

**PARKER PLACE
JULY EVENTS**

**July 4—Independence
Day**

**July 7—Music with Don
Huisman & Carla Oler**

July 29—RAGBRAI



**INSIDE THIS
ISSUE:**

Sue's Corner

From the Manager

Health Tips

Happenings

Announcements

The Parker Place Post

VOLUME 1, ISSUE 15

JULY 2010

Parker Place Retirement Community



Greetings to you all! My name is Barb Keninger and I'm the new manager of Parker Place. This is a beautiful community with great services & such caring staff. I am so thrilled and excited to be a part of the Parker Place Family!

For those of you who don't know me, let me introduce myself. I was a Green girl from Aplington, the oldest of nine kids. As part of a large family, I learned early on the value of service to others. I also watched my Grandmother care for her mother and then her mother-in-law in her own home during their final days. That made a big impression on me! After graduating from Aplington, I married an Ackley boy and we currently farm west of Ackley. We have three children and most importantly, six grandchildren.

I graduated from UNI with an accounting degree (go Panthers) **and later went back to get my Masters' in Nonprofit Development & Philanthropy.** I have worked in healthcare most of my career including hospitals and nursing homes. My hobbies include watching sports (especially my grandkids, the Panthers & the Green Bay Packers!), sewing, reading, music, bicycling and enjoying time with family & friends.

This is my first experience with a community like Parker Place and I look forward to the challenge! Please stop in to introduce yourself—I would love to meet you! If you stick **around for a tour, I'll buy you lunch!!**

Sue's Corner

July has come upon us with a great deal of excitement. Parker Place is going to serve cookies and bottled water to the RAGBRAI riders on the 29th of July. We are handing out 500 small bags of cookies that we are baking here and bagging up for the big day. In order to accomplish this task we work on the project each Tuesday and box them up for the freezer. Everyone is enjoying all of the wonderful fresh fruits and vegetables that are in season. Relatives of some of the residents are providing some of their vegetables from their gardens for the residents to enjoy. Everything is very much appreciated.



Welcome!!!

Parker Place was excited to welcome two new residents in June.

Mary E. Long moved in on June 18th. She is originally from New Hartford. Her family still live there.

*Marcidas (Babe) Simon moved in Sunday, June 27th. Babe had been a long time resident of Parkersburg before moving to Cedar Falls. We are so glad **she's back home.***

From the manager

Father's Day was celebrated with a special meal and gifts for the men in the community. The men are lots of fun to have around. They help to brighten the everyone's days.

Parker Place had a couple of staffing changes. Barb Keninger began her duties as the manager on June 21st while Linda Truax began new duties as the Health Care Coordinator and Life Enrichment Coordinator on June 18th.

Parker Place was pleased to welcome Allen Philips and Allison from Senior Housing Management into the community to visit with the residents and staff. All were proud to show off their homes at Parker Place.

Health Services

This is the season to be aware of the symptoms of getting overheated. It can happen before you even realize. Some of the symptoms are nausea, vomiting, fatigue, weakness, headache, muscle cramps and dizziness.

Treat these symptoms by getting to a shady area, apply cool tepid water to the skin, use something to fan to promote sweating and evaporation, & place ice packs under armpits and groin.

Getting overheated can be prevented by drinking plenty of fluids (such as water and sports drinks), avoid alcohol, caffeine, and tea which may lead to dehydration. Take frequent breaks to hydrate. Wear hats and light-colored, lightweight, loose clothing.

Parker Place Happenings



July Birthdays

- 7-1-1916—Olivia DeHavilland
- 7-6-1946—George W Bush
- 7-17-1952—David Hasselhoff
- 7-22-1940—Alex Trebek
- 7-25-1954—Walter Payton
- 7-28-1866—Beatrix Potter
- 7-31-1919—Curt Gowdy



Resident Referrals

**Ask the manager
About this month's
Special for referring
A friend to live at
Parker Place and
save on your
monthly rent!!**



PARKER PLACE

RETIREMENT COMMUNITY

707 Hwy 57
Parkersburg, IA 50665

Phone: 319-346-9771

Fax: 319-346-9975

E-mail: manager@parkerplaceretirement.com

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 day before you plan to eat.

Community Bingo Wednesdays at 6:00 PM. Anyone 60 or over is welcome.

Exercise Every Morning at 9:30AM

Bible Study Mondays at 7:00PM & Tuesdays at 2:30PM

Are you looking for a place to have a special event or business meeting? Why not try Parker Place? Give the staff a call.

319-346-9771

Move-in Special

Make a deposit by July 31st, move in within 30 days and your first month will be FREE!

CALL 319-346-9771