



Parker Place Retirement Community

Happy Labor Day!

Labor Day is celebrated nationally on the first Monday of September to honor the achievements American workers have contributed to our country, which include many of our residents at Parker Place Retirement Community. We will celebrate this holiday with a Labor Day Social on Monday, September 3rd at 11:00 AM. We wish you all a very happy and safe Labor Day!

Birthstone - Sapphire

The Sapphire is the September Birthstone. Next to the diamond, the Sapphire is one of the hardest materials known. Sapphires come in many colors, but the finest sapphire color is a rich Blue.



September Zodiacs

*Virgo (The Virgin)
September 1—22
Libra (The Scales)
September 23—30*



September, 2018

*"By all these lovely tokens
September days are here,
With summer's best of
weather, and autumn's best
of cheer."*



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!

September, 2018 Parker Place Newsletter

A Letter from the Manager's Desk

- Jacob Bates

Recognizing Alzheimer's Disease

In honor of World Alzheimer's Month, we're taking a look at the symptoms of the disease and benefits of early detection.

Alzheimer's is a type of dementia that causes problems with memory, thinking and behavior. Symptoms usually develop slowly and get worse over time, becoming severe enough to interfere with daily tasks.

Alzheimer's is the most common form of dementia, a general term for memory loss and loss of other intellectual abilities serious enough to interfere with daily life. Alzheimer's disease accounts for 60 to 80 percent of dementia cases.

10 Signs of Alzheimer's

- 1. Memory loss that affects daily life: This may include forgetting recently learned information or important dates and events.*
- 2. Challenges in planning or solving problems: This may include having trouble following a familiar recipe or keeping track of monthly bills*
- 3. Difficulty completing familiar tasks at home, at work or at leisure: This includes daily tasks such as driving to a familiar location.*
- 4. Confusion with time or place: People with Alzheimer's can lose track of dates, seasons and the passage of time.*
- 5. Trouble understanding visual images and spatial relationships: Some may have difficulty reading, judging distance or even recognizing their own reflection.*
- 6. New problems with words in speaking or writing: Some may have trouble following or joining a conversation and may struggle with vocabulary.*
- 7. Misplacing things and losing the ability to retrace steps: Some may put things in unusual places or accuse others of stealing.*

8. Decreased or poor judgment: Alzheimer's patients may use poor judgment when handling money or may pay less attention to grooming.

9. Withdrawal from work or social activities: Some may remove themselves from hobbies, social activities, work projects or sports.

10. Changes in mood and personality: People with Alzheimer's can become confused, suspicious, depressed, fearful or anxious.

Most Important Risk Factors

- Age: Most individuals with the disease are age 65 or older.*
- Family history: Those who have an immediate family member with Alzheimer's are more likely to develop the disease.*
- Genetics: Certain genes play a role in affecting whether a person develops the disease.*

Benefits of Early Detection

- Get the maximum benefit from available treatments: You can explore treatments that may provide some relief of symptoms and help you maintain a level of independence longer.*
- Have more time to plan for the future: Proper diagnosis allows you to take part in decisions about care, transportation, living options and financial and legal matters.*
- Get support for you and your loved ones: Care and support services are available, making it easier for you and your family to live the best life possible with Alzheimer's or dementia.*

Alzheimer's currently has no cure, but treatments for symptoms are available, and research continues. If you or a loved one is experiencing any of the above symptoms, don't hesitate to schedule an appointment with your health care provider today.

- Jacob Bates

Health Care Coordinator

- Maureen Hershey

Practice Good Hygiene

Fall season officially kicks off on September 22, and with cooler weather right around the corner, it's a great time to enjoy fairs, festivals, football games, and more! Unfortunately, this time of year also is known as the cold and flu season, and when hanging out with large crowds, it's a prime time to be potentially exposed to unwanted germs. On top of that, now that school is back in session, classrooms are another popular hotspot where sickness can easily travel from one student to the next.

This is why it's important to practice good hygiene! Remember, young children and the elderly are at the highest risk because of weaker immune systems. The most common viral infection known as the "common cold" can turn into something more serious very quickly, and could even be life threatening. So what are some good hygienic practices you can implement this season, especially if you or anyone in your household starts feeling sick?

- 1. Wash your hands frequently throughout the day with soap and water for at least 20 seconds to help decrease the spread of germs. Using hand sanitizer is a good practice too. Also, don't forget to disinfect counter tops, door knobs and other frequently touched surfaces often.*
- 2. Drink plenty of water and consume a healthy diet. However, if you start to feel symptoms coming on, staying hydrated is key — even a nice bowl of chicken soup may help. Water, juice, clear broth or warm lemon water with honey can loosen congestion and prevent dehydration. Stay away from alcohol, coffee and caffeinated sodas because it can make dehydration worse.*

3. Cover your cough or sneeze correctly and teach children to do the same. Cover mouth and nose with a tissue or cough or sneeze into your upper sleeve or elbow — not your hands.

4. Contain sickness. If you or anyone in your family has been sick, refrain from visiting others, in particular those who may have a weakened immune system.

5. Rest, rest, rest.

These are just a handful of suggestions to help you navigate the upcoming cold and flu season. May you and your loved ones have good health this fall!

- Maureen Hershey

Assistant Manager - Lexi Chaney

Community Relations Coordinator



Save The Date: Cedar Valley September 22, 2018

Alzheimer's Is Relentless. So Are We.

Last year, we raised critical awareness and funds for Alzheimer's care, support and research. Save the date so we can continue the fight in 2018. Together, we can end Alzheimer's!

- Lexi Chaney



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!

Grandparents Day Celebration

Join us Sunday, September 9th at 12:00 PM for a Potluck in honor of our Grandmothers and Grandfathers here at Parker Place Retirement Community. For more information, please contact us at 319-346-9771.

September Happy Hour

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



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.

Recipe of the Month

Strawberry Punch

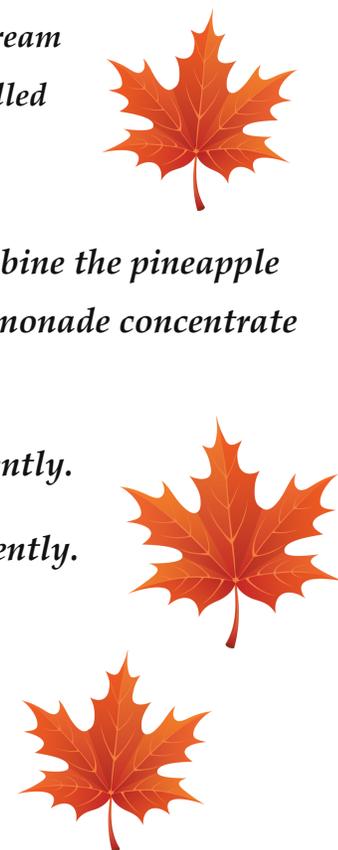
Ingredients

- 1 can (46 oz.) pineapple juice, chilled
- 2 ¼ C water
- ¾ C thawed pink lemonade concentrate
- ¾ C sugar
- 1 qt. strawberry ice cream
- 2 ½ qt. ginger ale, chilled

Directions

1. In a large bowl, combine the pineapple juice, water, pink lemonade concentrate and sugar.
2. Add ice cream, stir gently.
3. Add ginger ale, stir gently.
4. Serve immediately.
5. Enjoy!

Respite Care



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, September 10th 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!

National Assisted Living Week

Dress Up Days

Monday, September 10th – Wacky Monday

Tuesday, September 11th – Hawaiian Day

Wednesday, September 12th – Western Day

Thursday, September 13th – Decade Day ~ 1950's

Friday, September 14th – Purple Friday

Life Enrichment Coordinator

~ Denelle Warneke

Wal-Mart Shopping Trip

Join us as we go on a shopping outing to Wal-Mart on Friday, September 14th at 1:00 PM.

National Assisted Living Week 2018

This years National Assisted Living Week theme is 'Capture the Moment'. The annual, national observance provides a unique opportunity for our residents, their loved ones, staff, volunteers, and our local community to celebrate the individuals served in Assisted Living.

At Parker Place Retirement Community we are all living life to its fullest, and our Assisted Living caregivers help our Residents by supporting them with everyday tasks, while maximizing their independence and honoring their individuality.

Please join us in celebrating this years National Assisted Living Week as we have fun activities, and dress up days planned for each day of the week!

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:

Jacob Bates

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Community Relations Coordinator:

Alexis Chaney

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Life Enrichment Coordinator:

Denelle Warneke

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lifeenrichment@parkerplaceretirement.com

Culinary Coordinator:

Jessica Dietz

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chef@parkerplaceretirement.com

Maintenance Coordinator:

Tom Moffitt

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maintenance@parkerplaceretirement.com

Happy Birthday

Mary H. September 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!*

Searching for September

The words listed below can be found vertically, horizontally, diagonally, forward, and backward.

I	V	R	O	A	V	Y	O	D	Y	Z	R	M	H	S
Y	N	N	U	I	U	G	P	A	F	A	P	O	T	C
V	Z	D	R	P	R	T	D	K	S	I	R	R	N	A
W	I	G	E	I	P	R	U	H	C	D	E	N	I	L
Z	I	V	V	P	O	I	H	M	R	L	B	I	N	E
N	C	M	X	B	E	A	K	P	N	Q	M	N	G	S
P	L	E	A	L	S	N	X	M	M	S	E	G	D	E
X	A	L	C	H	W	A	D	F	O	Z	T	G	B	E
U	L	O	A	M	Q	T	A	E	E	Y	P	L	D	M
V	E	N	R	E	T	S	A	R	N	W	E	O	P	B
S	A	P	P	H	I	R	E	C	B	C	S	R	N	N
H	T	U	F	I	U	P	K	A	F	I	E	Y	A	I
T	S	E	F	R	E	B	O	T	K	O	L	D	C	P
G	R	A	N	D	P	A	R	E	N	T	S	D	A	Y
F	V	N	E	J	C	U	L	R	C	I	C	X	Z	Y

ASTER

AUTUMN

GRANDPARENTS DAY

INDEPENDENCE DAY
(Mexico)

LABOR DAY

LIBRA

MORNING GLORY

NINTH

OKTOBERFEST

RASH HASHANAH

SAPPHIRE

SCALES (Libra)

SEPTEMBER

VIRGIN (Virgo)

VIRGO

YOM KIPPUR



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

