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May 2020

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Prairie Hills News

May Resident Birthdays

Elaine Ague ~ May 9th

Jerry Boubin ~ May 29th

*Happy
Birthday*

May Employee Birthdays

Karen Holden ~ May 15th

Notable May Events

SILENT Activity Auction

Crafts

Leisure Drives

Shopping Trips

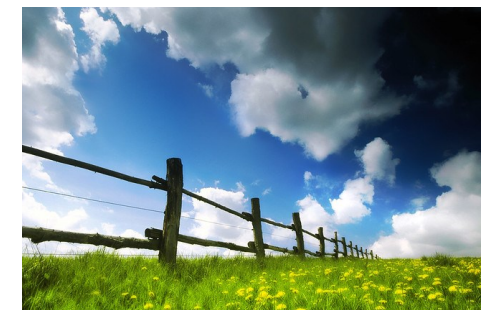
Putting with Brett

Indoor Racquetball

Manicures

Bingo

Soda Pop Shop Birthday Party



Professionally Managed by



Embracing Every Moment



Manager News

Hello Everyone,

Although this last month has been a bit more difficult, our residents are remaining healthy inside and getting out for some fresh air when they can. I want to thank you for being a large part of them staying happy by talking to them through Facetime, Skype, Zoom, and through the window. You wouldn't think this would make a huge difference, but just getting to see their loved ones brings unexplainable joy to their days. Any cards or notes you write please bring to the front door and we can drop them off for you. Anyone that has been dropping off masks, glasses or groceries for the residents- Thank You! We have been keeping busy with golfing, taking leisure drives and extra ice cream. They say everything is better with ice cream!

Stay Healthy and Happy!

Brett Ingersoll

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

May is Speech Therapy Month!

Speech language pathologists (speech therapists) work within the full range of communication to evaluate and diagnose speech, language, cognitive-communication, and swallowing disorders and treat such disorders in individuals of all ages including our seniors. Their treatment plans are designed to help improve senior's cognition, communication and address issues like nutrition and hydration that some medical providers don't take into account concerning speech and swallowing issues. Furthermore, speech pathologists help promote a healthy lifestyle for seniors through education about dementia related conditions and stroke prevention. Some signs to look for when considering speech therapy include:

Having problems responding to others or requesting needed items

Experiencing difficulty managing personal matters due to lack of clear speaking and communications

Having trouble swallowing or feel like food is 'stuck' in the chest or throat

Becoming more reluctant to speak recently

Struggling with speaking audibly or having trouble hearing others

Transposing words frequently

Please reach out to the speech therapist in your facility with any questions or concerns as NIT wants you to Live Your Best Life!

Resident Activities



We walked around with our Hydration Cart and let them choose a drink of choice. Root Beer Floats for the win!



Hallway Putting



COFFEE & DONUTS

