

**PARKER PLACE
FEBRUARY
EVENTS**

- Feb 2 - Groundhog Day
- Feb 2-Music with Don & Carla
- Feb 6-Super Bowl XLV
- Feb 6-12 JELL-O Week
- Feb 14-Valentine's Day
- Feb 14 4-H kids delivering Valentines
- Feb 18-Rising Sun Karate
- Feb 21-US Presidents' Day
- Feb 22-Butler Co Cons

**INSIDE THIS
ISSUE:**

- Sue's Corner
- From the Manager
- Health Tips
- Happenings
- Announcements

**PARKER
PLACE**

**A Place that
Feels Like
Home!**

The Parker Place Post

VOLUME 2, ISSUE 2

FEBRUARY 2011

Parker Place Retirement Community



PRESIDENT'S DAY



In 1968, Congress passed a bill that changed several federal holidays in order for them to fall on a Monday, thus creating a 3-day weekend. One of the holidays that was affected was the third Monday of February which combines both George Washington's and Abraham Lincoln's birthdays into President's Day.

George Washington was born on February 22, 1732 and was the first president of the United States. He was also the commander-in-chief of the Continental Army during the American Revolution. Washington has always been an important figure in American history.

Abraham Lincoln was born on February 12, 1809 and was the 16th president of the United States. Less than 6 weeks after Lincoln was inaugurated as President, the Civil War began. While his goal was to keep the country united, Lincoln realized that slavery needed to end. So he issued his famous Emancipation Proclamation.

Two great men who served our country during two very difficult times in our nation. Thanks to them, we have become the country we are today. Happy President's Day!

Sue's Corner

With everyone trying to live up to their New Year's Resolutions, here at

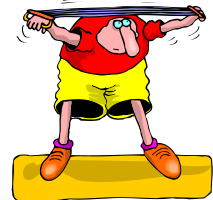
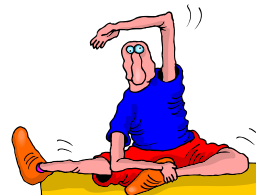
Parker Place, we do our best to offer some healthy choices at meals and for snacking. Our Salad Bar is now available both at noon and at our evening meal. It features lettuce, veggies, cottage cheese, hard-boiled eggs, cheese and many other choices. Fresh fruit is also available as a choice for dessert or between-meal snack. We have even offered such items as celery with peanut butter, popcorn and oatmeal raisin cookies. While we pride ourselves on our great food, we want to make sure it is healthy, too!

Health Care News

Heart disease is the leading cause of death in the United States and during February, American Heart Month, it's a good time to implement some healthy changes to prevent heart disease.

Some of the suggestions from the Centers for Disease Control and Prevention are to eat a healthy diet, maintain a healthy weight, don't smoke and limit alcohol. One other bit of advice is to exercise regularly. Physical activity can help a person maintain a healthy weight while lowering cholesterol and blood pressure. The Surgeon General recommends that adults should engage in moderate-intensity exercise for at least 30 minutes on most days of the week.

Here at Parker Place, we encourage an active lifestyle for our staff and residents. Every morning except Sunday, we have scheduled exercises where those who choose to participate gather in the east common area to do chair exercises following a DVD. These include weight work and using our elastic bands to strengthen our muscles. We also promote walking and our wide hallways are the perfect place to walk, especially in bad weather. Our goal is to have our residents function at the highest level possible and if fending off heart disease is another result, then that's all the better!

**FROM THE MANAGER:**

Several of the tours of Parker Place that I give are to people who are shopping around for Assisted Living Communities. That is a great idea, but I also caution them that when comparison shopping, make sure they are comparing apples to apples. Parker Place is unique in that we do not use levels of care to charge for our services. Our base rate already includes all the extras such as 3-meals a day, utilities including basic cable, weekly housekeeping, weekly (not by the load) laundry, scheduled activities, transportation, nursing assessment, emergency pendant (no matter how many times you push it for help), wellness programs, on-site beauty salon, indoor personal mailboxes, reading room, valet parking, individual climate control in each apartment, courtyard & patio and 24-hour staff dedicated to our Assisted Living community and not shared with a connected facility. Other Assisted Living facilities have a lower base rate, but do not include the same services as Parker Place. And we do not require a long-term commitment. When you really compare apples to apples, I'm confident you will find Parker Place to be the best value for the price.

Parker Place Happenings



Have family in town & no place for them to stay? Call Parker Place! Our Guest Room is available to use - includes breakfast.

**Staff Birthdays
Miekka Farmer,
Universal Worker
February 14th**



Call 319-346-9771

HAPPY VALENTINE'S DAY!



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 Monday thru Friday at noon. Call the morning before for reservations. Anyone 60 or over free will donation.

Community Bingo Wednesdays at 6:00 PM in our dining room. Everyone is welcome.

Do you have a talent that you could share with us? Give us a call to volunteer your time!

Is your group looking for a place to hold your meetings? Try Parker Place - we have several common areas available.

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

*Barb is ready to Deal!
Call her today for latest
Move-In Special!!*