

PARKER
PLACE

JULY EVENTS

- July 1 - Manicures
- July 4 - 4th of July Party
- July 6 - Music w/ Don & Carla
- July 14 - Bingo w/ MidWestOne Bank
- July 16 - Movie
- July 18 - Make Pizza
- July 19 - Casino
- July 21 - Resident Mtg
- July 22 - Baking
- July 25 - Wii Bowling
- July 27 - Reading w/ Dana
- July 29 - Out for Lunch

Watch for some changes in our monthly newsletter in upcoming issues!

If you have suggestions regarding the newsletter please feel free to contact Rhonda at Parker Place.
319.346.9771



The Parker Place Post

VOLUME 2, ISSUE 7

JULY 2011

Parker Place Retirement Community



PARKER PLACE

A new face in the Parker Place Retirement Community! My name is Rhonda Allen and I'm the new manager. I have worked in the Parkersburg area for 19 years. The most recent being at MidWestOne Bank. I decided to change up my career path and move across the street to Parker Place. I have always enjoyed helping people obtain their home. I'm still in the business to help you find yours, it is just at a different stage in your life. I feel it's important that you enjoy your home and neighbors. Here at Parker Place, I'm sure you'll enjoy both. I truly enjoy seeing everyone at the Parker Place Retirement Community everyday. I would like to invite you to stop by for a tour and we can start planning for your future. Everyone have a safe and Happy Independence Day!



FROM THE MANAGER:

I've been on the job for about a month now and I am learning a lot! Parker Place is beautiful apartment complex for retirement living. It offers a unique pricing structure. Our pricing includes so many amenities such as 3 home cooked meals, all utilities paid, basic cable, house keeping & laundry services, social & recreational activities, to name a few. You really should stop by and take a tour! There is no harm in planning ahead, your investment broker, or insurance agent will always tell you to plan for your future. I am looking forward to planning your future with you, so give me a call or stop by.

Active Seniors Face Lower Disability Risk

New research published in the April issue of *Journal of Gerontology: Medical Science* suggests that seniors who exercise and participate in social activities regularly may decrease their risk of becoming disabled.

Researchers at Rush University Medical Center in Chicago studied 954 older adults with a mean age of 82 who are part of a long-term study of common conditions of aging. Scientist evaluated seniors annually and checked their medical histories, as well as conducted neurological and neuropsychological tests. Social activity was measured with a questionnaire.

Results showed that seniors who reported high levels of social activity were twice as likely to remain free of disabilities involving activities of daily living as those reporting low levels of social activity.

Researchers said they aren't sure why social activity reduces the risk of disability but suggested that social activity may reinforce the neural network and musculoskeletal function required to remain functionally independent.

Senior Texting Humor

In today's world of technology, texting has become the preferred method of "talking" for many young people. Below are some popular phrases used by the younger generation and translated into our Senior Texting Language

ATD—At the Doctor's**BTW—Bring the Wheelchair****BYOT—Bring your own teeth****CBM—Covered by medicare****FWB—Friends with Beta Blockers****GGLKI—Gotta Go, laxative kicking in****LMDO—Laughing my dentures off****LMGA—Lost my glasses again****LOL—Living on Lipitor****LWO—Lawrenc Welk's on****ROFL...CGU—Rolling on the Floor
laughing..and Can't get up****TTYL—Talk to you louder****WWNO—Walker wheels need oil**

Parker Place Happenings

American Trivia

- What date and year was the 50th star added to the US flag?
 - What was the State?
 - What day is Flag Day celebrated?
 - What 4 states touch at one point?
 - What President's face is on the penny?
 - What President's face is on the quarter?
 - What building is pictured on the back of the \$50.00 bill
- Answers on last page



Resident Birthdays

Eleanor Harms - July 10

Staff Birthdays

Angel Bergman-July 13

Sue Hosch-July 22

Christine Carter-July 25



Memory Care Available
 For those with dementia or
 Alzheimer's Disease.
 Call 819-346-9771 for more info!



PARKER PLACE

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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.

Watch for our guest speakers during the month of July. We will be having a Veterans Affairs speaker regarding long term care benefits.

Trivia Answers

July 4, 1960

Hawaii

June 14

Utah, Colorado, Arizona & New Mexico

Dwight D Eisenhower

George Washington

Us Capitol

**Don't forget
Current residents can refer a friend and receive \$500 towards their rent when they move in**