

707 Hwy 57

Parkersburg, IA

*Parker  
Place*

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# ***Parker Place Post***

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**JULY**



## *A Letter from the Manager's Desk*

*- Jacob Bates*

### **Participating in Alzheimer's Disease Research Studies**

Currently, nearly 80 percent of Alzheimer's disease research studies are on hold or stalled because they lack volunteers. Some reasons for this are understandable. For example, Alzheimer's sufferers may find it stressful to participate in such studies or they may be unable to consent to participate. It can also be risky to take experimental medications.

However, there are still some ways for all of us to help. Many studies need healthy volunteers to take simple online tests. The Alzheimer's Association endorses many research studies and posts them on their website.

Alzheimer's studies generally fall under four categories:

**Treatment trials** test the effects of a new medication.

**Prevention trials** can test medication as well as supplements, vitamins, diet, exercise, and other lifestyle changes.

**Diagnostic studies** examine better ways to predict the onset of Alzheimer's.

**Online studies** often require answering simple questionnaires or playing memory games.

Study subjects may never know the results of their own tests, but their participation may offer invaluable insights to inform how scientists diagnose and treat Alzheimer's disease in the future.



## **EMPLOYEE OF THE MONTH**

*Teresa Peters*



*Teresa has worked in the kitchen at Parker Place for a little over 3 1/2 years. She always does whatever is needed to make sure that all residents get their meals, drinks, and snacks. She is flexible with her schedule and eager to help wherever she can. Teresa is married, has a son, and lives in New Hartford. Congratulations on your brand new kitty and keep up the great work!!*

### **Video Chat Your Loved One!**

Parker Place has Skype and Zoom!

During this time, these are great opportunities to visit with your loved one.

To set up a video chat with your loved one, please contact Tanya at 319-346-9771

[lifenrichment@parkerplaceretirement.com](mailto:lifenrichment@parkerplaceretirement.com)

# Independence Day

T H I R T E E N P I C N I C H  
H Y U E A H T P J L N M F W O  
C K P N D S J H U O C I P N L  
I S R Z I Q B I L S I N M A I  
T E J U U T Z L Y F R U M K D  
O I Q K M V E A E G Y T S U A  
I N D E P E N D E N C E D A Y  
R O S P T I A E S G Q M K A H  
T L I T F R M L F T W E D C T  
A O H G A V S P K R A N Z F R  
P C Y P D R Y H D C E T E O U  
S E P I R T S I N L R E E W O  
P N O I T A R A L C E D D S F  
F I R E W O R K S P N T A O L  
E T A R B E L E C W H T E W M

CELEBRATE

HOLIDAY

PHILADELPHIA

COLONIES

INDEPENDENCE DAY

PICNIC

DECLARATION

JULY

STARS

FIREWORKS

MINUTEMEN

STRIPES

FOURTH

PARADE

THIRTEEN

FREEDOM

PATRIOTIC

UNITED STATES

## Culinary Coordinator

**-Liz Shaedig**

*We can't wait to open our doors back up for family and friends to join us for lunch and supper!!!*

*Meal cost is \$5. RSVPs 24 hours in advance are appreciated. Thank you!*



### *Happy Hour*

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



## 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 Mikayla Fisher, at (319) 560-2171 or [welcome@parkerplaceretirement.com](mailto:welcome@parkerplaceretirement.com) to schedule your respite stay.*



### **Patriotic Berry Bars**

#### **Ingredients:**

- Cooking spray
- 1 cup butter, room temperature
- 1 cup sugar
- 1 teaspoon vanilla
- 2 cups flour
- 1 (8-ounce) package cream cheese, room temperature
- 1 cup white chocolate chips, melted
- 1 1/2 cups chopped fresh strawberries
- 1/2 cup blueberries



#### **Directions**

1. Preheat oven to 350°F. Spray a baking sheet with cooking spray.
2. Combine butter and sugar until fluffy in a large bowl. Stir in vanilla. Stir in flour.
3. Press dough in an even layer on the prepared baking sheet.
4. Bake 25–30 minutes. Allow to cool completely.
5. Beat cream cheese in a medium bowl with a hand mixer until smooth. Fold in chocolate. Spread mixture evenly over the cookie. Cover and chill 30 minutes until firm.
6. Just before serving, arrange strawberries and blueberries on top of the cookie. Cut into bars and serve.

*Makes 16–20 servings*



Parker Place residents & staff plan to participate as a team for the 2020 Walk to End Alzheimer's-Cedar Falls/Cedar Valley on September 26th.

To join the Parker Place team, or to make a donation, call Mikayla: 319-560-2171 or you can join & donate online: <http://act.alz.org/goto/parkerplace>

### Employee Birthdays

Aerin Tjoa - July 1

Taylor Lehr - July 8

Tanya Michael - July 19

Kimberli McNamee - July 31



### Resident Birthdays

Darlene Demro - July 14

### *Parker Place Post is going online!*

*Due to the COVID-19 pandemic, we have temporarily stopped our mailings.*

*Please call 319-346-9771 or email [lifenrichment@parkerplaceretirement.com](mailto:lifenrichment@parkerplaceretirement.com) with your email address.*

*If you wish to no longer receive the Parker Place Post please call as well.*





## *Parker Place Coordinators*

### *Manager:*

*Jacob Bates*

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*manager@parkerplaceretirement.com*

### *Community Relations Coordinator:*

*Mikayla Fisher*

*319-560-2171*

*welcome@parkerplaceretirement.com*

### *Health Care Coordinator:*

*Jen Homeyer*

*319-239-8639*

*nurse@parkerplaceretirement.com*

### *Life Enrichment Coordinator:*

*Tanya Michael*

*319-346-9771*

*lifeenrichment@parkerplaceretirement.com*

### *Culinary Coordinator:*

*Liz Schaedig*

*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**



*Check out the excitement happening at Parker Place!*





*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, Tanya Michael, if you would like to lend a helping hand!*

*We would like to have a list ready for when we open our doors to the public.*

*Tanya Michael (319) 346-9771*

