!*

- Saturday, June 2nd: New Hartford Beaver Creek Days Parade. 10:00 AM*
- Saturday, June 2nd: Allison Wilder Days Parade. 3:00 PM*
- Tuesday, June 5th: Aplington Days Parade. 6:00 PM*
- Saturday, June 9th: Clarksville Pioneer Days. 2:00 PM*
- Saturday, June 16th: Greene River Days Parade. 2:00 PM*
- Tuesday, June 19th: Butler County Fair Parade. 6:00 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](mailto:lifenrichment@parkerplaceretirement.com)*

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

## *Parker Place Coordinators*

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*Maintenance Coordinator:*

*Tom Moffitt*

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## *Happy Birthday*

*Bernice O. June 4th*

*Leonard M. June 23rd*

*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*

