

**PARKER
PLACE
SEPT EVENTS**

- Sept 1 - Social Hours
- Sept 6 - Out for Lunch
- Sept 7 - Music w/Don & Karla
- Sept 11 - Family Potluck Picnic
- Sept 13 - Music w/Floyd Junker
- Sept 14 - Community Coffee
- Sept 20 - Casino
- Sept 23 - Rootbeer Floats
- Sept 26 - Bible Study
- Sept 28 - Ride in the country

- Week of Sept 11—17
Soft Serve Ice Cream

The Parker Place Post

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Parker Place Retirement Community



National Assisted Living Week September 11-17 Forever Proud

Parker Place Retirement Community is preparing to celebrate National Assisted Living Week, September 11-17. Established by NCAL in 1995, National Assisted Living Week provides a unique opportunity for residents, families, staff, volunteers, and the surrounding community to come together to give residents a variety of exciting events and activities that show them how much you care about and love them.

The theme this year is Forever Proud. That is any easy theme to celebrate at Parker Place. The community of Parkersburg is so proud the of the adversities we have overcome in the past few years. We will be Forever Proud off the residents and their accomplishments.

The week of September 11-17 is also homecoming week at A-P Schools. Everyone in the area knows that A-P Schools will always be proud of their football heritage. So we decided to celebrate with a homecoming week at Parker Place. We are going to kick off the event with Grandparents day on Sunday, September 11, with a picnic. We have many events and speakers planned for the week. We would especially like to invite everyone to our Parker Place Community Coffee on Wednesday, Sept. 14 at 10:30 am as we celebrate being Forever Proud and reminisce about past homecomings. Be sure to stop by and attend one of our fun activities or listen to one of our speakers.

A Place that Feels Like Home!

September Days

1st- Labor Day

Always on the 1st Monday of the month of September , this holiday honors the worker. Take this day and replace your work with fun!

5th- Cheese Pizza Day

13th—Positive Thinking Day

Positive thinking can take you far.

That is why it's very important to have a positive attitude , not only on this day but every day. Think of the glass half- full!

28th—National Good

Neighbor Day

Being a good neighbor plays an important role when it comes to the social fabric that binds our great country together. Welcome your neighbor with open arms!

Better Health Better Choices

Parker Place is hosting 6 workshops by the Hawkeye Valley Area Agency on Aging that will help people with chronic conditions. The workshop will cover:

How to deal with problems such as frustration, fatigue, pain, and isolation.

Exercises for maintaining and improving strength, flexibility and endurance.

Use of medication.

Communicating effectively with family, friends, and health professionals.

Nutrition

September 20 5:15-7:45

There is no charge to attend this workshop

September is Healthy Aging Month

It's a time to focus on what you can do to be the healthiest you can be, regardless of age. The first step to healthy aging is to understand and accept that aging is a normal, life-long process that has both challenges and rewards along the way. Growing older can bring with it changes in physical capabilities and health as it becomes easier to gain weight and lose muscle strength, tone, and flexibility. Other unwanted effects commonly include frailty, loss of appetite, and even depression. Despite these effects, aging can also bring mental, social and emotional strength. The people who age well are those who adapt to change and make wise choices that allow them to be in the best possible health.

You can reduce the impact of aging by following a health regimen that includes exercise, proper nutrition, stress reduction, sufficient sleep and the avoidance of smoking and excessive alcohol use. Early detection screening practices for diseases such as diabetes, heart disease, and cancers of the breast, cervix and prostate are important as well.

The key to successful aging is taking charge of your well-being. It is never too late to be the best you can be at any age!

Resident Birthdays

Berniece Groote-Sept. 13

Bert Hoffman-Sept 14



Parker Place Happenings

Ale' rocking chairs got me just a rockin and reminiscing of the places you've been and friends you've made.

A lifetime of memories and the grand times could make a history of a life time and days gone by.

**Bert Hoffman
90 years young 9/14**



ACTIVITIES FOR ASSISTED LIVING WEEK SEPTEMBER 11-17

Sept 11

11:30 Resident Family & Employee pot-luck picnic

1:30 Music by Dave & Mary Smith in the dining room

Sept 12

Mismatch Day-dress with mismatched clothes for the day

Sept 13

Favorite Sports Team-wear your favorite team jersey/shirt

6:30 Music by Floyd Junker

Sept 14

Falcon Spirit Day-Wear you're high school colors

10:30 Community Coffee—Invite your friends for coffee & treats

Sept 15

Pajama Day-wear your pajamas all day

Sept 16

50-60's Day-wear your rock-n-roll attire

SOFT SERVE ICE CREAM MACHINE ALL WEEK





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.

Better Health Better Choices classes
Start 9/20 at 5:15—7:45pm
Call 319-272-2224 Janet Buls

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

Don't forget to stop in for coffee & a treat on September 14th for our Community Coffee.