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2025



The Parkside Post



Lifelong Learning March 10

Sandra Lou Taylor will be speaking at our March Lifelong Learning event on March 10, at 10AM. She will come in 1800's costume, share about and read passages from her recently published historic book, *'More than an Attractive Face.'*

She is a native-born Kansan who lives with her husband on their small farm at the southwestern edge of the Flint Hills where her family has lived since 1925.

We will meet at the Parkside Apartments. The public is invited!



DIFFERENCE BETWEEN
**ALZHEIMER'S
& DEMENTIA**



Community Health Night March 31

Denise Vann, Program Director at Alzheimer's Association Central & Western Kansas, will be speaking at our Community Health Night, March 31. **Note earlier meeting time of 6:30 PM.**

Alzheimer's is not normal aging. It is a disease of the brain that causes problems with memory, thinking and behavior. Join us to learn about the impact of Alzheimer's, the difference between Alzheimer's and dementia, Alzheimer's disease stages and risk factors, and current research and treatments available to address some symptoms. We will also discuss free Alzheimer's Association resources available to you.

We will meet at the Apartments, 1 Park Avenue, Hillsboro. The public is invited!

Get to know the Staff: Bernie Mains

Bernie Mains has been at Parkside for 15 years this March. WOW! All her time has been at the Apartments/ Assisted Living. Her official title is CNA/Housekeeper, but she does so much more. Bernie leads the exercise class and crafts, takes care of apartment transportation, shops for residents' groceries, birthday parties, and more.

She was born in Garnett, KS, and currently lives with Troy in rural Tampa. When Bernie first moved here, she drove to Dillons at 2AM to make donuts. A closer job was as a cook at Hillsboro High.

She is a country girl through and through. Bernie loves growing flowers and cooking & baking. She also tends to her animals, which include cats, dogs, chickens and cows.

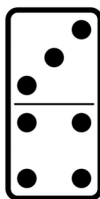
Bernie is always busy doing something. She does all the seasonal decor at the Apartments. She also works a second job, as she has her own housekeeping business.

When asked what Bernie likes about working at Parkside, without a blink, she said she loves the residents. They are like her second family.

Congratulations on 15 years! We are glad you are part of the Parkside family Bernie!!



**G
A
M
E**



S at the Apartments



Parkside receives HCF Grant

We have received a \$1,000 grant from the Hillsboro Community Foundation. Since we have began our Lifelong Learning and Community Health Night events, the City of Hillsboro has been gracious to allow us to borrow their portable sound system.

We applied for funding for our own system and were awarded the money. We are so grateful and look forward to using the new sound system for even more events in the future!

All grant recipients are invited and will receive their checks at the Hillsboro Chamber of Commerce Gala, Monday, March 2.



Learn to know your Neighbors

Dr. Robert Franz was born in Henderson, Nebraska. Soon after he was born his father moved the family to Kirksville, Missouri, so he could get his Osteopathic license. They then moved to Enid, Oklahoma, where Robert grew up. It was at a church tent meeting that he met his future wife, Darlene. Her family provided music for church events.

Dr. Robert and Darlene Franz enjoy Valentine's Day with a special lunch staff prepared for everyone.

He graduated from Oklahoma Medical School in 1959. Robert and Darlene were married in June of that same year. They spent their first 5 years in the Panama Canal Zone where he completed a surgical internship and did his residency.

Robert then practiced in his own family practice clinic in Hillsboro for the next 20 years. Darlene, an RN, worked by his side. It was here that they raised their two daughters, Cheryl and Kimberly. Cheryl and Terry Hagen live outside Hillsboro and Kim and Doug Walker live in Manhattan, KS. There are four grandchildren and 2 great-grandchildren.

The Franz's left Hillsboro and moved to Oklahoma City, where Robert practiced family medicine in a group practice for 16 years. They then retired back to Hillsboro and cared for their two mothers for 10 years. In 2010 Robert contracted West Nile Virus. After many complications and losing the use of his legs, he moved to Park Home 4 in 2021. Darlene continues to live in their home. She appreciates how close Parkside is so that she may spend time with Robert every day.

MARCH ANNIVERSARIES

Bernie Mains 15 years **WOW!**
Jen Williams 4 years
Laura Reis 3 years
Joyce Auvele-Edwards 2 years
Mary Darnell 1 year



Hillsboro Police Chief Jessey Hiebert had a great presentation about SCAMS at our February Lifelong Learning. There was a handout, '*How to Protect yourself from Scams.*' Contact Laura Reis or Krista Heinrichs, if you'd like a copy or one emailed.

Parkside
Caring Is Our Calling

If you or anyone in your family would like to receive *The Parkside Post* via email, please call LeAnn in the office, 620.947.2301, or email Krista Heinrichs at kristah@parksideks.org.

CEO Notes

We are getting closer to our goal of \$40,000.00 for the Wheelchair Accessible Van Fund with a total of \$39,153 raised!

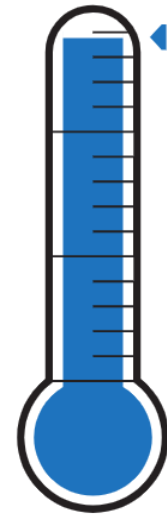
Thank you to everyone for their generosity, and for all of Parkside Leadership for helping with the various fundraising efforts.

Upcoming events for Parkside will be the Farmers Markets on July 3rd and August 28th.

Stephanie Bryant, CEO

Wheelchair Accessible Van

\$40,000



Garden Club Launches

Five residents of Parkside Apartments and Duplexes met in February to discuss the formation of a Parkside Garden Club. As we talked about our experiences with plants and flowers last year, it was amazing how different the infestations we fought though living so close to one another.

It was decided that the Parkside Garden Club will meet at 1:00 PM on the 3rd Thursday each month. Most of us live at Parkside Village so we don't have to do yard work, but we still like our flowers and maybe a tomato plant, a pot of lettuce, or a small plot in the Community Garden. Maybe you are one who simply likes to associate with people with green thumbs and plants. The Parkside Garden Club welcomes any Parkside community residents to join in sharing their experiences and ideas, and bond with people who share a common interest in the beautiful world of flowers. Next meeting is March 20, 1:00 PM at the Apartments, in the commons area on second floor.



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