



FROM MCU ADMINISTRATOR: *Moments*

This month's Moment training is on **communication**.

THE ART OF COMMUNICATION.

Your role as a caregiver requires you to communicate effectively with residents, their families and friends, and your coworkers. When the residents you are caring for have dementia, communication becomes more challenging, yet more important.

COMMUNICATION BASICS.

Communication is the exchange of information, ideas, and emotions. It involves sending and receiving messages between yourself and another. Communication is an important part of our relationships. Through communication, we convey our thoughts, wishes and feelings. Research by Albert Mehrabian has found that the total impact of a message (or communication) breaks like this: 7% spoken words, 38% tone of voice and 55% body language. Verbal communication is the words

we use and how we use them, including: Tone, Pitch, Rate and Pause. Non-verbal communication is the actions we use to communicate such as: gestures, facial expressions and postures.

Communicating with someone living with dementia presents some unique challenges. Difficulties often begin early in the disease process and progress throughout the course of the illness. Communication is stressful for both the person living with dementia and their caregivers, family and friends. It's important to remember that although the person's memories, skills and abilities deplete, their feelings and emotions remain. A person living with dementia often experiences changes in the way they express themselves and the way they understand others. Kindness, patience and respect goes a long way towards improving communication.

Steven T. Mays



Frances B.	June 13
Loretta W.	June 17
John K.	June 20
Mark M.	June 23
Nate S.	June 24
A.J. W.	June 28

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.

Marilyn P.

PRAIRIE HOUSE
Assisted Living and Memory Care

JUNE ACTIVITIES

JUNE 4TH

Taco Night
@ American Legion

JUNE 5TH

Casino trip to warm springs

JUNE 11TH

Trip to Wal-Mart Bend

JUNE 14TH

Veteran's Breakfast

JUNE 14TH

Alzheimer's support group

JUNE 15TH

Fathers Day BBQ at 12 pm

JUNE 18TH

Taco Night
@ American Legion

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.

Prairie House has many amazing employees that carry our core value each day and go above and beyond. So each month we have one the chance for one Rockstar to be recognized for all their hard work and dedication to our residents and our amazing community. We appreciate all that our amazing staff do here and we are excited that you are Rockstar get another moment to shine .Thank you for all your hard work!

Resident Rockstar of the Month: Helen M.

Employee Rockstar of the Month: Ryan W.

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.

PHOTO HIGHLIGHTS



In Loving Memory

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

Dan F.

We will miss you dearly.



PHOTO HIGHLIGHTS CONTINUED



June is Men's Health Month: The Importance of Walking

The simple exercise of walking can be important for all individuals, in particular today's generation of men as they seem to be in pursuit of a leisurely life as compared to their elder generation.

Walking is an excellent form of transport, making the individual independent of all sorts of hassles and worries. Not only is the practice of walking totally free and handy, it is also a convenient means to getting to and returning from a particular destination.

Yet another benefit of walking is the relief one gets, such as being stress free, as walking relieves an individual of worries. In addition, the movement of limbs and arms certainly takes most of the pressure off the mind and body altogether.

Other benefits include burning extra calories, feeling happier, feeling energetic, and above all the tendency to move about at a faster pace than those who lead a sedentary life style.

Flag Day is June 14th

On June 14, 1777, the Continental Congress passed the first Flag Act, which stated that the new flag of the United States be made of thirteen red and white stripes, and that the union be thirteen white stars in a blue field.

Today the flag consists of thirteen horizontal stripes, seven red alternating with six white. The stripes represent the original 13 colonies, and the stars represent the 50 states of the Union.



Celebrate Fathers on Sunday, June 17

On Father's Day, we celebrate the guys in our lives. Not just our dads and the fathers to our children, but all the men who have made a positive impact on a child's life.

A number of recently published studies call attention to the effects of good fathering. Men who play an active role in their children's lives stimulate all aspects of development: emotional, academic, behavioral, and social, even when those men don't live in the same home as their children.

This Father's Day, let us remember the father's role. Let us celebrate our fathers and honor them for making a difference in our world.

PRAIRIE HOUSE

Assisted Living and Memory Care

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STEVEN MAYS

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Office Manager

SHANNON PALMER

Life Enrichment Coordinator

JONATHAN MITCHELL

Maintenance

VIVIAN PALMER

Housekeeping

PHILIP KEIFER

Dietary Manager



RIDGELINE
MANAGEMENT COMPANY

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JUNE – WORD SEARCH

E	K	M	E	N	V	K	M	N	S	H	P	R	F	R
A	I	W	C	B	J	T	L	M	N	U	J	T	X	N
C	P	R	W	B	N	A	C	I	D	I	M	Z	T	R
N	T	G	X	Q	I	H	K	I	F	J	Y	M	N	K
Z	H	C	S	Z	U	S	U	N	S	H	I	N	E	Z
S	J	W	A	T	E	R	S	C	W	Q	H	V	P	R
F	S	N	H	Q	H	M	P	A	N	N	T	A	C	W
W	U	X	G	C	Y	Y	S	T	C	D	Z	S	N	P
V	I	T	S	Z	Z	S	D	A	G	E	F	L	A	G
W	T	Z	E	E	P	G	R	R	F	R	L	Q	Q	W
W	N	I	S	X	X	E	O	A	A	E	I	R	N	G
T	C	R	Z	Y	H	Z	S	C	Q	T	T	L	B	F
T	U	Z	L	T	D	M	H	T	X	Y	I	Y	L	H
N	K	X	A	B	G	G	N	H	G	X	G	O	O	B
S	V	F	M	S	T	H	T	W	A	L	K	I	N	G

BBQ
CATARACT
CNA
FATHER
FLAG

GRILL
HYDRATION
MEN
NURSE
SAFETY

SKIN
SUMMER
SUNSHINE
WALKING
WATER