



PARKER PLACE

RETIREMENT COMMUNITY

707 Hwy 57
Parkersburg, IA 50665

Phone: 319-346-9771

Fax: 319-346-9975

E-mail: manager@parkerplaceretirement.com

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.

Parker Place has several areas available for group events or meetings. If you are looking for space to gather, give Parker Place a call.

Our Guest Room is available for your out of town guests. Call to reserve! Includes breakfast!!



There are a few apartments available! Call for the current move-in special!!
319-346-9771

PARKER PLACE AUGUST EVENTS

Aug 1 - Wii Bowling

Aug 4 - Appetizer/Social Hour

Aug 5 - Baking

Aug 10 - Music with Don and Carla

Aug 11 - Gentz Family (Public Invited to attend)

Aug 16 - Wal Mart & Out for lunch

Aug 18 Appetizer /Social Hour

Aug 25 - Resident Meeting

May 26 - Carson Family

May 27 - Out to Lunch



August 2011

Flower-Gladiolus
Colors-Orange & Red
Birthstone-Peridot

The Parker Place Post

VOLUME 2, ISSUE 8

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Parker Place Retirement Community



GARDEN HARVESTING

August is the month when all the hard work you've put into the garden starts to payoff! At Parker Place we have already seen some of those bountiful harvest. We've had radishes on our salad bar thanks to residents that planted our very own container garden. Thanks to resident's families we've had fresh green beans. They were truly enjoyed by everyone. We are looking forward to having fresh tomatoes and peppers from our garden as well as the herbs we planted.

Looking back to when I was younger I remember my Mom canning and freezing our garden produce. The kitchen was always the hottest place to be. You never wanted to be caught doing anything wrong in August, as you knew for sure you were going to be the one husking the corn or snipping peas and green beans. Soon after I was on my own I wondered why my mother would slave in the kitchen when they sold a can of corn, beans, or peas in town. Well as I have aged I've come to appreciate the process of planting the seed to harvesting the bountiful harvest, and life's lessons that go along with it.

**PARKER
PLACE**

A Place that Feels Like Home!

SMILE

National smile week is the first full week of August.

August 1-7

Some famous smile quotes:

**“If you see a friend without a smile, give him one of yours”
Proverb**

**“Smile. It’s the second best thing you can do with your lips.”
Unknown**

**“Everyone smiles in the same language.”
Anonymous**

**“Every time you smile at someone, it is an action of love, a gift to that person, a beautiful thing”
Mother Teresa**

Does Shopping Promote Longevity

Seniors who spend hours in the mall aren't just buying their favorite goods-they may also be prolonging their lives. Those who shop as frequently as every day are more likely to live longer than less-frequent shoppers, with men appearing to benefit more than women, according to a study from Taiwan published in the *Journal of Epidemiology and Community Health*.

The research studied more than 1800 elderly people, aged 65 and older, who completed questionnaires about their shopping habits as well as demographic information including age, gender, education, lifestyle, health behaviors and medical status.

The results of the data showed that compared with the least frequent shoppers, those who shopped daily had a 27 % lower risk of death (28% for men and 23% for women).

Respondents who shopped more than once a week tended to be men in the younger end of the age range and also tended to have better physical and mental health, exercised regularly, and were more likely to have a network of dinner companions. Scientist speculate that frequent shopping may be reflective of good health or that shopping may benefit health by giving shoppers the chance to exercise and increase social activity.

"Does Shopping Promote Longevity?" Senior Living Executive July-Aug. 2011

Parker Place Happenings



MEDICAL TERMS AS DEFINED BY A 4TH GRADE CLASS

Artery—Study of Painting

Bacteria—Back door of a cafeteria

Congenital—Friendly

Dilate—To live long

Enema—Not friendly

Fester—Quicker

Fibula—Small lie

G.I. Series—Army baseball

Hang Nail—Coat Hook

Labor Pain—Getting hurt at work

Nitrate—Cheaper than the day rate

Varicose—Near by

Resident Birthdays

Viola Johnson - August 27

Staff Birthdays

Kim Marlette - August 10

Kathy Heeren - August 11



Stop by and meet our new employees
Suzie Wubbena-Life Enrichment
Dawn Wiese-Universal Worker