

219 S. Cedar St.
Tipton, IA 52772



563-886-1584
Prairiehillsliving.com

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February Birthdays

February 5th: Happy Birthday Mary C!

February 9th: Happy Birthday Lisa G!

February 21st: Happy Birthday Delores R!

February 23rd: Happy Birthday Anne F!



Prairie Hills News

February Events

February 4th: John Krob @ 1pm

February 4th: Pie Social @ 3pm

February 18th: Camp Courageous
Animal Show @ 10 am

February 21st: Just Mike @ 1pm

February 25th: Mardi Gras Party @
3pm

Notable Activities

February 2nd: National Tater Tot Day!

February 3rd: National Day the Music Died!

February 4th: National Thank a Mail Carrier Day!

February 7th: National Wear Red, National Send A
Card to a Friend, & National Bubblegum Day!

February 10th: National Umbrella Day!

February 14th: Valentine's Day!

February 17th: President's Day!

February 21st: National Caregivers Day!

February 22nd: National Margarita Day!

February 23rd: National Banana Bread Day!

February 25th: Happy Mardi Gras!

February 28th: National Public Sleeping Day!

Professionally Managed by



Embracing Every Moment



February is Heart Healthy Month.....

Catch the signs early

Don't wait to get help if you experience any of these heart attack warning signs. Some heart attacks are sudden and intense. But most start slowly, with mild pain or discomfort. Pay attention to your body and call 911 if you experience:

- **Chest discomfort.** Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes – or it may go away and then return. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- **Discomfort in other areas of the upper body.** Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- **Shortness of breath.** This can occur with or without chest discomfort.

Other signs. Other possible signs include breaking out in a cold sweat, nausea or lightheadedness.

For more information on heart health and information on how to GO RED for the month of February visit www.Heart.org

Community Relations Corner

“How do you spell ‘love’?” —Piglet

“You don’t spell it, you feel it.” —Pooh

If you’re thinking about assisted living for yourself or a loved one, now is the time to inquire! Ask Shari how you can get on our wait list!

- **Pie and Ice Cream Social February 4th at 3pm**
- **Be sure to follow Prairie Hills at Tipton on Facebook**
- **We love to have guests for dinner and supper, we just ask that you call ahead so we can plan meals accordingly.**



THANK YOU!

Ron and Carolyn celebrated their 63rd Wedding Anniversary in January. We were overjoyed with all of you who saw our Facebook post and helped to make their day extra special by sending anniversary cards and well wishes.



Thank you to our Prairie Hills friends and also our family and the Calvary Jr. High Bible Study group for all our beautiful anniversary cards and flowers we received for our 63rd Anniversary. It meant so very much to us.

Ron and Carolyn Belitz

Life Enrichment Corner

January was a month of recuperation. We were all winding down from the hustle of the holiday season. We have been fighting the winter blues by brushing up on our trivia. The Tipton Police Department has graciously accepted our invite and will be joining us for a fun filled afternoon of trivia on January 30th. We greatly appreciate them taking time from their busy schedules to compete with us. We announced at January's monthly resident's meeting that we would be offering Valentine candy grams for Resident's to purchase with their "Prairie Hills Green" and send to their friends in our community. Residents can continue to purchase a candy gram from Crystal or Andrea up until Valentines day. Family members may purchase a candy gram for your loved ones from Crystal or Andrea for \$1 and they will happily deliver it to your loved one for you.

Camp Courageous will be bringing their Animal Show, February 18th at 10 am for the residents to enjoy. We look forward to their visit! We also look forward to our Mardi Gras party at the end of February so stay tuned next month for pictures.

New for the month of February, residents have asked for more Bingo so we've added Candy Bingo on Monday's at 2:30 for them to enjoy. Also Nicki Aikman started her Coffee and Chat with Nicki every Tuesday evening at 6 pm. The topics vary from week to week but the residents thoroughly enjoy their discussions with her. We also had the opportunity to welcome Pastor Kerri Sandusky. Pastor Kerri is Tipton United Church of Christs new Pastor and she graciously introduced herself to the residents and lead church service for us this past month. We look forward to seeing her more in the coming months.