219 S. Cedar St.

Tipton, IA 52772

PRAIRIE HILLS

ASSISTED LIVING AND MEMORY CARE

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Prairiehillsliving.com

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## September Birthdays

September 5th: Happy Birthday Kathleen H.

September 16th: Happy Birthday Andrea W.

September 18th: Happy Birthday Kenzie P.

September 21st: Happy Birthday Frances A.

September 21st: Happy Birthday Merlin H.

September 24th: Happy Birthday Venita R.

September 25th: Happy Birthday Renae H.

September 25th: Happy Birthday Adrianne M.

September 27th: Happy Birthday Neal S.

September 27th: Happy Birthday Dorothy K.

September 30th: Happy Birthday Alice Anne G.



## Prairie Hills News

## **September Events**

September 3rd: John Krob at 1pm

September 3rd: Pie Social at 3pm

September 11th: Outdoor Concert with Cas-

sie and Randy at 6pm-8pm

September 13th: Community Alzheimer's

Walk at 10am

September 19th: Terry Stone at 10:30am

September 20th: Just Mike at 1pm

September 26th: Heartland Band at 3pm

September 27th: John Fliss at 1pm

### **Notable Activities**

September 2nd: Happy Labor Day!

September 2nd : National No Rhyme Day!

September 3rd: National Another Look Unlimited Day!

September 6th: National Coffee Ice Cream Day!

September 8th: Happy Grandparents Day!

September 10th: National Ants on a Log Day!

September 11th: National Patriot's Day!

September 11th: National Hot Cross Buns Day!

September 12th: National Chocolate Milk Shake Day!

September 18th: National Cheeseburger Day!

September 20th: National Punch Day!

September 22nd: National Ice Cream Cone Day!

September 25th: National One Hit Wonder Day!

September 30th: National Hot Mulled Cider Day!

Professionally Managed by



**Embracing Every Moment** 



#### **Welcome Health Care Coordinator**



## **Andrew Means, RN**

Andrew has hit the ground running by meeting staff and residents and becoming familiar with our community. Andrew comes to Prairie Hills with experience in long term care and has impressed everyone he's met with his thoroughness and calm, patient demeanor. When he's not working, Andrew enjoys spending time with his family and watching movies and sports, especially the Chicago Cubs, Bears, and Bulls. His main priority are his three daughters, keeping him and his wife very busy with various activities such as going to parks, dance, soccer practices and games.

"I'm very happy to be working with such a great team of hard working and caring individuals that treat all our communities residents like family. Since my first day I have found staff, residents, and residents' families to be very welcoming." —Andrew Means, RN

## This Day in History

- "Mary Had a Little Lamb" was published in 1830
- The image of "Uncle Sam" was first used in 1813
- California became the 31<sup>st</sup> state in 1850
- Star Trek appeared on television in 1966
- The U.S. Postal Service was founded in 1789
- Henry Ford retires from Ford Motor Company in 1945
- The Sewing Machine is patented in 1846

## **Culinary Corner**

We plan to start the fall and winter menu towards the end of September. With the menu change, there will be new items for dinner and supper. As always, the anytime menu is available for you to order from if you do not wish to have our daily special.

#### **Life Enrichment Corner**

# Happy National Assisted Living Week! September 8th-September 14th

This years theme is a Spark of Creativity.



September 8th Happy Grandparents Day! We will be taking a trip to Bluff Lake for Lunch

September 9th Residents will enjoy canvas painting, wine, chocolate and cheese tasting and a movie on the lawn.

September 10th Residents will take a trip to the Cedar County Historical Museum

September 11th Residents will be delivering goodies to Emergency Personnel in honor of National Patriot's Day and we will be having another outdoor concert by Cassie and Randy Band. Please feel free to join us for the concert at 6pm-8pm.

September 12th is our "Field Day" and National Chocolate Milk Shake Day. Residents will have the opportunity to participate in field day events along side staff. We will also be enjoying our chocolate milk shakes in the afternoon.

September 13th is our Community Alzheimer's Walk. Please feel free to join us at 10am for a walk around our community. Wear purple and show your support of the Alzheimer's Association. We are also having our "Spa Day". Residents will enjoy getting their hair done, hand massages, manicures, shoulder rubs and even back massages.

September 14th is the Iowa versus Iowa State football game at 3pm we will be enjoying tailgating goodies prior to kick off and will enjoy the game in the community room.

## **Community Relations Corner**

- Pie and Ice Cream Social September 3<sup>rd</sup> at 3pm
- Walk to End Alzheimer's at Prairie Hills on September 13<sup>th</sup> at 10am
- Iowa City Walk to END ALZHEIMER'S September 21<sup>st</sup> at Lower City Park at 9am

