

**PARKER PLACE  
SEPTEMBER  
EVENTS**

**September 6—Labor Day**

**September 12—  
Grandparents Day**

**September 12 to 18—  
National Assisted  
Living Week!**

**September 17—Sept  
Birthday celebration**

**September 23—First  
Day of Autumn**

**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 1, ISSUE 17

SEPTEMBER 2010

## Parker Place Retirement Community



## **NATIONAL ASSISTED LIVING WEEK SEPTEMBER 12TH THROUGH 18TH “LIVING LIFE!”**

Parker Place Retirement Community is excited about celebrating our first National Assisted Living Week and we plan to do it in style! The week is filled with various activities to celebrate the existence of assisted living in the Parkersburg area, to honor our staff who work here and our residents who live here.

Established in 1995 by the National Center for Assisted Living, National Assisted Living Week provides a special opportunity for residents, families, staff, volunteers and the surrounding community to celebrate residents and the services provided by the staff within assisted living communities. This is an annual event that always begins on Grandparent's Day.

This year's theme is "Living Life" and signifies the passion behind many assisted living communities. A person doesn't have to be a rock climber, sky diver, marathon runner or scholar to live life to the fullest. Living life means participating in activities that you enjoy and pursuing your passions, whatever they may be. It means never stopping the process of discovery or mastering talents. It means sharing your history and teaching others what you have learned. It is a lifelong pursuit of happiness and growth. Everyone wants to live life to the fullest, no matter how old or young. Assisted living communities around the country are giving their residents the environment and tools they need to reach their goals. This special week celebrates their efforts and the residents who inspire their community.

Check out our activity calendar and come join us as we celebrate National Assisted Living Week!

## *Sue's Corner*

With the falling temperatures comes the transition into our fall menu. We will be featuring more soups & casseroles as cooler weather moves in.

We have enjoyed some delicious produce from the garden. The cucumbers and tomatoes have been plentiful and we appreciate all who share their abundance with us!

As we begin to have more residents move in here at Parker Place, we will begin to offer more choices as part of our **“restaurant-style” dining.** We will be featuring a second choice for an entrée and will offer our **“anytime” menu with items that** will always be available. And be on the lookout for our salad bar which is due to make an appearance in our dining room soon.

All this is done to keep our residents happy and to make them feel right at home!

## *Health Tips From Linda*

### **Influenza Vaccine**

It is the time of the year to start thinking about getting your annual “flu” shot. All people 6 months of age and older should get flu vaccine. Vaccination is especially important for people at higher risk of severe influenza and their close contacts, including healthcare workers and close contacts of children younger than 6 months. People who got the 2009 H1N1 (pandemic) influenza vaccine, or who had the pandemic flu in 2009, should still get the 2101-2011 seasonal influenza vaccine.

Influenza (flu) is a contagious disease. It is caused by the influenza virus, which can be spread by coughing, sneezing, or nasal secretions. By getting vaccinated you can protect yourself from influenza and may also avoid spreading influenza to others.

Influenza viruses are always changing, so annual vaccination is recommended. Each year scientists try to match the viruses in the vaccine to those most likely to cause flu that year. It takes up to 2 weeks for protection to develop after the shot. Protection should last about a year.

Getting the vaccine as soon as it is available will provide protection if the flu season comes early. You can get the vaccine as long as illness is occurring in your community. Influenza can occur at any time, but most influenza occurs from November through May. In recent seasons, most infections have occurred in January and February. Getting vaccinated in December, or even later, will still be beneficial in most years. Influenza vaccine may be given at the same time as other vaccines, including pneumococcal vaccine.

Contact your healthcare provider to see when you might get your influenza vaccine. For further information, go to the Iowa Department of Public Health website @ [www.idph.state.ia.us](http://www.idph.state.ia.us).

### FROM THE MANAGER:

Many people do not realize that we offer 5 different choices in apartments here at Parker Place. Our largest apartments are our 2-bedroom options which are 722 square feet in size and include a stove & refrigerator. The 1-bedroom apartments come in three sizes: 621 square feet, 467 square feet and 448 square feet. All feature a refrigerator with the option of a stove. Our smallest choices are our studios which are 327 square feet. By offering different sizes, we are better able to have what potential customers are looking for when they are deciding on an assisted living community.

We currently have 2 model rooms set up - one of our largest 1-bedroom apartments and one of our studios. This gives people an idea of how an apartment will look with furniture occupying the space. We would love to show them to you! Call us anytime for a tour or to answer any questions you may have about assisted living. We are always open and the coffee pot is always on!!

# Parker Place Happenings



Resident September Birthdays  
Bert Hoffman—Sept 14th

Resident Referrals

## Parker Place Residents:

Refer a friend to move in to Parker Place and receive one month free! Check with Barb!!

Thanks to Deb Uhlenhopp for bringing in her miniature horse for our enjoyment!



# PARKER PLACE

RETIREMENT COMMUNITY

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Current Resident or

*A Place That Feels Like Home*

**We're on the Web!**

[www.parkerplaceretirement.com](http://www.parkerplaceretirement.com)

## *Parker Place Announcements*

Senior Dining Monday thru Friday at noon. Call the morning before for reservations. Anyone 60+ free will donation.

Community Bingo Wednesdays at 6:00 PM in our dining room. 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? Or need a place to stay? Why not try Parker Place? Give us a call!  
319-346-9771

Call for a tour today!  
Ask about our September  
move-in special!!