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Parkersburg, IA

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*Parker  
Place*

# ***Parker Place Post***

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# **February**



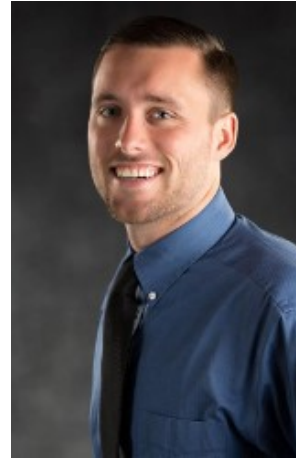
*February, 2020 Parker Place Newsletter*

# Letter from the Manager's Desk



-Jacob Bates

According to the Alzheimer's Association, 1 in 9 Americans aged 65 and older has Alzheimer's disease. There are approximately 48 million people worldwide with Alzheimer's or other dementias. More than 65 million caregivers, 29% of the U.S. adult population, provide an average of 20 hours of care per week; some provide care around the clock at home. Here are some tips for making your home dementia friendly.



- Display emergency numbers and your home address near all telephones. Put all cell phones and portable equipment in a safe place so they will not be easily lost.
- Install smoke alarms and carbon monoxide detectors in or near the kitchen and all sleeping areas. Check their functioning and batteries frequently.
- Install secure locks on all outside doors and windows. Install alarms that notify you when a door or window is opened, and hide a spare house key outside in case the person with Alzheimer's disease locks you out of the house.
- Avoid the use of extension cords if possible. Place lamps and appliances close to electrical outlets. Tack extension cords to the baseboards of a room to avoid tripping. Cover unused electrical outlets with childproof plugs.
- Check all rooms for adequate lighting. Place light switches at the top and the bottom of stairs. Add night-lights in dark areas.
- Remove throw rugs throughout the house. Use textured strips or nonskid wax on hardwood and tile floors to prevent slipping.

Keep in mind that it may not be necessary to make all of the suggested changes. This article covers a wide range of safety concerns that may arise, and some modifications may never be needed. It is important, however, to re-evaluate home safety periodically as behavior and abilities change.



## Dare to Dream

Please Help make our residents' dreams come true. At Parker Place we strive to help our residents make as many lasting memories as possible. We are so happy to have the Dare to Dream program which allows Parker Place to individually make each resident's



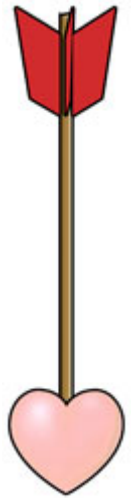
dreams come true. We have done wedding vow renewals, car shows, Humane Society visits, throwing the first pitch at a baseball game, and many more. If you know someone at Parker Place who loves to do a certain activity and they haven't had the chance to do it for a long time, or they have always wanted to do something but never got to, please contact Mikayla at 319-346-9771 or email her at [lifeenrichment@parkerplaceretirement.com](mailto:lifeenrichment@parkerplaceretirement.com). We would love to make each and every one of our residents feel extra special in the new

2 year!



Special, small, fluffy visitors bring loads of smiles to Parker Place.

Gingerbread ornaments being decorated for the Christmas tree!



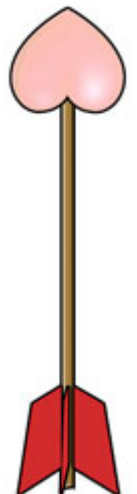
Thanksgiving meal shared with friends and loved ones!



Home Care Assistance delivered residents' early Christmas gifts!



We a-bahhhh-solutely loved having goat visitors





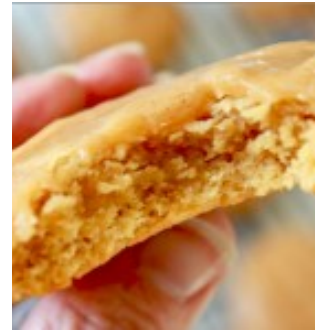
# Recipe of the Month

Liz Schaedig

## Peanut Butter Sheet Cake Cookie

### Ingredients:

1 box yellow cake | 1 1/3 C creamy peanut butter,  
divided | 2 eggs | 1/2 C oil | 1/2 C butter | 6 Tbsp milk  
2 1/2 C powdered sugar | 1 tsp vanilla extract



### Directions:

1. Preheat oven to 350. Line a baking sheet with parchment paper.
2. Combine cake mix, 1 cup peanut butter, eggs, and oil in a large bowl.
3. Drop dough by 1.5 tablespoonfuls onto the baking sheet.
4. Bake 9-11 minutes. Allow cookies to cool 10 minutes before transferring to a cooling rack.
5. Combine butter, 2/3 cup peanut butter, and milk in a medium saucepan over medium heat. Bring to a boil.
6. Remove from heat and whisk in powdered sugar until smooth. Add vanilla.
7. Spread equal amounts of frosting over each cookie. Allow to set.

Makes 24 servings



## Contact Information

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### Manager:

Jacob Bates  
manager@parkerplaceretirement.com  
Phone: 319-239-7848

### Health Care Coordinator

nurse@parkerplaceretirement.com  
Phone: 319-239-8639

### Community Relations Coordinator:

Briget Meyer  
welcome@parkerplaceretirement.com  
Phone: 319-560-2171

### Life Enrichment Coordinator

Mikayla Fisher  
lifeenrichment@parkerplaceretirement.com  
Phone: 319-346-9771

### Culinary Coordinator

Liz Schaedig  
chef@parkerplaceretirement.com  
Phone: 319-346-9771

### Maintenance Coordinator:

Tom Moffitt  
Phone: 319-346-9771

## Resident Birthdays

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### February 16:

Jacque L.

### February 23:

Floyd S.



## Employee Birthdays

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### February 26:

Kelly S.



# February

## Employee of the Month

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### Jessica Clow

Jessica is one of Parker Place's third shift Resident Assistants. Jessica always shows up to work with a positive attitude. She is a very dependable worker and we can always count on her to be on-time ready to go! Jessica is great with our residents. Not only does she do her job wonderfully, she goes above and beyond her job duties to make sure Parker Place is running smoothly. Thank you, Jessica for all you have done to make Parker Place great!

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### Happy New Year!

A new year calls for a new resolution! Goals are 80% more likely to be obtained if you write them down. Write down 1 or 2 goals you have for 2020!

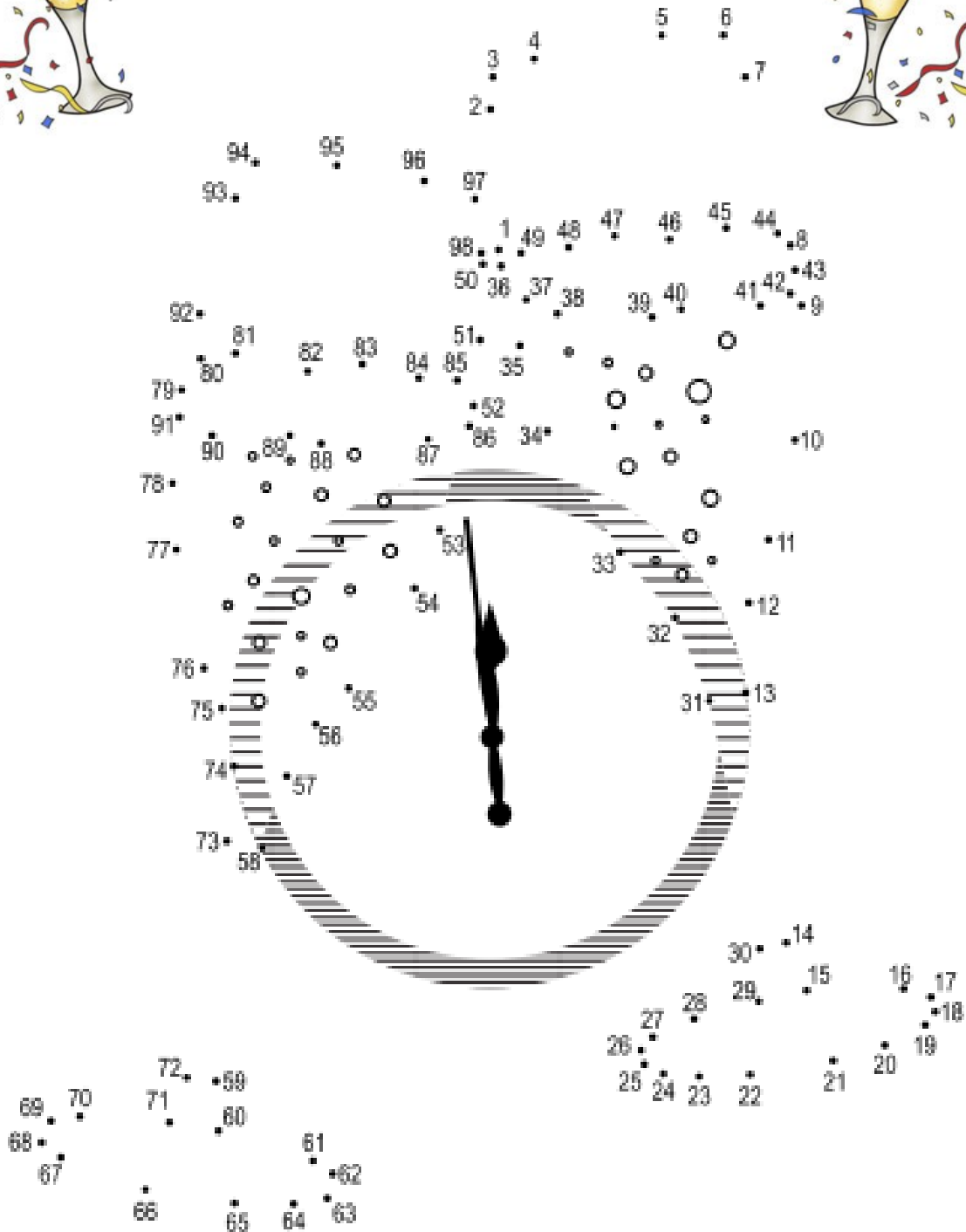
1. \_\_\_\_\_

2. \_\_\_\_\_



# Dot-to-dot #1

Connect the dots 1-98.



*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*

