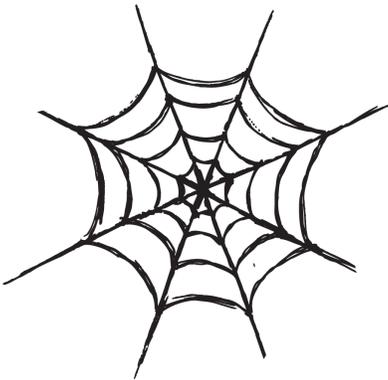
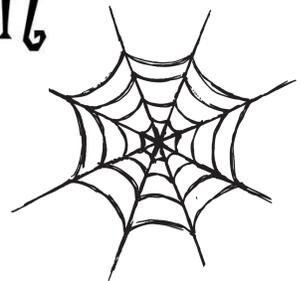




Parker Place Retirement Community



**Happy
Halloween**



Halloween Haunted Hall

Monday, October 29th 2018

6:00 PM - 8:00 PM

*Families are welcome to join us
for this fun event!*

*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

Cold Weather & Flu Prevention

What Can You Do to Prevent the Flu?

As the summer ends, the leaves change and temperatures begin to slowly drop, the holiday season is not the only season on the horizon. With flu season activity increasing in October, it is imperative to know the basics of influenza, how it is spread, and how to keep yourself flu free.

What is Influenza (Flu)? It is a respiratory illness caused by various influenza viruses and it is highly contagious. Those who are at a high risk for catching the flu are older and younger people, and those with health conditions. The illness can range from mild to severe with the most severe cases causing hospitalization or death.

The Center for Disease Control (CDC) recommends that people get vaccinated each year to prevent the most common types of the flu. There are three types of influenza: A H1N1, A H3N2, and influenza B. Flu shots are available at most primary care facilities and as of recently, Walgreen's, CVS, and other local pharmacies.

Those who have the flu may spread it to others through coughing, sneezing, or talking. It is also possible to pass on the flu to someone else before you know you are sick. Others can be infected by the flu one day before symptoms develop and up to seven days after becoming sick.

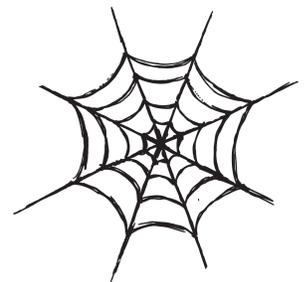
If you are feeling a little under the weather, here are some signs and symptoms to be on the lookout for:

- *Fever or feeling feverish/chills*
- *Cough*
- *Sore throat*
- *Runny or stuffy nose*
- *Muscle or body aches*
- *Headaches*
- *Fatigue*
- *Some people may experience vomiting and diarrhea. However, it is more common in children than adults.*



At Parker Place we pride ourselves on taking extensive measures to insure our residents do not become infected with the flu. Our property is cleaned and sanitized on a regular basis, and flu shots are provided for residents with their physician's permission. We take this epidemic very seriously as one person with a slight cough can infect several. If you feel sick, we ask that you refrain from visiting your loved ones until you are better. Be sure to wash your hands often, and take preventative measures so you stay flu free!

- Jacob Bates



Health Care Coordinator

- Maureen Hershey

"Go Pink" for Breast Cancer Awareness

One in eight women in the United States will be diagnosed with breast cancer in her lifetime. This equates to over 246,000 women in the U.S. that will be diagnosed with breast cancer each year. Breast cancer is the most commonly diagnosed cancer in women and the second leading cause of cancer death among women. These staggering statistics along with others are a prime example of why it is important for women to be aware of breast cancer signs and symptoms, and learn what the key is to early detection of breast cancer.

We encourage women to take the time this month to "Go Pink" and become educated on breast cancer awareness.

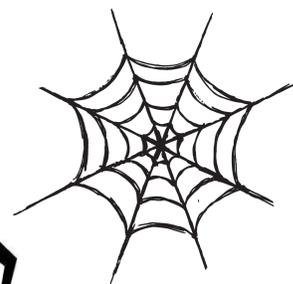
- Know the symptoms and signs– The discovery of a new lump or any change in the breast tissue or skin is a telltale early warning sign. This includes changes in feeling and appearance.
- Know how to perform a breast self-exam – 40 percent of diagnosed breast cancers are diagnosed by women who feel a lump. Therefore, it is important for women to perform a routine breast self-exam each month. Notify a doctor or physician with any changes or abnormalities.
- Schedule a clinical breast exam– Even though 40 percent of diagnoses are revealed through breast self-exams, a professional may be able to notice a warning sign that the patient has missed.

- Schedule a mammogram– Mammograms are necessary because they often show a lump in the breast before it can be felt. The significance of this is because a mammogram will detect potential breast cancer at the earliest possible time. Women 40 and over should have mammograms every one or two years. Women younger than 40 who have risk factors for breast cancer are recommended to consult with their doctor or physician about whether they should have a mammogram and how often.
- Lead a healthy lifestyle– It has been proven that leading a healthy lifestyle can help reduce the risk for breast cancer.
- Maintain a healthy weight
- Stay physically active
- Eat fruits and vegetables
- Do not smoke
- Limit alcohol consumption .
- This month, Parker Place is "Going Pink" in celebration of the survivors and in remembrance of those we have lost. Check out our events calendar for the date and time. We'd love for you to join us!



Maureen Hershey

Happy
Halloween



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.

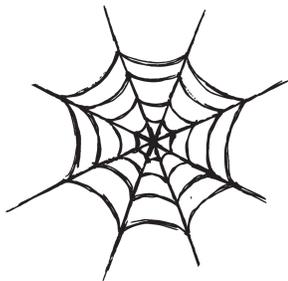
RSVPs 24 hours in advance are appreciated.

Thank you!

Save the Date!

We will host our annual Thanksgiving Potluck on Wednesday, November 21st at 11:00 AM.

We're looking forward to seeing everyone!



October Happy Hour

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

Recipe of the Month

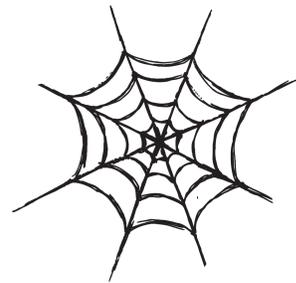
Pumpkin Spice Latte

Ingredients

- 1 cup milk
- 2 tablespoons pure pumpkin puree
- 1 tablespoon sugar
- ¼ teaspoon pumpkin pie spice, plus more for sprinkling
- ¼ teaspoon pure vanilla extract
- ¼ cup hot espresso or strong brewed coffee
- Sweetened whipped cream.

Directions

1. Combine the milk, pumpkin puree, sugar, pumpkin pie spice and vanilla in a medium microwave safe bowl, cover the bowl with plastic wrap and vent with a small hole.
2. Microwave until the milk mixture is foamy, about 30 seconds.
3. Pour the espresso or coffee into a large mug and add the foamed milk.
4. Top with whipped cream and a sprinkle of pumpkin pie spice.



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 Chaney

Community Relations Coordinator

Supporting Spousal Caregivers

Many times we come across spouses who are caregivers in the home. They take on the responsibility of caring for their loved ones, sacrificing other activities they enjoy such as babysitting their grandchildren, being active in their churches and different organizations, or just going out to lunch with a friend. This lifestyle change can weigh heavily on spousal caregivers, physically, mentally and emotionally.

Here are some ways you can help friends or family members who have taken on the role as spousal caregivers:

- 1. Be positive. Encourage them and keep them motivated. Urge them to seek counseling or join a support group if they're feeling overwhelmed.*
- 2. Help them deal with their feelings . Nothing will be the same after their spouses' chronic illness or death, but dwelling on it and blaming themselves are toxic behaviors that only hurt caregivers. Talk with and listen to them in their time of need, or suggest professional counseling.*



3. Help them to get help . Nursing facilities, doctors, nurses, therapists, counselors and religious leaders are always available to help spousal caregivers. Parker Place offers respite care, or short-term accommodations, for loved ones. This allows spousal caregivers time to regroup and maintain their physical, mental and emotional health.

4. Let them know they aren't alone. By listening, supporting and just being there for spousal caregivers, you make a positive, encouraging difference in their lives .

Life Enrichment Coordinator

~ Denelle Warneke

Wal-Mart Shopping Trip

Join us as we go on a shopping outing to

Wal-Mart on Friday, October 19th at 1:00

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, October 8th 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

319-239-7848

manager@parkerplacereirement.com



Community Relations Coordinator:

Alexis Chaney

319-310-0606

welcome@parkerplacereirement.com

Health Care Coordinator:

Maureen Hershey

319-239-8639

nurse@parkerplacereirement.com

Life Enrichment Coordinator:

Denelle Warneke

319-346-9771

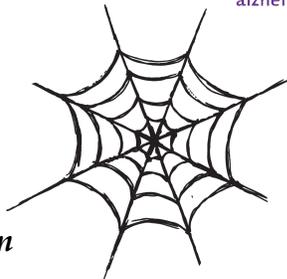
lifeenrichment@parkerplacereirement.com

Culinary Coordinator:

Jessica Dietz

319-346-9771

chef@parkerplacereirement.com



Maintenance Coordinator:

Tom Moffitt

319-346-9771

maintenance@parkerplacereirement.com

Happy Birthday!

Ramona H. October 7th

Janis M. October 13th

We're rolling out the Red Carpet for you!



**Iowa Assisted
Living Association**

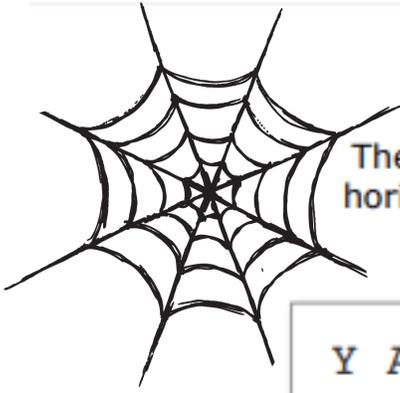


Music Speaks Therapy

Join us every Monday, and Wednesday

at 12:30 PM for our Music Therapy

Program. Open to the Public!

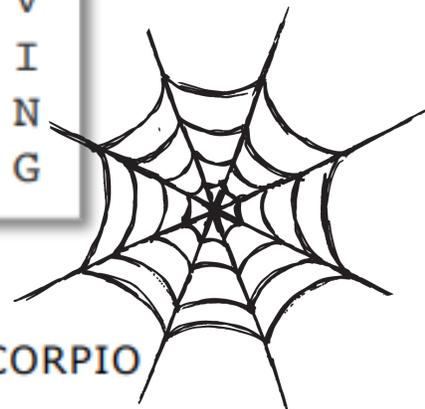


Searching for October

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



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AUTUMN
 BOSS'S DAY
 COLUMBUS DAY
 COSMOS
 HALLOWEEN

LIBRA
 MARIGOLD
 OCTOBER
 OPAL
 SCALES (Libra)

SCORPIO
 SCORPION (Scorpio)
 SIMCHAT TORAH
 SWEETEST DAY
 THANKSGIVING
 (Canada)

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

