

Parker Place  
707 Hwy 57  
Parkersburg, IA 50665

707 Hwy 57  
Parkersburg, IA

Phone: 319-346-9771

Fax: 319-346-9975



# 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





## A Letter from the Director's Desk

### Understanding the Mini-Mental Exam

By Lynne Grip

Taking tests is low on the list of things most people enjoy doing, but tests are one of life's givens. One example is the Mini-Mental State Examination (MMSE) developed in 1975 by psychiatrists Marshal F. Folstein, Susan Folstein, and Paul R. McHugh. Since that time, it remains the most reliable tool to assess cognitive status and continues to be widely used in clinical and research settings to assess for the presence and progression of dementia.

The MMSE consists of 30 screening items and takes approximately 10 minutes to be administered by a trained professional. It tests for:

Orientation to time and place;

Registration, or the ability to learn the names of three objects;

Attention and calculation—the ability to spell the word *world* backward and count backward from 100 in increments of seven; and

Recall, or the ability to remember the names of three objects previously learned.

Though there is variability in how the scores are interpreted, here is one typical classification as defined by the Alzheimer's Association:

25–30: No cognitive impairment

20–24: Mild cognitive impairment

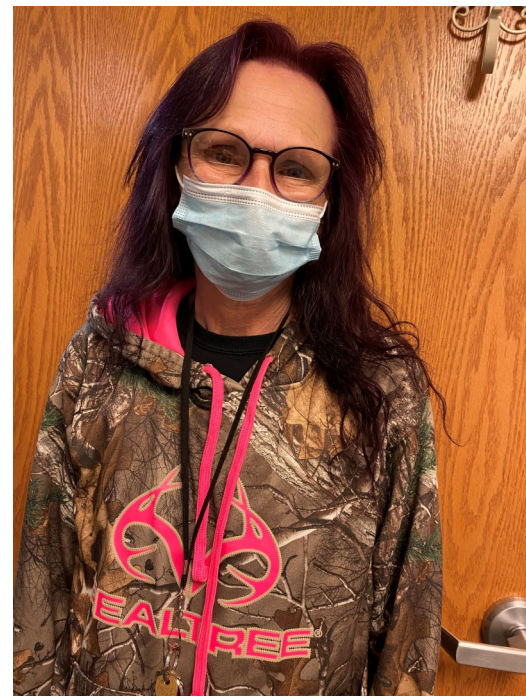
13–20: Moderate cognitive impairment

12 or below: Severe cognitive impairment

The MMSE is only one part of a dementia assessment, and it's important to remember that a low score on the test is not a definitive diagnosis of dementia. Results can be influenced by level of education, socio-economic factors, and other variables. Additionally, the person's history, symptoms, physical exam, neurological workup, and results of other tests must be considered. For someone already diagnosed with dementia, the MMSE can help identify severity of symptoms and rate of progression.

Curious about the test and want to see it for yourself? Here is [a copy of the Mini-Mental State Exam](#).

## EMPLOYEE OF THE MONTH



### Deidre Davis

Deidre has been with Parker Place for over a year and has been a shining star as we've onboarded several new staff.

She has recently asked to perform dual roles in the kitchen and serve as a Resident Assistant in order to best meet the needs of our residents while being a true team player. We are grateful for her dedication to Parker Place!

## Check out the excitement happening at Parker Place!







# LIZ'S KITCHEN

*Liz Schaedig, Culinary Coordinator*

*We have started up Meals on Wheels again! The cost is \$8.00 per meal and they are available for delivery 7 days a week.*

*Call to schedule your meal today: 319-346-9771.*

## Caramel Cream Cheese Dip

### Ingredients:

- 1 (8-ounce) package cream cheese
- 1/2 cup caramel sauce
- 4 tablespoons toffee bits
- 4 apples or pears, cored and thinly sliced



### Directions

1. Place cream cheese rectangle on a serving plate. Create a well on the top of the cream cheese with the back of a spoon.
2. Pour the caramel sauce into the cream cheese well and allow to drizzle over the sides. Sprinkle evenly with toffee bits.
3. Serve immediately with sliced fruit.

*Makes 8 servings*







**Resident Birthdays**

Ramona Hanson (7th)

**Staff Birthdays**

Mikaila Kyle-Murphy (21st)

Jack Maitland (31st)



**Searching for October**

The words listed below can be found vertically, horizontally, diagonally, forward, and backward.



- |                           |                       |
|---------------------------|-----------------------|
| AUTUMN                    | OCTOBER               |
| BOSS'S DAY                | OPAL                  |
| COLUMBUS DAY              | SCALES (Libra)        |
| COSMOS                    | SCORPIO               |
| HALLOWEEN                 | SCORPION (Scorpio)    |
| INDIGENOUS (Peoples' Day) | SWEETEST DAY          |
| LIBRA                     | THANKSGIVING (Canada) |
| MARIGOLD                  | WORLD SERIES          |

**Parker Place Coordinators**

*Director:*

*Chelsea Coover*

*319-239-7848*

*director@parkerplaceretirement.com*

*Health Care Coordinator:*

*319-239-8639*

*nurse@parkerplaceretirement.com*

*Community Relations Coordinator:*

*Grace Maitland*

*319-560-2171*

*welcome@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**



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

call 319-346-9771 or e-mail

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