



Parker Place Retirement Community

March 2019

The month of March is full of celebrations. Wear your lucky green and Mardi Gras beads and head to Parker Place for all the fun in store for the month of March!



Please join us every Monday, Tuesday, and Thursday for Live 2 Be Healthy. Classes begin at 9 AM in our Dining Hall. Classes last around 1 hour. For more information please call 319-346-9771. We look forward to seeing you!

A Letter from the Manager's Desk

- Jacob Bates

March is National Nutrition Month, and the Academy of Nutrition and Dietetics are encouraging everyone to "focus attention on the importance of making informed food choices and developing sound eating and physical activity habits."

The theme for this year's National Nutrition Month is "Go Further with Food," which, according to the Academy, "encourages people to achieve the numerous benefits healthy eating habits offer and find ways to cut back on food waste."

"Incorporating healthy eating habits doesn't have to seem intimidating. Start with small changes with realistic and achievable goals such as eating one extra serving of vegetables per day," Danielle Keech, R.D., L.D., WVU Medicine dietitian and National Nutrition Month chairperson for the West Virginia Academy of Nutrition and Dietetics, said. "Little changes can add up and lead to an overall healthier lifestyle."

To "Go Further with Food," the Academy suggests:

- Including a variety of healthful food from all of the food groups on a regular basis*
- Considering the foods on hand before buying more at the store*
- Buying only the amount that can be eaten or frozen within a few days and plan ways to use leftovers later in the week*
- Being mindful of portion sizes*
- Continuing to use good food safety practices*
- Finding enjoyable activities and engaging in physical activity most days of the week*

Realizing the benefits of healthy eating by consulting with a registered dietitian nutritionist, who can provide sound, easy-to-follow personalized nutrition advice to meet lifestyle, preferences, and health-related needs.

Join us at Parker Place any day of the week for a home cooked dinner. To make a reservation contact Jess at 319-346-9771.

Parker Place Proudly Presents Our Citizen of the Year Nominee



Every year, the city of Parkersburg allows community members to send in nominations for people they think have been extraordinary in and around the community throughout the year.

This year, Parker Place resident, Jean Beenken was nominated. Jean has been a member of our community for three years. Jean is a very active member of our community. She participates in almost every activity and shows up early to help set up. Jean takes on all tasks thrown her way including cleaning, caring for other residents, and delivering newspapers to the residents every day.

Jean got to enjoy a fabulous meal on February 2nd at Legend Trail to celebrate all her contributions.

Thank you Jean for all you do for our community!

Join us at Parker Place for the following church services:

*Every Wednesday: First Congregational Church
10:00 AM*

Friday, March 1st : Pastor Brooks 9:30 AM

*To join the church rotation, contact Mikayla
at 319-346-9771 or email*

lifeenrichment@parkerplaceretirement.com



Health Care Coordinator

- Maureen Hershey

It is very important to keep up with our health all times of the year, but especially with Spring approaching and the weather changing. Parker Place offers several clinics each month that are open to the public. Please join us for our on-site clinics this month. Anyone in the community is welcome. If you need more details please contact me at 319-239-8639 or email me at nurse@parkerplaceretirement.com

March Clinics

Tuesday March 12: Butler County

Foot Clinic. 8:00 AM - 11:00 AM

Monday, March 25th: On-site Hearing Clinic 9:30 AM - 11:00AM



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!

March Happy Hour

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

Cream Cheese Oreo Bars

No bake recipe

Ingredients

• 26 Oreos ground • 2 C chopped Oreos • 6 Tbs butter, melted • 12 oz cream cheese • 1/2 C sugar • 1 C vanilla Greek yogurt • 1 (8 oz) container whipped topping

Recipe of the Month

Cream Cheese Oreo Bars

Directions

- 1. Line the bottom of a 9 X 9 inch baking dish with parchment paper.*
- 2. Combine ground cookies and butter in a small bowl. Press mixture evenly into the bottom of the prepared baking dish. Cover and freeze for 15 minutes.*
- 3. Combine cream cheese and sugar in a medium bowl with a hand mixer until fluffy. Fold in yogurt. Fold in whipped topping.*
- 4. Pour half of mixture into the baking pan, spreading evenly. Sprinkle one cup chopped cookie evenly over mixture. Top with remaining mixture. Then sprinkle with remaining cookies.*
- 5. Cover and chill until ready to serve. Makes 16 servings.*

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***

March brings some of the best times of the year! Not only are we celebrating several birthdays and holidays this month, we are celebrating the people who make our residents sparkle. That's you!

Please join us on March 27th to celebrate Family Day. All family and friends are welcome. We will have some incredible music entertainment followed by drinks, treats, and socializing. This event will occur at 2:00 PM in our dining room.

Please RSVP to Mikayla by Friday, March 22nd. To RSVP call 319-346-9771 or email

lifeenrichment@parkerplaceretirement.com We look forward to celebrating how special family is to our residents.

***Life Enrichment Coordinator
Weekly Outings!***

Community members are welcome to go on all of our outings! We love having you along. Call Mikayla at 319-346-9771 to find out what the next fun adventure is and 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, March 11th at 2:00 PM.



Refreshments will be served. For more information, please contact us at 319-346-9771.

Employee Birthday's

Taylor Mauderer - March 7

Angel Sullivan - March 15

Resident Birthday's

Howard Hanson - March 5

Jane McBride - March 12

Imogene Spree - March 19

Parker Place Coordinators

Manager:

Jacob Bates

319-239-7848

manager@parkerplacereirement.com



Community Relations Coordinator:

319-310-0606

welcome@parkerplacereirement.com

Health Care Coordinator:

Maureen Hershey

319-239-8639

nurse@parkerplacereirement.com

Life Enrichment Coordinator:

Mikayla Fisher

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 Thursday
at 12:30 PM for our Music Therapy
Program. Open to the Public!*



Check out the excitement happening at Parker Place!



**Surprise Game Day!
Betty is our winner!**



BINGO!



Howard and his reading buddies



First Congregational Church service every Wednesday at 10:00 AM in the dining hall.



Grundy Center Theater to see Mary Poppins Returns

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

