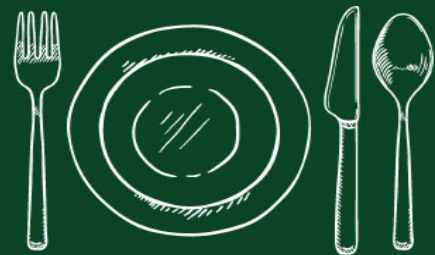


Parker Place  
707 Hwy 57  
Parkersburg, IA 50665



**Plates**  
BY PARKER PLACE

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Don't worry about grocery shopping or cooking! Call us for Plates by Parker Place & we'll do the work for you!

**just \$6.00 per meal**



Call Parker Place to schedule your meal today! (319) 346-9771

#### 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, Megan Kalkwarf, 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.

Megan Kalkwarf (319) 346-9771



March 2022 Parker Place Newsletter

707 Hwy 57  
Parkersburg, IA



Phone: 319-346-9771

Fax: 319-346-9975

# Parker Place Post

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March 2022 Parker Place Newsletter

## A Letter from the Director's Desk

### Bus Outings with a Group

With careful planning, a bus outing can be an excellent experience for people with memory loss. You know the needs of the group best, but a general rule of thumb is that an hour is the maximum drive time before someone is likely to need to use a restroom or become hungry, thirsty, or tired.

For a sightseeing-only drive, plan on an hour trip. Decide the route ahead of time, even if you won't be behind the wheel. People tend to fall asleep on bus drives, which is fine, but they miss out on some of the experience along the way. Even if you're just driving familiar roads, take some time before the trip to research things you can point out to people to keep them engaged during the trip, such as architecture and historic homes, trees, or other landmarks. Bring along our [Very Short Stories](#) or [Easy Random Trivia](#). Or turn on the radio to an oldies station and have an informal sing-along.

Get everyone involved. Ask other staff members to help you get people ready for the trip and onto the bus. You might want to write a list of who you think will be going. Co-workers can help ensure participants use the restroom as needed, wear appropriate clothing for the weather, and have glasses, hearing aids, etc. It's always good to check with the nurse or medical staff to make sure no one has an appointment or medication they need to take, too. When people are out of the building, often team members can catch up on cleaning, paperwork, and other chores. Remind them that helping you is good for them!

Play soft, soothing music for the people sitting on the bus waiting for everyone to get on. Check seatbelts. Try to arrange it so any people who tend to annoy one another aren't seated together. If you know someone needs extra attention, place them next to you or another staff member. Take your time and don't rush anyone, especially if there are stairs.

Before you leave:

1. Take a final count of everyone on the bus.
2. Make sure you have a phone and emergency phone numbers on hand as well as a first-aid kit and some blankets.

Ask staff to be ready for you to call them when you return so they can help people get off the bus.

If people are getting antsy, a snack is a good diversion. Keep packages of cookies, crackers, or fruit and some small bottles of water with you. Tissues are also helpful for noses, hands, and spills.

Sometimes people get comfortable and would prefer to stay on the bus after you've returned home. Planning around a mealtime gives you a reason to say, "Let's stop for some lunch." You might also tell people that this is their "bus stop," so it's best to get off. Let the person get off last. Seeing everyone else get off might encourage them to follow.

## EMPLOYEE OF THE MONTH



Kim Schunk

Meet our March Employee of the month—Kim Schunk

Kim has been a dedicated member of Parker Place for almost a year now. You might not see her often but she is one of our shiny stars on over nights. Kim is always willing to help the team and pick up shifts when need.

Thank you Kim for going above and beyond not only for the residents but your co-workers too! Congratulations on a job well done!

### *Parker Place church services:*

*Every Wednesday: First Congregational Church  
10:00 AM*

**Every Sunday: Christian Reform Church in  
the TV lounge at 9:30AM**

## Check out the excitement happening at Parker Place!





# Parkers Kitchen



## Leprechaun Bait



- 2 cups corn Chex or similar crispy cereal
- 1 cup miniature pretzel twists
- 1 and 1/2 cups Lucky Charms cereal
- 1/2 cup Lucky Charms marshmallows (pick out of cereal)
- 3/4 cup green M&M's, or other candy-coated chocolate, divided
- 1 bag (11 ounces) white chocolate chips
- 1 and 1/2 teaspoons vegetable oil

### Instructions

1. Line a large sheet pan with parchment paper and set aside.
2. In a large bowl, combine corn Chex, pretzels, Lucky Charms, Lucky Charms marshmallows, and 1/2 cup of the green M&M's.
3. In a medium-sized bowl, add the white chocolate chips and vegetable oil. Microwave for 30 seconds, stir, and microwave for another 25 seconds. Stir until melted and smooth. If necessary, return to the microwave for a little longer. (Use bursts of 10 seconds stirring for 10 seconds in between each burst). Pour the melted and smooth white chocolate over the snack mix.
4. Gently stir until completely combined and then transfer to the prepared baking sheet and spread into one even layer. Add remaining 1/4 cup M&M's on top.
5. Allow to harden at room temperature or place in the fridge until firm, about 10-20 minutes. Break into pieces and serve or fill plastic bags.

## March Birthstone

Aquamarine



A symbol of honesty, loyalty, and beauty. The aquamarine is supposed to offer protection from evil and is also said to bring love and affection back into a failing relationship.

### Resident Birthdays

Howard Hanson 5th

Imo Spree 19th

### Staff Birthdays

March 15th Deidre

### Staff Anniversaries

1 year Kim Schunk

## Community Relations Corner

Do you need groceries delivered? Brother's Market will deliver your groceries every **Tuesday** and **Saturday** for **FREE!**

How to order:

1. Call Brother's Market at 319-346-1301 and place your order with their staff
2. They will then ask for your credit card information as a form of payment.
3. Once this is complete, they will drop them off on the day of your choosing, Tuesday or Saturday.

Make sure you tell them your name so they can mark the grocery order properly for delivery.

We thank Brothers for this great service to our community!

Please let Mackenzie know if you have any questions about getting this set up or need help.



To get your **FREE** copy of the monthly Parker Place Post newsletter,  
call 319-346-9771 or e-mail

[lifenrichment@parkerplacereirement.com](mailto:lifenrichment@parkerplacereirement.com)

## Parker Place Coordinators

*Director:*

319-239-7848

[director@parkerplacereirement.com](mailto:director@parkerplacereirement.com)

*Health Care Coordinator:*

319-239-8639

[nurse@parkerplacereirement.com](mailto:nurse@parkerplacereirement.com)

*Community Relations Coordinator:*

Mackenzie Dorsey

319-560-2171

[welcome@parkerplacereirement.com](mailto:welcome@parkerplacereirement.com)

*Life Enrichment Coordinator:*

Megan Kalkwarf

319-346-9771

[lifenrichment@parkerplacereirement.com](mailto:lifenrichment@parkerplacereirement.com)

*Culinary Coordinator:*

319-346-9771

[chef@parkerplacereirement.com](mailto:chef@parkerplacereirement.com)

*Maintenance Coordinator:*

Tom Moffitt

319-346-9771

[maintenance@parkerplacereirement.com](mailto:maintenance@parkerplacereirement.com)



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



Iowa Assisted Living Association



### 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!*