

Parker Place
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Parker Place Post

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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



APRIL



A Letter from the Director's Desk

- Mikayla Fisher

Reality Orientation Versus Validation Therapy

By Lynne Grip

Reality orientation (RO) was first utilized in the 1950s in the rehabilitation of soldiers traumatized by the war. In the 1960s, it was introduced as a treatment strategy to help improve the cognition of people with dementia. Reinforcing the date, time, location, and current events was thought to help orient people with dementia and ground them to the present. Approaches included verbal and visual cues (such as calendars, clocks, newspapers) and ongoing reinforcement of the "facts" surrounding a person's life and immediate environment. This demanded that the person constantly be corrected when they drifted from the present.

But, constantly telling someone they are wrong, especially if they're deep in their own reality, often adds to their stress and frustration. Though RO proved helpful in the beginning stages of dementia to help keep people oriented and perhaps delay cognitive decline, it was not usually successful for people with more advanced dementia. This led to another approach known as validation therapy (VT), developed by Naomi Fell, a social worker with a focus in gerontology.

VT requires joining a person in their reality rather than expecting them to join in yours. To many people, it is a kinder, more empathetic approach. VT is not about lying to the person or treating them as a child, but rather it is about meeting them where they are and respecting how they are seeing the world. It relies on listening, encouraging reminiscing, and using distraction as indicated.

Here is an example of how reality orientation and validation therapy might be employed with a person seeking their parent who is long since deceased—a common occurrence. In reality orientation, the person would gently be told that their parent was dead, perhaps pointing out the person's age (often people think of themselves as much younger) and the impossibility of their parent still being alive. Based on the person's response, further discussions and interventions (such as distraction) would follow. In validation therapy, the person would not be told their parent was dead, but instead might be asked to talk about their parent and to recall fond memories of them. In this way, the person would hopefully be redirected from anxious concerns to positive recollections.

The use of redirection or distraction is a useful tool in either RO or VT. An example is when someone with dementia is desperately looking for the keys to a car they no longer have. One way to distract would be to say that *you* have misplaced the keys and will look for them later, but for now how about taking a walk or some other activity to take their mind off of their car.

INTRODUCING OUR

EMPLOYEE OF THE MONTH



Madison "Maddi" Peshel

Maddi has worked at Parker Place since December. She filled our vacant Housekeeping position and has done an incredible job keeping our community and residents' room clean! Maddi goes above and beyond everyday assisting residents and staff with anything. Congrats, Maddi, on a job well done! Keep it up!!

April 2021 Parker Place Newsletter

Check out the excitement happening at Parker Place!





April 2021 Parker Place Newsletter

LIZ'S KITCHEN

Liz Schaedig, Culinary Coordinator

We are looking forward to the day that we can open up our doors for family and friends to join us for meals. Whenever that happens, the meal cost is \$5, and please RSVP 24 hours in advance.

We will let you know as soon as we can do this again!

Easter Sunday Fruit Salad

Ingredients:

- 1 (15-ounce) can mandarin oranges, drained
- 1 (20-ounce) can pineapple chunks, drained
- 1 (12-ounce) jar maraschino cherries, drained
- 3/4 cup Greek yogurt
- 1 cup shredded coconut
- 1 cup miniature marshmallows
- 1 (8-ounce) tub whipped topping, thawed



Directions

1. Combine oranges, pineapples, cherries, yogurt, coconut, and marshmallows in a large bowl.
2. Fold in whipped topping.
3. Cover and chill until ready to serve.

Makes 10 servings

April 2021 Parker Place Newsletter



Staff Birthdays

Nancy Fisher (18th)

Staff Work Anniversaries

Nicole (3rd) 1 year

Alex (12th) 4 years

Aerin (15th) 2 years

Resident Birthdays

Darlene Mulder (5th)

Wilma Peters (19th)

David Weidman (30th)



Community Relations Corner



Parker Place Coordinators

Director:

Mikayla Fisher

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Health Care Coordinator:

Kathy Paul

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Community Relations Coordinator:

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Life Enrichment Coordinator:

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Culinary Coordinator:

Liz Schaedig

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chef@parkerplaceretirement.com

Maintenance Coordinator:

Tom Moffitt

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maintenance@parkerplaceretirement.com



We're rolling out the Red Carpet for you!



Iowa Assisted Living Association



To get your FREE copy of the monthly Parker Place Post newsletter,

call 319-346-9771 or e-mail

lifeenrichment@parkerplaceretirement.com