



Park Lane Village News

MARCH / APRIL 2012

VOLUME 2, ISSUE 2

From Kelsie —>Ray ~ Administrator

I found an interesting article from the National Council on Aging that I wanted to pass along. It is a list of the top 10 financial scams target seniors. Perpetrators consider these scams low-risk crimes because they are underreported and can be difficult to prosecute.

- 1) Medicare frauds: In these cases, the scam artists pose as Medicare representatives and get personal information from the individual. They often provide bogus services at makeshift mobile clinics and then use the information to bill Medicare and keep the money.
- 2) Counterfeit prescription drugs: These scams often operate over the Internet offering lower-than-normal prices on medications. They are not only a waste of money but also may do physical harm because of unsafe drugs.
- 3) Funeral and cemetery scams: There are several types. Some funeral homes take advantage of a family member's unfamiliarity with funeral costs and add unnecessary charges. Another is funeral directors insisting the most expensive casket is needed even for cremation.
- 4) Fraudulent anti-aging products: The search for the fountain of youth continues. Scammers offer fake Botox and bogus homeopathic remedies that do nothing.
- 5) Telemarketing: In the "pigeon drop", the con artist tells the person he or she has found a large sum of money and will split it if the person makes a "good faith" payment from his or her bank account. Sometimes a second scammer is involved posing as a lawyer or banker. In the fake accident ploy, the con artist gets a victim to send or wire money telling the victim that his or her child or relative is in the hospital or needs money. And there's the charity scam, Money is solicited for fake charities, often the case following natural disasters.
- 6) Internet fraud: Older adults may receive an email requesting an update or verification of their personal information. The source appears legitimate—this results in identity theft.
- 7) Investment schemes: These schemes target older adults planning and saving for retirement.
- 8) Homeowner and reverse mortgage schemes: A homeowner receives a personalized letter from the county assessor's office. This letter identifies the property's assessed value and offers the homeowner a reassessment that will reduce the property tax—for a fee.
- 9) Sweepstakes and lottery scams: Older adults are informed they have won the lottery or sweepstakes. They need to send the scam artist some sort of payment to unlock the alleged prize; in exchange, the scammer sends the older adult a check; which of course doesn't clear.
- 10) The grandparent scam: This is the worst. Scammers call the victim and say "Hi Grandma, do you know who this is?" The grandparent says the name of the grandchild and now the scammer has a fake identity. The supposed grandchild asks for money for a financial problem to be paid via Western Union or MoneyGram, which don't always require identification. And then comes, "Don't tell my parents, they'll kill me."

If we all become more aware of such crimes, hopefully we can avoid being victims and also protect our loved ones.



Progress, updates, and reminders...

*Spring is
nature's
way of
saying,
"Let's
Party!"*

-Robin

Williams

- ♦ We have a new administrator, Ray Perdew. Due to our growth, we needed to add another office position that Kelsie will transition into. Kelsie will be spending half of her time at Park Lane and half at Maple Ridge in Oskaloosa.
- ♦ We have had some hearing aid batteries donated. They are Duracell, size 312. If you think you could use some, come to the front desk.
- ♦ Please let Kelsie know if you would like to set up automatic payments for your rent. There is a very simple form to complete and you will still receive your normal statement.
- ♦ We are now on Facebook! If you have a Facebook page, search for "Park Lane Village Assisted Living" and "like" our page to see upcoming events, photos, and more.
- ♦ **We need people** to help us out with our blood drive on April 18th. If you would be available to donate between 3pm and 7pm that day, please let Kelsie know. We will call you in advance to let you know your exact donation appointment time. Everybody, please pitch in and we can save several lives!

Help us keep our paper and postage costs down by signing up for e-newsletters in a PDF format email. If you are interested, please email Kelsie at kweldon@parklaneal.com



From Erika ~ Nursing

Hello from the nurse's office! I thought this would be a good time to promote a wonderful program that is taking place at our Knoxville Rec Center. SilverSneakers is a fun, energizing program that helps older adults take greater control of their health by encouraging physical activity and offering social events. Health plans around the country offer this award-winning program to people who are eligible for Medicare or to group retirees. SilverSneakers provides a fitness center membership to any participating location across the country. This great benefit includes:

- ◆ access to conditioning classes, exercise equipment, pool, sauna and other available amenities
- ◆ customized SilverSneakers classes designed exclusively for older adults who want to improve their strength, flexibility, balance and endurance
- ◆ health education seminars and other events that promote the benefits of a healthy lifestyle
- ◆ a specially trained program advisor at the fitness center to introduce you to SilverSneakers and help you get started
- ◆ member-only access to online support that can help you lose weight, quit smoking or reduce your stress
- ◆ SilverSneakers Steps for members without convenient access to a location. Please call **1-888-423-4632 (TTY: 711)** to find out if your health plan offers SilverSneakers Steps

Currently, the Knoxville Rec Center offers two different Silver Sneakers programs. The first is called Muscular Strength & Range of Movement (MSROM). This is more of a beginner course and involves a workout with a chair to sit in and weights. The second is called Cardio Circuit. It also involves a chair but is considered more of an intermediate course. Both courses are approximately 45 minutes long. MSROM is offered on Mondays and Fridays at 10:00 AM and Cardio Circuit is offered on Wednesdays at 10:00 AM.

In Iowa, SilverSneakers is currently covered by either Humana or AARP MedicareComplete® by UnitedHealthcare insurance plans. A person can still participate in SilverSneakers if his or her insurance does not cover the program. The cost for a person over 60 would be \$4.75 per day at the Rec Center or they also offer monthly membership rates. If you have further questions about SilverSneakers, feel free to ask myself or call the Knoxville Rec Center at 828-0580.

On another note, if you haven't heard the news, my husband, Jake, and I are expecting our first child. He or she is due to arrive around the first part of April. While I am off work for the baby, we will have another nurse, Gina Vos, covering for me and to take care of all your nursing needs. Gina will start training with me on March 1st and, when I come back from maternity leave, we are going to be keeping Gina around to help out at both Park Lane and our assisted living in Oskaloosa. Please help welcome Gina to our staff when you see her!

Have a wonderful spring! *Erika DeGeest, RN*



From Dee ~ Activities

Hello, from your activity department! We are ending February with snow, but we are heading into March which means Spring is right around the corner—or at least we hope. We have been blessed with a mild winter, but we are always ready for warm weather. Looking ahead into March we are planning a luau on Thursday, March 1st and Friday, March 2nd. We are planning on having different games associated with a luau, food, and of course a dress up day. We are going to give out an award for the best dressed resident at our luau. We can't get through March without celebrating St. Patty's Day, which we will do on Friday, March 16th at 10:00 am.

Our annual Easter Egg Hunt will be Friday, April 6th at 6:00 pm. This is for our residents' family and staff here at Park Lane. We limit this to children ages 10 and under. Park Lane Village will provide the eggs and candy for the children, so just set back and watch the kids have fun!

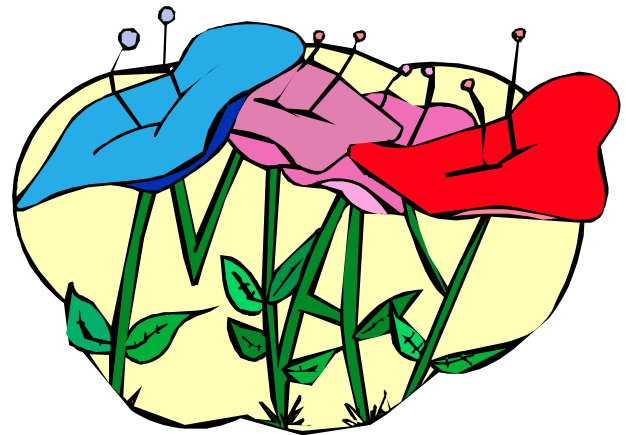
With the nicer weather just ahead of us, we are hoping to start our trips to Walmart again and different outings in the area. In April, we also celebrate all of our volunteers with a nice dinner. It is a great time to let everyone know how much our volunteers mean to our residents and to us Activity Directors.

In May we will celebrate Mother's Day on Thursday, May 10th at 1:30 pm with an afternoon full of memories and laughs. Unfortunately, with our space and number of residents this year, we will just have the ladies that live here at Park Lane attend the afternoon.

-Dee and Maggie

What's Happening in March?

- 3/1 6:30 Lenny Hudson
- 3/5 6:30 Bill Williams
- 3/6 1:30 David Winchester
- 3/9 6:30 Bandstand Four
- 3/11 Daylight Savings Time Begins
- 3/14 6:30 Pat Meade
- 3/15 7:00 The Pitts
- 3/16 2:00 Old Timer's Band
- 3/19 2:00 Classic Country
- 3/20 First Day of Spring
- 3/22 3:30 Alice Menne
- 3/23 6:30 Big John
- 3/27 1:30 Sandra Keller
- 3/30 6:30 Sammie Lee



What's Happening in April?

- 4/6 6:00 Easter Egg Hunt at PLV
- 4/8 Easter Sunday
- 4/20 Look-A-Like Day
- 4/22 Earth Day
- 4/27 Arbor Day
- Specific activities to be announced.

Resident Spotlight—March—Wendell Winters



Wendell Winters has been a resident since February 2011.

Wendell was born in Galesburg, Iowa on January 27, 1927.

Wendell's favorite activity as a child was baseball.

Wendell's first job was delivering milk in Knoxville.

A special memory that Wendell has is taking his children on a trip.

They packed up and went west of the Mississippi River.

Wendell's advice to the younger generation is to "get an education and enjoy life."

Resident Spotlight—April—Geri Winters



Geraldine Winters has been a resident since February 2011.

Geri was born in Hamilton, Iowa on February 11, 1926.

Geri's favorite activity when she was a child was jumping rope.

Geri's first job was being a telephone operator.

Geri's favorite memory was also when she and Wendell took her children on a trip out West.

Geri's advice to the younger generation is to "enjoy life! It only comes once."





From Janie ~ Kitchen

Happy almost Spring!! Here we are heading into March and can truly say Mother Nature was kind to us this winter. We have had such wonderful weather—winter has gone by quickly.

In February, we celebrated Valentine’s Day with dinner and a Valentine Party in the afternoon. Everyone had a wonderful time and enjoyed the games and treats. Maggie and Dee did an awesome job as usual.

We also had Fat Tuesday, which is the last day of Mardis Gras. It is celebrated always the day before the beginning of Lent. We had traditional foods and passed out beads for all. Also played some Jazz music before lunch that day.

Now we look forward to March winds and April showers. Each day brings us closer to beautiful spring flowers and those delicious fresh spring fruits and veggies.

*In
spring, I
have
counted
136
different
kinds of
weather
inside 24
hours.*

March is National Nutrition Month. We will focus on living more healthy and eating healthy snacks and meals. We will have information available for you on how you can help yourselves to more nutritious snacks. As always we will plan meals that are sound nutritionally and we hope tasty.

We will be having a couple of days of luau fun. Dee and Maggie have activities planned and we in the kitchen will be offering up some beach fun of our own with menus planned around the activities.

Then comes Saint Patrick’s Day and all the green we can fit into a meal. Always fun!!

In April, we will celebrate Easter with a traditional Easter meal of baked ham, potatoes, asparagus, or green bean casserole, clover rolls and coconut cream pie.

Also looking forward to Earth Day and The first day of Spring and of course springing forward (OOOOH!!!) with the time change.

We had our first Resident’s Food Committee meeting. For those of you who might still be interested in helping with this, stop by my office—it is not too late to sign on. We had Bev Steger, Virginia Bell, Frances Caswell, and Marilyn Chandler attend the first one. Not only did we get good ideas, but we had a few laughs as well. I hope that others will want to take part in this.

In March I will be attending a planning session of our spring and summer menus and your input is always valued. So come to a meeting or stop and see me.

In the mean time, remember it is still flu season and we need to eat right, drink lots of fluids, get plenty of rest and of course wash your hands frequently.

We will see you around the dinner table. *Janie and the Kitchen Staff*

*-Mark
Twain*



HAPPY BIRTHDAY!!!



March

3/12—Lilah Molamphy	Staff:
3/16—Clayton Fleeman	3/2—Chris
3/21—Stan Patrick	3/14—Brittany
	3/16—Tammy
	3/16—Linda
	3/26—Matt
	3/26—Josie
	3/28—Jackie
	3/28—Pam G

April

4/1—Sis Beck	Staff:
4/4—Sherry Hersbergen	4/10—Blake
4/14—Joan Bane	4/13—Peggy
4/29—Ruth Schmeh	4/28—Larissa
	4/30—Sheila

****CORRECTION****

In the last newsletter we had February 5 as Marilyn Chandler's birthday, but it should have been Marilyn Roland—sorry!

Meet Ray Perdew!

Happy March everyone! I hope that our newsletter finds you well. My name is Ray Perdew, and I am the new administrator here at Park Lane Village.

I started my duties on February 20th, and it has been a great first few days! I come to Park Lane with several years of healthcare experience. I have spent the majority of the last seven years working at a facility in West Des Moines, Iowa that focuses exclusively on care of resident's with Alzheimer's disease and other dementias.

I am originally from Corning, Iowa, where my parents and older brother and his family still live. I have 2 nephews and 1 niece. I attended college at Southwestern Community College in Creston, Iowa and then attended Iowa State University in Ames. Go Clones!

After nursing school at Southwestern, I went on to become a Certified Preceptor through the National Associations of Healthcare Assistants. I am also accredited as a Certified Dementia Practitioner through the National Council of Certified Dementia Practitioners.

I look forward to you stopping by and introducing yourself anytime.

Ray



March Employee of the Month



Peggy Morgan has worked at Park Lane Village for one year in our dining services department. She does not enjoy dusting her home, and considers herself a morning person. Peggy is a Hawkeyes fan and her birthday is April 13th. Peggy is married and has one brother and two nieces. Going to Alaska is one thing that is on her “bucket list”, and if she could go anywhere for one day, it would be Las Vegas! In her free time, Peggy likes to just sit and relax. We really enjoy Peggy’s laughter and joking when she is at work.

April Employee of the Month



Megan Northcote has worked at Park Lane Village for three years as a direct care aide. Megan works at both our regular assisted living and the memory care. Megan’s birthday is February 3rd. She is a Hawkeyes fan and considers herself more of a night person. If Megan had one day to go anywhere, she would go to Las Vegas to visit her best friend. Megan does not enjoy dusting and vacuuming around the house. When Megan has an hour of free time, she enjoys hanging out with family and friends.



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APRIL

JACKETS

RAIN

BASEBALL

JUNE

RAINBOW

BLOSSOMS

LILACS

SHOWERS

BUDS

MARCH

SPRING

DAFFODIL

NEST

SUNSHINE

FLOWERS

PLAYGROUND

TULIP

GARDENING

PUDDLE

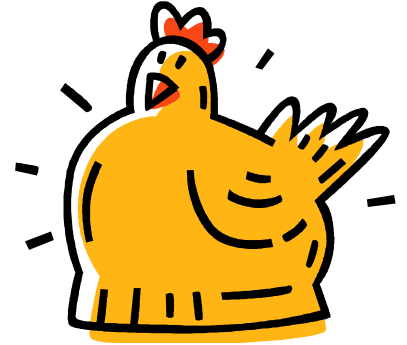
WEATHER

GOLF



Did you know....

- ◆ 8% of people have an extra rib
- ◆ The longest recorded flight of a chicken was 13 seconds
- ◆ New York was the first capital of the United States
- ◆ Hawaii is the only US state that grows coffee
- ◆ Months that start on a Sunday will always have a Friday the 13th



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To: