

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

August 2018

Prairie Hills News

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



Our full busload had a great time driving in Tipton's Fourth of July Parade! It was fun waving to people in the community and seeing the children get so excited.



Join us this month:

2nd: Resident Meeting @1:00

3rd: Vitals Clinic @1:00

7th: John Krob @1:00 and Pie
Social @3:00

8th: Bunco with Bernice @3:00

14th: Ernie Jennings @3:00 and
Heaven's Calling @6:00

16th: Terry Stone @10:30 and
Bible Study @1:00

17th: Just Mike @1:00

21st: Jo Brown @1:00

23rd: Bible Study @1:00

24th: Dale Thomas @1:30

28th: Dementia Support Group
@6:00

Announcement from Amy:

Why are they called the "Dog Days" of summer?"

Many people believe the phrase stems from the fact that dogs tend to be sluggish during the hottest days of summer, while others still say the days are so hot it causes dogs to go mad. But really, it's a reference to the fact that, during this time, the Sun occupies the same region of the sky as Sirius, the brightest star visible from any part of Earth and part of the constellation Canis Major, the "Greater Dog."

In the summer, Sirius rises and sets with the Sun. Because the star is so bright, the ancient Romans believed it actually gave off heat and added to the Sun's warmth. They referred to this time as *diēs caniculārēs*, or "dog days." The term Dog Days of Summer came to mean the 20 days before and 20 days after this alignment of Sirius with the Sun – July 3rd to August 11th.



Thank you, Ann for the incredible fidget blanket you created for our residents!

Let's Celebrate this month!

3rd: Watermelon Day!

6th: Friendship Day!

7th: Happy Birthday, Louie!

9th: Jean B has resided at Prairie Hills for 2 years!

12th: Happy Birthday, Crystal!

15th: National Relaxation Day!

19th: Morgan has been a team member for 4 years!

25th: Happy Birthday, Gerry W!

26th: National Dog Day!

27th: Alberta has resided at Prairie Hills for 7 years!

30th: Happy Birthday, Chelsea!



Delores and Erma had a wonderful time reminiscing together.



The residents have really enjoyed their new custom water bottles that Lisa provided to them all.



A Little Something from Shari:

“There are no strangers here, only friends you haven’t met yet.” -An old Yeat’s quote

I want to thank our residents, friends and families that add joy to our daily lives here at Prairie Hills. We are so blessed to be in a small, caring and friendly community. Love and compassion is abundant and that’s what sets us apart!

Connect with Crystal:

If Alzheimer’s Could Speak...

by Tara Reed

Talk to me...

I can hear your words
And they still touch my soul.

Smile at me...

My eyes can see you and feel your heart
Even if I don’t remember how to smile back.

Hold my hand...

I can feel your energy when our hands connect.
It makes me feel safe and less alone.

Love me...

My heart can feel your love even if
My words can’t express mine.

Live your life...

Help me on my path but don’t press pause
on your life. Be the vibrant person I know & love.

Trust the process...

I know this is hard and not what we planned
But trust the process. We can’t control it but
we can choose our focus. Remember the good
times, know that I am ok and that
you are in my heart always.



The residents had a very fun weekend celebrating the 4th of July and Canada Day!

Culinary Corner with Charlene:

We welcome our new cook/server Genevieve Shomaker! She has already proved to be a real asset to our Prairie Hills team!

Highlights from Lisa:

Resident Dare to Dream request to watch Gabriel "Fluffy" Englesias came true tonight. We went to Riverside Iowa at the Riverside Casio for his outdoor comedy show. Jean was able to enjoy the pre show, and sit through his 2.5 hour show without issue. We laughed so hard that on the way home Jean told me, " I laughed so much, my belly is sore!" the weather was cool and cooperative with a few pesky mosquitoes, that only bothered Gabriel under the hot spot lights! There is nothing better than a night of laughter!



Let’s Hear from Hannah:

Alberta’s daughter, Gwen, had a birthday on July 12th. Prairie Hills wanted to treat the ladies to a special lunch. Hannah surprised them with a lunch to D’Alicias Cupcakery and Café. Halfway through the meal, Alberta pulled out Gwen’s baby book to share! They reminisced while looking through the book and seeing old memories through photos and detailed writings from the past. They ordered cupcakes and Gwen was able to make a wish and blow out her candles. Alberta was so thankful and happy to have had the opportunity to spend time with her daughter.

Right: Darlene had a huge turn-out of residents and family members for her 90th birthday party that her daughters organized!

Below: Donna and Venita getting their walker assessments completed with the help of Progressive Rehabilitation.



A Note from Neal:

We want to thank everyone for coming to our Summer Grill Event! We had a wonderful crowd that helped us raise money for the Alzheimer’s Association. Our residents enjoy when I grill on Wednesdays, but it makes it extra special when the community comes in to visit us.