



## LETTER FROM THE SALES & MARKETING DIRECTOR

Here we go! We are off into another great year with lots of adventures for all! Just in the near future we are going to be holding NFL theme week at the end of January and into the first week of February, so by the time you all are reading this everyone should be supporting their favorite NFL team by wearing their team colors. There will be a Super Bowl Party on super bowl Sunday and a Valentine's Day Party on Valentine's Day. This year our Activities Director will be

revamping the Walking club with some new ideas and we will also be trying out an entirely new concept based on T.V. Game Shows. Just for a bit of a hint/teaser, the first one may or may not have something to do with "being at risk" or "vulnerable". So, be on the lookout for the scheduling of the first Prairie House version of....a game show! Good luck and see ya next month!

*Harold Bailey*

Sales and Marketing Director

### UPDATE ON MEALS:

We encourage you to enjoy a meal with our elders, we would ask that you give us a 24 hr notice if you will be joining if possible. Prices for meals for dining with our elders will now be 5 dollars.



Happy  
Birthday  
wishing  
you a very  
special day!

Paul D.	February 03
Marian C.	February 04
Donald T.	February 06
Norman L.	February 23

### WELCOME CORNER:

We would like to extend a special welcome to the wonderful elders who have joined our community over the last couple of months.

| Nate S .

PRAIRIE HOUSE  
Assisted Living and Memory Care

# NOTES FROM THE STAFF

## DIETARY

Hello I am Philip the Dietary Manger for the Prairie House, and very excited to be here. We have changed the menu up quite a bit to a more open and friendly eating experience, I would also like to extend an invitation to all to come to our Food committee meetings held every month around the 10th of the month. – *Thank You, Philip Keife*

## MAINTENANCE

Hi my name is Jonathan Mitchell, I have been with Prairie House ALF since April of 2012, when I took over the Maintenance dept. position. My goals at this great community are based upon the resident's needs, requests and their overall safety. My job spans many aspects of this community, from preventative maintenance to safety. I am very proud to have the chance to meet and support so many of our community's seniors, and never miss a chance to provide moments of Joy, Independence, and wellness each and every day.

## FUN DAYS IN FEBRUARY

FEBRUARY 3<sup>RD</sup>  
Bubble Gum Day

FEBRUARY 7<sup>TH</sup>  
Send A Friend A Card Day

FEBRUARY 17<sup>TH</sup>  
Random Act Of Kindness Day

FEBRUARY 24<sup>TH</sup>  
National Tortilla Day

### THEME WEEK:

**Sweethearts Week** Come show us all the love you have and celebrate being our sweetheart. We will have a fun filled week of activities and we will be crowning our very own sweetheart king and queen. For theme week wear all the pink and red you can find. Let's wear our hearts big and proud this week.

## LIFE ENRICHMENT

Hello my name is Shannon Palmer, I am the Life Enrichment Coordinator Here at the Prairie House .I enjoy each and every day I am here, The residents are amazing and I feel what we do everyday plants memories and laughs and that's what my goal is to make sure each resident has a fun and enriched life with lots of memories made along the way. I am proud to work here and be a part of this amazing community and be a part of the fun we have here and I look forward to all the new fun we are going to make happen with either a craft a goodie we bake bingo or one of our many outings we always make sure we have a great time no matter what we do holding our core values close in hand.

## RESIDENT CARE COORDINATOR

Hi everyone! I would like to take this opportunity to introduce myself and maybe let everyone know what I usually am involved with here at Prairie House. Many of you have seen me in the med room or walking from one end of the building to the other, or maybe we have met in a meeting in the conference room. Most of the time, my concerns are mainly with what it takes to ensure our residents day to day lives are as filled with joy, independence and wellness as possible. Which may mean I am on the phone with our loved ones families or doctors or pharmacies attempting to resolve issues, or if there is some disagreement in how things are managed by care staff, my desk is the one which the issue must cross so it can be resolved. There is also a whole lot of staffing issues I must deal with, like the day to day work schedule of our care team, but I will save that for another day! Have a wonderful month and see you next time. – *Becky Holt, Resident Care Coordinator*

## HOUSEKEEPING

Hi my name is Vivian Palmer. I have been with Prairie House Alf since 2002. I started as a Resident aide, and Med aide till July 2012, then I took over the Housekeeping duties. Taking care of resident homes, and making sure their house is clean and presentable for their visitors. Assuring everyone is healthy and happy so they are free to fill their lives with joy, independence, and wellness.

# PHOTO HIGHLIGHTS



## FEBRUARY ACTIVITIES

**FEBRUARY 4<sup>TH</sup>**

Super Bowl Party  
3:30 pm

**FEBRUARY 8<sup>TH</sup>**

Veteran's Breakfast

**FEBRUARY 8<sup>TH</sup>**

Alzheimer's  
Support Group

**FEBRUARY 5<sup>TH</sup> – 19<sup>TH</sup>**

Taco Night at  
American Legion

**FEBRUARY 14<sup>TH</sup>**

Sweethearts Party  
2:00 pm

## ROCKSTARS OF THE MONTH

We are now doing an appreciation award for our residents called the Resident Rockstar of the Month. We encourage residents and employees to vote on a fellow resident who you feel are amazing and need to be told they are a shining star at Prairie House.

**Resident: Becky H.**



*In Loving Memory*

*Though they have left  
our presence, they will  
never leave our hearts.*

Maxine G.      Betty G.  
Charlene D.    Howard C.  
Peggy B.        Joyce M.

*We will miss you dearly.*



# PRAIRIE HOUSE

Assisted Living and Memory Care

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## COMMUNITY STAFF

**LOVE PEARSON**  
Administrator

**STEVEN MAYS**  
Memory Care Administrator

**HAROLD BAILEY**  
Marketing Director

**RICK KENNADAY**  
Registered Nurse

**BECKY HOLT**  
Resident Care Coordinator

**DEBBIE GANIEANY**  
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**SHANNON PALMER**  
Life Enrichment Coordinator

**JONATHAN MITCHELL**  
Maintenance

**VIVIAN PALMER**  
Housekeeping

**PHILIP KEIFER**  
Dietary Manager



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## FROM MCU ADMINISTRATOR: *Moments*

This month training for "moments is Caregiver Wellness. Rest and self-care are so important. When you take time to replenish your spirit it allows you to serve others from the overflow. You cannot serve from an empty vessel. To care for others, you must care for yourself first. Caregivers are at high risk for stress and burnout because they put the needs of others ahead of their own needs. Self-care should include: getting a good night 's sleep, exercising, drinking plenty of water, eating nutritious foods, participating in activities you enjoy and doing work that you find meaningful and intrinsically rewarding.

Stress and burnout. Stress can cause increased muscle tension, increased pulse rate, increased blood pressure, increased respiration rate and increased abdominal tightness.

Techniques for stress relief include deep breathing, progressive muscle relaxation, exercise, meditation, and massage therapy. Avoid burnout by taking care of and being kind to yourself. Set realistic goals for yourself, focus on successes, not failures, focus on the process of helping and working with people, not just results.

*Steven T. Mays*