

Parker Senior Living by MorningStar

FEBRAURY 2018

AT YOUR  
**SERVICE**

**Department Heads**

Dewiet Miller

Executive Director

Jameka Turner

Associate Executive Director

Kevin Mayo

Business Office Manager

Ronda Garber

Wellness Director

Mindy Kashner

Assisted Living Coordinator

Nichole Holland

Reflections Coordinator

Adrienne Evenson

Sales & Marketing Director

Ethan Biron

Executive Chef

Wayne Lindsey

Maintenance Director

Jamie Agnew

Life

Enrichment Coordinator

## From the Executive Chef

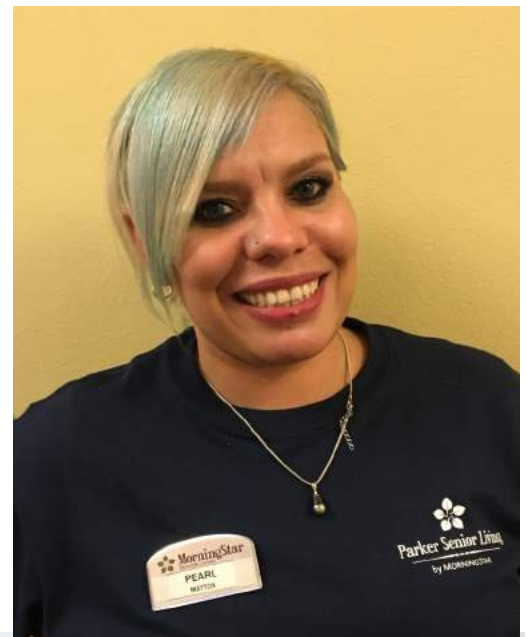
I was born in Warwick, Rhode Island. I spent most of my life in Warwick and then joined the Army Reserves in 1991. My father, at one time, had a family Diner and an auto repair shop; I worked at both places for many years. At one point, I decided that cooking was what my life would be. Shortly after, I began cooking and started off at the White Horse Tavern in Newport, Rhode Island. The White Horse Tavern is the oldest operating Tavern in the United States, it was founded in 1663. From there I really began to get into the culinary arts because at the White Horse we made everything from scratch and it was amazing to see how many recipes were made.

The New Year brings new food and a large variety. Each week we feature roughly twenty eight different entrees. One menu cycle is five weeks and only repeats once with a total of 140 different entrees over five weeks. We are always looking for recipes to feature from our Residents; it is your home and the more the culinary team knows what you like to eat, the better the menu will become. We also feature an anytime menu that has simple favorites, like hamburgers, a healthy option and grilled Chicken. That menu changes on a quarterly basis, based on resident feedback. On the average we feature over 500 different entrees a year in all of our neighborhoods. Please submit recipes to the culinary team; we love to try new things!

-Ethan Biron, Executive Chef



Please congratulate Care Manager, Pearl, for winning the “Radiant Employee of the Month” Award. Pearl is a very dedicated, hard worker who lives by our Core Values of Love, Kindness, Goodness, Fairness and Respect. She is always attentive to the expressed and unexpressed desires of residents and family members. Good job Pearl!



### *Our Mission*

- Honor God in our business practices and relationships
- Value all seniors as gifted, contributing individuals
- Invest generously in our team members' ability to serve well

# — Helping Hands —



Kitchen Team Members, Natalie and Savannah, not only work hard to make wonderful meals but they also do special things for our residents. In the left picture, Nat and Savannah are getting ready to celebrate a resident's Birthday. Volunteers are so important to our community. We are lucky to have a resident that volunteers in our Reflection Neighborhoods. Volunteer, Suzanne, is helping resident, Monica, with a Penguin Craft.



## Welcome Home

A big "WELCOME" to new residents who joined our community in January.

Jim & Eleanor B.  
Maxine M.  
George H.  
Rudy L.  
Dorine C.  
Paul C.  
Diane C.



## Residents Celebrating Life

2/1 Judy W.	2/17 Johnnie H.
2/10 Jim D.	2/27 Jean H.
2/12 George C.	2/28 Marlene W.
2/15 Janet M.	
2/16 Diane C.	

# Hear ye! Hear ye!



Please join us on Saturday, February 17th for our 2nd Annual Sock Hop from 2:00 pm to 4:00 pm in our James S. Parker Great Room. Don't miss out on the fun; Photo Booth, DJ, Dancing, Caricaturist, Hula Hoop Contest, Costume Contest, and Dance Contest. Fun times are to be had!!! Be there or be square!



## Health & Wellness at MorningStar



### COPD

COPD stands for Chronic Obstructive Pulmonary Disease and is a chronic lung condition that affects 24 million Americans. COPD causes 13.4 million doctor's office visits and 634,000 hospitalizations each year. COPD is the 4<sup>th</sup> leading cause of death for persons 65-84 years of age.

Some risk factors for COPD include:

- History of long term smoking;**
- Work related dust or chemical exposure**
- Second –hand smoke exposure**
- Recurrent lung infections**
- Childhood respiratory infections**

### **Exposure to indoor air pollutants** **Heavy exposure to air pollution**

There are things you can do to decrease your risk of developing COPD or help your situation if you have COPD. Your physician and the Legacy Healthcare Services Therapy Team can assist you in taking the necessary steps to maximize your health. We can assist you with:

**Understanding your COPD meds; Talking to your MD about the flu and pneumonia vaccine; Learning about exercise and good nutrition; Conserving your energy and control your stress; Controlling your breathing ; Using oxygen therapy if indicated by your doctor.**

Please contact your physician or stop by the Legacy Healthcare Services Therapy Office to see how we can assist you.

# Life Around Our House

Left, resident Iola, loves our Ceramic Class Activity. Right, residents Herm & Joanne, enjoying the Reflections Family Dinner.



Bottom, residents Stevia and Bernie, all set to watch the movie "The Post" on one of our many weekly outings.



## Come Join Us

### PALM AL Outings

Wednesday, February 7th at 10:00 am Casino Outing  
Tuesday, February 13th at 1:00 pm Movie Outing (Movie TBD 3 days prior to Movie)  
Wednesday, February 21st at 1:00 pm Dollar Tree & Goodwill Shopping Outing  
Wednesday, February 28th at 11:00 am Village Inn Outing

### PALM Reflections Outings

Monday, February 5th 10:30 am Lunch to The Perfect Landing  
Monday, February 12th at 10:30 am Scenic Drive  
Monday, February 19th at 11:00 am Lunch to Culver's

### PSLM AL Outings

Wednesday, February 7th at 10:00 am Casino Outing  
Tuesday, February 13th at 1:00 pm Movie Outing (Movie TBD 3 days prior to Movie)  
Wednesday, February 21st at 1:00 pm Dollar Tree & Goodwill Shopping Outing  
Wednesday, February 28th at 11:00 am Village Inn Outing

### PSLM IL Outings

Friday, February 2nd at 8:30 am Denver Art Museum Tour: Linking Asia  
Friday, February 9th at 8:45 am Hammond Candy Factory Tour  
Friday, February 16th at 9:45 am Parker Police Department Tour