



Parker Place Retirement Community

Mark Your Calendars!

- *July 3rd Watermelon Social 2:00 PM*
- *July 4th Root Beer Social 2:00 PM*
- *July 6th Pastor Brooks 9:30 AM*
- *July 9th Resident Council Meeting 2:00 PM*
- *July 10th Foot Clinic 9:00 Am*
- *July 11th Wilder Park Entertainment 6:00 PM*
- *July 12th Milkshake Social 2:00 PM*
- *July 13th Butler County Relay for Life 6:00 PM*
- *July 17th Gary Ireland 2:00 PM*
- *July 19th Smoothie Social 2:00 PM*
- *July 20th Walmart Shopping Trip 12:00 PM*
- *July 23rd Hearing Clinic 9:30 AM*
- *July 25th Holly's Massages 10:00 AM*
- *July 26th Banana Split Social 2:00 PM*
- *July 27th Dollar Tree Shopping Trip 12:00 PM*

Fourth of July!

Never let us forget the true meaning of the 4th of July. It is the day that we celebrate the independence of our country, the United States of America.



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

"Take Care to Give Care"

Taking care of others can be a rewarding but stressful job. The stress of having caregiving responsibilities can lead to an increased risk in health issues among the country's 90 million family caregivers. Most family caregivers have stated that they feel stressed while providing care for a loved one.

One in five caregivers has stated that they have sacrificed their own physical health while caring for a loved one.

The first rule of taking care of others is to take care of yourself first. Due to stress, family caregivers have an overwhelming number of health and emotional problems. They are twice as likely to suffer depression and are at an increased risk for many other chronic conditions. Here is what you can do to take care of yourself, to better care for others.

1. Proper nutrition. 2. Accept offers of help from others. 3. Learn how to effectively communicate with doctors. 4. Give yourself credit for doing the best that you can. 5. Rest, recharge, respite. 6. Be open to new technology that can make caregiving easier. 7. Organize medical information so that it is easier to find. 8. Make sure legal documents are in order.

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

Get Out and Get Moving!

Hello Summer!! With Summer here, 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:

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!

- Maureen Hershey

July Holidays

- July 4 – Independence Day*
- Family Golf Month*
- Family Reunion Month*
- National Blueberry Month*
- National Grilling Month*
- National Hot Dog Month*
- National Ice Cream Month*
- Social Wellness Month*

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

July Happy Hour

Parker Place Retirement Community will have Happy Hour each Friday in July at 5:00 p.m.

July Socials

Wednesday, July 4th - Root Beer Social 2:00 PM

Thursday, July 12th - Milkshake Social 2:00 PM

Thursday, July 19th - Smoothie Social 2:00 PM

Thursday, July 26th - Banana Split Social 2:00 PM

Recipe of the Month

Patriotic Parfaits

Ingredients

- Plastic cups*
- Vanilla yogurt*
- Blueberries*
- Strawberries, sliced*

Directions

- 1. Place a layer of blueberries in the bottom of the cup.*
- 2. Next place a few scoops of yogurt.*
- 3. Add a layer of sliced strawberries.*
- 4. Then add one more scoop of yogurt.*
- 5. Keep layering until you reach the top of the cup.*
- 6. Place a whole strawberry on top.*
- 7. 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.*

Upcoming Events

July means it's time to celebrate! Parker Place Retirement Community will kick off the month with a pre - 4th of July activity: Red, White and Blue Attire Day on Tuesday, July 3rd. We would like to invite our family and friends to stop by and join us during this fun time, especially for our watermelon eating contest that day at 2:00 p.m.! On Wednesday, July 4th, residents will enjoy an Independence Day Craft at 10:00 a.m., followed by a Root Beer social at 2



Butler County Relay For Life

Friday, July 13th at 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

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

Life Enrichment Coordinator

~ Denelle Warneke

Wal-Mart Shopping Trip

Join us as we go on a shopping outing to Wal-Mart on Friday, July 20 at 1:00 PM.

Resident Council Meeting

Parker Place would like to invite all residents' family members to attend this month's Resident Council Meeting. Our meetings are typically held on the second Monday of each month in the dining room. Our next meeting is scheduled for Monday, July 9th at 2:00 p.m. Refreshments will be served. For more information, please contact us at 319-346-9771. We hope to see you there!

Parker Place Coordinators

Manager:

Jacob Bates

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Community Relations Coordinator:

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Life Enrichment Coordinator:

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Culinary Coordinator:

Jessica Dietz

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Maintenance Coordinator:

Tom Moffitt

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Happy Birthday

Marjorie J. July 28th

*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!*

July 2018



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

