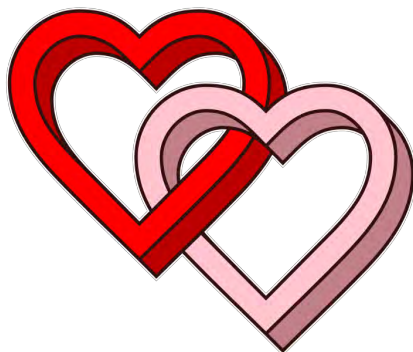




Parker Place Retirement Community

February 2019

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



Starting February 1st we will be having a Bible Study on the book of 1st Peter. Please join us Mondays and Fridays at 10:30 AM and Tuesdays at 10:00 AM. For more information email Mikayla at :

lifenrichment@parkerplaceretirement.com

A Letter from the Manager's Desk

- Jacob Bates

*Be good to your heart on Valentine's Day
and all year long*

Valentine's Day is upon us and February is American Heart Month. This is a great time to celebrate your heart and recognize how hard it works for you. Show your heart some love now and throughout the rest of your life with these five simple healthy heart aging tips from Marc Jaffe, MD, clinical leader, Kaiser Permanente Northern California Cardiovascular Risk Reduction Program.

- 1. Be Sweet- instead of chocolate, choose strawberries or blueberries. These are heart healthy treats filled with antioxidants.*
- 2. Move to the beat- Grab a partner and do some fancy footwork. Movement of any kind promote good circulation*
- 3. Do your thing- Activities like painting, yoga, and writing can help slow down your heart rate.*
- 4. Avoid Tabaco- Tabaco can harm your lungs, heart, and blood vessels.*
- 5. Maintain a healthy weight- Added weight causes wear on your heart.*

Join us at Parker Place Mondays, Tuesdays, and Thursdays for our Live to be Healthy exercise classes. Classes begin at 9:00 AM and take place in our large dining room.

Meet Our New Life Enrichment

Coordinator



Hello everyone! My name is Mikayla Fisher. I am from Eldora, IA, but have been traveling the world the last year and a half on a cruise ship. After I completed my degree, I joined the entertainment team on Carnival Cruise Line. I have traveled to several countries including, Australia, New Zealand and Singapore planning activities for guests of all ages. I am so excited to be a part of Parker Place and bringing my event planning skills to the residents here!

Residents Jean and Orville Beenken will celebrate their 67th wedding anniversary on February 8th!

Join us Friday, February 8th at 9:30 AM for a church service provided by Pastor Matthew Brooks. Service will take place in the private dining room.



Health Care Coordinator

- Maureen Hershey

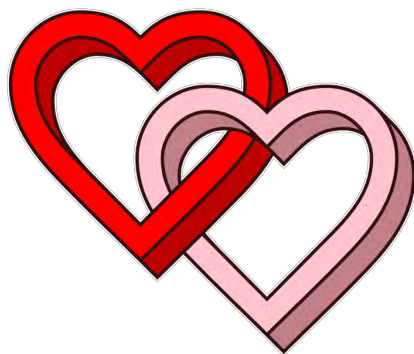
February is heart disease awareness month. Heart disease is the leading cause of death in both men and women. 1 in every 4 deaths is caused by a heart disease.

Some of the most common types of heart disease are abnormal heart rhythms, heart failure, heart valve disease, congestive heart failure, and Coronary Artery Disease (CAD).

4 out of 5 cases of heart disease are in individuals 65 years or older. The chances of heart disease increase with age so it is important to get regular check ups .

Some ways to prevent heart disease are eating a balanced diet, not smoking, managing stress, limiting alcohol, and staying a healthy weight.

Join us February 3rd to celebrate National Wear Red Day to bring awareness and support to those who are battling heart disease.



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!

February Happy Hour

Parker Place Retirement Community will have Happy Hour each Friday in

February at 5:00 p.m.

Peppermint Patty Chocolate Cookie

Ingredients

• 1 1/3 C flour • 1/3 C unsweetened cocoa powder • 1/2 tsp baking soda • 1/4 tsp salt • 1/2 C unsalted butter • 1/2 C light brown sugar • 1/2 C sugar • 1 large egg • 1 tsp vanilla extract • 16-18 miniature peppermint patties

Recipe of the Month

Peppermint Patty Chocolate Cookies

Directions

1. Combine flour, cocoa powder, baking soda, and salt in a large bowl with a whisk. Set aside.
2. Combine butter, brown sugar, and sugar in another large bowl with a hand mixer until smooth. Add egg and vanilla, mixing until well combined.
3. Add dry ingredients to the wet ingredients in small increments, stirring between each addition. Cover and chill for 30 minutes.
5. Preheat oven to 350. Line two baking sheets with parchment paper. Place dough 2" apart and flatten by pressing one peppermint patty into the center. Mold dough around each peppermint patty to cover it completely.
6. Bake 10-12 minutes.

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

Mark your calendars because the magic of love isn't the only magic happening at Parker Place this February. Please Join us for a wonderful Valentine's Day treat. We will be having a Valentine's Day Social on Wednesday, February 13th at 12:00 PM.

We will be serving Valentine's treats and joined by the incredible Jonathan May who will be performing a mind blowing magic show for the residents and community. The show is suitable for all ages so bring the whole family.

For more information call 319-346-9771 or email lifenrichment@parkerplaceretirement.com

Employee Birthday's

Tangy Wormley - February 2

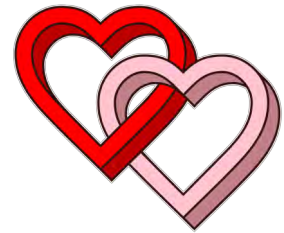
Miekka Farmer- February 14



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, February 11th at 2:00 PM. 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@parkerplacer



Community Relations Coordinator:

319-310-0606

welcome@parkerplaceretirement.com

Health Care Coordinator:

Maureen Hershey

319-239-8639

nurse@parkerplaceretirement.com

Life Enrichment Coordinator:

Mikayla Fisher

319-346-9771

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!*

Holiday cheer was spread at Parker Place Retirement Community.!



CHRISTMAS 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, Mikayla Fisher if you would like to lend a helping hand!

Mikayla Fisher (319)346-9771

