



## *Parker Place Retirement Community*

### *Veterans Day Social*

*Family and friends are welcomed to attend our Veterans Day Social on Monday, November 12 at 2:00 PM*

### *Thanksgiving Celebration*

*Parker Place will host our annual Thanksgiving Luncheon on November 21st at 11 a.m. All family and friends are welcome to join us! Please RSVP to Jess by Friday, November 9th.*



*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*

### *Diabetes Prevention and Treatment*

*In honor of American Diabetes Month, we are taking a look at how to prevent and treat diabetes. Diabetes is a common disease, yet every individual needs unique care.*

#### *Lowering Your Risk*

*There are some risk factors for diabetes that you can't change, including age, race, gender and family history. Being aware of these risk factors can help you take smart steps to lower your risk. Additionally, there are several other ways you can prevent the development of Type 2 diabetes.*

- Manage your weight. Staying at a healthy weight can help you prevent and manage problems like Type 2 diabetes, heart disease, high blood pressure, unhealthy cholesterol and high blood glucose.*
- Eat healthy. Eating healthy is one of the most important things you can do to lower your risk for Type 2 diabetes and heart disease.*
- Be physically active. Physical activity can do a lot for you, even if you haven't been very active lately.*
- Manage your blood glucose. By keeping your blood glucose (sugar) in check, you can help prevent and manage Type 2 diabetes.*



*Monitor your blood pressure. High blood pressure raises your risk for heart disease, stroke and other problems*

*Watch your cholesterol. Unhealthy cholesterol levels can raise your risk for Type 2 diabetes and heart disease*

*Don't smoke. Smoking causes a lot of problems in your body and can raise your risk of heart attack or stroke.*

#### *Getting Treatment*

*Those living with diabetes should be aware of the importance of blood glucose testing and available medications. People with Type 1 diabetes must use insulin. For those with Type 2 diabetes, your doctor may need to prescribe oral medications and/or insulin to help you meet your target blood glucose levels.*

*For more information on diabetes, please visit [www.diabetes.org](http://www.diabetes.org).*

*Have a happy month of November!*

*- Jacob Bates*

*Health Care Coordinator*

*- Maureen Hershey*

## *Understanding and Living with COPD*

*COPD, or chronic obstructive pulmonary disease, is a progressive disease that makes it hard to breathe. "Progressive" means the disease gets worse over time. COPD is a major cause of disability, and it's the third leading cause of death in the United States. Currently, millions of people are diagnosed with COPD. Many more people may have the disease and not even know it.*

*Cigarette smoking is the leading cause of COPD. Most people who have COPD smoke or used to smoke. Long-term exposure to other lung irritants — such as air pollution, chemical fumes or dust — also may contribute to COPD.*

*To understand COPD, it helps to understand how the lungs work. The air that you breathe goes down your windpipe into tubes in your lungs called bronchial tubes or airways. Within the lungs, your bronchial tubes branch into thousands of smaller, thinner tubes called bronchioles. These tubes end in bunches of tiny round air sacs called alveoli. Small blood vessels called capillaries run through the walls of the air sacs. When air reaches the air sacs, oxygen passes through the air sac walls into the blood in the capillaries. At the same time, carbon dioxide moves from the capillaries into the air sacs. This process is called gas exchange. The airways and air sacs are elastic. When you breathe in, each air sac fills up with air like a small balloon. When you breathe out, the air sacs deflate, and the air goes out. In the United States, the term "COPD" includes two main conditions — emphysema and chronic bronchitis.*

### *Emphysema*

*In emphysema, the walls between many of the air sacs are damaged. As a result, the air sacs lose their shape and become floppy. This damage also can destroy the walls of the air sacs, leading to fewer and larger air sacs instead of many tiny ones. If this happens, the amount of gas exchange in the lungs is reduced.*

### *Chronic Bronchitis*

*In chronic bronchitis, the lining of the airways is constantly irritated and inflamed. This causes the lining to thicken. Lots of thick mucus forms in the airways, making it hard to breathe.*

### *Symptoms*

*COPD can cause the following symptoms:*

- Coughing that produces large amounts of mucus (a slimy substance)*
- Wheezing*
- Shortness of breath*
- Chest tightness*

*COPD develops slowly. Symptoms often worsen over time and can limit your ability to do routine activities, even basic activities like walking, cooking or taking care of yourself. Most of the time, COPD is diagnosed in middle-aged or older adults.*

### *Treatment*

*COPD has no cure yet, and doctors don't know how to reverse the damage to the airways and lungs. However, treatments and lifestyle changes can help you feel better, stay more active and slow the progress of the disease.*

*- 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!

### 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! Please RSVP to Jess by Friday, November 9th.



### November Happy Hour

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

## Recipe of the Month

### Pumpkin Spice Hot Cocoa

#### Ingredients

- 6 mugs
- 6 C milk
- 6 packets of powder hot cocoa, or ½ lb. dark chocolate bits
- 1½ tbsp. pumpkin pie spice
- Whipped cream
- Cinnamon



#### Directions (Serves 6)

1. Heat milk to almost boiling.
2. Place one packet of hot cocoa mix in each mug. Thoroughly mix ¼ tbsp. of pumpkin pie spice in each mug.
3. Pour in hot milk and stir well.
4. Load on the whipped cream!
5. Sprinkle cinnamon on top.



## 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.

*Assistant Manager - Lexi Chaney*

*Community Relations Coordinator*

### *Happy Thanksgiving*

*Thanksgiving is full of traditions, with favorite recipes, rituals, and loved ones all around us. We look forward to these familiar ingredients to our celebrations, but sometimes they might become so familiar that we may not be able to recognize and appreciate them as fully as we could. It is a time to gather around loved ones...to be grateful for all that we have been so abundantly blessed with and also to spare a thought for those not so lucky. It is a season of bountifulness and a reason to share the same. True Thanksgiving is in actually doing that – Giving! Here are a few suggestions for deepening our Thanksgiving celebrations and others as we experience the profound gift of thanksgiving that makes our lives radiate with love.*

- 1). Volunteer at a retirement home, or homeless shelter.*
- 2). Donate to a local charity.*
- 3). Visit loved ones and let them know how thankful you are for them.*
- 4). Invite someone to your home who may be lonely or without food on Thanksgiving.*

*Happy Thanksgiving from us here at Parker Place Retirement Community!!*

*Life Enrichment Coordinator*

*~ Denelle Warneke*

### *Wal-Mart Shopping Trip*

*Join us as we go on a shopping outing to Wal-Mart on Friday, November 9th at 1:00 PM.*

*Save the Date!*

*We will host our annual Christmas Party on Friday, Dec. 21st from 2 p.m. until 4 p.m. We're looking forward to seeing everyone!*

### *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, November 12th 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*



*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 November

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



ARCHER (Sagittarius)

AUTUMN

BLACK FRIDAY

CHILLY

CHRYSANTHEMUM

DAYLIGHT SAVINGS



ELECTION DAY

ELEVENTH

NOVEMBER

REMEMBRANCE DAY  
(Canada)



SAGITTARIUS

SCORPIO

SCORPION (Scorpio)

THANKSGIVING

TOPAZ

VETERANS DAY



*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*



*GRATEFUL*  
*Thankful*  
*BLESSED*