

Let's Hear from Hannah:

Thank you to all of the staff and residents that have given me their input for the monthly activities calendar. I appreciate feedback. I want to remind everyone of the benefits of social engagement. It is much more than avoiding isolation, it also enhances your overall wellbeing in a number of ways:

- 1.) Enhanced Mental Health
- 2.) Sense of Belonging
- 3.) Improved Self-Esteem
- 4.) Better Physical Health
- 5.) Increased Cognitive Functioning
- 6.) Accountability
- 7.) Creates a Sense of Purpose

So, next time you're debating whether or not to come to an activity, think of all the ways you can be improving your life by choosing to join us!



A Note from Neal:

Please be mindful of the upcoming heat indexes we will be experiencing. If you are going outside, do so in shorter time frames, take water with you, and let a staff person know where you will be. If anyone has concerns about their apartment's air conditioning or thermostat, please let me know immediately so I can fix any problems. We want everyone to stay safe and healthy!

Connect with Crystal:

Music Therapy with Brooke has been an amazing opportunity for Prairie Hills to participate in. The small, close-knit group has greatly benefited from this program twice a week. It's wonderful to see the residents light up once Brooke enters the area. They recognize her and are excited to get the session started!



Culinary Corner with Charlene:

In April, we implemented action stations into our dining experience at Prairie Hills! What's an action station? It's your typical meal with interaction, personalization, and fun! Recently, we had a sandwich station. Similar to your every day sandwich shoppe, residents were able to pick which type of bread, meats, cheeses, toppings and spreads they wanted for their very own personalized supper! Our action stations are also helping introduce new flavors and combinations of foods! Often a recipe doesn't sound appetizing, but when it's offered in a sample, residents are discovering that stepping outside of their comfort zone isn't too terrible!

Something from Shari:

Thank you to all of our friends and family members that visit, we love your company and appreciate when you pop-in or attend events. Please remember, all of our activities and events are open to the public, so you're never interrupting, only enhancing!

As we approach another holiday, be sure to wave at the Prairie Hills Residents during the 4th of July Parade as they'll be rolling through in our beloved bus!

Management staff are excited to volunteer again this year at the Cedar County Fair. Stop by the Bingo Booth July 14th & 15th and play a few games!

Mark your calendars for these great events;

- Monthly Pie Social is July 3rd at 3pm.
- SUMMER BBQ EVENT is Wednesday, July 18th at Noon in our Dining Room. **Everyone** is invited to attend this delicious lunch! Give me a call 563-886-1584 to RSVP.

The Alzheimer's Support Group Meetings are held on the last Tuesday of each month at 6:30pm. If you or someone you know has a loved one living with dementia, this group is a great outlet. Caregivers, families and friends are encouraged to attend this discussion group in our Private Dining Room.



Neal had Marine Veteran, Jack raise the flag for the residents on Flag Day



Learn from Lisa:

If July looks anything like June, it is going to be a **HOT** one! **Hydration** is going to be the name of the game this month. There are many benefits to staying hydrated for all ages. For our community, I am going to keep a closer eye on our residents. Mature adults have a diminished sense of thirst, which means they are less likely to realize they are thirsty. Staying hydrated will boost brain function, keeping us more alert. Often, the first sign of dehydration is a headache. Decreased fluid intake can cause more problems with urinary tract infections and constipation, so drinking plenty of water can also reduce abdominal discomfort and increase proper digestion.

During the summer we are outdoors more. Gardening, walking, picnics, and patio games are just a few we enjoy. Make sure to pack plenty of sunscreen, beverages and find time in the shade as well as the sun.

To keep our residents hydrated I will be providing them with water bottles and holders that attach to their walkers, belts or purses! We all need eight, 8-ounce glasses of water per day to stay hydrated. I will be passing out the water bottles at the IPOST event on the 22nd!

I will be on vacation from July 8-15th. I am confident you will be well taken care of. If you know of anything that I need to address before I leave, please let me know. Have a great 4th of July, stay cool!

Prairie Hills Assisted
Living and Memory Care
219 S. Cedar Street
Tipton, Iowa 52772

July 2018

Prairie Hills News

219 S. Cedar Street Tipton, IA 52772 563-886-1584

Happy
4th of
July



Join us this month:

3rd: John Krob @1:00
and Pie and Ice Cream
Social @3:00

10th: Ernie Jennings
@3:00 and Heaven's
Calling @6:00

17th: Jo Brown @1:00

18th: Summer Grill
Event @12:00

20th: Leo Shima and
Gale Cuppy @6:00

25th: President and Vice
President of Senior
Housing is here @10:30

26th: Heartland Band
@3:00

27th: John Fliss @1:00



We had a big group
go to Camp
Courageous! We went
for a tour, train ride,
saw some goats, and
had a picnic lunch at
the beautiful pavilion!



Announcement from Amy:

*"Allow your passion to become your purpose, and it will
one day become your profession."*

Seven years ago in July I started my career at Prairie Hills Tipton. Beginning as a Universal Worker, I then began cross training in the kitchen and housekeeping. After 3 years of working in direct care, I accepted the Business Office Manager position. For almost 3 years I had the opportunity to meet many family members and local community businesses. The past 9 months as the Manager have been everything I had hoped for! I've enjoyed becoming more involved with the community as well as meeting new residents, employees and family members.

Thank you to all that have made the last 7 years so enjoyable! I look forward to what the future holds for all of us!

Let's Celebrate this month!

- 2nd: Kim has been a team member for 4 years!
- 4th: Independence Day!
- 5th: Happy Birthday, Isaac!
- 11th: Amy has been a team member for 7 years!
- 12th: Happy Birthday, Darlene!
- 12th: Happy Birthday, MacKenzie S!
- 18th: Happy Birthday, Mike!
- 18th: Happy Birthday, Liz!
- 19th: National Hot Dog Day!
- 21st: Happy Birthday, Barb!
- 23rd: Andrea has been a team member for 1 year!
- 24th: Shelby has been a team member for 1 year!
- 27th: Happy Birthday, Lee!
- 30th: Friendship Day!



A huge thank you to Gerry for making our Garden's residents a "fidget blanket"! It was very thoughtful and the residents have appreciated your gift and all of the hard work you put into it