

 **PARKER PLACE**
RETIREMENT COMMUNITY

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ADDRESS CORRECTION REQUESTED

A Place That Feels Like Home

We're on the Web!
www.parkerplaceretirement.com

Parker Place Announcements

Senior Dining is offered at Parker Place Monday through Friday at noon. Any senior over 60 years of age, cost is just a free will donation. Call the morning before for reservations. Please join us for some great home cooking!

Parker Place has several areas available for group events or meetings. If you are looking for space to gather, give Parker Place a call. We would love to have you utilize our beautiful rooms!

Need a place for family to stay while they are in town? Parker Place has a Guest Room available to rent.

**Call us today!
319-346-9771**

*Spring into a great life at
Parker Place!
Call Barb for the current
move-in special!!*

PARKER PLACE APRIL EVENTS

April 1-April Fools Day

April 6, 8, 13, 15, 20, 22,
27, 29-Matter of Balance

April 6-Music w/Don &
Carla

April 11-Out to Lunch

April 12-Casino Run

April 14-Bingo w/Midwest
One Bank

April 14-Volunteer Party

April 17-Palm Sunday

April 19-Butler Co Cons

April 20-Dean Anderson

April 21-Easter Party

April 24-Easter Sunday

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**PARKER
PLACE**

The Parker Place Post

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Parker Place Retirement Community



SPRING IS FINALLY HERE!

April Showers bring May flowers and we are hoping that is true - as long as it isn't snow showers! The lookout for the first robin of the year and the first flower sprouting has begun. Parker Place staff and residents are also keeping watch via the internet a pair of eagles nesting in the Decorah area. We have a pool going as to when their eggs will hatch. The closest guess will win a prize.

National Volunteer Week is also during April and Parker Place will be honoring our great volunteers with a party on April 14th. We appreciate so much what they do for us!

The big April Holiday is Easter and there are many activities focused on preparing for the big day. There will be Easter crafts, a jelly bean counting game, egg tic-tac-toe, Easter games, Easter secret pals, Easter trivia, filling Easter eggs and then a Easter egg hunt.

Other activities during the month include a run to the Casino, celebrating April Fools Day, making pizza, decorating flower pots, car rides, feeding the ducks, a Wal-Mart run and a trip to the Shell Rock Spring Swing Show. Happy Spring!!



Sue's Corner

Spring has sprung and our menus will be reflecting the change in seasons. We have our menus posted on our website, so check them out. Our salad bar continues to be a big hit with various items featured for the residents to choose from. However, with the recent bad weather and rising gas prices, it has been a challenge to find affordable, quality produce. We are also getting ready for Easter on April 24th when some of our residents will be having family in for the Holiday. Happy Easter!

Health Care News

Parker Place is proud to partner with Hawkeye Valley Area Agency on Aging to offer the award-winning program, A Matter Of Balance. This class is designed to reduce the fear of falling and increase the activity levels of older adults who have concerns about falls. It will be held Wednesday and Friday mornings during April.

Participants will learn to view falls and fear of falling as controllable. They will be encouraged to set realistic goals for increasing activity and to change their environment to reduce fall risk factors. This program also promotes exercise to increase strength and balance.

A Matter of Balance is geared toward those age 60 or older who are ambulatory and are interested in improving flexibility, balance and strength. It also would benefit those who are concerned about falls, who have sustained a fall in the past or those who have restricted their activities because of concerns of falling.

Our first class will consist of not only our residents, but community members as well. If this program is a success, we hope to hold another one later in the year. Stay tuned for more information.

FROM THE MANAGER:

National Volunteer Week runs from Sunday, April 10th through Saturday, April 16th. Established in 1974, this week gives us the opportunity to celebrate the ordinary people who accomplish extraordinary things through their volunteer service. Volunteers daily lead by example not only by encouraging the people they help, but motivating others to serve as well. Here at Parker Place, we rely greatly on our wonderful volunteers! From conducting Bible study to calling Bingo to leading exercises to doing crafts to reading books to bringing in treats to putting on programs to teaching karate - we are so fortunate to have such caring volunteers. To honor these very deserving people, Parker Place is having a Volunteer Recognition Party on Thursday, April 14th at 2:30pm. We will have food, fun and goodies to show our appreciation. We could not do what we do for our residents without the help of these precious volunteers!

THANK YOU TO OUR PARKER PLACE VOLUNTEERS!!

Parker Place Happenings



Welcome to our New Employees!

Jenn Spieker, Health Care Coordinator
Grace Capper, Universal Worker
Christine Carter, Universal Worker
Kim Marlette, Universal Worker
Sharon Hartema, Universal Worker

Staff Birthdays

Barb Keninger, Manager
April 3rd
Grace Capper, UW
April 14th
Deb Uhlenhopp, Kitchen
April 30th

