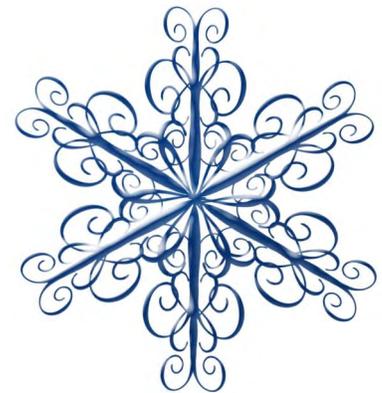




Parker Place Retirement Community

Happy New Year!

During the month of January we will be celebrating the New Year with lots of activities for our residents! Check out our activity calendar for all of the new, fun things we will be doing at Parker Place!



January 2019



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!

January 2019 Parker Place Newsletter

A Letter from the Manager's Desk

- Jacob Bates

Help Seniors Avoid The Holiday Blues

During the holidays, it's a good time to reflect about what you're thankful for, and chances are, family and friends are at the top of the list. However, it's very common for seniors to deal with depression around this time of year because of loneliness. Maybe their family doesn't live nearby or maybe losing their soul mate makes it hard to ask for help.

In 2013, a study revealed that a century ago, 70 percent of widows and widowers lived with their children, but that number has since changed to about 38 percent. This is where you can help. Do you have an elderly neighbor who might enjoy a cup of tea by your Christmas tree? Or, do you have a Retirement home by your residence that you can visit?

At Parker Place Retirement Community, we welcome visitors to dine with our residents, participate in a fun activity, or join us for an afternoon social. When you see the look of appreciation on a senior's face for taking the time to visit, it sure makes the holidays even merrier.

- Jacob Bates

Community Relations Coordinator-

- Lexi Chaney

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 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! 319-310-0606

- Thank



you!

Health Care Coordinator

- Maureen Hershey

Holiday Feasting: One helping...or two?

One interesting statistic reported about holiday feasting is the number of calories a person typically consumed on Christmas Day last year. Are you ready for this? It was a whopping 7,000 calories! Think about that: if one Big Mac has 540 calories, that would be equivalent to eating right around 13 Big Macs in one day. And in case you're wondering, burning 7,000 calories is no easy task.

According to healthassist.net, for someone who weighs 160 pounds, one of the following would be required to shed those pesky calories: 13 hours of basketball, 16 hours of aerobics, 19 hours of gardening, 20 hours of vacuuming, 24 hours of golf, 27 hours of walking at 3 mph or 48 hours of computer work.

Rethinking that second helping yet? Of course, the holidays are a special time of celebration and food is a big part of it. Remember, health-conscious holiday eating is not about depriving yourself; it's really about making better choices concerning portion control and the number of servings.

- Maureen Hershey



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 our Life Enrichment Coordinator at lifenrichment@parkerplaceretirement.com

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



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!

December Happy Hour

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

Caramel-Pecan Cheesecake

Ingredients

• 1 sheet refrigerated pie pastry • 1 package (8 oz.) cream cheese, softened • ½ C sugar • 4 eggs • 1 tsp. vanilla extract • 1-1/4 C Chopped Pecans • 1 jar (12-1/4 oz.) fat-free caramel ice cream topping • Additional fat-free caramel ice cream topping (optional)

Recipe of the Month

Caramel-Pecan Cheesecake

Directions

- 1. Line 9-in. deep-dish pie plate with pastry. Trim and flute edges. In a small bowl, beat the cream cheese, sugar, 1 egg and vanilla until smooth. Spread into pastry shell; sprinkle with pecans.*
- 2. In a small bowl, whisk remaining eggs; gradually whisk in caramel topping until blended. Pour slowly over pecans.*
- 3. Bake at 375 degrees for 35-40 minutes or until lightly browned (loosely cover edges with foil after 20 minutes if pie browns too quickly). Cool on a wire rack for 1 hour. Refrigerate for 4 hours or overnight before slicing. If desired, garnish with additional caramel ice cream topping.*

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.

Life Enrichment Coordinator

-Mikayla Fisher

A new year calls for New Years resolutions! Studies show the lasting effect exercise has on the mind and body. Here are 6 benefits to regular exercise.

- 1. **Exercise controls weight.** Exercise can help prevent excess weight gain or help maintain weight loss. When you engage in physical activity, you burn calories.*
- 2. **Exercise combats health conditions and disease.** Regular exercise helps prevent or manage a wide range of concerns such as stroke, metabolic syndrome, high blood pressure, diabetes, depression, anxiety and arthritis.*
- 3. **Exercise improves mood.** Physical activity stimulates various brain chemicals that may leave you feeling happier, more relaxed and less anxious.*
- 4. **Exercise boosts energy.** Regular physical activity improves your muscle strength and endurance.*
- 5. **Exercise promotes better sleep.** Regular exercise helps you fall asleep faster and deepens your sleep.*
- 6. **Exercise can be fun... and social.** Exercise gives you a chance to unwind, enjoy the outdoors or simply engage in activities that make you happy.*

Life Enrichment Coordinator

Weekly Outings!

Join us as we go on a weekly outing every Friday at 1:00 PM. Weather Permitting. Please call ahead to reserve your spot!

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, December 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!

Parker Place Coordinators

Manager:

Jacob Bates

319-239-7848

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Community Relations Coordinator:

319-310-0606

welcome@parkerplaceretirement.com

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nurse@parkerplaceretirement.com

Life Enrichment Coordinator:

Mikayla Fisher

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lifeenrichment@parkerplaceretirement.com

Culinary Coordinator:

Jessica Dietz

319-346-9771

chef@parkerplaceretirement.com

Maintenance Coordinator:

Tom Moffitt

319-346-9771

maintenance@parkerplaceretirement.com



*We're rolling out the Red
Carpet for you!*



**Iowa Assisted
Living Association**



Music Speaks Therapy

*Join us every Monday, and Thursday
at 12:30 PM for our Music Therapy
Program. Open to the Public!*



Resident Birthday's

January 2 : Mary McWilliams

January 7: Elmer Clausing



Employee Birthday's

January 8 : Mark Nigro

January 17: Jeymi Rivas



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, Mikayla Fisher if you would like to lend a helping hand! Mikayla Fisher (319)346-9771

