

Prairie Hills at Clinton  
1701 13<sup>th</sup> Ave. N  
Clinton, Iowa 52732

Postage  
Information

FEBRUARY 2018

# Happenings at Prairie Hills

Prairie Hills at Clinton • 1701 13<sup>th</sup> Ave. N • 563-243-6870



*Happy  
Birthday!*

*Mary Ellen Greve  
(February 6<sup>th</sup>)*

*Gerald Determan  
(February 9<sup>th</sup>)*

*Marilyn Kutzli  
(February 16<sup>th</sup>)*

*Happy  
Anniversary!*

*Howard & Gertrude  
Huizenga  
(February 5<sup>th</sup>)*



## February Birthdays

In astrology, those born between February 1–18 are Water Bearers of Aquarius. They are creative and intellectual philosophers at heart, getting to the root of problems and using their energy and passion for the benefit of others. Those born between February 19–28 are born under Pisces. Friendly and selfless, they are always willing to help others with their hearts on their sleeves. Thanks to an intuitive understanding of life, Pisces make deep connections with other living beings.

Norman Rockwell (painter) – February 3, 1894  
Charles Lindbergh (pilot) – February 4, 1902  
Hank Aaron (ballplayer) – February 5, 1934  
Thomas Edison (inventor) – February 11, 1847  
Susan B. Anthony (activist) – February 15, 1820  
Michael Jordan (athlete) – February 17, 1963  
Sidney Poitier (actor) – February 20, 1924  
George Handel (composer) – February 23, 1685  
Levi Strauss (inventor) – February 26, 1829  
John Steinbeck (author) – February 27, 1902

2<sup>nd</sup>- Carolyn Petersen

3<sup>rd</sup>- Jessica Calihan

13<sup>th</sup>- Barb Loncar

14<sup>th</sup>- Paulette Walston

25<sup>th</sup>- Karen Gluesing

27<sup>th</sup>- Alyssa Wiersema

*From the Nurse: We are experiencing several cases of Influenza in our community*

### Flu Symptoms

Influenza (also known as the flu) is a contagious respiratory illness caused by flu viruses. It can cause mild to severe illness, and at times can lead to death. The flu is different from a cold. The flu usually comes on suddenly. People who have the flu often feel some or all of these symptoms:

- Fever\* or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (tiredness)
- Some people may have vomiting and diarrhea, though this is more common in children than adults.

\* It's important to note that not everyone with flu will have a fever.

### Flu Complications

Most people who get influenza will recover in a few days to less than two weeks, but some people will develop complications (such as pneumonia) as a result of the flu, some of which can be life-threatening and result in death.

Pneumonia, Bronchitis, Sinus and ear infections are examples of complications from flu. The flu can make chronic health problems worse. For example, people with asthma may experience asthma attacks while they have the flu, and people with chronic congestive heart failure may experience worsening of this condition that is triggered by the flu.

### People at High Risk from Flu

Anyone can get the flu (even healthy people), and serious problems related to the flu can happen at any age, but some people are at high risk of developing serious flu-related complications if they get sick. This includes people 65 years and older, people of any age with certain chronic medical conditions (such as asthma, diabetes, or heart disease), pregnant women, and young children.

***If you are experiencing any of these symptoms, please notify a staff member, who will inform one of our Nurses. Also we will ask you, to please stay in your apartment to prevent the further spread of infection.***

***Lesley Birely, RN  
Health Care Coordinator***



Attention all residents:

Would you like to save a months' worth of rent? Well I have a deal for you!

If you refer a friend / family to Prairie Hills at Clinton (and they are currently not working with Heather the Community Relations Coordinator) and they move in and are here for 30 days or more, then you would get your next month rent free!

This is only for a limited time so please see Heather the Community Relations Coordinator If you have any questions.

-Heather Hoenig, Community Relations Coordinator

\*\*\*\*\*

**Mark your calendar!**

*We will be having our friends and family Valentine's Day party on Tuesday, February 13<sup>th</sup> at 5:45pm.*

*Refreshments, music and photo booth will be available. Invitations will be sent out to your family. If you would like an invitation to send to a friend or two please let Tiffany know!*

*Thank you ☺*

**Heart Month**

February is National Heart Month. So please join us on Friday, February 2<sup>nd</sup> and wear **RED**. We will be meeting in the living room at 10:30 am for a group picture of everyone who is participating.

Also, on February 12<sup>th</sup> at 10:30 am please meet Stephanie from Genesis in the living room. She will be giving a presentation about the heart!

**Just Popping by to say we are Snow thankful for you!**



**Friday, January 19<sup>th</sup> was National Popcorn Day. A group of ladies gathered in the activity room and made snowman crafts out of popcorn. Then they will be delivered to doctors, nurses and friends to show our appreciation!**



*Words from Marilyn*

February is hearts so red, chocolates, amethyst birthstones and violets. We have a furry little animal, Mr. Groundhog to tell us if winter has to linger. No matter what he sees, shadow or sun, we in Iowa, will have six more weeks of winter. Probably have some cold, gray, days of freezing drizzle; may even, as in the past, have a blizzard. Isn't it good the month only lasts for 28 days?.

But the 14<sup>th</sup> comes giving us a day devoted to Love. In my childhood, we always made valentines; we learned how to fold paper and cut out hearts without a pattern at a young age. At school we decorated a large cardboard box with hearts, doves, lace and cupids, where our valentines for classmates were dropped to be passed out on the day.

Also this month of past Presidents gives us a chance to renew our patriotism and to remember the birthdays of our nation's past leaders. As we listen to the cardinal's whistling and the squawk of the blue jays, we impatiently wait for the snow to melt. To pass the month hang the flag, have a slice of cherry pie, and send your special loves valentines.

The local doctor's offices participated in a holiday trivia game about Prairie Hills Assisted Living and Memory Care once they returned

their completed forms they were put into a drawing to have a



chance to win a holiday basket. The winners of the holiday basket were Dr. Kibler and her staff at Medical Associates. Congratulations!

Even though we were not able to go before Christmas,



the ladies had such a nice time going to Circa 21 to watch the play "Elf". We decided to leave a couple of hours earlier so we had time to go to Olive Garden to eat lunch before the show. What a nice Saturday we had!

