



If a resident needs Park Place invoices for tax purposes, please save the invoices that are mailed to either the resident or designated family member each month. Park Place invoices are not generated at Park Place. They are generated and mailed from Floyd Valley Healthcare. Park Place does not have the ability to print these, Floyd Valley Healthcare does. Copies of invoices would be the same thing as what is already being mailed monthly.

This also applies to pharmacy bills. If a resident needs a copy of pharmacy invoices for tax purposes, save the invoices that are received throughout the year. Residents are billed for medications from the pharmacy of their choice and Park Place is not able to print these.



Congratulations to the following staff who will be honored in February at Floyd Valley Healthcare's employee awards night for years of service:

Sandra Reuter– 5 years
Jessica Singer– 5 years
Doris Kunkel– 15 years



Can simply sharing kindness on a regular basis help your health? There is a science behind this phenomenon called "loving kindness." Research shows that learning and practicing kindness can profoundly affect your attitude, outlook and even your health. You can actually rewire your brain to be more present and kinder to others, giving your mood a daily boost. The act of helping others triggers the part of your brain that makes you feel pleasure. It releases a hormone called oxytocin that supports social interactions and emotion.

Here are some simple practices that will help you get started.

Intentionally set a goal to be kinder to others. Think of specific words or actions you can take to show kindness to someone else such as a neighbor, coworker or friend.

Be grateful for the good things in your life. Researchers have found that feelings of thankfulness can help improve sleep, diminish fatigue and increase confidence. A great way to increase feelings of gratitude is to start journaling. Writing things down you're grateful for has been found to improve biological markers that indicate heart health. Health benefits from this type of self-examination include reduced pain and tension from migraines, reduced symptoms of depression, increased feelings of social connection and positive feelings toward others.

Like anything, engaging in kindness gets easier with practice. Think positive thoughts about people in your life and write down the things you are grateful for. You may just find a happier, healthier you.




From: Mayo Clinic


Thank you!

Danni Love for the pizza for staff.
Northwest Bank for the cookies from Piece of Cake and coffee from Habitue.
Ruden family for the treats for staff.
Joyce Draayer for the treats for staff.
Floyd Valley Healthcare for the prayer shawls for our residents.
Don & Marci Kreber for the cookies, meat & cheese tray and relish tray for staff.
Kim Westergard for the cookies and treats for residents and staff.
Gehlen Catholic students for the Advent gift bags for all the residents, the snack care package for our staff and for singing Christmas carols.
United Methodist for the cookies for staff and residents.
Jeannine Downing for the Christmas cookies for staff and residents.
Connie Sitzmann for the pizza for staff.
Linda Grady for the goodies for staff.
Harold Tooker family for the treats for staff.
Priscilla Kenowith for the reindeer antlers for staff to wear and for the large bottles of hand sanitizer.
Le Mars FFA for the blankets for residents.
Bonnie Westergard for the keychains for staff.
Gladys Coffin family for the food basket for staff in honor of Gladys' birthday.
Marc Tammes for the birthday cake for residents and staff in honor of Gladys' birthday.
Arlene McDermott family for the many goodies for staff.
Pat Ryan family for the gift for staff and donation for activities.
Hannah Zubrod and the Stanton Lucky Glover 4-H Club for painting our windows in the Activity Room with a holiday theme.
St. John's Lutheran and the Le Mars Bible Church for caroling outside.
Christine Staab, Colleen Orban and Laurie Bird for the donation of bingo prizes.
Karen Konz for the cookie donation.

Treasured Memories


 We made it through 2020 and COVID! We continue to follow state and national guidelines for social distancing, group size and wearing a face covering. We do not expect any changes with activities and guidelines until the CDC has had time to study how well the vaccine works. So, we continue to keep busy with sing along sessions in the hallways, listening to Ardythe Schulz play piano, exercise class, rosary, Bible Study, come-and-go events such as "Booze and Tattoos," manicures, quilts and pies time, comedy hour and popcorn, our bird feeder project and crafts.



 Residents are encouraged to get out of their apartments and walk daily. Those that are on quarantine walk with staff each shift.

Staying hydrated is important too. During January we delivered hot drinks such as hot chocolate, hot tea and cappuccino to the apartments. Often times this included a trivia challenge, crossword or word search puzzle too.



 The residents continue to play bingo twice each week. It continues to be our largest attended activity. Because of the residents' desire to participate we sometimes have to change it around by offering it in two sessions or one group of 10 in the Neighborhood.

We are counting the days until spring when we can enjoy being outside together!



Best wishes to
LaDonna Oltmanns who
moved to Good Samaritan
in Le Mars.

COVID-19 Update

Vaccine

All residents medically able to received the 1st dose of the vaccine on January 8. The vaccine was administered by Walgreens Pharmacy and was manufactured by Pfizer. This vaccine requires two shots, 21 days apart. The Pfizer vaccine is around 95% effective at preventing COVID-19 in people who receive the two doses.

The CDC recommends that everyone get the vaccine, regardless of whether they have recovered from a previous COVID infection.

Walgreens Pharmacy will return on January 29 to administer the 2nd dose of the vaccine to our residents.

Visitation

Our county positivity rate has dropped below 10% so we are again allowing in-person visits. Appointments are required. We schedule these visits so they don't interfere with meals, so we have adequate time in between visits to disinfect, and to have staff available to help screen visitors. If you are late for your appointment your time cannot be extended because there are others with appointments after you. Only 1 or 2 guests per visit. Masks must be worn at all times. Maintain social distancing. Visitors will be screened upon arrival. Visitors will remain in the private dining room. Please do not go to the resident's apartment or elsewhere in the facility. Children may visit as long as they are able to follow the previously listed safety precautions.

Window visits (resident apartment or front entry) will continue as normal. No appointments needed for window visits. Windows will remain closed for these visits. They are not in-person.

For in-person visits contact Kara Hitcher at 712-546-3771 or kara.hitchler@floydvalley.org Please note that Kara's office hours are Monday, Tuesday, Thursday and Friday.

The IDPH states that residents who have had COVID and are within the 90 day period post COVID recovery can have short visits out of Park Place Estates without the need to quarantine upon return. This includes overnight stays (limited). Again this only applies to RECOVERED residents within 3 months of when their symptoms ended AND not experiencing any symptoms consistent with COVID-19. Residents that leave the facility that have not had COVID will still need to quarantine upon return.

Iowa Long Term Care Guidance

We don't expect any new guidance from the state regarding congregate dining, activities, visitation, etc. until the majority of residents in long term care facilities in Iowa have received the 2nd dose of the COVID vaccine.

The CDC currently recommends that everyone, including those vaccinated, continue to wear masks. Experts need to understand more about the protections that COVID-19 vaccines provide in real world conditions before making changes to this guideline. Other factors, including how many people get vaccinated and how the virus is spreading in communities, will also affect this decision. We also don't know yet whether getting a COVID vaccine will prevent you from spreading the virus that causes COVID to other people, even if you don't get sick yourself. While experts learn more about the protection that COVID-19 vaccines provide, it will be important for everyone to continue using all the tools available to help stop this pandemic-wear a mask, avoid close contact with others and wash your hands.

Mailing
Address
Goes
Here

2/1 Change Your Password Day
2/2 Groundhog Day
2/5 Wear Red Day
2/7 Super Bowl LV (55)
2/9 National Pizza Day
2/14 Valentine's Day
2/15 Presidents Day
2/16 International Pancake Day
2/16 Mardi Gras
2/17 Ash Wednesday
2/18 National Drink Wine Day
2/19 National Caregivers Day



January & February Birthdays

1/15 Gladys Coffin
1/27 Rod Scholten
1/29 Bill Galles

2/7 Shaniah Temple
2/9 Eldon Ruden
2/10 Autum Bonnstetter
2/18 Joyce Draayer
2/21 Brittney Kohler



With Heartfelt *Sympathy*

Mildred Moir passed away December 4.
Carla Naeve passed away December 19.
Marilyn Johnson passed away January 9.

When providing food (such as pizza or cake) for all the residents in honor of a birthday please let us know at least a week in advance.

