



PARKER PLACE

Gracious Retirement Living

7960 Center Street • Mentor, Ohio 44060 • Phone (440) 255-0828 • www.seniorlivinginstyle.com

NOVEMBER 2020

PARKER PLACE STAFF

Managers.....SCOTT & PAMELA ARTMAN
Assistant Manager BRENT & APRIL HOLLEY
Executive Chef JOSH WELLMAN
Sous Chef AUSTIN WILCOXON
Activity CoordinatorZOEY PERRY
MaintenanceMIKE MITCHELL
Bus Driver PAUL IANNINI
Lead Housekeeper REBA REICHERT

TRANSPORTATION

Monday, 9 a.m.-2 p.m.: Errands

Tuesday, 8:30 a.m.-3:30 p.m.:
Doctor Appointments

Wednesday, TBD: Outings

Thursday, 8:30 a.m.-3:30 p.m.:
Doctor Appointments & Errands

Sunday, 9:30 a.m.: Church Service Route



HAWTHORN
SENIOR LIVING

2020 Thanksgiving Food Drive

During the month of November we will have a building-wide Thanksgiving Food Drive. All of the canned and nonperishable food items will be donated to the Painesville United Methodist Church Food Pantry. Their Food Pantry has been active at least 30 years now and serves 650-700 community members a year! There will be three boxes in the Activity Center, each labeled in accordance with a floor. Please bring your canned food/nonperishable food items down and drop them in your floor's box.

Donating an item equals 2 points toward your floor's overall score in our floor war competition! At the end of each day, Zoey will count and document each floor's donations and then add the appropriate amount of points to each floor's scores.

Our food drive will begin Sunday, November 1st and end Wednesday, November 25th. Zoey will be dropping off all of our collected items to the Food Pantry the evening of Wednesday, November 25th, that way all of our goodies can be used during the Thanksgiving holiday. Cottages participation will be divided up as follows.

- **Cottages 1 and 2:** Floor 1
- **Cottages 3 and 4:** Floor 2
- **Cottages 5 and 6:** Floor 3

Our Country Store

We now have a Community Country Store open in the Activity Center.

You can purchase a variety of different items, from shampoo, body wash, toothpaste to laundry soap, sewing kits and even candy!

Everything in our store is \$1.50, and we are always open to suggestions to items you would like to see in our store.

Wednesdays at 4 p.m. and every other Saturday at 11:30 a.m. take a trip down to our Community Country Store and purchase some of the goodies we have!



Welcome, New Residents!

Terry Hodous

- He used to play disc golf.
- His favorite place to vacation is Cape Hatteras.
- He is a collector.



Terry Hodous

Gina Smith

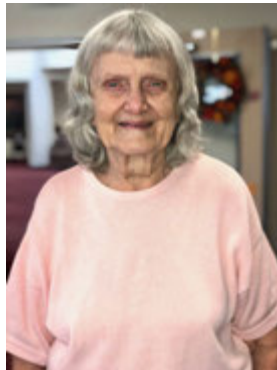
- She is originally from Charlotte, North Carolina.
- She is a psychology major.
- She has a Corvette.



Gina Smith

Grace Louis

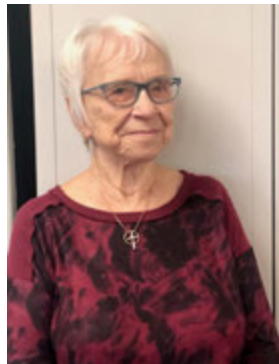
- She has five children.
- Her favorite place to vacation is Alaska.
- She has lived in the area her whole life.



Grace Louis

Joan Kurzenberger

- She has 19 grandchildren and 24 great-grandchildren with No. 25 on the way.
- Loves boating.
- Loves staying active.



Joan Kurzenberger

Twila Jackson

- Her family is the most important thing to her in life.
- She loves all sweets.
- Her favorite place to vacation is Germany.



Twila Jackson

Guess Who?

Can you guess which of your fellow residents this is? I'll give you three hints:

1. She lives on the 2nd floor.
2. She is an avid reader.
3. She has travelled to 11 countries.

Our Mystery Baby from last month was none other than Mr. George Pelow!

If you would like to be featured as our Mystery Child of the Month in future newsletters, please bring a baby or childhood picture of yourself to Zoey.



Can you guess who I am?



Floor Wars

Sunday, November 1st, will kick off our Fall Floor Wars Competition. Through the course of the month, floors 1 through 3 plus the cottages, will have the opportunity to earn points for their floor many different ways. At the end of the month, whichever floor has the most points will win an ice cream party! You can earn points for your floor by:

- Participating in staff-led activities = 1 point
- Wearing your name tag to staff-led activities = 1 point
- Donating nonperishable food items to our food drive = 2 points

Competition Rules:

- Cottages participation will be broken up as follows.
- Cottages 1 and 2 – Floor 1
- Cottages 3 and 4 – Floor 2
- Cottages 5 and 6 – Floor 3
- At activities, a manager, Josh or Zoey, will be responsible for counting how many people from each floor have attended, and of those people, who is wearing their name tag.
- After each activity, each floor's participation and points will be documented.
- At the end of the month, whichever floor has the most points will have an ice cream social on Tuesday, December 1st!

Did You Know?

- In Japan, letting a sumo wrestler make your baby cry is good luck. This 400-year-old tradition is said to bring health and success throughout the baby's life.
- Pepsi-Cola (from the Greek pepsis or "digestion") was named to sound more healthy than its predecessor, Coca-Cola.

Mark Your Calendars

Election Day: November 3rd

Time to vote! On Tuesday, November 3rd, our bus will take our residents to our designated precinct allowing you all to vote in person.

There will be a sign-up sheet out one week prior, keep your eyes out for that.

Good Nutrition Day: November 9th

Monday, November 9th, is National Good Nutrition Day. In honor of this come on down to the Activity Center for our Healthy Happy Hour and indulge in our nutritious snack bar and learn all about how healthy food powers our bodies!

Crafting With Cranberries:

November 10th

Cranberries are not only delicious and nutritious, but they are also wonderful additions to many crafts projects! On Tuesday, November 10th we will be making cranberry pine cone bird feeders.

Veterans Day

November 11th we will be celebrating our veterans in true patriotic style. Keep your eyes out for more details to come!

National Mocktail Day: November 12th

Mocktail is an example of a portmanteau (a word made by combining two other words; in this case, mock and cocktail). We will be celebrating by making fun and festive holiday cranberry juice mocktails!

Crazy Hat Day

After all the hustle and bustle of the Thanksgiving holiday, we are going to have some fun on Monday, November 30th! I encourage everyone to wear a crazy hat this day, and we will have a community vote to see who has the craziest hat!

NOV 2020

Birthdays

Joan Butler, 3rd
 Bonnie Robison, 3rd
 Art Phillips, 6th
 Yvonne Jackson, 9th (Employee)
 Jim Decker, 11th
 Kay Payne, 14th
 Amalia "Molly" Hrvatin, 14th
 Ruth Toman, 18th
 Lavance Cahill, 24th
 Sheila Tomazic, 26th
 Zach Bright, 28th (Employee)






Anniversaries

Carl & Nancy Stump, 11/20/2020
 Art & Pat Phillips, 11/26/1947
 Tom & Judy Heck, 11/29/1969

Locations

Activity Room, AR
 Atrium, AT
 Chapel, CH
 Dining Room, DR
 Dining Room
 Fireplace, DRFP
 Front Patio, FP
 Game Room, GR
 Library, LB
 Outing, OUT
 TV Lounge, TV

Breakfast: 8 a.m.
Dinner: 12:30 p.m.
Supper: 5:30 p.m.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
DAYLIGHT SAVING TIME ENDS 1 10:00 Sunday Service Televised, AR 1:00 Browns vs. Raiders, TV 2:30 Catholic Holy Communion, CH 3:00 Nickel Bingo, AR 4:00 Rosary, CH 6:45 Movie Night, TV 6:45 Wii Bowling Team 1, AR	2 9:30 Senior Stretch, AR 10:30 Beanbag Baseball Practice, AR 11:30 Brain Games, AR 2:00 Beanbag Baseball Game, AT 3:00 Drop Off Election Ballots, OUT 4:00 Book Club, LB 6:45 Wii Bowling Team 2, AR	ELECTION DAY 3 9:30 Sit and be Fit, AR 10:30 Arts & Crafts, AR 11:30 Current Events, AR 1:30 Resident Meeting, DR 2:00 Chair Balloon Volleyball, AR 4:00 Election Day Bus, OUT 6:45 Wii Bowling Team 3, AR 	4 9:30 Stronger Seniors, AR 11:00 Shopping for Gingerbread House Supplies, OUT 2:00 Target Golf with Brent, AR 3:00 Matinee, TV 4:00 Our Country Store, AR 6:45 Bingo	5 9:30 Exercise with Legacy 10:30 Discussion Group, AR 11:30 Pictionary, AR 3:15 Show & Tell, AR 6:45 Wii Bowling Team 4, AR	6 9:30 Get Up and Move, AR 10:30 A Moment of Meditation & Mindfulness, AR 11:30 Cornhole Tournament, AR 2:00 Bingo with Zoey, AR 3:00 Nickel, Left Right Center, AR 4:00 Happy Hour, AR 6:45 Wii Bowling Team 5, AR 	7 11:00 Chair Balloon Volleyball, AR 4:00 Pinochle, AR 6:45 Movie Night, AR
8 10:00 Sunday Service Televised, AR 2:30 Catholic Holy Communion, CH 3:00 Nickel Bingo, AR 6:45 Movie Night, TV 6:45 Wii Bowling Team 1, AR	9 9:30 Senior Stretch, AR 10:30 Beanbag Baseball Practice, AR 11:30 Scattergories, AR 2:00 Beanbag Baseball Game, AT 3:15 Healthy Happy Hour, AR 4:00 Wii Darts, AR 6:45 Wii Bowling Team 2, AR 	10 9:30 Sit and be Fit, AR 10:30 Arts & Crafts, AR 11:30 Wheel of Fortune, AR 2:00 Chair Balloon Volleyball, AR 3:00 Horse Race Derby, AR 4:00 A Moment of Meditation & Mindfulness, AR 6:45 Wii Bowling Team 3, AR	VETERANS DAY 11 9:30 Stronger Seniors, AR 10:00 Stitches of Love Club Meeting, AR 11:00 Veterans Day Ceremony, DR 2:30 Letters to Our Veterans, AR 3:00 Matinee, TV 4:00 Our Country Store, AR 6:45 Bingo 	12 9:30 Exercise with Legacy 11:30 History Mystery, AR 1:30 Chef Chat, DR 2:00 Gingerbread House Building 3:00 Holiday Juice Mocktail Demo, AR 4:00 Parker Place Singing Group, AR 5:00 JULIET Outing 6:45 Wii Bowling Team 4, AR	13 9:30 Get Up and Move, AR 10:30 Morning Coffee Chats, AR 11:30 Cornhole Tournament, AR 2:00 Bingo with Zoey, AR 3:00 Quarter, Left Right Center, AR 4:00 Happy Hour, AR 6:45 Wii Bowling Team 5, AR	14 11:30 Country Store, AR 6:45 Movie Night, AR 
15 10:00 Sunday Service Televised, AR 1:00 Browns vs. Texas, TV 2:00 Pastor Bryon, CH 2:30 Catholic Holy Communion, CH 3:00 Nickel Bingo, AR 4:00 Rosary, CH 6:45 Movie Night, TV 6:45 Wii Bowling Team 1, AR	16 9:30 Senior Stretch, AR 10:30 Beanbag Baseball Practice, AR 11:30 Brain Games, AR 2:00 Beanbag Baseball Game, AT 3:00 Hedbanz (Guessing Game), AR 4:00 Uno (Card Game), AR 6:45 Wii Bowling Team 2, AR	17 9:30 Sit and be Fit, AR 10:30 Arts & Crafts with Legacy, AR 11:30 Current Events, AR 2:00 Chair Balloon Volleyball, AR 3:00 Treats with Taylor Made, AR 3:45 Pictionary, AR 6:45 Wii Bowling Team 3, AR	18 Outing TBD, OUT 9:30 Stronger Seniors, AR 2:00 Target Golf with Brent, AR 3:00 Matinee, TV 4:00 Our Country Store, AR 6:45 Bingo 	19 9:30 Exercise with Legacy 12:00 Birthday Bash, AR 2:00 Gingerbread House Building 3:15 Show & Tell, AR 4:00 Toss N Talk, AR 5:00 R.O.M.E.O. Outing 6:45 Wii Bowling Team 4, AR	20 9:30 Get Up and Move, AR 10:30 A Moment of Meditation & Mindfulness, AR 11:30 Cornhole Tournament, AR 2:00 Bingo with Zoey: Sponsored by Home Instead, AR 3:00 Nickel, Left Right Center, AR 4:00 Happy Hour, AR 6:45 Wii Bowling Team 5, AR	21 11:00 Chair Balloon Volleyball, AR 4:00 Pinochle, AR 6:45 Movie Night, AR
22 10:00 Sunday Service Televised, AR 1:00 Browns vs. Eagles, TV 2:30 Catholic Holy Communion, CH 3:00 Nickel Bingo, AR 6:45 Movie Night, TV 6:45 Wii Bowling Team 1, AR	23 9:30 Senior Stretch, AR 10:30 Beanbag Baseball Practice, AR 11:30 Scattergories, AR 2:00 Virtual Reality (Veterans Day Themed), AR 3:00 Beanbag Baseball Game, AR 4:00 Wii Darts, AR 6:45 Wii Bowling Team 2, AR	24 9:30 Sit and be Fit, AR 10:30 Arts & Crafts, AR 11:30 Wheel of Fortune, AR 2:00 Chair Balloon Volleyball, AR 3:00 Horse Race Derby, AR 4:00 A Moment of Meditation & Mindfulness, AR 6:45 Wii Bowling Team 3, AR 	25 9:30 Stronger Seniors, AR 10:00 Stitches of Love Club Meeting, AR 11:00 Donating Food Drive Items, OUT 3:00 Matinee, TV 4:00 Our Country Store, AR 6:45 Bingo	THANKSGIVING 26 Movie Marathon, AR 6:45 Wii Bowling Team 4, AR 	27 9:30 Get Up and Move, AR 10:30 Morning Coffee Chats, AR 11:30 Cornhole Tournament, AR 2:00 Bingo with Zoey, AR 3:00 \$3, Left Right Center, AR 4:00 Happy Hour, AR 6:45 Wii Bowling Team 5, AR	28 11:30 Country Store, AR 6:45 Movie Night, AR 
29 10:00 Sunday Service Televised, AR 1:00 Browns vs. Jaguars, TV 2:30 Catholic Holy Communion, CH 3:00 Nickel Bingo, AR 6:45 Movie Night, TV 6:45 Wii Bowling Team 1, AR	Crazy Hat Day 30 9:30 Senior Stretch, AR 10:30 Beanbag Baseball Practice, AR 11:30 Brain Games, AR 2:00 Beanbag Baseball Game, AT 3:00 Pictionary, AR 4:00 Uno (Card Game), AR 6:45 Wii Bowling Team 2, AR					



Our Heroes

On Veterans Day

While we were here at home,
They traveled land and sea,
To make sure we stayed safe,
To protect and keep us free.

Words are not enough

To give them what they're due.

On Veterans Day, please thank them
For their service, to me and you.

By Joanna Fuchs

Arnvil L. Meadows

Kenneth J. Dacek

Arthur H. Phillips

Louis V. Mosely

August Bordonaro

Norman D. Soltar

Carl E. Stump

Peter P. Olejarz

Charles E. Barak

Philip S. Mattingly

Donald A. Mahtar

Raymond W. Bender

Edgar E. Delozier

Richard A. Dillow

George B. Pelow

Richard W.

George E. Knotts

Kornblum

Gerald S. Anderson

Robert E. Suydam

James W. Decker

Thomas M. Heck Jr.

John A. Williams

Vincent D. Tondy

William R. Owen



Crazy for Cranberries

Why are cranberries so good for us?

It's no secret that berries are good for us. Strawberries, blueberries, raspberries — they're all packed with antioxidants, fiber and many other all-star nutrients. However, there's one often-overlooked berry that's also oozing with health benefits: cranberries. And no, they're not just great for delicious Thanksgiving sauce. Below are just a few great cranberry benefits!

1. Cranberries may help prevent urinary tract infections.

When you think of cranberry juice, the first thing that comes to mind is that it's said to help with urinary tract infections. That's because cranberries are loaded with an antioxidant called proanthocyanidins, or PACs for short. PACs reduce the ability of bacteria to stick to the wall of the urinary tract and thus reduce chances of developing urinary tract infections.

2. They can improve your digestion.

Fiber is great for overall gut health, and cranberries are packed with it —one cup has about 5.3 grams of fiber. "This is important because we need fiber for a healthy digestive system and to maintain regular bowel movements," Dr. Agarwal adds. Plus, fiber helps you feel fuller longer, which means you're less likely to reach for a not-so-healthy snack.

3. They can help prevent gum disease.

Remember those PACs? The urinary tract isn't the only place these anti-microbial, anti-inflammatory antioxidants work their magic. Preliminary studies show that cranberries can help reduce bacteria's ability to stick and grow in the oral cavity and limit gum disease, in the same way they do with UTIs.





What's New in the Parker Place Library

New books to check out in our Library:

Fiction

- “Night Fall” by Nelson DeMille
- “Beloved Enemy” by Jane Feather
- “The Ambassador’s Women” by Catherine Gaskin
- “Mennonite in a Little Black Dress” by Rhoda Janzen
- “Clouds Without Rain” by P.L. Gaus
- “The Heir’s Chosen Bride” by Marion Lennox

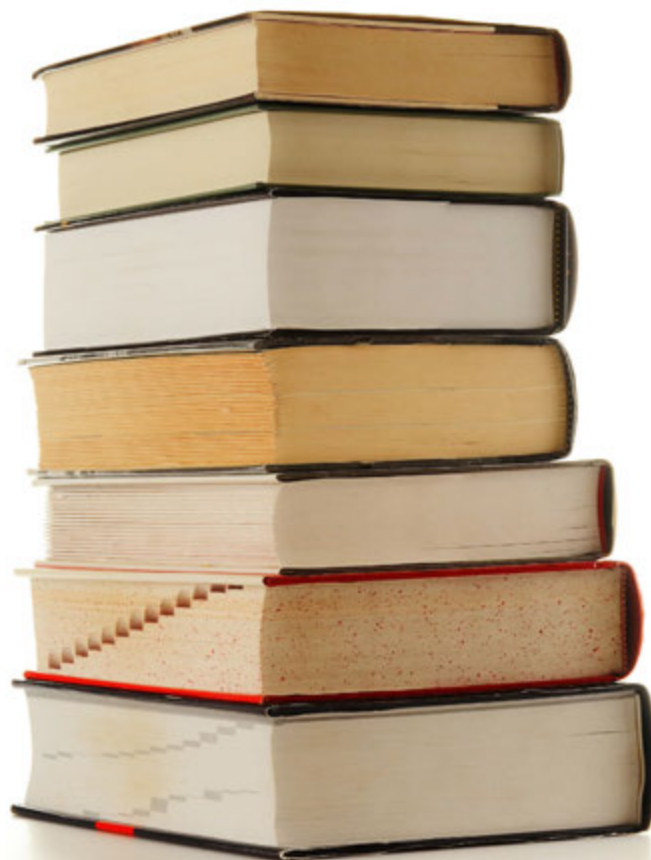
Non-Fiction

- “Undaunted Courage” by Stephen E. Ambrose
- “The Well-Read Cat” by Browntrout Publishers

Thank you to all who have donated to our Library!

Do you have any old books lying around and you are unsure what to do with them? Please consider donating them to the Parker Place Library! Feel free to just drop them off on the book return shelf in the Library on the 2nd floor.

- Please hold off on donating paper backs until further notice. Thank you!



This Month in History

November 1, 1512: Michelangelo’s Sistine Chapel paintings were unveiled to the public after four years of solitary work. The paintings represent the story of creation, the downfall of man, and the promise of salvation.

November 4, 1939: The first air-conditioned automobile, a Packard, was exhibited. The bulky air conditioner was installed in the trunk.

November 5, 1935: Monopoly went on sale. The Parker Brothers’ novelty has become the most popular board game in history, selling more than 275 million sets.

November 19, 1863: President Abraham Lincoln delivered his Gettysburg Address. Just over two minutes long, it is regarded as one of the greatest speeches in American history.

November 27, 1924: Macy’s department store in New York City held its first Thanksgiving Day Parade. The spectacle featured large platforms that seemed to float down Broadway because they were attached to specially outfitted automobiles concealed beneath them. Each year about 3.5 million people have tuned in on television.



7960 Center Street
Mentor, Ohio 44060



Fall in love...

With Our Gracious Lifestyle

Our caring staff is here for you any time, day or night, and all utilities except phone are included in one reasonable monthly rent. We offer local, comfortable transportation for shopping, appointments and other scheduled activities. We also take care of the cooking, weekly housekeeping and maintenance, so you can spend more time with new friends and family.



440-255-0828