

Park Place News

August 2023

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Quotes About the Beauty of Aging

Self-confidence plays a key role in all of our lives. Whether we're overcoming our early adulthood awkwardness, grappling with a midlife crisis, or coping with low self-esteem in old age, our insecurities can follow us throughout all stages of life. For some aging adults, a lack of self-confidence is rooted in many issues ranging from changes in physical appearance to limited independence.

Why is having self-esteem so important in the first place? According to Dr. Ulrich Orth of the University of Basel, "self-esteem is related to better health, less criminal behavior, lower levels of depression, and, overall, greater success in life." Which is why it's so important to learn more about how our self-esteem changes as we age.

The self-esteem trajectory – or the rollercoaster of self-confidence that fluctuates throughout our lives – can rise or fall depending on many factors in our lives. Getting positive reinforcement at work, financially securing a life for ourselves and our families, and receiving positive attention from our friends and loved ones can all lead to an improved self-esteem. According to Dr. Orth, these factors contribute to a higher self-esteem in middle-aged men and women compared to the lower self-esteem of older adults.

As people age, it's important to show them how worthy, appreciated, and beautiful they are every day. Take time to shower them with compliments or show them how special this time in their lives can be. Here are some quotes you can share with an older adult to remind them that their aging experience is worth celebrating.

1. "Aging is not 'lost youth' but a new stage of opportunity and strength." – Betty Friedan

2. "The longer I live, the more beautiful life becomes."
– Frank Lloyd Wright

3. "In the end, it's not the years in your life that count. It's the life in your years."
– Abraham Lincoln

4. "Count your age by friends, not years. Count your life by smiles, not tears."
– John Lennon

5. "Aging has a wonderful beauty, and we should have respect for that."
– Eartha Kitt

<https://www.homeinstead.com/location/529/news-and-media/10-quotes-about-the-beauty-of-aging/>

On July 14, the residents and staff of Park Place Estates hosted a lemonade stand and invited their families, friends and Floyd Valley Healthcare staff.

Thank you to Floyd Valley Healthcare Dietary Department for providing freshly-baked lemon cookies.



Thank you!

St. John's Lutheran Church, Barb Johnson and Father Bruce for July services.

All Saints Parish Eucharist Ministers for providing communion on Sunday mornings.
Le Mars Public Library for bringing books each month for the residents to read.

Carla Janness, Darlene Jurens, Kay Koch, Roseanne Osterbuhr and Ramona Ludwigs for sharing their musical talents with us in July.
Pat French for helping every Tuesday morning.
Susan Klemme for helping with church services and music on Wednesdays.

Nadine Binneboese and Daisy for bringing joy to the residents each month.
Arlene Wiener, Jan DeRaad and Etta DeJager for helping with bingo.

Cathy Popp and RoseMarie White for helping with one-to-one fitness opportunities.
Emily & Camila Sievers, Colleen & Chloe Orban and Melissa Taylor for helping with our pool outing.

Tammy Ruhland for purchasing Bubly drinks to share with everyone for our purple day.
Phyllis Woll for donating several quilted items.
Shirley Ellensohn for providing pizza for all of us for her birthday.

Sally Kneip for providing broasted chicken and birthday cake for all of us for her birthday.

Guy Ruhland for making the lemonade stand.

Gene Toben for the cucumbers for staff.

Randy Haafke for an afternoon of music.

Dr. Oelke and staff for providing the foot clinic.

Park Village and friends for coming for men's coffee and the lemonade stand.

Kim Tritz for the donation of popcorn for bingo.

Katalin Alvarez for the donation of rosaries.

Lori VerHoven for the peanut clusters for staff.



Upcoming Family Events for 2023

September 10-16

National Assisted Living Week

September 17

25th Anniversary Party

September 14

Family Fun Night

November 21

Pizza & Games



Kenzie Kunkel worked at Park Place over the summer as a resident companion and will be starting college again soon. Kenzie is going to The University of Iowa for Biology on the pre-medicine track.

Avery Pratt also worked at Park Place over the summer as a resident companion. Avery is going to the University of South Dakota for nursing.



We thank both of them for their time and commitment to Park Place this summer and wish them well through the fall and spring semesters.



May your pencils be sharp,
And your mind be sharper.
May your teachers be kind,
And your manners be kinder.
May your actions be smart,
And your thoughts be smarter.

Wishing all of the local students and teachers a great 2023-2024 school year!

Snippets From the Resident Handbook

The Iowa State Fire Marshal prohibits the use of extension cords and outlet adapters for any reason. The use of space heaters, coffee mug warmers, scentsy pots, and plug-in air fresheners are prohibited in all areas. Surge protectors (power strips) are allowed to protect equipment such as computers, TV, DVD, stereo, phone. They are not allowed for other electrical devices such as holiday decorations, lamps, microwave, fridge, lift chair, clocks, or anything with a motor. These surge protectors must be of metal construction (UL1449). Residents **may not burn candles** in their apartments.

Closet sprinklers must be kept clear. Boxes or other items may not be stacked in front of the sprinklers.

A safety tour is conducted two times yearly by Park Place staff to check for potential fire hazards such as blocked sprinklers, extension cords, outlet adapters, candles, space heaters, and the misuse of power strips.

This safety check allows Park Place Estates to remain compliant with the rules and regulations set forth by the State Fire Marshal.



Employee Spotlight
Kayla Utesch,
Resident Companion

How long have you worked at Park Place?

December will be 4 years total. I took some time off when I had a baby in 2016 and returned in December 2021.

What is the best part of working here?

Our residents—working overnights you tend to develop a relationship with them that's a little different. It's an honor for them to trust you in a vulnerable moment.

What is your favorite holiday and why?

Christmas eve. Growing up, it was the big holiday we spend with my mom. I have continued that with my children. Many great memories have been made over the years.



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REMINDER/FYI

August Holidays

- 8/3 National Watermelon Day
- 8/6 National Sisters Day
- 8/13 Left-Handers Day
- 8/22 National Tooth Fairy Day
- 8/31 National Eat Outside Day



August Birthdays

- 8/2 Patricia Ryan
- 8/5 Arlene McDermott
- 8/8 Doris Kunkel
- 8/15 Shelly Peterson



International Left-Handers Day

International Left-handers Day is celebrated every year on August 13 to recognize the differences and uniqueness of left-handed individuals in our society. Most of us have grown up around right-handed people. Some of us have even been taught that using our left hand to carry out a few essential tasks like eating is disrespectful. Consequently, left-handed individuals often find themselves in an awkward situation in a world that is predominantly right-handed. According to studies, 10-12 percent of the world's population is left-handed.

We took a survey of staff at Park Place and found out that 3 out of 15 of our staff are left-handed, and one of our staff members is ambidextrous. Can you guess who?

<https://www.cnbctv18.com/world/international-left-handers-day--its-significance-in-a-right-hand-biased-world-14448252.htm>