

#### IN THIS ISSUE:

Lifelong Learning, **OCTOBER 6**  
Get to Know the Therapy Team  
Community Health Night October 23  
Contribution Corner  
CEO Notes

#### INSERTS:

October Activity Calendars  
October Menus

## October 2025



# The Parkside Post



## Lifelong Learning October 6

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NOTE:  
1ST Monday!

### WHAT IT'S LIKE TO BE A U.S. DIPLOMAT

**Mark Seibel** will be our speaker at Lifelong Learning THIS COMING Monday, October 6, at 10AM, at the Apartments. We are meeting a week early to take advantage of him along with his wife, Patty, as they are visiting his hometown and mother, Betty Seibel.

After earning degrees from WSU, Mark joined the Foreign Service in 1991 as consular affairs officer. Over his career, he served principally within the Bureau of Western Hemisphere Affairs (WHA) with assignments in the Dominican Republic, Mexico, Cuba, Canada, El Salvador, and the Office of Caribbean Affairs.

His work outside of WHA included assignments in Japan and Russia, as well as with the International Narcotics and Law Enforcement Affairs Section in Afghanistan as Justice Sector Programs Team Leader. Mark was promoted to the Senior Foreign Service in December of 2016. His final assignment was as Consul General at the U.S. Embassy in Kingston, Jamaica, including a fourteen month stint serving as Acting Deputy Chief of Mission.

## Community Health Night

October 23 at 6:30PM

MORE INFO



# Get to know our Rehab Team

Parkside has its very own Rehabilitation Team via a contract with RehabVisions. They are very much a Parkside, Hillsboro community, and a united team. They all spoke of the collaboration that takes place in helping people, whether it's short or long term. It is different here, as in other cases, the patient receives a directive/prescription for a specific therapy. They then go see that specialty. Here it's a group effort with the entire Parkside staff and the Therapy Team working, watching and treating all needs.

So, a 'Get To Know the Team' is in order:

**Lauren Ediger**, DPT, is the Director of, Rehabilitation Services. She is originally from South

Carolina and came to Tabor College. She completed her Doctor of Physical Therapy from the University of St. Augustine in Florida. Lauren first worked in a retirement community setting in Mulvane for 6 years. There she saw that the team approach to therapy is so beneficial to one's quality of life. Lauren and her husband Nick welcomed their first child in May.

**Michelle Winter**, MA, Speech-Language Pathologist, grew up in Garden Plain and received degrees at Kansas State and Wichita State. She enjoys the close-knit relationships and seeing the impact of her work at Parkside. There is also variety, as everyone's situations and needs are different. Michelle lives with her husband and four children in Hillsboro. Michelle is excited to be presenting at our Community Health Night, October 23, at 6:30PM at the Apartments.

**Isabel Scott**, OT-R, CLT, Occupational Therapy is originally from Venezuela but has been in the U.S. for over 30 years. She has been living in Hillsboro and working at Parkside for many years. Isabel loves the small community and knowing so much history about residents and their families. She notes the support of the families is great. If you follow Parkside on Facebook, Isabel is in a lot of photos, as her mother lives at Parkside and she volunteers to help with activities often.

**Erik Roble**, Physical Therapy Assistant, is actually a 'traveling therapist,' calling Bolivar, Missouri home. It's hard to tell though, as he grew up in Hillsboro and has fond memories of coming to Parkside with his mom, DeVona Roble, who was an occupational therapist here for years. His career began as a MedTech for disabled children and adults, when a therapist encouraged him to study further in physical therapy. He has been a PTA since 2016. Back in Missouri there are two grown and two younger children.

We have a great team serving Parkside. The good news is—and please share it—they welcome patients from anywhere in the Hillsboro Community. Whether it is surgery recovery, an injury or any other needed rehabilitation, our Rehab Team is capable and ready. Please contact Stephanie to apply to receive therapy at Parkside.



L-R Michelle Winter, Lauren Ediger, Isabel Scott, Erik Roble.



# Community Health Night October 23

**Michelle Winter**, our in-house Speech-Language Pathologist, will be speaking at Community Health Night, Thursday, October 23, at 6:30PM, at the Apartments. She will share brain and cognitive health information including memory strategies and overall wellness.

Michelle will talk about what speech therapy entails—much more than most realize. She works with cognition, swallowing, voice, speech, and language/communication.

Join us on October 23. The public is invited!



The **Friday Eats Tour** traveled to Genova Italian Restaurant in Newton in September.

## BINGO IS A FAMILY AFFAIR!



## Contribution Corner

Parkside currently has three fundraising efforts available for your choosing:

- Park Home 4 Flooring
- Spa Remodel
- The Apartments Landscaping

We are encouraged to report that we have had a generous donation for the Spa Remodel project.

One way to support Parkside is through **Charitable Giving Through an IRA**

Once you turn 73 you are required to start taking withdrawals from your IRA. This is known as a Required Minimum Distribution (RMD). When you turn 70 ½ you may start withdrawing funds and direct them to a charity. These withdrawals will not be counted as income and the result is there will be no taxation on the withdrawals. You then have the opportunity to make a gift, up to \$100,000 each year, from your IRA to your favorite charity(ies). You benefit by reducing your personal income tax on IRA distributions while supporting charities such as Parkside. See Stephanie for details.

## CEO NOTES

Parkside's Board of Directors has had a focus on discovering new opportunities to extend service to all residents on our campus, including the Independent Living residents in our Park Village Duplexes. As we explore and research opportunities, the board has decided that we can immediately offer billable options for axillary charges including housekeeping, laundry, and transportation services. These non-nursing care services are an A'la Carte option. Duplex residents interested in scheduling services are encouraged to contact Laura Reis, Director of Parkside Apartments, at (620)947-2367. Laura will be able to coordinate the scheduling of the services, and the addition of the charges can be applied directly to your monthly statement.

Below is a list of services and prices:

### Miscellaneous Fees:

- |  |      |  |                                |
|--|------|--|--------------------------------|
| ➤ Lunch Meal Individually Charged      | \$10 | ➤ Out of Town Transportation   | \$30/Hour<br>+ \$0.70/<br>Mile |
| ➤ Supper Meals Individually Charged    | \$ 7 | ➤ In Town Transportation<br>(per trip, during business hours)              | \$12                           |
| ➤ Light Housekeeping 1x/month          | \$35 | ➤ Guest Room Rental at Parkside Apartments<br>3 free/year, then \$60/night |                                |
| ➤ Heavy or Excessive Cleaning one time | \$50 |  |                                |
| ➤ Laundry Services 1x/month            | \$30 |  |                                |

## 1st Day of Fall



**OCTOBER WORK ANNIVERSARY**  
Sherri Wilson      2 years

***Parkside exists to enrich all we serve with Christ-like compassion, respect, excellence, and integrity.***

**Parkside Homes   200 Willow Road   Hillsboro, KS 67063**  
**(620) 947-2301   [www.parksideks.org](http://www.parksideks.org)**

