

707 Hwy 57

Parkersburg, IA

Parker
Place

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Parker Place Post

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MARCH



The Madness of March is here! Join us at Parker Place for some MAD fun the entire month!

March, 2020 Parker Place Newsletter

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 Liz at 319-346-9771.

EMPLOYEE OF THE MONTH

Mikaila Kyle-Murphy.



Mikaila has been a Resident Assistant at Parker Place for almost 9 months. Mikaila is a wonderful part of our Parker Place family. She always does what is asked of her and makes sure all of our residents are well taken care of. Mikaila is a huge help with getting residents gathered and excited for activities.

Outside of work, Mikaila enjoys spending time with her daughter!

Thank you 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 6th : Pastor Brooks 9:30 AM

To join the church rotation, call 319-346-9771





Searching for March



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

AQUAMARINE

MARCH

SPRING

ARIES

PISCES

ST. PATRICK'S DAY

DAYLIGHT SAVINGS

PURIM

THIRD

FISH (Pisces)

RAINBOWS

UMBRELLA

JONQUIL

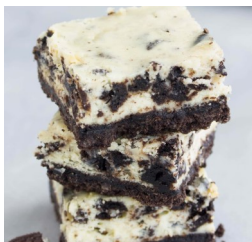
RAM (Aries)

WINDY



Culinary Coordinator

-Liz Shaedig



We love having family and friends join our residents for lunch and supper!!!

Meal cost is \$5. 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 Mikayla Fisher, at (319) 560-2171 or welcome@parkerplaceretirement.com to schedule your respite stay.

Life Enrichment Coordinator-

Thank you to everyone who joined us for our Valentine's Pasta Bar! We have 50 outside community members join us for the special evening! Your support of our residents and our events that take place at Parker Place means the world to us! Your presence at Parker Place is very important to us and we are excited to host you for our next community



Employee Birthday's

Taylor Mauderer - March 7

Resident Birthday's

Howard Hanson - March 5

Evelyn Schrage - March 18

Imogene Spree - March 19

Margaret Asche - March 28

Life Enrichment Coordinator

Weekly Outings!

Community members are welcome to go on all of our outings! We love having you along. Call us at 319-346-9771 to find out what the next fun adventure is and to reserve your spot!



Parker Place Post E-mail

Parker Place Post will be going online! We would love to get as many emails as possible. Please please call 319-346-9771 or email lifenrichment@parkerplaceretirement.com with you email addresses. If you wish to no longer receive the Parker Place Post please call as well.

Parker Place Coordinators

Manager:

Jacob Bates

319-239-7848

manager@parkerplacereirement.com



Community Relations Coordinator:

Mikayla Fisher

319-560-2171

welcome@parkerplacereirement.com

Health Care Coordinator:

Jen Homeyer

319-239-8639

nurse@parkerplacereirement.com

Life Enrichment Coordinator:

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lifeenrichment@parkerplacereirement.com

Culinary Coordinator:

Liz Schaedig

319-346-9771

chef@parkerplacereirement.com

Maintenance Coordinator:

Tom Moffitt

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maintenance@parkerplacereirement.com



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



**Iowa Assisted
Living Association**



Music Speaks Therapy

*Join us every Monday and Friday at
12:00 PM for our Music Therapy Pro-
gram. Open to the Public!*



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

Mikayla Fisher (319)346-9771

