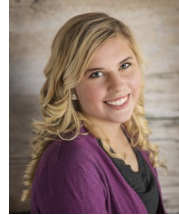
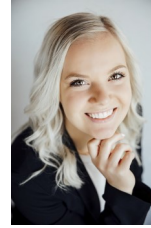


Contact Information

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Life Enrichment Coordinator:
Kristy Ward
lifeenrichmentindy@prairiehillsliving.com
Office: 319-334-2000



Independence, IA 50644

319-334-2000

April 2020

505 Enterprise Drive
Independence, IA 50644



Phone: 319-334-2000
Fax: 319-334-3015

Prairie Hills News

April Resident Birthdays

Betty Payne ~ April 7th
Bruce Huddle ~ April 7th
Marie Winn ~ April 23rd
Maxine Maynard ~ April 25th
Melvin Schnepf ~ April 29th

*Happy
Birthday*

April Employee Birthdays

Joanne ~ April 4th
Sadie ~ April 24th

Notable April Events

*The Andersons
Linda Jacobson
John Kies
Activity Auction
Leisure Drives
Casino Trip
Shopping Trips
John Kies
Soda Pop Shop Birthday Party
Starlight Movie*



Professionally Managed by



Embracing Every Moment



Manager News

Happy April Everyone,

I want to assure you that we are doing everything that we can to keep your loved ones as safe as possible. We currently do not have anyone coming into the building that is not an emergency or employee. Everyone is being screened to ensure a healthy environment. This lets us know whether they have been out of the state as well as the country. If they have been out of the state or country they need to be in isolation 14 days before ever coming in to the building. This screening is being done to not only residents but staff as well. We are going to throw a big party when everyone gets to see their families again! All the ladies of the building let me know that they will not be partying until they have had their hair done first though!

We have also added many activities including Skype, Face Time and many other ways for you to communicate with your loved one. If you do not currently have this setup then please speak with Life Enrichment Coordinator, Kristy Ward, to do this. The residents a lot of times don't understand what these are but when they get to see their family members it more than makes up for it. This has created memories that will last a lifetime, tears of happiness and many moments of laughter!

Life Enrichment Coordinator

What a crazy time it has been here at Prairie Hills!! From the weather being 70 degrees one day to snowing the next; We are getting ready for Spring. We are striving to stay busy and trying to keep things as normal as possible!

The residents and I would like to get a cook book made with all of their family favorite recipes! We will be selling the books after we get them all finished and printed! If you could please send me your family's favorite recipes, I would greatly appreciate it! Please send me a email at lifenrichmentindy@prairiehillsliving.com or mail a copy to 505 Enterprise Drive, Independence, IA 50644 ATTN: Kristy.

Thanks so much for trusting us in providing nothing but the best for your loved one! We are one huge, happy family here at Prairie Hills!

Kristy Ward LEC

Northeast Iowa Occupational Therapy

April is National Occupational Therapy Month and the perfect time to recognize the NIT Occupational Therapy staff in your facility!

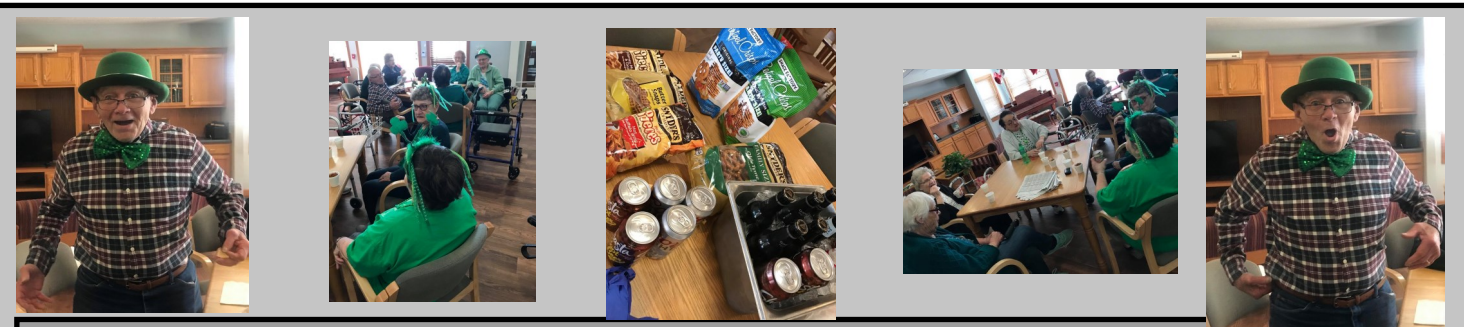
Occupational therapists provide rehabilitation for a wide range of needs including, but not limited to, ADLs, home management, positioning (w/c, bed, chair), pain, driving assessments, cognitive/mental health, upper body function, visual/perception skills and urinary incontinence.

Many patients recovering from surgery or struggling with chronic illnesses have difficulty carrying out the activities of daily living (ADLs). Occupational Therapy can help patients better manage their daily routines. Occupational therapists can evaluate a patient's environment, whether that is at a skilled nursing facility, ALF/ILF, or their home, along with their physical capabilities to identify activities that might be difficult for them to accomplish. The therapists then create a program instructing patients in performing these daily tasks safely, which is especially useful for seniors who need to minimize fall risk.

Occupational therapists also teach energy conservation techniques to minimize joint stress, pain, and fatigue. Practicing energy conservation reduces the frustration of running out of steam by balancing rest and activity.

Please feel free to reach out to the NIT Occupational Therapy staff in your facility if you have any questions or concerns to get the results you want!

Resident Activities



ST. PATRICK'S DAY

Beer and an assortment of pretzels! We tried many kinds that we haven't had before!



CASINO NIGHT



The residents made a seasonal favorite shake to help us celebrate St. Patrick's Day! Some have never had a Shamrock Shake before but they all loved them!

SHAMROCK SHAKES



We WILL be making them again!

